

AMERICAN RIVER

M E S S E N G E R

Nina May



A rallying call to the conservative base

Page 2

Honoring Teachers



San Juan Principal honored at Crystal Apple Awards

Page 5

Relay For Life



Honorary Mayor of Orangevale tells her story

Page 8

Get Out & Vote!



California primary is June 3rd. Let your voice be heard!

Page 16

Volume 3 Issue 10

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

Second Edition for May 2008

Working Families Struggle to Make Ends Meet



County-Specific Measure Proves as Costs Rise and Wages Stagnate, Families in Sacramento Cannot Meet Basic Needs

The updated 2008 California Family Economic Self-Sufficiency Standard reveals that due to rising costs and stagnant wages, many working families in Sacramento County and throughout the state are struggling to afford their most basic needs. An adult with a preschooler and a school-age child in Sacramento County must work more than two full-time minimum wage jobs to make ends meet.

"The California Family Economic Self-Sufficiency Standard addresses the widening gap between the rich and poor who struggle to keep pace with rising inflation and increased costs for monthly necessities such as medications, gas and food," says Assemblymember Jim Beall. "I hope that my colleagues will consider this when voting for my food stamp bill, AB 433, which would expand the number of food stamp recipients by eliminating unfair administrative barriers and recognizing the special economic circumstances facing California's poor."

As a result of the rising cost of living, the Self-Sufficiency Standard for Sacramento County has increased by \$8,213 to \$46,061 a year for a family consisting of one adult, one preschooler, and one school-age child, while the minimum wage

has increased by only \$2,600, leaving families well below what they need to make ends meet. Together with stagnant wages and limited state resources, the rising cost of living has widened the gap between what many working families have and what they need to survive in Sacramento and around the state.

The minimum wage, calculated at \$16,640 a year for a full-time job, leaves working families well below the threshold of what they must earn in order to meet their most basic needs.

The Self-Sufficiency Standard is based on the costs families face on a daily basis – housing, food, child care, health care, transportation and other necessary basic costs – and is calculated for 156 different family compositions. Moreover, the Self-Sufficiency Standard uses geographically specific data to provide a county-specific measure of the true cost of living for working families. In contrast, the Federal Poverty Level (FPL), which is the more commonly-used measure for income Housing and Urban Development (HUD). Geographically relevant data is used for each county in California, reflecting local market rates for items such as housing, food, health care, child care, and transportation.

"The Self-Sufficiency Standard is fact-based and completely customizable, making it ideal for use by policymakers, service providers, advocates, and families alike," says Jenny Chung of the Insight Center for Community Economic Development, a national research, consulting, and legal organization located in Oakland, CA. "This newly updated data provides an accurate tool that legislators can use to evaluate existing and future policy decisions, direct service providers can use to better evaluate their communities' unique needs and secure necessary funding,

advocates can use to express their priorities, and families can use to plan for the future."

Tuesday's release will feature the newly updated data for every county in California. Data will be available online at www.insightcced.org.

Californians For Economic Security (CFES) is a statewide, research-driven coalition dedicated to ensuring that California's working families and retired elders can live with dignity and economic well-being. A statewide steering committee guides the overall direction of and identifies policy priorities—drawn from the Self-Sufficiency Standard data—to help close the gap between families' income and the rising cost of living in California. CFES is part of a national effort organized by Washington, D.C.-based Wider Opportunities for Women (WOW) in 36 states.

CFES is a project of the Insight Center for Community Economic Development (formerly NEDLC), a 39-year old, national research, consulting, and legal organization dedicated to building economic health and opportunity in vulnerable communities. The Insight Center's utilizes a wide array of community economic development strategies including: industry-focused workforce development, individual and community asset building, connecting early care and education to economic development, providing legal support to California's legal service programs and community-based organizations, and advocating for the adoption of the Self-Sufficiency Standard as a measure of income adequacy and an alternative to the Federal Poverty Level.

For more information on CFES or the Self-Sufficiency Standard, contact Jenny Chung by phone 510.206.3171 or 510.251.2600 x124, or email at jchung@insightcced.org.

Citrus Heights Red Light Enforcement Program Starts

Thirty Day Grace Period Begins on May 5 for Citrus Heights Motorists

In an effort to reduce collisions and make City streets safer, Citrus Heights will begin its new red light photo enforcement program on May 5, 2008. Cameras and violation sensors will monitor two of the city's highest-risk intersection approaches – starting with the intersection(s) of Greenback Lane and San Juan Avenue as well as Greenback Lane and Fountain Square Drive.

The program is seen by City officials as an important step to improve the safety and flow of local traffic. However, by law drivers who live, work, or travel through Citrus Heights are granted a 30-day grace period before actual citations are issued.

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

For the first thirty days when Citrus Heights starts using the red light enforcement cameras only Warning Notices will be issued. The Notices will explain that beginning (June 6, 2008), actual Citations will be sent to violators, who will then be responsible for paying the \$381 fine listed on the Citation. It should be noted that right turns on a red light, without stopping, is also a violation. Drivers must come to a complete stop behind the limit line to make sure the intersection is clear of traffic and pedestrians, before continuing with the right turn.

"Though we are committed to improving the safety of our streets, we want to be as



fair as possible with this new program," Chief Christopher Boyd confirmed. "This is a thirtyday grace period, but motorists should take note that in 30 days the citations and the fines will be real. An Officer can still stop and issue a citation if they observe the violation."

"Our goal is to make Citrus Heights intersections the safest in Sacramento County. We want red light running to become as socially unacceptable as drunken driving," the Chief added. Citrus Heights' red light enforcement program will be administered by Redflex Traffic Systems, Inc., an Arizona-based provider of traffic safety photo enforcement. Redflex is contracted to provide similar successful programs in Arizona, California, Colorado, North Carolina, Ohio and Oregon.

Redflex Traffic Systems has operated traffic safety projects in North America since 1996. Headquartered in Scottsdale, Arizona it also has offices in Culver City CA., Fort Collins C.O. and Toledo, O.H., as well as international operations in Australia, and the Middle East. The company is part of the publicly listed Redflex Holding

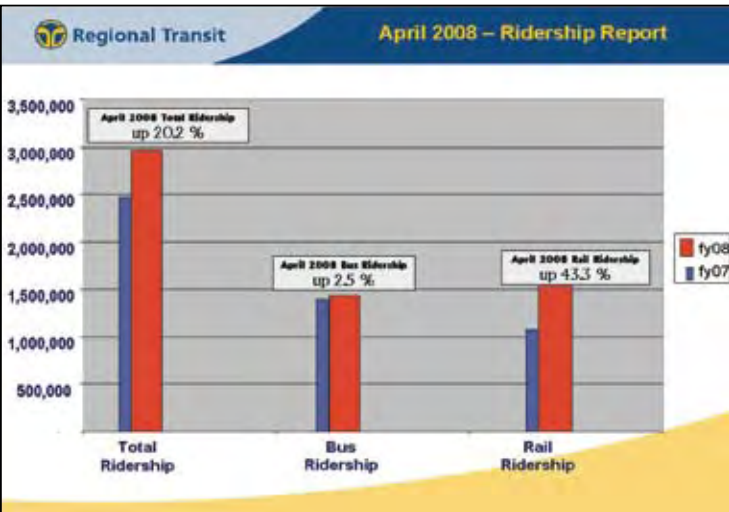
Ltd group - with world-leading products and capabilities in the traffic management, road safety, defense, transport, security and communications industries. In summary, Redflex Traffic Systems:

- manufactures digital traffic cameras (for red-light, speed and toll-violation enforcement)
- operates photo enforcement traffic safety programs under outsourced contracts in U.S. (operating traffic cameras, citation processing and ticketing, and court systems)
- operates the longest established traffic ticketing facility in the U.S. (Redflex' Central Processing Center in Scottsdale Arizona)
- has built the world's three most sophisticated automated Citation Processing systems with a combined image processing capacity for over 4 million traffic images annually (for LMT Australia Ltd, operators of the Victoria Police Traffic Camera Office; for the Insurance Commission of British Columbia's Speed Management Program; and for the Queensland Police, Australia).

RT Experiences Record Ridership

System Ridership Up 20 Percent, Light Rail Ridership Up 43%

With gas prices at an all-time high, the Sacramento Regional Transit District (RT) is experiencing a dramatic surge in bus and light rail ridership.



Overall system ridership has increased by 20.2 percent, compared to the same period last year.

In April 2008, total monthly bus ridership was 1,429,400 – up 2.5 percent from April 2007 (despite a five percent reduction in bus service in January

2008). Last month, total monthly light rail ridership was 1,534,000 – up 43.3 percent from April 2007. Light rail ridership has steadily increased over the past year and has now surpassed bus ridership – unprecedented since light rail service began in 1987. In addition, the positive trend has carried over to usage at RT's 18 free park-and-ride lots. The park-and-ride lots at the Historic Folsom, Iron Point, Glenn and Meadowview light rail stations are typically at capacity during the weekday commute.

"Rising gas prices and the upcoming closure of the Interstate 5 'boat section' have certainly generated interest in public transit," Mike Wiley, General Manager/CEO, stated. "RT riders are putting their money in their pockets, not the gas pump. Now, is the perfect time to try transit."

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

PRESORTED STD.
US POSTAGE
PAID
PERMIT 32
Rancho Cordova, CA

The Olympics: Bush Shouldn't Go



“The journey of harmony” isn’t living up to its name.

That’s what organizers of the Olympic Games dubbed the tour of the Olympic torch before realizing that the flame would have to be secreted away during its ceremonial meanderings. It was extinguished at least once in Paris as pro-Tibet protesters besieged it, and in San Francisco it popped up unannounced in unexpected places lest demonstrators create an unseemly ruckus.

If they have a sense of humor, the gods of public relations must be smiling. China celebrated landing the 2008 Summer Olympics as a global PR coup that would seal its status as an internationally respectable power of the first rank. Instead, China is reaping the embarrassment that comes with cracking skulls in Tibet and abetting genocide in Sudan as the world’s eyes turn to it as the host of an event devoted “to promoting a peaceful society concerned with the preservation of human dignity.”

If the games weren’t a de facto seal of approval, thugs wouldn’t pant over hosting them. Hitler worked to keep the 1936 Olympic Games -- awarded to Berlin in 1931 prior to his rise to power -- in Germany. For good reason: historian William Shirer says that turned them into “a dazzling propaganda success for his barbarian regime.” In its eagerness to keep the Summer Games in Seoul in 1988, the then-authoritarian state of South Korea didn’t crush protesters, thus arguably paving the way for its eventual political opening.

China won’t be so gingerly, but to the extent the games

become the occasion for embarrassment for Beijing rather than glorious self-congratulation, the better. The torch should be harried, and Western leaders should stay away from the opening ceremonies.

All of this is mere symbolism, of course. For China, though, it’s the ceremony and the pretty picture that matter most.

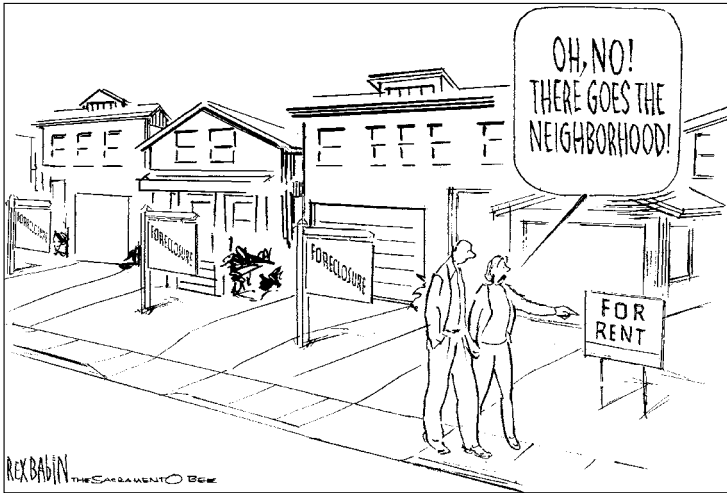
President Bush hasn’t declared himself about the opening ceremony, understandably. If he says he won’t go now, he’ll lose any leverage over the Chinese. But ultimately he can’t go, unless he wants to repeat his father’s experience of rubbing shoulders with Chinese officialdom fresh from a crackdown. Bush has talked about religious freedom more than any other American president. In the past, he hasn’t hesitated to irk China, meeting with the Dalai Lama in the White House.

It is the misfortune of Beijing that it has lost the cachet it once had on the left. The country is associated less with Mao’s Little Red Book than with capitalist development and rampant pollution, making it an acceptable target for moral censure. It helps that Tibet’s most famous representative is a Buddhist monk and that the autonomy of a landlocked Central Asian region at 16,000 feet is a cause safely sequestered from any hint of the American national interest.

Tibet will surely get more restive rather than less as the August games approach. They are simply too good a platform for international attention (the 1989 Tiananmen Square protests began upon a high-profile visit by Mikhail Gorbachev). China will respond brutishly and hope its Olympic stage-management still comes off without a hitch.

Rich Lowry is editor of the National Review.

© 2008 by King Features Synd., Inc.



By Nina May
www.RWNNetwork.net

Conservatives have this uncanny ability to snatch defeat from the jaws of victory and overplay every hand dealt them. They squandered the Reagan Revolution by parsing and dicing an agenda of positions unobtainable from even the most charismatic, or messianic of candidates. The color required to attain “conservative” credentials on the litmus test appears in no color wheel known to man. The acceptable candidates in this category are whittled to a pencil point that can only scribe the name of Ronald Reagan.

In the hopes that more people would have adopted his manner of principled politics, abandoning the mud fight that is covering the nation in sludge, conservatives have searched diligently for an heir apparent while consistently aborting their own. No one is pure enough, conservative enough, and principled enough to wear that mantle, yet they still hold every elected official to that standard. And, ironically, the country holds the entire Republican Party to that same standard while acknowledging that the Democrats and their party are incapable of feigning an attempt at such lofty heights.

Barney Frank is seen as the voice of all that is virtuous in sexual preference while Mark Foley is run out of town on a rail for his dalliances in alternative lifestyles. Senator Larry Craig is tarred and feathered by the giddy left while claiming the right is homophobic. Tom Delay is driven out of office by an over zealous partisan prosecutor while Congressman William Jefferson commandeers government sources to salvage his personal items, including the \$90,000 in his freezer. George Allen can utter a made up word that morphs into a racial slur while the Democrat who filibustered the Civil Rights Bill gets a pass, once again. I’m not really sure what happened to Newt Gingrich, but I am sure he didn’t lie under oath or seduce an intern like Bill Clinton did. Bill has had so many sexual

Snatching Defeat from the Jaws of Victory

improprieties it would require a certified public accountant to keep track of them and somehow he is the victim and the women are the vile creatures seduced by that siren of the right wing conspiracy. His wife gets the mea culpa senate seat in a state she has never lived in, and a multi-million dollar house she didn’t spend a dime on . . . and she is the victim, not the women her husband abused.

We have watched Clarence Thomas endure a “high tech lynching,” seen Condoleezza Rice reduced to caricatures of Aunt Jamima and seen Michael Steele have Oreos cookies thrown at him for daring to leave the liberal plantation and express their own political views based on principal. Alan Keyes was all but ignored in his bid for president even though his resume, his intellect, his articulate ability and passion for a country he has always loved, shine like the sun compared to the flickering candle of the finalist in American Idol President, Barak Obama. Why have all these people been held to an impossible standard by both the left and the right? Different reasons. The left has identified all things Republican as akin to the anti-Christ . . . not that they acknowledge there is a Christ, but it is an apt analogy. And the “right”, once again, can’t seem to get its judgmental act together to recognize good people and get behind them when they are willing to put their lives on the line for the country.

So what we are seeing on the horizon is a perfect storm for a group bound by common philosophy that is at odds with all the participants in the 2008 presidential elections. If conservatives would take a moment from eating their young, look up from the bloodied carcass of fallen comrades they have abandoned in the hunt for perfection, they would see a perfect storm on the horizon.

John McCain has somehow, managed to edge out other candidates who were rejected by conservatives because they were not perfect enough . . . or they were too perfect. I can’t seem to get my arms around the fact that Mitt Romney looked too perfect, had great credentials, good administration skills but just wasn’t good enough. Giuliani was America’s Mayor, and granted, Mayor is not a resume topper, but neither is being the housewife of a man who cheats on you and finagles a senate seat in lieu



of candies and flowers. Only Duncan Hunter had a perfect conservative score, yet the conservative elite sat around, wringing their hands searching for a candidate with a perfect conservative score. And even Mike Huckabee is far more conservative than John McCain, yet, he and others were rejected in favor of Hillary and Obama.

It has been twenty years since Reagan left office and the only ones who have accomplished anything have been summarily reprimanded and reproached for doing too much, not doing enough, not doing it the right way . . . whatever . . . they have passed and the movement is a dying ember fanning itself in the hopes of igniting a flame of revolution. This is the perfect storm for such a revolution, if that once powerful group of leaders would give one final gasp of passion and unify their collective efforts to throw down a gauntlet of compromise and ultimate victory. That gauntlet, to the heir apparent in the Republican Party, John McCain, is very simple and has only two parts. The vice presidential running mate should be vetted by the conservative wing of the party as acceptable, and he will magnanimously acknowledge and agree that if he is elected, he will serve only one term. If conservatives can coalesce behind those terms, which would be a miracle, then there could possibly be hope for the future. If not, Hillary or Obama will win . . . depending on who gets the Democratic nomination.

And if McCain does not agree, those who feel they are once again being railroaded and forced to accept an unacceptable candidate, should not sit this election out, but vote their voice and select a write-in candidate who should have been chosen as a running mate. One very positive by-product of losing the general election is that the leadership of the Republican party convenes to elect a new leader as opposed to having one selected by the sitting president. This is the silver lining of a perfect storm.

If Hillary is the nominee, she will be a one-termer with a hostile senate and congress because it will be a known fact that Barak was cheated out of the race. She will be a pariah in the media, in the Democratic Party, and in the nation’s eye. She will retaliate with draconian measures to bring her “subjects” in line and a revolt will occur. If Barak wins, the

populace will be crying “uncle” in two years as they struggle to regroup from oppressive taxes, regulations, restrictions and government’s tightening stronghold of unrestrained power. And that huge money-making machine known as “baby boomers,” will begin to slowly grind to a screeching halt as young retirees realize they would much rather spend the rest of their lives doing what they want, not what the government dictates. That young, impressionable group of new voters will be expected to pick up that slack, receiving paychecks that barely cover expenses and their altruistic nature will turn ugly with greed as they realize they have nothing to show for giving the government 50% of their hard earned money. They will expect their young president to have the answer and his response will be to tax and spend more and more. And dismiss the idea that the Clintons will recede quietly into the shadow of the party’s new “it” guy. There will be a division in the Democratic party that will make partisan politics seem like a warm memory of the good old days and it will perfectly position Republicans to win in two years, if they can figure out what they stand for.

If either Hillary or Barak wins it will be because McCain would not negotiate with his base and humbly understand that winning the election is impossible without them.

McCain agrees to the conditions, reneges on the agreement to not run a second term he will become Bush 41, surrounded by moderates who actually thought he could win without the base, which ironically was the same reason Dole lost. So McCain can do what is best for the country or he will either Bush himself or Dole himself. And it is between him and the conservatives in the party if they have the courage to press the issue.

If they don’t, then they should not complain if they are forced to give allegiance to Hillary or Barak under penalty of whatever. And if they don’t, they forever . . . forever . . . lose a position as a serious political voice in the destiny of the country. The perfect storm is brewing and it is up to the conservative base to recognize it and do something about it.

Nina May is the producer/director of the award-winning documentary, Emancipation Revelation Revolution (www.ERRVideo.com).

AMERICAN RIVER MESSENGER

“Written by the people for the people”

Publisher - Paul V. Scholl

Publisher’s Statement: It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$20 per year within Sacramento county, \$30 outside Sacramento county. The ARM is published twice monthly. Call 916-773-1111 for more information

Graphics & Layout -
Distribution Assistant -
Advertising Sales -

Clif Edwards
Gabriel Scholl
Perry Hartline • Anastasia Gioukaris
Josh Gossett • Yolanda Knaak
Marion Solo
Jeri Murphy

Classified Sales -
Editorial Support
Contributing Writers -

Tim Reilly
Mary Jane Popp
Lauren Forcella
Marlys Johnsen-Norris
Kay Burton
Phil Cowan
Judy Zimmerman
Calvin and Lisa Wulf
Amanda Morello
Pastor Ray Dare
Yolanda Knaak
David Dickstein
Accounting -
Web Master -
News Services -

King Features Syndicate • DBR Media • PRWEB NewsWire
North American Precis Syndicate • Blue Ridge Press

Photography -
Member of Citrus Heights, Fair Oaks, Carmichael and Orangevale Chambers of Commerce

Amanda Morello • Mike Maddox • Mary Pearson

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to:
publisher@americanrivermessenger.com.
Be sure to place in the subject field “Attention to Publisher”.
If you do not have email access, please call us at 773-1111.

We are Proud members of these newspaper associations.

FIGHT THE BITE!

Educational Community Forum

Come learn about our District services, including information on mosquitoes, West Nile virus and our pest management program.

CITRUS HEIGHTS

When: May 21, 2008
Where: Council Chambers at City Hall
7117 Greenback Lane
Time: 6:30pm-8:30pm

Use the District 7 D's:

DRAIN any standing water
DAWN and **DUSK** are times to avoid being outdoors
DRESS appropriately by wearing long sleeves
DEFEND yourself from mosquitoes by using repellent
DOOR and window screens should be in good working condition
DISTRICT personnel are available to help with mosquito problems by calling:

1-800-429-1022

BRING THE KIDS
They will enjoy

- A Cool Insect Collection
- Fun Giveaways

SACRAMENTO-YOLO
MOSQUITO & VECTOR CONTROL DISTRICT

For additional information, please call **1-800-429-1022** or visit us online at **www.FIGHTtheBITE.net**

Put “Memorial” Back in Memorial Day

One Nation United In One Moment - Over 300 Million Americans are Asked to Join Together at 3:00 pm, Local Time, on Memorial Day, for the National Moment of Remembrance

All citizens are asked to pause in their Memorial Day activities at 3 pm to respectfully honor the memory of those who died in the service of our nation.

The idea of the National Moment of Remembrance was formed when Carnella LaSpada, a long-time advocate for America’s fallen, asked school children, “What does Memorial Day mean to you?” They responded, “It’s the day the pool opened.” Those young people were not the only ones who misunderstood Memorial Day. According to a Gallup Poll, only 28% of Americans knew the meaning of Memorial Day. Ms. LaSpada was determined to put “Memorial” back in Memorial Day to ensure those who died for our country would never be forgotten. In 2000, Ms. LaSpada inspired Congress

to establish the White House Commission on Remembrance. The National Moment of Remembrance was born.

The President’s Memorial Day Proclamation calls on Americans to observe the National Moment of Remembrance. The Moment will be observed at the International Space Station, The Statue of Liberty, the USS New Jersey and the Empire State Building. Members of Congress, state and local officials will observe the National Moment of Remembrance, as will the Chairman of the Joint Chiefs of Staff, Admiral Mike Mullen, and members of our military as well as their families.

Major League Baseball games will pause at 3:00 pm, local time, while 200 Amtrak trains whistle their participation and The National Memorial Day Parade halts for the Moment. Members of Bugles Across America



will play Taps for the Moment at sites throughout our nation.

“The Moment is a time to pause, reflect and remember. It is a portion of our commitment to ‘Live Honoring America’s Fallen’ by showing respect for their sacrificial service. We want our citizens to contemplate the ties that bind us together. We want every man, woman and child to say ‘I know why I am free and I respectfully honor those who died for my freedom,’” said Ms. LaSpada, Executive Director of the Commission.

One nation united in one moment.

CONTACT: *White House Commission on Remembrance* Marjorie Mitchell, 202-783-4665 www.remember.gov

Metro Fire CERT Program Graduates New Class

The Sacramento Young Marines volunteered to be Metro Fire’s CERT Teams training victims. The children spent their Saturday having fake wounds applied in order to simulate a disaster for the final CERT test.

The CERT Program, run by the Metro fire is a training program for ordinary citizens to learn basic Emergency Rescue. The class, which consisted of 16 men and women of all ages, practiced their training on the children by surveying the area, assessing the injuries and extracting the victims from the disaster area. Once everyone was accounted for and taken to the medical station, The CERT students then bandaged and watched after their victims.

The Young Marines had a lot of fun with the pretend scenario. One boy was to pretend to be a wanderer that escaped from the medical station. The CERT Students



Sacramento Young Marine Getting help from CERT students

recognized that he had left almost immediately. The CERT Students sent out teams to find where he wandered off just as they were taught. It is a very good feeling to know that besides having the Metro Fire teams available in case of an

emergency, they have trained many caring citizens to help.

To learn more about Metro Fire CERT program visit www.smfd.ca.gov/cert.htm or call 916-566-4381. The next class begins October 16, 2008.

Mount Vernon Memorial Event

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

This event is the largest in Sacramento, and includes over 460 large American flags, military color & honor guards, musical salutes by the 59th Army Band, a flag folding

ceremony, the missing soldier’s table, a skydiver, and a jet flyover. Our guest speaker will be Major General Wm. H. Wade II, Adjutant General, California National Guard.

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

For additional information call 916-969-1251.

Fair Oaks Memorial Day Ceremony

The Tenth Annual Memorial Day Ceremony will be held Saturday, May 24th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Vice Chairman of the Fair Oaks Cemetery District, Thomas Askins will be the Master of Ceremonies. The musical program will be provided by the Fair Oaks Village Singers, Ed Silver, Director, American Veterans Band, conducted by Warren “Bud” Turner, and Bagpiper Dick Marquette.

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee have finalized plans for one of the most popular and inspiring Memorial Day ceremonies in the area. This year’s theme is to honor “The Last Heroes of World War II.” Ninety-five new names have been added to the Veterans Memorial Wall. The cemetery will be decorated with hundreds of flags lining its roadways as “The Avenue of Flags.”

Covered seating will be available for veterans and visitors. Dedicated seating will be available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/Fair Oaks Grange will provide complementary refreshments after the ceremony.



When someone you love has Alzheimer’s, the whole family is affected.

That’s why we make sure the whole family is involved.

It takes a special kind of person – and a special kind of place – to provide Alzheimer’s care. You’ll find both at The Gardens at Citrus Heights.

The special needs of those coping with Alzheimer’s and other memory impairments demand a special kind of care and support: for them, and for those who love them. The Gardens at Citrus Heights offers just that, in a secure, inviting setting.



The Gardens
AT CITRUS HEIGHTS
An Emeritus Alzheimer’s Care Community

To care. To comfort. To understand.

916.729.2722

7375 Stock Ranch Road
Citrus Heights, CA 95621
www.emeritus.com

Emeritus License # 347003712
©2007 Emeritus Assisted Living

★ **VETERANS POST** ★

by Freddy Groves

When You Buy a Poppy

“In Flanders fields the poppies blow between the crosses, row on row ...”

Our use of the poppy to memorialize those who’ve lost their lives in battle had its seeds in Lt. Col. John McCrae’s poem, “In Flanders Fields,” in World War I. In 1919 the American Legion Auxiliary started their poppy program when people took the crepe poppies from their coffee and doughnut booth in Milwaukee -- and left cash.

Today the Auxiliary uses the proceeds of poppy donations to support veterans and their families. The poppies themselves

are made by veterans as therapy in “Poppy Shop” rehab centers around the country, with the materials provided by the Auxiliary and the veteran earning money for every poppy created.

The biggest contribution to rehabilitation comes with the National Veterans Creative Arts Program for veterans at Department of Veterans Affairs medical facilities.

Once a year the winners of all the local Creative Arts Festivals in categories such as applied and fine arts, drama, music and dance have their artwork exhibited, generally at the VA Medical Centers, with talent shows for the music, drama and dance categories. Winners go on to the National Creative Arts Festival, sponsored each year by the VA,

during a week of celebration.

You’ll see them around on Memorial Day: members of the American Legion Auxiliary or the VFW at malls or places where lots of people gather, baskets full of poppies at hand.

If you don’t spot them, call your local American Legion or VFW and find out where they’re going to be distributing poppies. Donate big, take a few, and hand out the extras. Wear your poppy as a remembrance of the sacrifices those who have gone before us.

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

© 2008 King Features Synd., Inc.

36,000 Tubes of Sunblock Shipped to the Troops in Iraq!



SupportOurTroops.Org, CFC#31529, has just shipped 36,000 tubes of free sunblock to the men and women in the U. S. Military serving in Iraq. \$139,625 worth!

Let’s do for those who do for us! “It’s time to show them how much we care” said Support Our Troops® Chairman Martin C. Boire.

Every case is labeled with “thank-you” signage from the folks here at home.

“They spend their day in the desert sun. We’re glad to send something to help them with it,” said Boire.

About SupportOurTroops.Org

Support Our Troops® is a patriotic family organization aimed at protecting the well-being of the troops and their families. They Support Us - Let’s Support Them!T Civilian-led, SOT enthusiastically welcomes civilians, active-duty families, veterans, and folks from all political parties. Join SupportOurTroops.Org and show support today. We offer simple, easy, everyday methods through which folks can stick up for those who stick up for all of us: official license plates, ribbons, magnets, apparel, and accessories, knowing that it works to benefit the deployed troops (our neighbors) and their families. Support Our Troops is a nation-wide 501(c)(3) non-profit organization with chapters in 37 states to date. Donations at SupportOurTroops.Org help us do wonderful things like this for the troops and their families.

Where Did It Come From?

Nothing but the best for our troops! This shipment of sunblock was made possible by


the thoughtfulness of Crabtree & Evelyn, an American retailer of naturally inspired body, face and home products with stores globally. We encourage everyone who believes in the goodness of our troops to reward Crabtree & Evelyn with their business.

What Else Are We Doing?

Chairman Martin C. Boire, said, “we’re the license plate people. We have completed state approval 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.”

CFC (Combined Federal Campaign) Member #31529.

Support Our Troops® is an authorized private civilian national and international nonprofit in the Combined Federal Campaign (CFC). Federal employees can help Support Our Troops® by designating to code 31529.



SupportThePlatform.org
Supporting Candidates who Support our Values

Sacramento County
Republican Central Committee

Supervisor District 3	Supervisor District 4
Chris Barney	Jeffrey Allen
Galina Bondar	Roger Canfield
Bill Cardoza	Art Derby
Andrew Levy	Jay Evans
George Neverov	Ken Heuser
Elizabeth A. Varin	Yolanda Knaak
Anjeleeca Wood	Murray Lewis
	Linda M. Turner

Elect Real Conservative Republican Candidates

- Traditional Family Values
- Sanctity of Life
- Individual Liberty
- Limited Constitutional Government
- Less Taxes

We Support

Take this page with you to your polling place!



By Lauren Forcella

Dear Straight Talk: I'm 15 and a sophomore in high school. My mom and dad are going through a divorce because my father is a depressed alcoholic and marijuana addict who refuses to seek help. I have kept hidden the fact that he used to beat me all the time and tell me he wished I were dead, but I recently told my mom about it. Despite his actions, my dad thinks we are very close. I guess he doesn't see what he did as wrong. I want to completely cut him out of my life, but I feel guilty about this decision. I want to know if I am making the right choice. - K

From Mariah, 16: You are making a very good choice and you should not feel guilty about it. My mom is a drug addict and alcoholic, too. Most of my childhood memories are of her in the living room drunk and depressed. When I was in kindergarten, she left us after cheating on my dad. In first grade he let her come back because

straight talk for teens

Teen needs to cut off abusive parent

he felt we children needed a mother figure even though she wasn't a good one. But she left again and over the next two years, she kidnapped us twice and would do nothing to stop her boyfriend from beating up my brothers and his daughter from beating up me and my sisters. To this day my mother is an alcoholic and drug addict. I'm now a sophomore in high school and I didn't have the guts to emotionally cut her off until now. I wish I'd done it a long time ago because it's the smartest thing I've ever done. Now I see that none of this was ever my fault. I have a lot of depression and trust issues, but now, after cutting her off from my life, I am starting to deal with them.

From Katrina, 15: You are making the right decision. I have nothing to do with my mother for many of the same reasons. I told her she has to enter rehab before I will have anything to do with her.

From Britney, 15: You are making the right choice. I had a verbally abusive boyfriend once who thought it was normal to treat his girlfriend like a piece of trash. Every time I'd start to break up with him he would make me feel guilty and selfish, which I now realize was part of the manipulation abusers are known for. As in your situation, he honestly thought we had a close and normal relationship.

Talk to more people about it, a police officer or your best friend. I told my best friend and she made me see that I deserved better. Physical abuse is totally wrong, morally and legally, and will hinder you from going forward with your life. As much as he begs you to forgive him, which he will, don't fall for it.

Dear K: Your father has beaten you repeatedly, told you he wished you were dead, and he assumes you are close. Isn't abuse cozy? That you feel guilty over wanting to leave him is classic. Deep down, you feel ashamed that you weren't "good enough" to win his love. This is the classic pattern that keeps victims in abusive relationships. They keep making excuses for the abuser so they can keep trying to win that love. Listen to the teen panel: Don't fall for it. You will never win it. And until you emotionally separate yourself, you will not be able to work on healing the damage. (And you need to work it so you don't hook up with an abusive boyfriend or husband, which is often the next step.) Bravo for telling your mother, now cut him out of your life and get yourself professional help. You deserve love, not abuse.

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

POPPOFF!

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

Would you like to live to be 120? I'm not talking about a vegetable staring off into space, but a vital healthy doing individual? Dr. Henry Mallek, a pioneer in the field of nutritional science, says it is definitely possible. It all depends on several factors from food and lifestyle to diet. Many trend diets restrict at least one food group... no carbohydrates or no fat or greatly reduced caloric intake. Dr. Mallek told me the key to long life is staying thin, but here's the part that put a big fat smile on my face. His New Longevity Diet lets us enjoy the fun foods we like...red meat, poultry, fish, cheddar cheese, egg yolks, potatoes, and peanuts. And this one made my heart jump for joy... CHOCOLATE !!! I just knew that any food that tastes that good can't be all bad.

In his book, The New Longevity Diet, Dr. Mallek reveals a ground breaking anti-aging program. He told me it's all due to twenty-one little known but essential nutrients...longevity nutrients...that stand between me and 123. They stop the affects of aging, boost immune system health, and promote weight loss. He certainly got my attention. He went on to say that he developed a sensible and accessible plan that can stop the aging process in its old tracks. How you ask? It's all in the foods we eat...literally. We can live not only a long life, but a life of mental and physical vitality too.

That's all well and good,

I told Dr. Mallek, but how do I know what foods have which nutrients and how much of each nutrient do I need to keep the 'ole bod running like a top? Don't worry. He covers all that in The Longevity Diet with delicious and simple recipes incorporating life extending foods. The bottom line is that this diet reduces our weight without running the health risks inherent in eliminating essential food groups. His plan shoots not only for lean and mean...but healthy and energetic for a long time. Yeah, a very very very long time!!

Don't know about you, but I've come to hate the whole regimen of taking a hot new vitamin for one ailment, something else for energy, another for anti-aging, and on and on and on that claim to slow down mother and father time. Dr. Mallek quickly pointed out the fact that they CLAIM !!! Is there scientific evidence? He went on to say it takes a multi-factoral nut to stabilize DNA...the factor in cells...to keep that brain and those muscles strong. He made it clear it takes a full array to empower the body to prevent aging.

When next we meet, we'll go through those twenty-one little tweakers that might stop that twinge of Arthritis creeping in on our lives. Til then, STAY HEALTHY... WEALTHY...AND WISE!!!

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



The Adjustable Pillow...
Filled with Pearl Sized Puffs of Virgin Wool!

- Wool eliminates overheating & night sweats!
- Sleep in a dust-mite-free & chemical-free bed!
- Wool is mold, mildew & bacteria resistant!
- Relief from allergies, sinus & respiratory problems!
- No fire retardant chemicals in wool!

All Organic Bedding... for adults, children & infants.
Luxurious Wool Mattress Pads & Comforters On Sale.

ON SALE NOW!

Order Online:
www.wooliebees.com
5836 Robertson Avenue
Carmichael • 916-483-2472

Advertise in the American River Messenger
773-1111

Enoch Accepts Position with New District

Superintendent Steven Enoch has accepted an offer to become the superintendent in San Ramon Valley Unified School District effective July 1. Enoch joined San Juan Unified in 2005 and is credited with helping to put the district on improved financial footing, driving the infusion of technology into classrooms, expanding communication with the public, and bringing greater focus to closing the achievement gap among groups of students.

"The decision to leave San Juan has been a very difficult one," Enoch said. "We are a district that is moving forward on many fronts. I am confident however, that with the incredible San Juan teachers and other staff members, including the leadership team and the Board of

Education that is now in place, the district will continue the progress we have made in recent years."

Recruitment will begin immediately for a new superintendent to lead the district. The San Juan Unified Board of Education has already taken action to secure the services of the California School Boards Association to assist with the search. A public forum will be held on May 29 at 7 p.m. in the Board Room at the District Office, 3738 Walnut Ave., to offer the community a chance to weigh in on qualities they would like to see in the next superintendent.

"We are fortunate to have had Steve with our district for the past three years. He is recognized throughout the state and the nation as an innovator with a passion for

technology and as an advocate for all children," said Board President Richard Launey. "I am pleased that we have a strong leadership team in place that will make this transition period a smooth one. The Board is committed to conducting an expansive search process to be sure that the best candidates are considered as we select a new superintendent."

Before arriving to San Juan, Enoch was Superintendent of the Mead School District in Spokane, Washington. Prior to his work in Spokane, he served as Superintendent of Schools in the San Juan Island School District, located north of Seattle for seven years, and before that, in the Bonsall School District in San Diego County.

★ ★ ★ ATTENTION ★ ★ ★



REPUBLICANS OF THE 3RD CONGRESSIONAL DISTRICT

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



CONGRESSMAN DAN LUNGREN

THIRD DISTRICT

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

FOURTH DISTRICT

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

FIFTH DISTRICT

George Bradshaw

Save this page for election day!

Paid for by, Dan Lungren for Congress

Citrus Heights News & Views

5th Annual Relay for Life of Citrus Heights



**Saturday, June 6 &
Sunday, June 7, 2008
10:00 a.m. to 10:00 a.m.
San Juan High School
7551 Greenback Lane
Citrus Heights**

The American Cancer Society's Relay For Life of Citrus Heights is in its 5th year at San Juan High School and will be June 7-8, 2008. Relay For Life is the signature fundraising event for the American Cancer Society and is held in more than 300 communities in California. Last year in California alone, Relay For Life raised more than \$33 million that will go toward cancer

research and American Cancer Society's free programs and services in the local community.

Community members, businesses and families are invited to sign up as a team for the event on the event website: www.events.cancer.org/rflcitrusheightsca and begin fundraising for the event, join an existing team or just donate to help the American Cancer Society fight back against cancer.

For 24 hours at Relay, teams take turns walking the track — because cancer never sleeps. There are ceremonies honoring survivors and those who have lost their battle with the disease, as well as music, games and

other entertainment that fill the day with fun. Survivors and their caregivers are invited to a pre-event breakfast at 9:00 a.m. on June 7. The event kicks off at 10:00 a.m. with Opening Ceremonies and the Survivor Lap, then walkers fill the track to show their support for cancer research and the mission of the American Cancer Society.

To RSVP and get your tickets for Saturday's 9 a.m. Survivor Breakfast, please call Sandy Thomas at (916) 729-0386. For more information about the Relay For Life of Citrus Heights, call event co-chairs Jessica Mang (916) 595-3761 or Scott Nygard (916) 969-2424. See you on the track!

Ormond Named VP of IT at Heald College

Heald College today announced Matt Ormond, Citrus Heights resident, has been named Vice President of Information Technology (IT). In this role, Ormond will be responsible for overseeing Heald's engineering efforts, including campus IT operations, network services and application support.

Ormond has worked in Heald's IT Department for 10 years. He started with Heald in 1998 as an adjunct faculty member preparing students for advanced certification in Microsoft Windows technology. In 1999, he became the network administrator for Heald's Sacramento campus. Ormond has also worked as the regional IT manager, overseeing six campuses; as the IT manager, overseeing all 11 of Heald's campuses; and most recently as the director of IT.

"Matt's commitment and contributions to the success of our students and the College are exemplary examples of what Heald College is all about," said Nolan A. Miura, president and CEO. "Matt's management and IT experience, as well as being a Heald graduate, make him a perfect fit for this position. I am looking forward to additional contributions from Matt as he moves Heald's IT Department forward."

Ormond graduated from the Sacramento Heald Institute of Technology in 1994 with an Associate of Applied Science degree in electronics technology and received an Associate of Applied Science degree in networking technology from Heald in 1996. Ormond received his Bachelor of Science degree in management from the University of Phoenix and



Matt Ormond

is currently pursuing his Masters of Business Administration from the University of Maryland.

About Heald College
Founded in 1863, Heald College is a private career college, with 11 campuses in the western United States. Its mission is to provide career-focused programs in healthcare, technology and business that prepare students for workplace success in the shortest practical

time — generally 18 months or less. Heald College offers associate degrees, short-term diplomas, and certification training programs, and is accredited by the Accrediting Commission for Community and Junior Colleges of the Western Association of Schools and Colleges (WASC). For more information, please call 1-800-88-HEALD or visit www.heald.edu.

Dave Terwilliger San Juan Principal Honored at Crystal Apple Awards

By Tim Jackson

Dave Terwilliger, retiring Principal at San Juan High School was surprised when he was given special recognition April 29, 2008 at the Crystal Apple Award ceremony honoring teachers from local high schools. Terwilliger who has been in attendance the last four years of this event turned the attention away from himself and stated how pleased he was to see the recognition for the teachers continue. "These hard working and dedicated teachers don't always get much positive recognition," said Terwilliger. "We appreciate the Citrus Heights Stake of the LDS Church continued acknowledgement of their efforts in our community." Mr. Terwilliger who retires after this year was given a special award by the parents of current and former students who have been influenced by his warm and caring leadership at San Juan High School.

"This is really exciting to be given the Crystal Apple award", said Mrs. Vicky Warren a first year teacher at Casa Roble. A 2007 graduate of CSUS who teaches Health Science has given her students who nominated her plenty to think about. According to 10th grader Samantha McCracken, "She is really good at her job and makes class exciting."



Dave Terwilliger, retiring Principal at San Juan High School

Toby Harris a seasoned English teacher at Mesa Verde in Citrus Heights was nominated "because he really likes us to use our minds and be creative", said 10th grader Shannon Sewell. Tanner Warner another sophomore student agrees, "He makes learning fun and a joy to be in his class."

The winning teacher from San Juan is another English teacher Mrs. Nicole Kukral who also has served as year book advisor for 6 years. "There has never been a time when I haven't wanted to go to work" Kukral said,

"Because I have the honor of working with phenomenal teachers and students every day." Freshman Bryan Eckern agreed. "Mrs. Kukral is kind, friendly and an excellent teacher."

The program which is sponsored by the Citrus Heights Stake of the Church of Jesus Christ of Latter-day Saints gives recognition annually to teachers from San Juan, Mesa Verde and Casa Roble in Orangevale. The winning teachers are nominated by their students who attend early morning religion classes sponsored by the LDS Church.

SOROPTIMIST INTERNATIONAL of CITRUS HEIGHTS

The members of Soroptimist 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.

Northern California's Largest Showroom

BUY 3 GET 1 FREE!

Weatherite's Performance Series windows are designed to outperform the California products. By special arrangement with the manufacturer, we offer them with:

- **Insulated Frames & High Quality Extruded Screens**
- **40% Better Efficiency with Argon Gas & Low E 366 in the Glass Area**
- **Spacer System Insures the Gas Will Stay In for Life (No "Super Spacer")**
- **Lifetime Transferable Warranty & Glass Breakage Warranty**

All Weatherite installations have our unique **LIFETIME WARRANTY** as well. Call for details!

(916) 332-1009
www.thebestwindowshowroom.com
4813 Auburn Blvd. • Sacramento

More Choices:

Vinyl, Wood, & Fiberglass Windows, Huge Selection of Doors, Multiple Siding Choices Including Vinyl & Fiber Cement.

Also Beautiful Wood, Vinyl & Composite Shutters.

More Selection

20 Product Lines in Windows Alone!

More Value:

Our Nationwide Research and Comparative Pricing Will Help You to Determine the Best Value for You!

More Services:

Before, During & After Your Decision!

License No. 452865

NOW OPEN

SATURDAY

9AM to 1PM

EL DORADO SAVINGS BANK

Serving our local communities for 50 years

CITRUS HEIGHTS BRANCH
7895 Lichen Dr. • 729-1100

www.eldoradosavingsbank.com

Deposits insured to \$100,000 by the Federal Deposit Insurance Corporation.

Member **FDIC**



Fair Oaks News & Views

Spring and Summer Events

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

A Taste of Fair Oaks

June 6th (6 p.m. to 10 p.m.): A Taste of Fair Oaks features handcrafted Ales & Lagers, Foothill Wineries, Gourmet Food, Live Auction, Art Exhibit, Live Music, Putting Tournament and Raffle prizes. This event will again be held at the Northridge Country Club, 7600 Madison Ave, Fair Oaks, 95628. Admission is \$40 in advance; \$48 at the door.



Concerts in the Park

June 12th to August 28th (7 p.m. to 9 p.m.). Concerts in the Park. The weekly Thursday

night Concerts in the Park series is free to the public and is held in the Village Park. The bands are fantastic this year, and the Fair Oaks Foundation for Leisure and the Arts will again be selling ice cream sundaes and root beer floats.

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

Gala Evening of Gourmet Food, Vintage Wine & Hand Crafted Ales

“A Taste of Fair Oaks” is a Gala Evening of gourmet food, Vintage Wine, Hand Crafted Ales and Lagers, Fine Art, a Putting Contest, and live music will be playing throughout the evening.

Chefs from Fair Oaks and neighboring area restaurants will

present their favorite creations or house specialties for tasting. We are featuring foothill and local wineries and regional micro breweries, inviting them to pour samples of their wines and micro brew for guests to taste. Plan to join this GALA event, being held at North Ridge Country Club on June

6th. Experience a delightful evening of Gourmet Tasting, Good Music, Raffle, Silent Auction and a Hole-In-One putting contest winning \$5000!!!

For additional information call the Fair Oaks Chamber of Commerce at (916) 967-2903 or check our website: www.atasteoffairoaks.com.

Honoring the Last Heroes of World War II



Fair Oaks Cemetery Memorial Day and Avenue of Flags

The Tenth Annual Memorial Day Ceremony will be held Saturday, May 24th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Vice Chairman of the Fair Oaks Cemetery District, Thomas Askins will be the Master of Ceremonies. The musical program will be provided by the Fair Oaks Village Singers, Ed Silver, Director, American Veterans Band, conducted by Warren “Bud” Turner, and Bagpiper Dick

Marquette.

The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee have finalized plans for one of the most popular and inspiring Memorial Day ceremonies in the area. This year’s theme is to honor “The Last Heroes of World War II.” Ninety-five new names have been added to the Veterans Memorial Wall. The cemetery will be decorated with hundreds of flags lining its roadways as “The Avenue of Flags.”

Honored Speaker, Veteran of WWII, PFC John Serpa, USMC will speak on his personal experiences. Other Guest speakers include Assemblyman Roger Niello, and possibly Sacramento Supervisor from 4th District, Roberta McGlashen.

Congressman Dan Lundgren has provided a flag that has flown over the nation’s capitol. This flag will fly over the Veterans

Memorial for one year in honor of all Veterans of the Armed Services. The flag honoring the POW’s/ MIA’s, which was flown over the memorial this past year, will be retired and formally presented to Bob Clouse, Board Chairman Fair Oaks Cemetery District.

A formal Color Guard and Rifle Salute Team from VFW District 17 will provide military honors and assist the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor of over thirteen hundred veterans who are buried in the cemetery.

Covered seating will be available for veterans and visitors. Dedicated seating will be available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/ Fair Oaks Grange will provide complementary refreshments after the ceremony.

Metro Fire - Camp Applications Now Being Accepted

It’s time again to sign up for Metro Fire’s 2008 FIRE CAMP!

Metro Fire’s FIRE CAMP this year is from July 22nd to July 26th, 2008. Each day of the day camp allows eighty – 11, 12, and 13 year olds’ a chance to see and learn the varied disciplines of today’s fire service. It is a once in a lifetime experience, which teaches skills, confidence, teamwork and self-reliance, all in a fun and exciting atmosphere.

Parents drop off and pick up their campers at Fire Station 21 located on Greenback Lane every day. The kids are grouped in “strike teams” of eight campers, and each strike team is mentored and supervised by a professional firefighter. Teams learn about the job of a firefighter

and experience first hand life safety skills such as:

- Fire Extinguisher Training
- Climbing a 105’ aerial ladder
- Developing the skills of a bucket brigade
- And much more!

Through the vision and dedication of over 150 District employees, and supported by local businesses, community groups, and allied public agencies, FIRE CAMP brings youth and public servants together in an atmosphere of support, encouragement, excitement and family.

To attend Metro Fire’s FIRE CAMP, applicants must be between the ages of 11 and 13. Preference is given to applicants who live within the Metro Fire District boundaries.

Applications can be found on our web site: www.smfd.ca.gov on the front page. Applications are processed in the order they are received, so the earlier you apply, the better the chance of securing a position in this year’s FIRE CAMP. The application deadline to apply is June 9, 2008 at Noon.



The Chamber has a temporary change in office hours - we will be open Monday through Friday from 10am until noon and again from 2pm until 4pm.



CST #205/435-40

Ships and Trips Travel

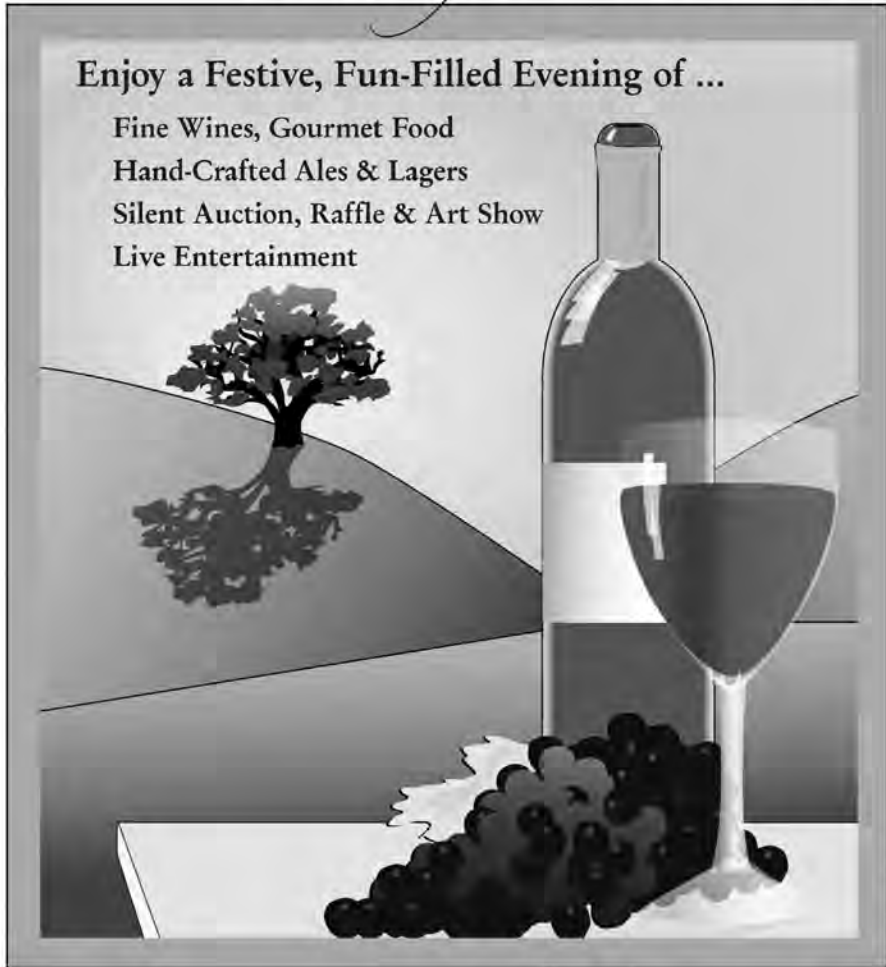
Trude Peterson Vasquez
Your Personal Travel Specialist in Fair Oaks
(916) 961-3282 business
www.Trude4Travel.com
Trude.shipsandtrips@yahoo.com

“The world is a book, and those that do not travel read only one page.” ~ Saint Augustine

15th Annual
a Taste of Fair Oaks
Presented by the Fair Oaks Chamber of Commerce

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

Fine Wines, Gourmet Food
Hand-Crafted Ales & Lagers
Silent Auction, Raffle & Art Show
Live Entertainment



Artwork by Chris McCann

June 6, 2008
6pm ~ 10pm

Pre-Event Tickets: \$40
Tickets at the Door: \$48

North Ridge Country Club

7600 Madison Avenue
Fair Oaks, CA

For Advance Tickets & Additional Information:
Call (916) 967-2903 or Visit www.atasteoffairoaks.com

Phoenix Community Garden Open House

The 51 members of the Phoenix Community Garden in Fair Oaks invite you to their third annual Open House on Saturday, June 28, 2008 from 10am to 2pm.

Their will be self guided tours, special exhibits, organic gardening

tips, food and more.

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

The Phoenix Community Garden, part of the Fair Oaks

Parks and Recreation District, exists to promote good gardening techniques, sharing of information, and community camaraderie.

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



Rand K. Jacobs

R.K. Jacobs
Insurance Services
Home • Auto • Business

Office (916) 966-3733
Fax (916) 966-0177
4777 Sunrise Blvd., Ste. B
Fair Oaks, CA 95628
rjacobs@pacbell.net
Lic. #0535940

CLEAN & SOBER
LIVING
CSTL, Inc.

**HELPING PEOPLE AND THE COMMUNITY WITH
THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!**

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

Carmichael News & Views

Department of Regional Parks Honors Carol Doersch Outstanding Volunteer



Left to right in front: Jill Ritzman, Deputy Director Regional Parks; District 3 Supervisor Susan Peters; Carol Doersch; and Marilee Flannery, Supervisor, Effie Yeaw Nature Center. Pictured in back are Supervisors Dickinson, Yee and MacGlashan.

Carol Doersch has volunteered for more than 26 years as a founder and supporter of the American River Natural History Association (ARNHA). Carol has consistently provided an average of 40 hours each month for many years working in support of the Effie Yeaw Nature Center and the ARNHA. She has donated over 9,000 hours in founding ARNHA, worked on educational publications such as The Valley Niseman, and The Acorn, found funding for the Effie Yeaw Nature Center, and served as secretary and

president for the ARNHA Board of Directors; Carol, an exemplary volunteer, who was a major contributor in establishing the Maidu Cultural Heritage Program through planning and securing of funding for the construction of the Maidu Village at the Effie Yeaw Nature Center. Carol shares her love of nature, passion for education, accomplished writing, and dedication to ensuring that the Effie Yeaw Nature Center continues in its mission of environmental and cultural education; Carol serves not only as ARNHA Board Member, Associate

Board Member, Acorn Contributor, but also as an inspiration to all who share in her vision of protecting and preserving our natural resources. Carol has enriched every project and endeavor that she has involved herself in. The Board of Supervisors of the County of Sacramento, State of California, honors **Carol Doersch as Outstanding Volunteer Of The Year** in service to the County of Sacramento Department of Regional Parks and to the people of Sacramento County.

Smiles for Miles: First 5 California Launches Mobile Health Tour with Dental Focus

Hands-on Health Van Offers Health Tips, Games and Giveaways to Sacramento Families
In California, almost two-thirds of children have dental decay by the time they reach third grade. That's why First 5 California has dedicated its spring Hands-on Health tour – including a stop in Sacramento County – to educate families about healthy dental care. In partnership with dental manufacturer Dr. Fresh, First 5 California will offer local families tips and tools to help build healthy dental habits in young children. During the van's stop at the Sacramento County Fair, kids will receive free Dr. Fresh FireFly

toothbrushes and play educational games, while parents learn how to care for their children's overall health. Look for the van at the Fair's special Mommy Mixer, an area geared for mothers and their children. Perfect for children age 5 and under and their families, this free touring exhibit, in conjunction with First 5 Sacramento, makes it fun for families to learn about health by using storytelling, music and entertainment. Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters

passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on cigarettes to support programs for expectant parents and children ages 0 to 5. As part of its public education efforts, First 5 California implements the Hands-on Health mobile outreach tour statewide to teach California families about healthy habits. Thursday, May 22-Noon to Dusk, Cal Expo, 1600 Exposition Blvd., Sacramento, CA 95815 CONTACTS: For more information about the Hands-on Health van, call Lindsay McIntyre at (310) 913-3352.

Victory Christian Gets It Done

"The students did a great job painting. We completed more work than we ever could imagine", "The students of Victory Christian have been such a blessing to me. I could never have done the work myself. You have a great bunch of kids there." These are just a few of the comments made by grateful recipients of Work Day put on by Victory Christian School on April 30. This annual fundraising event allowed students to take a day away from their books to do something good for their community and to help their school financially. The goal for this event was \$25,000. Students secured sponsors to underwrite their work. "They are well on their way toward the goal as pledges continue to come in, even after the actual event," commented Linda Melody, Coordinator for Work Day. All together the students were



able to do work at William Land Park, McKinley Park, Carmichael Park, a local school, a convalescent hospital, and 10 homes of senior citizens. For more information, contact: Linda Melody Development Coordinator Victory Christian Schools 3045 Garfield Avenue Carmichael, CA 95608 916-488-5601 ext. 116 lmelody@victorycs.org

Nominations Wanted for Patriots Park “Wall of Honor” in Carmichael

The Carmichael Recreation and Park District is celebrating the construction of a new park on Palm Avenue. This park will offer the latest in park design features along with a special “Wall of Honor.” This unique Wall of Honor will provide a lasting monument to the residents of the district who gave their life while serving their country OR community. Nominations are being accepted through August 4, 2008 in preparation for the Grand Opening of Patriots Park. For more information call Tracy at (916) 485-5322x23 or go to www.carmichaelpark.com. **Wall of Honor Guidelines Definitions** Patriot—one who loves, supports, and defends his or her country and its interests with devotion

Honor – good name or public esteem; keen sense of ethical conduct; an evidence or symbol of distinction A Heroic Act – showing great bravery, or courage **Purpose:** The purpose of the “Wall of Honor” within Patriots’ Park is to provide a lasting monument to residents of the Carmichael Recreation and Park District who gave their life for their Country or Community. Candidates for the “Wall of Honor” within Patriots’ Park must meet the following criteria: • The individual gave their life for their Country or Community • The individual was a resident of the CRPD • The individual must not have been convicted of a felony Nomination and timeline for the grand opening of Patriots’ Park 2008: • The CRPD relies on the community for nominations

• Nominations must be made by August 4, 2008 • For the grand opening CRPD will approve as many applicants as qualify • The act of courage can go back to 1945 (the inception of CRPD) • Nomination may be submitted on the official nomination form or in a letter that contains all the pertinent information • Review committee consisting of: Members of the public safety community (i.e. Police Department or Fire Department), the military community, the community at-large, or CRPD staff, will make recommendations to the CRPD Advisory Board for approval • A public ceremony will be held during the grand opening of Patriots’ Park • A registry with a brief “story” of each honoree of the “Wall of Honor” will be maintained on the District web site

Sacramento Valley Symphonic Band Association
presents its annual Community Band Festival
Carmichael Park
Saturday - Sunday May 31 - June 1, 2008
Free to the Public!
SATURDAY
11:00 North Bay Wind Symphony
12:00 Sonoma Hometown Band
1:00 Roseville Community Concert Band
2:00 El Dorado Brass Band
3:00 Cosumnes River College Concert Band
4:00 Elk Grove Community Band
5:00 Solano Winds

SUNDAY
11:00 Three Note Band
12:00 Capitol Pops Concert Band
1:00 Sacramento Concert Band
2:00 Capital City Concert Band
3:00 Sacramento Symphonic Winds
4:00 59th Army Band - California National Guard
5:15 River City Concert Band
Bring a lawn chair! Bring a picnic! Spend the day!

For more information:
916-489-2576
or mlehr@sbcglobal.net

Upcoming Events

Flag Day Celebration
Saturday, June 14, 2008 11:00 A.M.
Carmichael Lodge # 2103
5631 Cypress Avenue, Carmichael, CA 95608
Members of the public are invited to attend the Carmichael Lodge annual Flag Day ceremony to be held on Saturday, June 14, 2008 at 11:00 a.m. to join with our Members in the celebration of the history of our Nation's Flag, the emblem of freedom and the symbol of unity
The Benevolent and Protective Order of Elks were the first and only fraternal organization to require an annual tribute to our country's flag, long before it became a National Celebration. Included in this ceremony is a history of our flag along with a presentation of seven of our earlier flags by members of our Lodge sponsored Boy Scout Troop # 386.
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!

Candidates Forum To Be Held, May 27
The Carmichael Chamber of Commerce will sponsor a Candidates Forum, Tuesday, May 27, noon at the Carmichael Park Clubhouse, 5750 Grant Avenue.
Assemblymember Alan Nakinishi, District 10 is termed out; so five candidates will be running for an open seat this election. They are David Sander, Jack Siegluck, Paul Hegyi, Alyson Huber and Jim Cook.
Incumbent Supervisor Susan Peters,

District 3 is running for re-election and is being challenged by Warren Harding.
All the candidates have been extended an invitation to participate.
The meeting is open to the public and reservations are required. Cost of the luncheon is \$13.50 prepaid and \$15.00 at the door. Visa, MasterCard and Discover cards are accepted. To secure your seat call the Chamber office, 481-1002. Deadline for reservations is May 23.

SOME OF LIFE'S TOUGHEST CONVERSATIONS HAPPEN OVER COFFEE.
When was the last time you had that conversation about Life Insurance?
Talk to me today about your life insurance needs.

Michael Lynch, Agent
Insurance Lic. #: 0F16966
5150 Fair Oaks Blvd, Suite 104
Carmichael, CA 95608-5758
Bus: 916-482-3300

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE
State Farm Life Insurance Company (Not licensed in NY or WI) • State Farm Life and Accident Assurance Company (Licensed in NY and WI) • Home Offices: Bloomington, IL • statefarm.com

QUALITY MAKES A DIFFERENCE
QUALITY MANAGEMENT
50 years under local management and ownership.
QUALITY ASSETS
In 2007, we completed our 19th consecutive year without any foreclosed properties on our books.
QUALITY SERVICE
Voted the Best Bank in many of our local communities.
SAFE—STRONG—SECURE
EL DORADO SAVINGS BANK
Serving our local communities for 50 years
Member **FDIC**
CITRUS HEIGHTS • 7895 Lichen Dr. • 729-1100
eldoradosavings.com

LIVE MUSIC & DANCING!
Open: Tues - Sun
“Destination for a Candlelight Dinner”
★★★★ -The Sacramento Bee
BUY 1 ENTREE & RECEIVE 2ND FREE!
Up to \$15 with this ad. Dine in only with purchase of 2 beverages. Not valid on holidays or for brunch. Exp. 05-30-08
(916) 971-9090
WWW.TAVANOSCAFENAPOLI.COM
Tavano's Napoli Ristorante 5150 Fair Oaks Blvd., Carmichael

VISIT ITALY TODAY! ...or any other day!
LIVE MUSIC & DANCING!
Open: Tues - Sun
“Destination for a Candlelight Dinner”
★★★★ -The Sacramento Bee
BUY 1 ENTREE & RECEIVE 2ND FREE!
Up to \$15 with this ad. Dine in only with purchase of 2 beverages. Not valid on holidays or for brunch. Exp. 05-30-08
(916) 971-9090
WWW.TAVANOSCAFENAPOLI.COM
Tavano's Napoli Ristorante 5150 Fair Oaks Blvd., Carmichael

Orangevale News & Views

Friends of the Orangevale Library Host Old and New Activities



Judy Nissila, (center) newly elected president, Friends of the Orangevale Library, congratulates Putt Curtis (left) and Betts Flores (right) for their work/part on the Bodacious Book Sale to be held June 5-7 at Divine Savior Parish Hall, 9079 Greenback in Orangevale. For more information call a Friend: 916.725.8288.

“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!

We take pride in this event in that it is neatly organized yet allows plenty of room for rummaging, just what bargain hunters enjoy. We provide bags, resting areas and a merchandise hold-area for leisure browsing and shopping. Our Bodacious Boutique adds sparkle by offering free, yes, free gifts to those who become members of Friends. And last but not least, the popular Orangevale book, pre-autographed, of course, will be available. The public is invited to

this remarkable event.”

Absolutely new, beautiful and spacious is the new look for the existing Orangevale Library. The Grand Reopening held April 3, drew a crowd of over 100 people including featured speakers State Senator Dave Cox, State Assemblyman Roger Niello, County Supervisor Roberta MacGlashan, Sacramento Public Library Director Anne Marie God, and Friends President, Judy Nissila.

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.

A new program, “Leaving a Legacy,” albeit still in its infancy, is chaired by Friends vice-president Betts Flores. Per the research, it is estimated that 77% of Americans donate money and time to charitable organizations during their lifetimes. However, only 8% of us remember to include a gift to a non-profit, like the OV Library, in our estate plans or wills. It is typically at our death that we transfer the largest portion of our wealth to others; imagine the effect we could have if a significant number of us made provisions to include the Orangevale Library.

“So, if you’ve made, supporting non-profits a part of your life, why not think of giving a gift for the generations to come? You will make a difference. The Sacramento County Library Foundation offers free estate counseling for anyone interested. The number to call is 916-264-2893. Donations to the Leaving a Legacy program will be used in the building fund for the new permanent library, which remains a high priority with Friends. The location for the new library is next to the Community Center; look for the sign “Future Home of the Orangevale Library.”

Friends of the Orangevale Library, now in their seventh year, take pride in supporting programs, purchasing books, holding fundraisers and staying closely in touch with the powers that be, particularly those who have a major role in decision-making regarding the building of new libraries. In the words of Assemblyman Roger Niello, “What’s going to make the biggest difference

Lorraine Shares Her Survivor Story

By Loraine Silvera

I was given up for adoption at birth. My adopted parents knew nothing about my birth parents or their background. I lived a normal, as normal can get, childhood. I left home at the age of 18 and at the age of 20 started a family with my first born, a son. At the age of 25, I gave birth to my second child, a daughter. At the age of 26, I was diagnosed with cervical cancer and had surgery. All clear with a clean bill of health!

At the age of 27 I found my birth parents and with that came a half sister on my mother’s side and four half brothers and a half sister on my father’s side. My father and his family had a history of good health and long life. My mother and her family were a different story. My mother at a young age had surgery for cervical cancer. In her 30’s she was diagnosed with breast cancer. Her mom, my grandmother, carried the gene for breast cancer. My mom’s cancer returned in her 50’s and took her life at age 57.

I was diagnosed with breast cancer at the age of 40. I underwent a double mastectomy and reconstruction surgery. I also carried the gene for ovarian cancer. Since there are no symptoms for ovarian cancer until it is too late, the doctor suggested preventive surgery. Four months later I had the surgery for ovarian cancer. Both surgeries were difficult not only for me, but for my family. With little time between the surgeries, my family had to carry the load of “Mom” and the household chores. With lots of help from family and friends, I’m on my feet again with a clean bill of health.

Last year I ran the race for Honorary Mayor of Orangevale. I raised over \$14,000.00 dollars -- the highest amount ever raised in the history of the Mayor’s



Rich Hall & Cancer Survivor Lorraine Silvera

race. I am currently the as well as a director on the board for the Orangevale Chamber of Commerce. Last October as Honorary Mayor, my first ribbon cutting was at the Relay For Life of Orangevale. I had also joined a team and did a little fundraising for the event. I had the best time! Everyone was happy and full of energy. I was honored to walk the first lap in my purple survivor shirt with the rest of the survivors. Then again the survivors’ lap at dusk with all the luminaria bags lighting the way. The entire event was very wonderful.

It was at that time I decided that I was going to volunteer my time at the next Relay For Life. I had high hopes to help in the second Relay and make it an even bigger event

then the first. So here I am, the Team Captain Coordinator for the event. I recruit teams and energize the team captains at the meetings to recruit teammates and fundraise for the fight against cancer. We have more teams signed up then last year already, and a large committee to help in the event. This year is going to be bigger and better. It is a chance for the community to come together in the fight against cancer. After all, we all know someone who has been affected by cancer. We can make a difference!

Why do I relay? For my mother, myself and my daughter. I hope that someday soon they will find a cure for cancer, so that my daughter and so many others will not have to endure the pain and suffering that I went through.

What Can You Expect from a Financial Advisor?



Kirk Camunez

The investment world can be complex - and trying to navigate it by yourself is a daunting task. That’s why you may want to work with a professional financial advisor - someone with the experience and resources to help you reach all your important financial objectives.

Your first task, then, is to find a financial advisor with whom you will be comfortable. Ask your friends, relatives and co-workers for referrals, and don’t be shy about interviewing a few financial advisors. When you’re talking to prospective financial advisors, look for someone who stresses comprehensive financial strategies, rather than individual transactions. Ideally, you will want someone who asks questions such as these:

What are your goals? You’ll need a financial advisor who shows considerable interest in your short- and long-term goals. After all, you’ll want this person to help you accomplish a variety of things - saving for a new home, sending your children to college, attaining a comfortable retirement lifestyle and so on. Every single recommendation a financial advisor makes should be based on your goals.

What does your family situation look like? A financial advisor will ask you a lot of family-related questions: How many children do you have? Do you plan to send them to college? If so, how much do you hope to contribute to their education? Does your spouse have

a retirement plan at work? Will you have aging parents that may require some type of assistance from you? By eliciting this type of information, a financial advisor can help you create a “family-friendly” investment strategy.

What are your attitudes toward investment risk? A conscientious financial advisor will determine if you are a conservative investor - someone who favors investments that offer a greater likelihood of preservation of principal - an aggressive investor - someone who is comfortable taking greater risks in hopes of greater returns - or a moderate investor - someone who falls in between the other two groups. While a good financial advisor will, of course, tailor recommendations to your risk tolerance, he or she may, on occasion, need to push you a bit out of your “comfort zone” to help you achieve your goals.

What investments do you currently own? For a financial advisor to do his or her job, and to provide the best chance of showing these possible benefits to you, he or she will need a complete understanding of your current holdings: your IRA, 401(k), stocks, bonds, government securities, Certificates of Deposit (CDs) - everything. Once a financial advisor knows what you already have, he or she can identify any potential gaps in your portfolio and make appropriate recommendations for filling them.

What are your feelings about leaving a legacy? For many people, the issue of leaving a legacy is highly emotional. That’s because so many of us, almost instinctively, want to “leave something behind” for our families and those charitable organizations we support. A good financial advisor will probe your attitudes toward leaving a legacy and help develop strategies that support your goals in this area. Eventually, your financial advisor may have to work with your other financial professionals, including your tax advisor and your

attorney, to carry out your strategies of leaving the legacy you desire.

As you work toward your financial objectives, you’ll have a lot of questions. Just make sure your financial advisor does, too.

YOUR TIMING WON'T BE OFF WHEN YOU INVEST REGULARLY.

If one of your worries is whether you're investing at the right time, it shouldn't be. By investing a set amount of money regularly, you establish a simple routine that makes it possible to use market fluctuations to your advantage.

Investing a set amount of money on a regular basis does not ensure a profit and does not protect against loss in declining markets. Such a plan involves continual investment in securities regardless of fluctuating price levels of such securities. You should consider your financial ability to continue the purchases through periods of low price levels.

To learn how investing on a regular basis can help you reach your financial goals, call today.

Kirk Camunez
Financial Advisor

8920 Greenback Lane Suite D
Orangevale, CA 95662
916-989-0920

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

BCI BOB CLOUSE INSURANCE

(916)988-3457

9267 Greenback Lane Suite B-6
Orangevale, CA 95662

auto * home * rental home * flood * earthquake * umbrella * business
prepaid legal/ identity theft

Serving our community since 1978



license #0550206

40 MILLION DRIVERS PARK HERE.

It's no accident that more drivers go with us and stay with us. To get the coverage, rates and service you deserve, talk to an agent today. You'll see why State Farm is such a great place to park.

Hurry and talk to a State Farm agent near you today:



Audrey Smith-Wiberg
Insurance Lic. #: 0728819
8850 Greenback Lane
Orangevale, CA 95662-4019
Bus: 916-988-5493



Emily Wingate
Insurance Lic. #: 0820041
5936 Main Avenue
Orangevale, CA 95662-4911
Bus: 916-988-9146



LIKE A GOOD NEIGHBOR

STATE FARM IS THERE.®

statefarm.com®

Gold River News & Views

City Wins Two More Awards for Cemetery Project

Two Excellence in Communications awards have been won by the City of Rancho Cordova for its 2007 Rededication of Matthew Kilgore Cemetery project.

Awarded by CAPIO (California Association of Public Information Officials), the City received an Award of Distinction in the Marketing/Communications Campaign category and an honorable mention in the Special Event competition.

The Kilgore Cemetery event last May celebrated the renovation and refurbishing of the 134-year old landmark that is located on Kilgore Road between Trade Center and Sun Center Drives. Using a New Orleans

theme, the event featured a procession that included a jazz band, a horse-drawn carriage with an empty casket, public officials, and members of the community.

“Several descendents of Matthew Kilgore, the man who established the cemetery in 1874, were in the procession, as well as several other descendents of families buried in the cemetery,” said Alexandra Miller, a member of the City staff who worked on the project.

During the renovation, many of the missing tombstones were located and recovered. The City also re-landscaped the property, built a niche wall, and added seating areas.

The Kilgore Cemetery renovation had already been named the 2007 Project of the Year by the American Public Works Association and was a finalist in the 2007 Savvy Award contest sponsored by 3CMA, a national association for public information officials.

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

Building Board of Appeals Announces Application Deadline

The deadline for applying for a position on Rancho Cordova’s Building Board of Appeals has been extended to Wednesday, May 21st. The City Council is scheduled to make appointments at its June 16th meeting.

The purpose of the Building Board of Appeals is to hear property owners’ appeals of decisions made by the Building Official regarding the application and interpretation of the building codes.

The Board will be made up of five to seven members who have professional backgrounds in contracting, building, and law as well as members of the general public. The group will meet on as-needed basis, when appeals are requested by property owners, but not more than once a month. The first meeting is tentatively planned for July 10th.

The Board will hear cases that relate to structures or conditions that have

been declared sub-standard, unsanitary, or hazardous and the property owners’ responsibility to rehabilitate, reconstruct, correct, or make abatements. When making decisions, Board members will weigh professional input given in staff reports and provided by applicants and consultants.

Application requirements include being at least 18 years old and have professional experience as a residential or commercial general contractor; electrical, mechanical, or plumbing contractor; electrical, mechanical, civil, or structural engineer; architect; fire service representative; attorney; or utility representative. Public members-at-large will also be considered for appointment.

“We are looking for people who have an interest in serving the community and may have a professional knowledge regarding building and safety,” said Tom Trimberger, Chief Building Official for

the City of Rancho Cordova.

Applications are available at the City Clerk’s Office that is located at 2729 Prospect Park Drive or on line at the City’s website at www.cityofranhocordova.org.

For additional information, please contact Trimberger at (916) 851-8761.

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

Helen Brewer Public Information Office
City of Rancho Cordova
2729 Prospect Park Drive
Rancho Cordova, CA 95670
(916) 851-8792

Join the Gold River Villagers This Spring

Roses are in bloom, birds are singing and it’s time to renew ourselves.

Now’s the perfect time for every Gold River resident to treat herself to a membership in the Gold River Villagers.

At \$25.00 it’s the bargain of the century for all the fun, friendship and activity groups to be enjoyed. In addition to the monthly luncheons at fab restaurants with entertaining and informative speakers, community coffee klatches offer great get-togethers, every other month.

If you have a special interest the activity groups are for you! From Bookchat to Tai

Chi, Lunch Bunch to Bridge (couples and partners groups too), Bunco to Mah Jong you are bound to find the perfect group to join and learn something new.

Love a good party? So do we! The special events gals always have great plans for parties and outings. From river cruising to Columbus Day celebrations, garden tours, to “Dine In”, to fabulous Christmas dinner dances, we swing the year through!

And joining a committee is the best way to make friends fast! We offer many opportunities for involvement. Especially through helping

our GRV neighbors in times of need, sharing work for events, and even helping with coffee treats. You see, we love to eat! And, almost every function includes some yummy goodies.

So now’s the time to get involved and join the fun! Don’t put it off. Call Membership Chairman Maryann Pagano today, at 631-8631 for more information and membership forms.

See you at the next luncheon. I’ll know you by the big red heart on your nametag. We like to welcome our new members in a special way!

Education Reform - Back to the Basics

By David Sander

Government exists for some pretty basic needs. We need government to protect the public’s safety, provide infrastructure, and educate our children. These are the basic responsibilities of government, and all other duties often assigned to it are really luxuries which may not be affordable or even wise investments.

Education certainly is a necessary investment of our tax dollars (although homeschooling is probably an even better option - but that’s another op-ed), and it is a fundamental need - even if we in California don’t do such a great job of distributing those resources.

As Mayor of Rancho Cordova, I made a commitment to spend time as a “Principal for a Day” at every school in Rancho Cordova. During this tour of more than 20 schools in my community, from 3 different school districts, differences in their approach and levels of funding were obvious but difficult to understand. Why was gifted education so well funded in one district and not in another?

What accounts for the differences? In large part, so-called “categoricals”, which are funding programs with formulas that determine how much money a school district can get. There were 62 categoricals at

last count (believe it or not people don’t agree how many there are) which compromise about 30% of funding for local schools.

Categoricals are used as a way to get around a court ruling that requires a level playing field for local school districts, so that children from poor or rich districts anywhere in the state would have access to a quality education. Because they aren’t subject to this fairness mandate, categoricals have multiplied as each generation of the state legislature has added its own pet funding streams to the list. Categorical funding streams have grown into a convoluted, bureaucratic, confounding system with enormous overhead costs and few real benefits.

Even worse, this system confounds analysis and measures of accountability, and therefore undermines the public trust that education dollars are well spent or even having any positive impact.

For example, neighboring school districts with similar demographics may receive vastly different funding under the same categoricals leading to public confusion. Districts also spend large sums trying to track and administer these special funding streams, and this of course represents a wasted resource that could be better

spent actually educating kids rather than just keeping up with the paperwork. The Education bureaucracy is focusing on the paperwork rather than the outcomes for kids.

There have been efforts over the years to reform this ridiculous system, but as each categorical has its own constituency (often school districts that have gamed the system or even gotten formulas altered to benefit just their own district) most reform measures have failed.

The system must be simplified into a block grant like arrangement with simple funding rules and lots of accountability and measurements of results. We need to create a system that is focused on needs and real results rather than process. We also need a system that is responsive to local needs and desires rather than those of the bureaucrats and teacher unions. Let’s let accountable local officials make decisions that work for us, and hold them responsible for their actions.

David Sander is a conservative City Councilman and local business owner who is currently running for State Assembly in District 10, which includes Carmichael, Rancho Cordova, Gold River and surrounding areas.

Police Now Cracking Down On Your Buckling Up

The Rancho Cordova Police Department will be aggressively enforcing the state’s occupant protection laws as part of California’s 2008 Click It or Ticket mobilization, taking place May 12-June 1. The campaign relies on heavy enforcement and public education as a means to help California achieve the highest seat belt use rate in the nation. California currently has the nation’s fourth highest seat belt use rate at 94.6 percent.

“We want to make sure that all drivers and passengers buckle up on every ride, day and night,” said Police Chief Reuben Meeks. “Our officers will be on the lookout for those who are not buckled up and for teens and children not riding properly restrained. We will not accept excuses or give warnings. It’s Click It or Ticket.”

California has a primary seat belt law which requires that every passenger in the car, including the driver, is required to wear a seat belt at all times. If stopped and found to be in violation, law enforcement will issue citations without warning. Tickets for first seat belt violations range from \$80 to \$91 for adults and \$330 to \$401 for children under age 16, depending on the county.

“We’re doing well with nearly 95 percent buckling up, fourth highest in the nation,” said Christopher J. Murphy, Director of the California Office of Traffic Safety. “That’s 1.5 million more people protected from death and injury by using seatbelts since the Click It or Ticket campaign started in 2005. But we can do better yet. I urge everyone to always buckle up.”

While the buckle up rate for adults

has continued to climb in recent years, California’s teen seat belt use rate lags behind the general population. In 2007, California’s teen seat belt use rate was 88.9 percent, well below the state rate of 94.6 percent for the same year.

More than 280 law enforcement agencies statewide will be participating in this year’s Click It or Ticket mobilization. Additionally, agencies are encouraged to conduct nighttime patrols in an effort to boost compliance at night.

Funding for officer overtime to support California’s Click It or Ticket campaign was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

For more information contact Rancho Cordova Police Department Detective Gerald Lane at (916) 876-6675.

“Putting on the Dog” in Gold River!

Kay Burton’s Bow-Wow Beauties, will hit the doggie runway at 12:00 p.m., on Saturday, May 31, 2008. The location will be on the corner next to Hallmarks in Gold River. This event will benefit the Sacramento SPCA.

Special guest emcee will be Councilman and former Mayor of Rancho Cordova, David Sander.

Bel Air Market, in Gold River, will be selling Hot Dogs, Chile and Sodas at a special price of \$2.00., which will be held outside in front of the Bel Air Market.

A large variety of dogs, all sizes and breeds will be dressed in the latest canine fashions. The pet’s performance will highlight the Sacramento SPCA annual Fundraiser.

The show brings people and animals together and helps make the public aware of the need to rescue and adopt the homeless animals.

Big Valley Federal Credit will be one of the local sponsors who will participate in the raffle with proceeds to benefit the Sacramento SPCA.

The public is invited...admission is free. For more information, call Kay Burton at 635-5590.

Advertise
with the
American River
Messenger
Call
773-1111

ESKATONSM
Senior Residences and Services

\$2000 OFF
3rd Month's Rent
for new move-ins
thru 5/31/08*

We Came to The Lodge for My Wife. We Stayed for Both of Us.

When it got to the point that my wife needed more care than I could provide, our children suggested a move to assisted living. Eskaton Lodge Gold River was our choice.

Eskaton Lodge Gold River
Assisted Living & Memory Care
11390 Coloma Road
Gold River, CA 95670
916-852-7900
www.eskaton.org

*Based on availability. Offer not valid when using a referral service requiring a referral fee. Offer valid with ad.



License # 347001241

Your financial review is here.

Introducing Nationwide’s financial review. Want to learn the status of your investments or insurance? We can do that. You’ll get a clear overview of where you are today and how to pursue your financial goals. While we’re always happy to discuss your financial needs, objectives, and goals, please know we are unable to give legal or tax advice.

Call me or stop by – *we’re always here for you.*



Fred Simmons
(916) 638-0585
CA Lic 0B94879
simmonf3@nationwide.com
11294 Coloma Rd, STE D
Gold River, CA 95670



Nationwide[®]
On Your Side

Securities offered through Fred Simmons as a Registered Representative of 1717 Capital Management Company, P.O. Box 15626, Wilmington, DE 19850, 302-453-3800. Member FINRA, SIPC.
A Nationwide Financial company. Representative of Nationwide Life Insurance companies.

California State Youth Pageant June 22, 2008

11 Categories
Baby Darling to Mrs./Ms Northern California Rep.
Scholarships: \$1000.00 - Miss \$500.00 - Teen
All contestants receive free training in ramp walking, public speaking, skin and hair care.

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

Director, Mary Purvis
721-3824



Fatal collision

On 5/9/08 at 0219 Hrs a pedestrian walking on Baird Ave came across a crashed motorcycle and a male motorcyclist who was lying on the ground and unresponsive. Emergency personnel responded and found the motorcyclist was deceased from what appear to be collision related injuries.

Identification of the rider is pending and the Sacramento County Coroner’s Office is responded to the scene.

Members of the Citrus Heights Police Department Traffic Team responded to investigate the collision. Preliminary evidence suggests this collision is alcohol related. Toxicology results will be examined to determine the rider’s sobriety. Anyone with information on this collision is encouraged to call the Traffic Team at (916) 727-5500.

DUI collision


Male, 37 years old of Sacramento, was riding his motorcycle eastbound on Auburn Blvd near Van Maren when he left the roadway, entered the center median, and struck a large directional arrow trailer that was placed there to warn oncoming traffic of a construction zone.

He was immediately thrown from his motorcycle but walked away and was contacted by officers in a nearby apartment complex. He was found to have a serious head injury and was transported to Mercy San Juan hospital for treatment. He was subsequently arrested for driving under the influence and released pending further investigation.

Members of the Citrus Heights Police Department Traffic Unit responded to the scene to investigate the collision. The Traffic Team expects to have eastbound Auburn Blvd between Van Maren Ln and Crosswoods Circle closed until approximately 0900 Hrs. while the scene is mapped.

Any witnesses to the collision as asked to contact the Citrus Heights PD Traffic Team at (916) 727-5500.

Elderly Woman Drives Into La Bou In Carmichael



Officer Lizz Dutton, Public Affairs Officer

On Friday morning at approximately 10:12 a.m., Maxine Ayres, a 79 year old from Sacramento was driving a gray 2005 Toyota Camry on northbound Fair Oaks Boulevard approaching Sutter Avenue. Ayres pulled into the parking lot of La Bou which is located in the southeast corner of the intersection. Ayers drove up to the front of La Bou to park and accidentally placed her foot on the gas pedal rather than the brake. Her vehicle lunged forward over the raised curb and into the La Bou. Her vehicle struck two customers. One customer, Shauna West, a 43 year old from Sacramento was standing in line and Sylvia Mehlhaff, a 71 year old from Carmichael was walking towards the coffee bar. Both were transported to Mercy San Juan Medical Hospital with complaint of pain to their lower extremities. Ayers was not injured. Due to the elements of this collision, Ayers was issued a DMV priority re-examination.

For any additional information about this news release contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell phone at 216-5077

Five Car Traffic Collision Involving Chp Motorcycle Officer

Officer Lizz Dutton, Public Affairs Officer

On Friday morning at approximately 9:35 a.m., Lance Olivan, a 48 year old from Orangevale was driving a white 1989 Jeep Comanche on eastbound I-80 west of Longview Drive at approximately 65 mph in the #2 lane. . Olivan moved to the #3 lane then into the #4 lane with the intent to exit the freeway at Longview Drive. Olivan failed to realize until it was too late, that a white 1993 GMC van driven by Danny Erickson, a 58 year old from North Highlands, was traveling very slow behind a CHP motorcycle unit that was following behind a white 1992 Toyota Camry driven by Harbans Dhalawal, a 51 year old from Sacramento. Dhalawal’s vehicle had run out of gas and he was standing in the V of the driver’s door pushing it off the freeway at about 2 mph. CHP motorcycle Officer Greg Xepoleas had his emergency 4 way flasher lights activated and was behind Dhalwal in attempt to slow motorists down.

Olivan applied his brakes and veered to the right slamming into the right rear of the GMC Van causing it to striking the rear of the CHP motorcycle. The motorcycle was pushed forward and into the south guardrail of the freeway and the right rear of the Toyota. Officer Xepoleas was ejected from his motorcycle and came to rest near the edge of the guardrail. Officer Xepoleas had to grab the guardrail to prevent him from being thrown over the rail which is about a 60-70 foot drop. The GMC Van then veered to the left and struck the right side of a 2007 Ford E450 that was traveling in the #2 lane at 60-65 mph. The driver of the Ford is Gregory Ernst, a 42 year old from Roseville. The GMC then veered back to the right and struck the guardrail on the south side of the freeway where it came to rest. The Jeep Comanche veered back to the left across all eastbound lanes and struck the north guardrail. The engine compartment then caught on fire and Olivan was able to exit the vehicle.

91 Year Old Man Causes Roll Over Traffic Collision On I-80



Officer Lizz Dutton, Public Affairs Officer

On Friday afternoon at approximately 1:02 p.m., Martin Koplin, a 91 year old from Sacramento was driving a gold 1997 Cadillac Deville on northbound SR-51 taking the Marconi off-ramp. For unknown reasons, Koplin’s vehicle traveled off the roadway and struck a light pole on the right shoulder of the off-ramp. His vehicle continued out of control and struck the rear of a blue 1999 Acura that was stopped in the middle lane of the off-ramp for a red traffic signal. The driver, Prudencio Sosa Jr., a 71 year old from Sacramento was not injured nor was his son who was the right front passenger. After the Cadillac struck the rear of the Acura it continued out of control and struck the rear of a green 2005 Toyota Camry driven by Barbara Coulam, a 78 year old from Carmichael. The impact pushed her car forward which caused it to overturn on its side. The Camry struck the rear of a gray 2000 Toyota Sienna driven by Yacharter Yang, a 27 year old from Sacramento. Yang was transporting 5 kids home from school that attended Williams Academy in Sacramento. None of them were injured.

Coulam and her passenger Erna Meyers, an 87 year old from Rio Linda were transported to UC Davis Medical Center. Coulam sustained minor lacerations to her hands and arms and complaint of pain to her body. Myers received minor lacerations to her hands.

Koplin and his 88 year old wife ILA were transported to Mercy San Juan Medical Hospital with major injuries and are listed in critical condition. A copy of the report will be forwarded to DMV for a re-examination .

For any additional information about this news release contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell phone at 216-5077.

DUI Checkpoint Results

The Citrus Heights Police Department held a Dui Checkpoint on Saturday, 5-10-08-08 from 8:00 pm to 1:00 am. The checkpoint was held on Madison at San Juan. Citrus Heights Officers arrested four (4) drivers for driving under the influence of alcohol or drugs. Twenty vehicles were towed and forty-one (41) citations were written. A total of 1,502 cars drove through the checkpoint and officers contacted 685 drivers.

Citrus Heights Police have several more checkpoints scheduled for the upcoming months. The checkpoints are being funded by a grant from the California Office of Traffic Safety.

Rancho Cordova PD Awarded 3rd Place in 2007 Law Enforcement Challenge

The California Law Enforcement Challenge is a competition between similar sizes and types of law enforcement agencies that recognizes and rewards the best traffic safety programs in California. The Challenge is sponsored by the California Highway Patrol and applicants are judged on their department’s training, public information and education, enforcement activities, and effectiveness in reducing crashes and injuries.

The Rancho Cordova Police Department was awarded 3rd place in its category: agencies with between 26 – 50 sworn officers. This was our first entry into this statewide competition.

CRIME REPORTS				
From The Sacramento County Sheriff				
	Time	Crime	Address	Location Type
Fair Oaks	2008-04-29 07:25	Burglary Residential	4600 block of Paula Way	Residence/home
	2008-04-29 17:05	Burglary From Vehicle	7900 block of Winding Way	Vehicle
	2008-04-30 00:30	Burglary Business	4400 block of San Juan Ave	Convenience store
	2008-04-30 17:12	Burglary Residential	5000 block of Waterbury Way	Residence/home
	2008-05-01 11:45	Burglary Business	7500 block of Sunset Ave	Commercial/office building
	2008-05-01 12:00	Larceny/Theft	4700 block of Hazel Ave	Other/unknown
	2008-05-04 08:00	Burglary Residential	8000 block of Sunset Ave	Residence/home
	2008-05-04 14:00	Burglary From Vehicle	8300 block of Madison Ave	Vehicle
	2008-05-06 13:30	Larceny/Theft	5400 block of Dewey Dr	Grocery/supermarket
	2008-05-06 19:00	Burglary From Vehicle	8300 block of Culver Ave	Vehicle
	2008-05-06 21:00	Burglary From Vehicle	9000 block of Leatham Ave	Vehicle
	2008-05-07 07:00	Burglary Residential	8100 block of Walnut Hills Way	Residence/home
	2008-05-08 05:40	Larceny/Theft	8100 block of Madison Ave	Restaurant/fast food
	2008-05-08 13:30	Burglary From Vehicle	Phoenix Ave / Runway Dr	Vehicle
Carmichael	2008-05-08 18:20	Burglary Business	5400 block of Dewey Dr	Specialty store
	2008-04-29 00:15	Vandalism	5800 block of Manzanita Ave	Convenience store
	2008-04-29 08:00	Larceny/Theft	6300 block of Coyle Ave	School/college
	2008-04-29 13:30	Burglary Residential	5000 block of Marconi Ave	Residence/home
	2008-04-29 13:30	Narcotics	7600 block of Fair Oaks Blvd	Bar/night club
	2008-04-29 14:30	Vandalism	5300 block of Gibbons Dr	School/college
	2008-04-29 14:45	Aggravated Assault	5300 block of Gibbons Dr	School/college
	2008-04-29 19:00	Burglary From Vehicle	4700 block of Manzanita Ave	Parking lot/garage
	2008-04-29 22:35	Larceny/Theft	6000 block of Northcrest Cir	Parking lot/garage
	2008-04-30 07:30	Burglary Residential	6100 block of Helva Ln	Residence/home
	2008-04-30 13:00	Narcotics	5800 block of Westfield St	Residence/home
	2008-04-30 17:30	Aggravated Assault	5100 block of Almond Way	Highway/road/alley
	2008-04-30 22:00	Burglary From Vehicle	4700 block of Jan Dr	Vehicle
	2008-05-01 12:16	Narcotics	4700 block of Dewey Dr	School/college
Orangevale	2008-05-01 18:00	Vandalism	5100 block of Gibbons Dr	Other/unknown
	2008-05-01 19:30	Robbery	2500 block of Carmichael Way	Highway/road/alley
	2008-05-02 15:00	Vandalism	3500 block of Grant Park Dr	Residence/home
	2008-05-02 18:00	Larceny/Theft	4000 block of Manzanita Ave	Grocery/supermarket
	2008-05-03 02:00	Aggravated Assault	5900 block of Maleville Ave	Residence/home
	2008-05-03 10:00	Vandalism	5200 block of Glancy Dr	Vehicle
	2008-05-03 18:02	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
	2008-05-03 22:30	Burglary From Vehicle	Marconi Ave / Fair Oaks Blvd	Gas/service station
	2008-05-03 23:52	Narcotics	Madison Ave / Rutland Dr	Vehicle
	2008-05-05 00:00	Burglary Residential	2800 block of Scandia Way	Residence/home
	2008-05-06 00:40	Stolen Property	3000 block of Stanton Cir	Vehicle
	2008-05-06 23:20	Vandalism	4100 block of Manzanita Ave	Convenience store
	2008-05-07 16:15	Burglary Residential	6100 block of Fountaindale Way	Residence/home
	2008-05-08 18:55	Burglary Residential	3900 block of Marshall Ave	Residence/home
Orangevale	2008-04-29 18:00	Burglary From Vehicle	8800 block of Greenback Ln	Vehicle
	2008-04-29 18:30	Burglary From Vehicle	8800 block of Greenback Ln	Vehicle
	2008-04-29 22:00	Vandalism	8600 block of Central Ave	Vehicle
	2008-04-30 08:40	Burglary Residential	6500 block of Main Ave	Residence/home
	2008-05-01 19:30	Burglary From Vehicle	5300 block of Mississippi Bar Dr	Vehicle
	2008-05-01 19:49	Drunkenness	5900 block of Pecan Ave	Public use area
	2008-05-02 18:21	Larceny/Theft	8800 block of Greenback Ln	Grocery/supermarket
	2008-05-02 20:30	Burglary From Vehicle	8200 block of War Horse Ct	Vehicle
	2008-05-05 17:50	Burglary Business	5500 block of Main Ave	Parking lot/garage
	2008-05-06 19:00	Sexual Assault	6000 block of Main Ave	Other/unknown
	2008-05-07 01:40	Burglary Business	6300 block of Main Ave	Convenience store
	2008-05-08 20:00	Vandalism	9200 block of Greenback Ln	Commercial/office building



Don't leave your name and credit rating to chance.

Put our Identity Theft Shield to work for you.

“The average identity theft victim spends more than \$1200 in the quest to clear his or her name.”

- Federal Trade Commission (FTC)



For more information call:

Tony Lamm

Independent Associate

916-995-2697

LIVING FOR GOD™



By Calvin and Lisa Wulf

“Excessive Escapes”
“He said to them, ‘Come with me by yourselves to a quiet place and get some rest.’” Mark 6:31 (NIV)
“How was your vacation?” his assistant inquires.
“It was fantastic,” he replies, propping his tired head on the desk. “We hit the beaches and stuffed ourselves at some terrific restaurants. Then we hiked the peaks and survived the monster roller-coaster. We elbowed our way through eleven airports with

only five flight delays. But I’m pooped. I’m glad to be back at work so I can get some rest!”
We can’t wait to get away. But time is so tight that we cram mega thrills into a capsule of a moment. Because our frantic lifestyle demands an intense pleasure payback, every vacation must be a peak experience. Who cares if we gain ten pounds and drop from exhaustion? It’s worth it.
Or is it? Our breakneck pace at work can often be more restful than the trips we take to escape the pressure. Something’s wrong here. In our frenzied need for diversion and distraction, have we aced God out of the equation?
The Lord didn’t take an excessive vacation to escape the whirlwind pace of creating the universe. He worked for six days then set apart the seventh day for rest. If God needed a break, perhaps you do too.
Stimulating getaways are fun. But we need another kind of vacation too – one that renews

the soul without exhausting the body. If we want to serve God effectively, we must step away periodically and just be with him.
Want to jump off the merry-go-round for a bit? Here’s how:
· Pace yourself on trips. Keep up your devotional life.
· Consider getting away to a quiet place. Maybe even a silent retreat.
· Let God be your tour guide. Rest under his wings.
What’s your dream vacation? Action packed trips are fine – in moderation. But consider a restful escape. Take time away to discover the great plans Jesus has for you. Perhaps this is your day to step off the roller-coaster for a bit. Plan a cozy little getaway with God.

Living for God (TM) offers resources on Christian living. Check them out at www.livingforgod.net or call (719) 578-8837.
Copyright 2005, 2000, Calvin R. Wulf and Lisa Are Wulf

Turn Your Life Around



by Marlys Johnsen Norris

Life was given to each of us to enjoy and feel satisfied with something special to cheer about. Life is not to be wasted and thrown into the trash and it is our responsibility to find the happiness we desire from it. Life offers many opportunities when we seek in the right places, when we have goals

for our life and work toward them.
A long range goal is off in the distance but in order to arrive there, we must also have short range reachable goals in the process. Reaching those short range goals help us establish concrete motivation to ultimate reach the long range goal in the future. People who are without goals at all, might be the ones you find sleeping under a bridge somewhere. They lack hope and motivation to seek something better.
The Bible puts it this way—Without a vision the people will perish! (Proverbs 29:18)
In other words you must have a reachable dream or hope for your future or you will die.
Plain and simple words; given as a warning to motivate us toward a positive end result.
Hence finding the happiness we desire for our lives.
Examining our priorities will help us establish realistic goals for our future.

When those priorities line up and are in tune with the laws of God; an added dimension of His blessings will flow into your life and the long range goal will become creatively more attainable much earlier, because God’s miraculous favor falls on those who honor Him.

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

Finding Faith Daily



by Dr. Paul Irwin

(NAPSA)-I remember a time when messages of faith truly came alive for me.
It was a snowy Sunday and I realized that many would not be able to make it to church because of the weather. As I walked up to the church entrance, I passed the Easter lilies that had been so carefully placed along the sidewalk. They were shrouded in snow, with the flowers thrusting through a mantle of white into the morning air.
And the thought dawned on me that the lilies were rising out of the snow and showing beauty and vigor in spite of their circumstances. They proclaimed a clear message that all of us, in spite of our problems, pain and difficulties, can raise the triumphant shout of Easter throughout the year: Christ is Risen!
Faith is all about the proclamation of the eternal presence of the living Christ, the daily experience of a living hope. And, like on Easter, any day can offer a restart for all Christians and a time when we are ready for something new in our lives.
On that snowy day, the lilies were a profound symbol of resurrection for me. Like them, because of our risen Lord, we can bloom wherever we are.
For more information, visit www.bibles.com.
Dr. Irwin is president of the American Bible Society, a non-profit, interdenominational organization that works to transform lives by promoting personal engagement with the Holy Scriptures. Dr. Irwin



By Pastor Ray Dare

You only have your kids at home for a season. They’re not going to be with you forever, so you’d better make the most of it. You’d better enjoy them while you have them. Children are to be enjoyed, not endured.
Someday your kids will be grown and gone. It will be then that your kitchen will become incredibly neat! Just the way you always wanted. You won’t have any more sticky counter tops, spoons down the garbage disposal or spills on the floor. The refrigerator will no longer be stuffed with nine cartons of milk, sticky jelly jars, cool-aid or messy ketchup bottles. Someday

Enjoying Your Kids

you’ll actually be able to see out of your car’s side windows! The finger prints, the tongue licks and sneakers prints will become conspicuously absent.
One by one, they’ll grow up and leave your nest, and the house will then begin to resemble a place of order, maybe even a touch of elegance. The clink of fine china and silver no doubt will be heard on occasion and the crackling of the fireplace will echo through the empty hallways. The phone will grow strangely silent. In fact, the entire house will be quite calm and quiet, filled not with the pitter-patter - the noise of little feet- but the memories. You’ll spend your time not looking forward to the day, but looking back at what was and reminiscing.
Your children are a gift from God and parenting is the greatest privilege and responsibility in the entire world. Nothing compares to the honor and responsibility of raising another human being to know God.
As a parent, you may be hurting inside. You may be emotionally exhausted. You’re worried about your kids. You may feel frustrated or disrespected. You may be fearful about the direction that one of them is going. You may feel a little guilty, like a failure in some areas. You may

feel hopeless. You may be broken-hearted, maybe disappointed by your child or children, and the deepest hurt of your heart is when you think about that child and you want to resign from being a parent...but you can’t resign, because you signed on for life.
If you try to parent on your own, in your own strength, in your own wisdom, you’re going to fail. It takes God’s wisdom, because human wisdom fails. It takes God’s love and God’s power, because human love and energy runs out. As you plug into God, He will give you His power and His love and His wisdom. Jesus said, “Come to me, all of you who are tired from carrying heavy loads, and I will give you rest.” Matthew 11:28 (TEV)
No matter how you feel emotionally about your kids today, Jesus is ready to help. He’s ready to step into the gap, anytime and anywhere. You just need to ask Him. Do that today. Turn to Christ and He will give you His love, power and wisdom as you love and enjoy your kids no matter where they’re at today.

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

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Daniel in the Old or New Testament or neither?
 2. From John 8:44, Satan was from the very beginning both a liar and a...? *Thief, Warlock, Heathen, Murderer*
 3. Who built an altar calling it Jehovah-shalom, meaning the Lord is peace? *Noah, Gideon, Jeroboam, Moses*
 4. From Acts 17, who said, “Surely the Lord is in this place”? *David, Solomon, Paul, Stephen*
 5. In Matthew 3, who was anointed by the Holy Spirit? *Jesus, Mark, Luke, John*
 6. Who had a vision of a fiery stream? *Daniel, Job, Jude, Peter*
- ANSWERS: 1) Old; 2) Murderer; 3) Gideon; 4) Paul; 5) Jesus; 6) Daniel
Wilson Casey’s latest trivia book is available at BearManorMedia.com.
- © 2008 King Features Synd., Inc.

Advertise with the American River Messenger

Call 773-1111

Summer Celebration



ADVENT LUTHERAN CHURCH


JOIN US TO CELEBRATE 50 YEARS

ONE FAMILY
ONE VISION
ONE SUNDAY SERVICE

Sundays 9:27 am
Wednesdays 7:00 pm


The ADVENTure Continues

5901 San Juan Ave.
Citrus Heights, CA 95610
966-7242
www.adventcitrusheights.org



Creating special moments and sacred events.

Rev. Paul V. Scholl
Interfaith Minister, B.Msc.





916.773.7337
GO2DLYT@aol.com
Call to Discuss Your Wedding Plans
Go to www.LovingOutLoud.com/weddings

Grace Baptist Church

6724 Palm Avenue
Fair Oaks, CA 95628

Pastor Charles Carter

(916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am
Sunday Worship 11:00 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

Come and Experience God’s Amazing Grace
(Located south of Madison; just east of Dewey)
Call for More Information

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.oakavefmc.org



RADIO PROGRAMMING WITH ETERNAL VALUE

Listen Daily 24 hours:

Insight for Living	7:00 am
Grace to You	8:00 am
Focus on the Family	10:00 am
Money Matters	2:30 pm
Distinctives	2:00 pm
Bayside Live	4:30 pm
The Eric Hogue Show	5:00-7:00 pm

FOR LIFE’S ANSWERS...
Listen to AM 710 KFIA or on-line at kfia.com

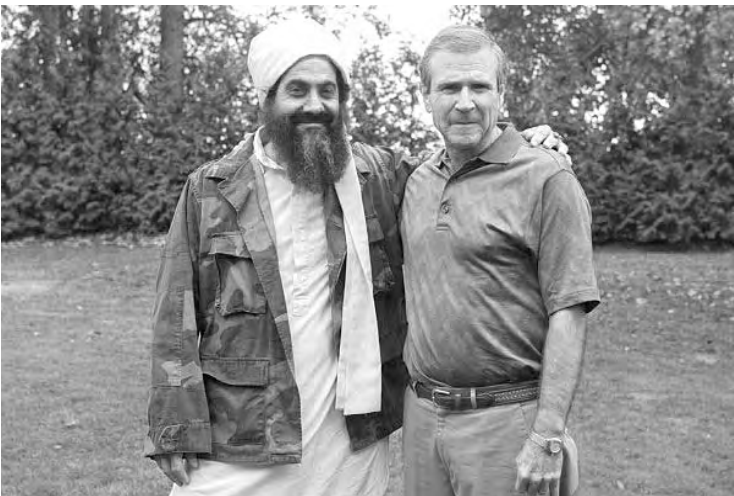
Going “Postal”

By David Dickstein

Let’s table for a moment the pros and cons of “Postal” to first determine who among you might be so offended by the exploitative satire that plunking down a sawbuck to see it would be risky, if not improbable.

Are you fat or a midget or both? Arab? Asian? American? Muslim? German? Jewish? Gay? All of the above? A single “yes” spells trouble in director Uwe Boll’s schlocky world. This politically incorrect tsunami also hits women, police, children, celebrities, environmentalists, immigrants and the prudish, homeless, religious and handicapped (physically and mentally, natch).

Stereotypes, sacred cows and taboos run amok like cockroaches to light. But unlike roaches, save for their starring role in the disgusting “Joe’s Apartment,” “Postal” can be funny. It’s just not funny enough – not by a mile and not for a movie that uses an A-bomb to mutilate its victims rather than a more discriminating hand grenade. With satires, less is more, but I guess that’s too much to ask from the director of the gratuitously gory – and dreadfully bad -- “House of the Dead,” “Alone



“Postal” latest exploitative satire camp-themed amusement park. “Little Germany,” as the place is called, is run by Boll, who plays himself, and funded entirely by the gold teeth extracted from Holocaust victims. Oy.

Offensiveness is in the eye of the beholder, of course, and such outrageousness might actually tickle your funny bone. But if you find yourself turned off by the opening scene of two 9/11 hijackers arguing over the number of virgins they were promised or another later in the film that shows George W. Bush and Osama bin Laden skipping hand-in-hand as a mushroom cloud explodes on the horizon, may the movie gods look the other way as you try sneaking into another theater.

1 of 4 Stars, rated R, 106 minutes, opens May 23

“World Famous” Lipizzaner Stallions

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

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

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

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

Many of the horses and riders who appear in this special 38th Anniversary edition, were hand picked by producer, Gary Lashinsky to perform in this unique family



oriented arena attraction. Over the years, twenty-three million people throughout North and South America, Great Britain, Europe, Australia and Hawaii have seen this internationally acclaimed spectacle.

Included in the performance is a segment called the “Airs Above The Ground.” These are the spectacular leaps and maneuvers, once used by riders in saddle to protect

and defend themselves on the battlefield, which are now preserved as an equestrian work of art. When you see the Lipizzans perform, it is like stepping back four hundred and twenty-five years and viewing one of the greatest equine ballets in history.

The Lipizzan is a rare and unique breed; its history and culture is known worldwide. The Walt Disney movie The Miracle of the White Stallions, depicting General George S. Patton saving them at the end of World War II from certain extinction, created an even greater worldwide interest in the Lipizzaner breed. Had it not been for Patton, there would be no Lipizzans today.

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

TWO SHOWS!

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

Ticket Prices:

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

Tickets Are On Sale Now!

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

Event info at 916-928-6900.

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

RILEY REVIEWS



by Tim Riley

VIBRANT “PRINCE CASPIAN” HAS THE MAGICAL, MYTHIC TOUCH

THE CHRONICLES OF NARNIA: PRINCE CASPIAN (Rated PG)

Finally, now that we’re edging closer to summer, a film suitable for entire family entertainment arrives on the scene. Not surprisingly, it emerges from the work of C.S. Lewis, delivered by a studio that knows how to supply wholesome fun. Disney’s “The Chronicles of Narnia: Prince Caspian” is a sequel, artfully realized and stunning in scope, which follows up on the spectacular story that began with “The Chronicles of Narnia: The Lion, the Witch and the Wardrobe.” Once again, the four Pevensie siblings are in the thick of the action as time travelers to reclaim their royal positions as protectors of the magical kingdom of Narnia.

When the story of “Prince Caspian” begins, the Pevensie kids are just ordinary school kids living in World War II-era London. Peter (William Moseley) and Susan (Anna Popplewell), the oldest siblings, are adapting to typical teenage concerns. Edmund (Skandar Keynes), the younger boy who betrayed his sibling for his own selfish gain in the first adventure, has matured, while the youngest, Lucy (Georgie Henley), retains an innocent faith that will serve the group well at a critical time. While waiting in a tube station in Trafalgar Square, the quartet is suddenly transported back to Narnia, discovering that the faraway kingdom where they once served as kings and queens has faded into legend.

More than 1,300 years have passed in Narnian time, and the magical kingdom has been relegated to the backwater of the forested countryside. The land of talking animals and mythical creatures exists as little more than folktales to the Telmarines, a tribe of humans that finds its homeland in a state of political turmoil and intrigue, due to some trickery that seeks to deny the throne to the rightful heir, Prince Caspian (Ben Barnes). Even the mighty lion Aslan (voiced by Liam Neeson) has been missing for a thousand years.

Marked for death by his cruel uncle Lord Miraz (Sergio Castellitto), Prince Caspian has to flee the Telmarine castle. Fortunately, the prince has an ally in

Doctor Cornelius (Vincent Grass), who provides a horn that should be used only in the direst circumstances. The vicious Miraz is anxious to eliminate the prince, since his wife has given birth to a boy who can assume the throne. With adequate warning, Prince Caspian escapes to the woods, where he encounters a Narnian dwarf and talking beaver, both of whom seem eager to enlist the prince’s help. Meanwhile, summoned by the magical horn, the Pevensie children arrive not a moment too soon in Narnia, saving the life of Trumpkin the Red Dwarf (Peter Dinklage) and endearing themselves to the natives who would like nothing more than to see Narnia returned to glory.

The kingdom of Narnia is populated with all sorts of interesting creatures, including fauns, minotaurs, centaurs, satyrs, dwarves, and furry animals, large and small. Aside from Trumpkin’s ability to speak volumes just by his darting eyes, the most talkative animal is a feisty mouse with a penchant for sarcasm. The source of great comic relief is Reepicheep (voiced by Eddie Izzard), the diminutive rodent sporting a prominent feather in his hair and wielding a nasty sword.

That Prince Caspian ardently seeks to reclaim the Telmarine kingdom is hardly a surprise. Enlisting the aid of the Pevensie children in this cause is facilitated by the impetuous Peter’s desire to wage an all-out battle against the nasty minions of Lord Miraz so that the Narnians can thrive in a tranquil environment. The parallels to the fight against the Nazis in World War II is noticeably apparent, though perhaps subtly reinforced by the use of the London Underground train stations as a refuge during German bombing raids.

“The Chronicles of Narnia: Prince Caspian” is truly an epic film with a majestic sweep that is fitting for the imaginative world of C.S. Lewis. Suspense is rampant with the forceful battles between Miraz’s overwhelming army and the hardy band of outnumbered Narnians. A lot of the battle scenes are very intense, with some images that seem too violent for a PG-rated film. Nevertheless, “Prince Caspian” is an exciting adventure that does not give short shrift to the emotional pull of the very interesting characters, human and otherwise.

Weekly SUDOKU — Answer

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

Trivia Answers

- Utah
- Harpers Ferry, Va.
- Rodney Dangerfield
- Type O
- The relationship between Anne Boleyn and Henry VIII
- Pong, a slow-moving table tennis game
- Matthew, Mark, Luke and John
- Evil Human Resources Director
- Jazzercise
- Barone

King Crossword

Answers

Solution time: 21 mins.

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



Summer Movie Preview

Even though we’re starting with the traditional Memorial Day weekend, the summer blockbuster season began earlier this month with “Iron Man” and “Speed Racer” (two movies you need to check out).

This year looks like a pretty good crop of popcorn flicks: Heavy on the CGI and special effects, and lots of stuff blowin’ up real good. Expect a huge number of comic-book-based movies.

Here’s a list of the early summer releases you should mark your calendars for:



Harrison Ford

MAY

Indiana Jones and The Kingdom of the Crystal Skull — The final Indy film. I don’t care if Shia LeBeouf is in it and gonna stink up the joint. I want to see Harrison Ford in that fedora one last time. (May 22)

The Foot Fist Way — It’s a low-budget indie comedy about an inept martial-arts instructor. I saw the trailer for it online and it cracked me up. (May 30)

JUNE

You Don’t Mess With the Zohan — Adam Sandler stars as an Israeli commando who fakes his death in order to come to America and follow his dream of becoming a hairdresser. (June 6)

Kung Fu Panda — Animated feature starring the voice of Jack Black. Guess what it’s about? (June 6)

The Incredible Hulk — The second attempt in as many years to jumpstart a franchise featuring the Big Green Smashy Thing. It’s starring



Wall-E

Edward Norton, so who knows. I just hope it’s better than Ang Lee’s version. (June 13)

Get Smart — Steve Carrell takes a stab at filling the phone-shoes of Don Adams’ iconic klutzy spy, Maxwell Smart. Anne Hathaway co-stars as Smart’s long-suffering partner. 99. (June 20)

Wall-E — The latest Pixar animated extravaganza tells the story of a lonely robot who finds love. (June 27)

Wanted — “Matrix”-y-looking action flick starring Angelina Jolie as an assassin who can bend a bullet’s trajectory so that she can shoot around corners. (June 27)

JULY

Hancock — Will Smith stars as a down-and-out superhero who needs a public-relations makeover. (July 2)

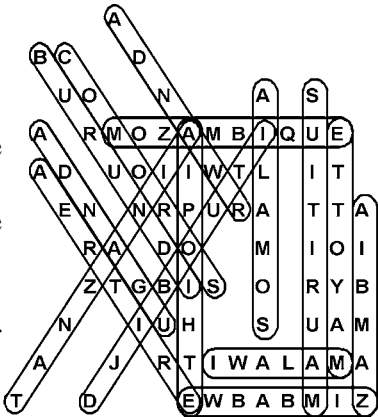
Hellboy II: The Golden Army — Guillermo del Toro’s sequel to the awesome “Hellboy.” I’ve watched the trailer online about 10 times and every time it makes me squeeee. (July 11)

© 2008 King Features Synd., Inc.

Magic maze

Answers

COUNTRIES OF EAST AFRICA



TECHNOLOGY

SPECIALTIES PLUS

COPIER REPAIRS

20 YEARS

Alan & Pam Jennings

- FREE Estimates on all Brands and Models
 - Volume Copying - Free Pick-up and Delivery
 - New and Used Sales
 - Lowest Prices on All Brands of Toner
 - Maintenance Agreements Available
 - 6 mo. Warranty on All Reconditioned Copiers
- Call us Today!

723-8430

The Political Skill We Need Most



Lee Hamilton Commentary

In challenging and divided times, it is imperative to find consensus-builders. Americans want results from Washington on the important issues before the country. Making progress on these issues means hammering out solutions that can command broad support, and we need the politicians who can do it.

Our country is closely divided ideologically, with political parties and their adherents ready to scrap over every vote at the polls and every issue that comes before the Congress. Yet if we are to tackle the welter of daunting challenges we face, it will only be because political leaders manage to overcome the forces that divide us. In the current political environment, narrow legislative majorities do not build sustainable policies - solutions that enjoy support among the population at large, and legitimacy among the array of policy-makers who must sign off on them and administrators who must enact them.

Still, as great as the need might be, building consensus on Capitol Hill is about the toughest, most thankless job in politics right now.

To begin with, the sheer number and complexity of the issues we face means that it is hard for any single politician to devote the sustained time and attention it takes

to gather facts and opinions abo ut a problem, listen to the concerns of the various interests involved, spend time discoursing with colleagues who have opposing views, work with them to find steps they can agree upon, bring in other politicians and interest groups to form a supportive coalition, and then build majority support in Congress.

Pelted with the Iraq war, concerns about the readiness of the US military, constituents losing their homes, a crisis in financial-industry regulation, failing national infrastructure, a global food crisis, an unsustainable health-care system and a plethora of other issues, lawmakers can barely manage to keep abreast of them all, let alone work to find broad-based solutions.

When they do focus on a particular problem, the politics quickly becomes tangled. Because our country is so diverse in so many different ways, it is rare to find solid majorities in favor of a given approach, either nationally or among a legislator’s constituents. For instance, public opinion may support the notion that man-made climate change is real and that governments need to address it, but that’s where the agreement ends - and where lawmakers’ work begins. Building majority support for an approach to this problem is tough work.

Moreover, public opinion is hardly the only thing a politician needs to keep in mind. Washington is full of skilled and often well-funded lobbyists whose job is to make sure their points of view are vigorously represented at all stages of the legislative process. Because the stakes are so high and so much money is at risk on most issues, legislators often find themselves pulled in half-a-dozen different directions, making consensus even more difficult to forge.

All of this can be overcome, but it takes time, care, and a fundamental willingness on the part of legislative leaders and their followers to achieve it. All of these are in short supply right

now. Members’ schedules are so full that the chance for thoughtful deliberation is rare; simply put, there’s precious little ti me for the extended conversations and interplay of ideas that produce compromise and agreement.

Nor is there much desire. Years of partisan wrangling and tit-for-tat political maneuvering have left Democrats and Republicans wary of one another, unwilling to share credit, always searching for ways to discredit the other side, and interested more in avoiding blame for problems than in setting aside their disagreements to work together on a solution.

And because conflict is more intriguing than harmony, the media often play up and even exaggerate disagreements, setting up an environment that makes it harder for policy antagonists to bridge their differences.

I don’t mean by any of this to imply that building consensus has always been and will always be the appropriate approach to making policy. When I first arrived in Congress, when Lyndon Johnson was President and his Great Society was being formulated, he and his party had the votes in Congress and widespread political backing among voters to enact in a matter of weeks Medicare, federal aid to education and the like. They didn’t need to build consensus.

Now, however, we live in vastly different times. Narrow congressional majorities, stark political divisions, the echo-chamber of partisanship, the huge stakes that attend every battle for power - all make it very difficult, if not impossible, to enact responsible and lasting policies by overwhelming the opposition. Building consensus may be difficult, but in today’s political environment it is the only realistic course.

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

Will the Real Republicans Please Stand Up?

Sacramento Republican Activists Launch Effort to Support the Republican Wing of the Republican Party

Limited government, lower taxes and family values are just a few things that voters usually associate with the Republican Party. But recently, elected Republican officials have been actively taking positions against these bedrock Republican values and have supported efforts to increase minimum wage, driving up unemployment; proposed a tax increase on homeowners to pay for fire protection that they are already paying for; and fighting against an effort to protect the definition of marriage, as between a man and a women. Some say you can hardly tell the Republicans from the Democrats these days.

This has caused, a group of Republican Party activists in Sacramento to launch an effort to take back their Republican Party. Today, Support the Platform (STP) officially announced their slate of candidates for the Sacramento County Republican Party Central Committee, along with their plans



by Fred Foldvary

California should replace all voting machines and scannable forms with papers ballots, hand-counted in each precinct.

The problem with computerized voting is that it is an opaque box whose inner operations are unobservable. Hackers can tamper with the programming and with the data, and there is no way to be sure that the tallied voting totals are genuine. A printed record of each vote is better than nothing, but doing a recount with the printed records is costly. And if the recount is itself done with computerized data processing, we are back to square one.

With the use of punched cards or scannable forms, most elections will not be recounted. If the votes for a candidate or proposition are not closely tied, it is unlikely that one side will demand a recount.

Under the current system, mail-in ballots of absentee voters are hand-marked but computer-counted. Again, the data processing can be tampered with. Any time a machine tallies a total, the sums are subject to doubt. There is no way to fix this situation. A machine or computer

to help Real Republicans get elected. “Our goal is to make sure that we elect Republican candidates to office who actually support Republican values”, declared Craig DeLuz, Chairman of STP. “Our values are outlined in our Republican Party platform. And if you want to represent Republicans in office, we believe you should support Republican principles.”

The Sacramento County Republican Party Central Committee (SCRPP) is the official arm of the Republican Party in Sacramento County. Thirty-one of the Committee’s 44 members are elected by Republican voters in Sacramento County and run by Supervisorial District. The other 13 are positions held by Republican elected officials or party nominees for various partisan offices. “For too long we have allowed our Party to be controlled by people who are hostile to what we as Republicans stand for,” exclaimed Mali Currington, a candidate for the Ninth Assembly District in Sacramento, “I for one am glad to see Real Republicans standing up to be counted.”



STP’s efforts will start with the upcoming June primary where efforts are under way to elect their slate of candidates to the GOP Central Committee. Additionally, they are asking other Republican candidates to sign the “STP Pledge” declaring their commitment to support Republican values as outlined in the California Republican Party Platform. They also have launched a website [www. SupportThePlatform.org](http://www.SupportThePlatform.org) to provide readers with up to date news and information on Republicans running for office in Sacramento County and where they stand on the issues important to Republican voters.

According to DeLuz, “We will be on the radio, on the web and in Republicans’ mailboxes letting them know there are still Republicans out there who believe in the values that make this Nation great.”

Your Vote Counts Better on Paper

The main cost of this process would be printing of the ballots, which should be cheaper than the cost of voting machines and the labor involved in handling the machines. If there are enough volunteers, labor costs would be low.

In the larger elections, many volunteers and a large space would be needed to hand-count the votes for the numerous candidates and issues we have in California. Still, hand-counting can be done effectively by dividing the ballots into categories, such as state propositions, local propositions, federal and state offices, and local offices. Paper ballots would be placed in these four boxes, and after the voting is over, the ballots in each box could be sorted into boxes for each ballot measure or office and then counted.

If we want to minimize election fraud and computer glitches, we need to completely eliminate automation and have human intelligence count the ballots in a visible process. Otherwise, democracy itself will be in danger of collapse as voters will increasingly question whether their votes count or whether those who do the counting are really in charge

Fred E. Foldvary teaches economics at Santa Clara University, where he is also an associate of the Civil Society Institute. His main areas of research include public finance, public choice, social ethics, and the economics of real estate.

Libertarian Party of California | 14547 Titus Street | Suite 214 | Panorama City | CA | 91402-4935

Doolittle Opposes Bill to Limit Petroleum Reserve



U.S. Representative John T. Doolittle (R-Roseville) voted today against H.R. 6022, a bill that would halt oil shipments to the U.S. Strategic Petroleum Reserve. In opposing the bill, Doolittle emphasized the need to take real action in order to solve our nation’s energy problems and provide relief at the pump.

“This country is not running out of energy,” stated Doolittle. “We are running out of energy that we are allowed to use. For years Congressional Democrats have refused to allow access to our vast domestic reserves available in places like the Arctic National Wildlife Refuge and off the coasts of California and Florida. As long as we are unable to access our own sources of energy, the Strategic Petroleum Reserve is necessary for our country’s security.”

“Unfortunately, the passage of this bill is representative of this Congress’ inability to provide real solutions to the problems facing Americans. We need to create more energy supply by promoting nuclear power, hydroelectric power, and

accessing our domestic reserves. Instead, what we get is inadequate legislation that will have little, if any, impact on gas prices.”

U.S. Rep. John T. Doolittle has served in the House of Representatives since 1991. The 4th Congressional District stretches from the eastern Sacramento Region to Lake Tahoe on the south and runs up the Sierra Nevada range to the high desert of Modoc County on the Oregon border in the north. It encompasses the entire counties of El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, and Sierra. Additionally, it includes the community of Orangevale in Sacramento County and the Oroville area in Butte County.

CA Association of Realtors® Supports “Yes” Vote on Prop. 98

“Yes” Vote Protects Homeowners from Unjust Eminent Domain Takings

Imagine someone from your city or community knocking on the door of your home and telling you to move because they have found someone else who will contribute more in taxes than you do. Sound far-fetched? Not if you’re one of the thousands of people throughout California currently living under the very real threat of being kicked out of their homes by local governments to make room for more expensive stores and homes. To prevent this egregious use of eminent domain, the California Association Of Realtors® (C.A.R.) today announced its support of Proposition 98 on the June 4 ballot. Prop. 98 will impose an outright ban on the use of eminent domain to take any private property - including homes, business and farms - for another private use.

“Proposition 98 on the June ballot will restore fundamental property rights by prohibiting governments from using eminent domain to take private property for another private use,” said C.A.R. President William E. Brown.

“Cash-strapped local governments have resorted to abusing the concept of eminent domain to make land grabs they hope will bring in more tax revenue,” he said. “What once was a

legitimate means for governments to invest in public infrastructure like roads, schools and parks is now a hammer used to destroy the rights of homeowners.

“While nobody may be knocking on your door today, a “Yes” vote on Prop. 98 will ensure you aren’t the next victim tomorrow,” Brown said. “We are urging all to vote “Yes” on Prop. 98 on June 4.”

C.A.R. also has taken an “Against” position on Proposition 99, which, if passed, would cancel the provisions protecting homeowners in Proposition 98.

Proposition 98: Limits Eminent Domain to Public Use - Proposition 98 limits the use of eminent domain to public use projects, such as freeways, schools, or parks.

Prohibits Price Controls on Private Property - Proposition 98 prohibits government from imposing rent control or inclusionary zoning ordinances on private property. As units are vacated, price controls will be “lifted.” Furthermore, Proposition 98 will prohibit future land use restrictions that act as a “taking” for the benefit of another private interest.

Limits Government Taking for Similar Use - Proposition 98 prohibits government from taking private property to be used for the same

purpose, such as taking property with residential housing to be used for government housing.

Limits Government Seizures to Exploit Natural Resources - Proposition 98 will protect family farms and open space from seizures of their land by government in order to take the property’s natural resources.

Provides Full Compensation - Proposition 98 is the only measure that requires full compensation to business owners, even when the property is seized for public projects. Owners will be entitled to compensation for temporary business losses, relocation expenses, business reestablishment cost, and other reasonable expenses.

Leading the way...@ in real estate news and information for more than 100 years, the California Association Of Realtors® (www.car.org) is one of the largest state trade organizations in the United States, with nearly 175,000 members dedicated to the advancement of professionalism in real estate. C.A.R. is headquartered in Los Angeles.

Contact: California Association Of Realtors®
Mark Giberson, 213-739-8304
E-mail: markg@car.org
Source: California Association Of Realtors®

Props Fail to Remedy Eminent Domain and Threaten City and County Rent Control

The California Council for Environmental and Economic Balance (“CCEEB”), a coalition of business, labor and public leaders agreed today to oppose Proposition 98, a statewide ballot proposition that aims to prohibit rent control. CCEEB also voted to take no position on Proposition 99 because existing laws already provide property owners with the protections offered in the proposition.

“We agree that eminent domain concerns exist but California’s system of protections largely

provides adequate due process and fair evaluations but Prop 98 goes overboard and puts at risk essential public works. Our board of directors concluded that this just isn’t the way to address the issue,” said Gerald Secundy, CCEEB president.

In a related action, CCEEB determined that Prop 99 is a strategic attempt to counter Prop 98 and does not provide any new significant eminent domain reforms or any required changes to existing law. As a result, CCEEB declined to adopt a position on the initiative.

CCEEB strives to advance collaborative strategies for a sound economy and a healthy environment. Founded in 1973 by Governor Edmund G. “Pat” Brown, CCEEB is the only statewide private, nonprofit, nonpartisan association to represent the interests of both industry and labor. CCEEB members include dozens of “Fortune-500” companies as well as leading state and local labor unions.

Over 10,000 locations worldwide.

729-CURVES (2878)
8071 Greenback Ln.
Citrus Heights

973-9900
4141 Manzanita Ave. #105
Carmichael

536-0821
9739 Fair Oaks Blvd. # B
Fair Oaks

987-7860
9372 Madison Ave. #5
Orangevale

635-8807
11015 Olson Drive, Ste. 8
Rancho Cordova/Gold River

curves.com

CALLING ALL WOMEN!

— PARTICIPANTS NEEDED —

Be a part of the Curves / Avon Fitness Study:
THE LARGEST FITNESS STUDY FOR WOMEN EVER!

YOU WILL RECEIVE:

- A Start and Finish Fitness Evaluation
- 30 Days Free on CurvesComplete.com – the Complete Solution to Managing Your Weight
- Supervised Training from a Curves Trainer

30 Days for \$30*
Work Out 3 Times a Week for 4 Weeks

Curves | AVON

→ CALL YOUR LOCAL CURVES CLUB TO PARTICIPATE BY JUNE 20, 2008. ←

*Participants will have full membership privileges during the study. Available only at participating locations. Participants will be asked to complete 12 workouts over a 30-day period with no fewer than 3 workouts per week. Registration required for 30-day free Curves Complete access. For full details go to www.curvescomplete.com including voucher usage restrictions. Offer valid in U.S. and Canadian residents only. Not valid in Quebec. Offer available for new Curves Complete members only. The diet and fitness information on Curves Complete is designed for use by women. Offer valid through June 20, 2008. ©2008 Curves International, Inc.

Sacramento Man Dares to Think Pink

Ted Banzhaf is a man with a vision. Haunted by memories of his young wife's untimely death due to breast cancer, he has taken what began as a family joke and is now turning it into a philanthropic internet empire. Pink Boxers has just opened its internet retail store at PinkBoxers.com, and has joined forces with the American Breast Cancer Foundation to donate all the profits from this business venture to that organization.

Visit the PinkBoxers.com site and you'll see the partner endorsement logo of the American Breast Cancer Foundation and of course - pink boxers - both for men and women. But even in the first few weeks since this site has gone live, word of mouth has driven brisk sales, and Banzhaf has already been busy adding several styles of t-shirts and tank tops to his boxer collection. With a goal to brand Pink Boxers as an overall clothing line, Banzhaf is developing numerous other apparel items to launch in the next few months.

"My wife Linda and I had an on-going joke about the fact I have been wearing pink boxers since I was a kid, and only pink boxers. She used to think it was just the funniest thing," stated Banzhaf. "After she was gone, every time I put on my boxers I thought about her, and decided to build this company as a tribute to her strength." (Click through to PinkBoxer.com to read Linda's Story as told by Ted.)

When asked why he chose the American Breast Cancer Foundation, Banzhaf responded, "What helped me choose to partner with the ABCF was their commitment to early detection, which is what would have helped Linda. That is absolutely key in my opinion, because if you detect early, the chances for survival and full recovery are improved exponentially. "And, their financial aid programs are great, he continued. That is vital because many women are unable to work while undergoing treatment, which is also incredibly expensive. So a family is not only hit with this terrible disease, but they likely lose one of the wage earners which compounds everything."

While developing his Pink Boxers concept, Banzhaf met Sacramento-area resident Robert Noble. Noble, who's sister is currently waging her own battle with breast cancer, was immediately interested. (Click through to PinkBoxer.com to read Sunny's Story as told by Robert.) "Who has not been affected by breast cancer? So when Ted started telling me about his idea and how much it would assist the American Breast Cancer Foundation, I wanted to help." With a strong background in sales and marketing, Noble joined Pink Boxers in February.

The newest member of the Pink Boxer family is Todd Wienke, a longtime friend of Ted's. Todd took a seat on the emotional rollercoaster when his wife Susie was diagnosed with breast cancer last year. And, in what seems to be an increasingly alarming trend, Susie, like Linda, had received--a recent "clear" mammogram.

Banzhaf, who has lived in several cities in--the United States, spent ten years working on Wall Street as an investment banker before landing in Sacramento. With his

strength in finance and an interest in product development, jumping into an internet retail position seemed a natural transition. "Everything has just come together. I designed the product and the packaging and was really pleased with how they turned out," he said. (The distinctive pink and green colors can be seen on the website.)

"It's been hard work, but I am really proud of what we have created and our alliance with the American Breast Cancer Foundation. At the end of the day though, what it really boils down to, is that this is for Linda and all the women who share her story. If Pink Boxers can help some families and maybe save just one woman's life, then it's all been worth it."

Banzhaf hired advertising and public relations firm Castle Communications of Gold River to handle the Sacramento media launch of his product the week of May 5th. The "Dare to Think Pink" promotion will feature Sacramento-area media celebrities (men and women) wearing Pink Boxers either over their clothes - or not. There will also be numerous television and radio stations giving away the product. The week will culminate with a Pink Boxers team (wearing Pink Boxers, of course) participating in the Race for the Cure on Saturday, May 10.

For more information on Pink Boxers, go to PinkBoxers.com or contact Ted Banzhaf at (916) 568-9733.



by Phil Cowan

Remember Arnold Schwarzenegger? The guy who ran Gray Davis out of town by convincing us he was a tough-talking reformer ready to shake up California's stagnant political culture? What happened to that guy? Did he ever really exist? Or did his wife's Uncle Teddy eat him?

That political outsider is nowhere to be found today. He's not a fiscal conservative, not a government reformer, and the gunslinger who came to town looking for a fight is more interested in getting along than getting things done. Arnold Schwarzenegger has become just another member of America's royal class, a politically connected multi-millionaire who has virtually nothing in common with the rest of us.

Who else would lecture us about

The Royal Schwarzenegger's

the need to invest our resources in the fight against "global warming" while he commutes back and forth between Santa Monica and Sacramento on his private jet almost every day? Way to set a good example, Mr. Green Jeans. The rest of us don't have any choice but to reduce our carbon footprint when gas is \$4 a gallon. Your eco-buds refuse to let anybody drill or refine, but it doesn't affect you, so what's the big deal, right?

Keeping it real has to be difficult after you've become mega-wealthy and mega-famous, but it has to be doubly tough for Arnold, having married into America's most royal of royal families. I can't really fault Maria Shriver for being a Kennedy. By all accounts, she's a lovely and decent woman, does not appear to have a penchant for public drunkenness, and, unlike some in her clan, seems a competent driver and swimmer. But her latest book, Just Who Will You Be?, exemplifies how Maria just isn't like the rest of us. After Arnold was elected, Maria lost her position as a correspondent for NBC News, who felt her objectivity might appear compromised while her

husband was California's governor. She found herself at loose ends as a result, and the book is her little life's lesson that "it's never too late to be who you want to be." With all due respect, Ms. Shriver, while that may be a wonderful sentiment, for the vast majority of us, work and career are about more than just self-fulfillment, they are about survival. It's not about being who we want to be, it's about being who we need to be to get by. I'm sure you mean well, but you haven't walked in shoes anything like ours.

So while The Royal Schwarzenegger's flit about with their heads in the clouds, doing what the other elites expect of them, those of us who voted for Arnold remain hopeful that he'll come to his senses and remember who he is and why he was elected. For now, his administration remains an utter failure and a fraud, and the Arnold we once knew is just another political girly man whose wife is calling more shots than he does. I think I liked him better when he was a serial propter.

American Lung Association Endorses New Statewide Strategic Plan for Asthma

Asthma Awareness Month Reinforces Importance of Asthma Prevention and Management

Bringing much-needed attention to a chronic disease that strikes one out of six kids in the state, the American Lung Association of California today marked Asthma Awareness Month by endorsing the California Department of Public Health's new five-year Strategic Plan for Asthma in California 2008-2012.

The plan provides strategies to improve the health and quality of life of the more than 5 million Californians affected by asthma, and outlines steps to reduce the disease's health care costs - California hospitalizations totaled more than \$763 million in 2005 alone.

"Just as prevention strategies and good asthma management can minimize the risk of debilitating asthma attacks, the new California plan can minimize the impact of asthma on the state as a whole, and especially for the millions who experience the symptoms of poorly managed asthma," said Jim Wilgus, president and CEO of the American

Lung Association of California.

California's new Strategic Plan for Asthma focuses on five goals and 40 objectives within the context of several cross-cutting priorities: reducing asthma disparities, fostering awareness and education, focusing on asthma throughout the lifespan, creating institutional and systems change, and promoting the most health-protective asthma policies. It also calls for new partnerships and collaborations to make California a healthier place for everyone.

"The American Lung Association of California, building upon our existing programs to provide solutions for those with asthma, pledges to continue its collaborative work with state and local organizations and communities on the critical goals outlined in the plan," Wilgus added. "We will continue to help prevent and control asthma so that those with asthma no longer need to experience a high number of asthma-caused missed school and work days, disruption of sleep and family activities, and urgent medical visits."

In addition to conducting asthma advocacy work and funding asthma-

related research, the American Lung Association of California offers Open Airways for Schools, an education program for children with asthma in grades 3-6, camps for children with asthma, and Breathe Well, Live Well for adults. Residents also can call the American Lung Association's multilingual Lung HelpLine at 1.800.LUNG.USA (1.800.586.4872) to speak with a nurse or respiratory therapist at no charge.

Asthma is a chronic inflammatory condition of the lungs that makes it difficult to breathe. Triggers can include viral infections, allergies, indoor and outdoor air pollution, second-hand smoke and more. Prevention and control strategies include developing an asthma action plan with a medical professional, using daily control medications if prescribed, scheduling regular follow-up clinic visits, having access to quick-relief inhalers and avoiding personal asthma triggers.

For more information, visit www.californialung.org. To read the state's strategic plan, log onto <http://betterasthmacare.org/>.

State Fair Seeking Next Young Superstar!

Kids Can Compete for Cash & Prizes in State Fair's 3rd Annual Kids Talent Show Previous Winners Have Received National Acclaim

The California State Fair knows there are a lot of talented kids in the Golden State. That's why the State Fair is once again inviting them to show off their skills by competing in the 3rd Annual Kids Talent Show at the California State Fair.

Preliminary auditions will be held on Saturday, May 24 at the Sacramento County Fair at Cal Expo from 9 a.m. - 1 p.m. Any California kid aged 15 and younger is invited to participate. Participants should come prepared to perform a 2-minute audition piece live in front of the judges. Singers and dancers preferred, though other talents will be accepted as well. The top finalists from the auditions will be asked to compete live at the California State Fair in August. The top three finalists in August will share a prize pot that includes cash, prizes and the official title of "State Fair's Most Talented Kid."

Last year's 2nd Annual Kids Talent Show was a crowd favorite at the California State Fair as Reyna Armour, of Elk Grove,



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

took home the first place prize. Reyna was recently cast in the musical "Evita" presented by the California Musical Theatre in downtown Sacramento as part of the famed Music Circus season. She has also sung the national anthem before minor league hockey and arena football games in Stockton. The 2006 winner, Gabby Wilson, of Benicia, has gone on to receive national media attention with appearances on "The Today Show" and "Last Call with Carson Daly," just to name a few.

"We are looking for kids that represent California's diversity and talent so we urge anyone with a skill or a love for performing to come to the audition and give it a shot," said Norb Bartosik, CEO and General Manager of the California State Fair. "This

will be a positive, confidence-building experience for these youngsters."

Auditions will be conducted on a first-come, first-serve basis. Participants or their parents can reserve an audition space in advance by calling (916) 274-6180 or emailing Poppy@calexpo.com. Those who call in will be guaranteed an audition time, while walk-ins may not receive one. Admission to the County Fair is FREE, but there is a charge for parking.

For more information, please contact the talent show hotline at (916) 274-6180. Media may contact the California State Fair Media Center at (916) 263-3108 or MediaCenter@calexpo.com.

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



Citrus Heights Lions CARNIVAL
Is coming to town!

June 4 – June 8

Sylvan Middle School at Sylvan Corners
7137 Auburn Blvd

Wed to Friday: 4:00 until 10:00 pm

Sat & Sun: Noon until 10:00 pm

Saturday Only: Noon - 5:00
Doctors will be on site to give FREE eye exams.

Lions are focused on bringing sight to those in need.

Website: www.chlions.com

BAUER

san juan car wash

Monday - Sunday 8:30 am - 5:30 pm

We Accept All Competitors' Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash



5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$2.00 OFF Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 06/30/08

\$4.00 OFF Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 06/30/08

\$10.00 OFF Any Express Detail

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 06/30/08

Start Your Career!



♦ **Jewelry Arts** - Comprehensive hands-on training from fabrication to stone setting to design and beyond. Everything a jeweler needs to know!

♦ **Gemology** - Gem-A provides a traditional education, knowledge and enjoyment of gems.

♦ **Appraisal** - The MasterValuer™ program delivers quality education in gem and jewelry appraisal.

Live your passion... Love your life... Look to your future...

Call for your personal tour today!
916.487.1122



California Institute of Jewelry Training
www.jewelrytraining.com info@jewelrytraining.com
5805 Windmill Way ♦ Carmichael, California



Posted: April 02, 2008
© 2008 WND.com
This copyright material is reprinted with permission of WorldNetDaily.com

by Joseph Farah

Does anyone understand justice any more?

I've been in the news business for more than 30 years, but lately, it seems, authorities have lost any ability to tell right from wrong, to mete out punishment that fits the crime and even to recognize whether a crime has taken place.

It is a mere coincidence, I assure you, that all three of the varied examples of recent injustices take place in the People's Republican of Maryland. They could just as easily have taken place in the People's Republican of Massachusetts or the People's Republican of California or any of several other emerging workers paradises within the late great United States.

Let's begin with the case of the ambitious pediatric dentist in Rockville. Dr. Ophir Alalouf found cavities among his young patients where none existed.

No one knows for certain how many children this Mengele of the Mouth victimized. Let's just say he was turned in by his colleagues – other dentists who were consulted for second opinions by

... And justice for none

discerning parents wary of Alalouf's fiendish plans for their offspring.

Pretty bad, huh? It's amazing, of course, that Alalouf was caught at all. You can imagine how flagrant his abuse of patients must have been to get the attention of the authorities in Maryland.

If such procedures had been performed at Gitmo among known terrorists, the American Civil Liberties Union would be screaming from the rafters, filing lawsuits and making impeachment demands.

So what happened to Dr. Alalouf? What sentence did he get for torturing little 2-year-olds with drills? You better sit down. His license to practice dentistry in Maryland was suspended for four months. I kid you not.

At the very least, I would have sentenced him to have all his teeth extracted. What kind of a deterrent effect is a punishment like a four-month suspension going to have? Maybe other dentists without conscience will make the determination it is worth the risk to perform search-and-destroy missions on the mouths of their unsuspecting patients. Why shouldn't they?

The next example of the inability of authorities to make rational judgments is even harder to believe.

Officer Scott Wheeler was on speed enforcement duty along Route 32 when Stephanie Grissom came barreling along at 71 mph in the 55-mph zone. Wheeler stepped into the road to flag her down. Grissom ran him over – killing him.

What did she get? You better sit down. She was fined \$310 for speeding and negligent driving and received three points on her driving record. Seriously, folks, I have gotten harsher penalties for parking violations. What's

going on here?

And here's my last example. A 12-year-old boy hears his mother shrieking for help in the next room. When he enters, he sees a neighbor throttling his mother, Cheryl Stamp, on the ground – hands tight around her neck.

"I kept saying, 'Stop! Stop! Stop!'" explained the boy. "But he just ignored me. He didn't stop. He just kept hurting her."

The boy said he grabbed a knife and swung, slashing 64-year-old Salomon Noubissie across the neck and opening an artery. Noubissie died. What do you think happened in this case? Did the kid get a humanitarian award? Did he get a merit badge? Did he get a hero's commendation from the city council?

You better sit down, again. Law enforcement officials are currently reviewing evidence on whether to file homicide charges against the boy. I'm not kidding. I wish I were.

You tell me we don't live in a world that is upside down, where black is white, night is day, left is right and right is wrong. Do you see it where you live? Can you believe the fog of stupidity that is wafting around this nation?

Is this what you get when you teach moral relativism in the schools for 40 years? Is this what you get when you discard the Bible as the standard of justice in our world?

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

Kerry Schmitz Selected for Board of Directors

Kerry Schmitz, Senior Civil Engineer for the Sacramento County Stormwater Program, has been selected for the California Stormwater Quality Association (CASQA) Board of Directors. Ms. Schmitz will serve as Secretary on the CASQA Board of Directors.

"Ms. Schmitz brings excellent leadership in stormwater quality to CASQA," stated Scott Taylor, Vice Chair for CASQA's Board of Directors, "Her engineering and project management skills make her a leader in the field and an extraordinary asset to the Board."

The 11 individuals who comprise CASQA's Board of Directors are elected for staggered two-year

terms by the membership and meet bi-monthly at various locations throughout California.

As Senior Civil Engineer, Ms. Schmitz oversees Sacramento County's Stormwater Program and Improvement Plans as she works to clean urban stormwater runoff and to protect the local watershed. Mr. Schmitz graduated from the University of Nevada at Reno with a Bachelor of Science in Civil Engineering with an emphasis in Environmental Engineering. Active in her profession, she has served on the Executive Committee for CASQA for the past two years.

CASQA assists the State Water Resources Control Board (SWRCB) and municipalities throughout the state of

California in implementing the National Pollutant Discharge Elimination System (NPDES) stormwater mandates of the Federal Clean Water Act. In fulfilling this purpose, CASQA recommends objectives and procedures for stormwater discharge control programs that are technically and economically feasible, provide significant environmental benefits, protect our water resources, promote the advancement of stormwater management technology and that effect compliance with State and Federal laws, regulations and policies. CASQA holds bi-monthly public meetings. For announcements and agendas see www.casqa.org.

Black Robes Trash Traditional Marriage

Posted: April 02, 2008
© 2008 WND.com
This copyright material is reprinted with permission of WorldNetDaily.com

by Bob Unruh

Now California statutes limiting institution to opposite-sex couples 'unconstitutional'

The California Supreme Court today trashed society's traditional institution of marriage, opening it up for same-sex duos because retaining the historic definition "cannot properly be viewed as a compelling state interest."

In a 4-3 decision replete with concurring and dissenting opinions filed by individual members of the court, the majority opinion determined state laws specifying marriage as being between a man and a woman were unconstitutional.

"First, the exclusion of same-sex couples from the designation of marriage clearly is not necessary in order to afford full protection to all of the rights and benefits that currently are enjoyed by married opposite-sex couples," the court opined. "Permitting same-sex couples access to the designation of marriage will not deprive opposite-sex couples of any rights."

Second, the court said, "Retaining the traditional definition of marriage and affording same-sex couples only a separate and differently named family relationship will, as a realistic matter, impose appreciable harm on same-sex couples and their children..."

"Third, because of the widespread disparagement that gay individuals historically have faced, it is all the more probable that excluding same-sex couples from the legal institution of marriage is likely to be viewed as reflecting an official view that their committed relationships are of lesser stature than the comparable relationships of opposite-sex couples," the court said. "Finally, retaining the designation of marriage exclusively for opposite-sex couples and providing only a separate and distinct designation for same-sex couples may well have the effect of perpetuating a more general premise – now emphatically rejected by this state – that gay individuals and same-sex couples are in some respects 'second-class citizens'..."

Matt Barber, policy director for cultural issues at Concerned Women for America, accused the court of usurping the role of the legislature.

"The California Supreme Court has engaged in the worst kind of judicial activism today, abandoning its role as an objective interpreter of the law and, instead, legislating from the bench. It's absurd to suggest that the framers of the California state constitution could have ever imagined there'd be a day when so-called 'same-sex marriage' would even be conceptualized, much less seriously considered. If anyone then had suggested the absurd notion, early Californians would have laughed their smocks off," he said.

"So-called 'same-sex' marriage is counterfeit marriage. Marriage is, and has always been, between a man and a woman. We know that it's in the best interest of children to be raised with a mother and a father. To use children as guinea pigs in radical San Francisco-style social experimentation is deplorable," he said. "The majority of Americans recognize the fact that legitimate marriage and family are cornerstones of a healthy society. Reasonable people have had enough and are refusing to allow radical extremists to redefine marriage and family into oblivion. So-called 'same-sex marriage' is a ridiculous and oxymoronic notion that has been forced into popular lexicon by homosexual activists and their extremist left-wing allies."

"The people of California decided eight years ago that marriage in our state will be defined as between one man and one woman. Four arrogant, elitist, activist judges decided that they know better than the people how marriage should be defined," said Karen England, of Capitol Resource Institute.

"It is certainly disappointing that the court, in declaring a right to same-sex marriage in the California Constitution, has shown an outrageous lack of respect for a majority of California voters and ignored a long history of legal precedent supporting traditional marriage," said legal counsel

Jennifer Monk of Advocates for Faith and Freedom, one of the organizations that worked on the case.

California Assemblyman Bob Huff, R-Diamond Bar, said, "With the passage of Proposition 22, the voters of California agreed that marriage is 'between a man and a woman.' PERIOD. The court's decision today is further proof that some activist judges value their own beliefs over the will of the people."

"This ruling defies logic. It is a gross departure from the rule of law. It is outrageous. Traditional marriage is common sense. Yet, this decision is nonsense. No matter how you stretch California's Constitution, you cannot find anywhere in its text, its history, or tradition that now, after so many years, it magically protects what most societies condemn. Same-sex marriage is not part of our history nor is it woven in the fabric of fundamental freedom," said Mathew Staver, chief of Liberty Counsel, which also worked on the case.

He cited a dissent by Justices Baxter and Chin, which concluded, "In reaching this decision, I believe, the majority violates the separation of powers, and thereby commits profound error."

Another individual opinion called the majority opinion "legal jujitsu."

The ruling disposed of several individual challenges to California's marriage statutes that arose after the state's voters, by a margin of 4.6 million to 2.9 million, adopted a law that states California would recognize only marriages involving one man and one woman.

That same plan now is being proposed for a constitutional amendment by the ProtectMarriage.com campaign, a broad-based coalition of pro-family organizations, churches and individuals. The organization already has collected about 1.2 million signatures to put the issue on the ballot this fall, although those still must be verified.

That's now needed, the campaign says, because even though voters overwhelmingly passed the Proposition 22 law, that was a "regular statute" within the outlines of the California Family Code. But politicians and judges have been bypassing it, and chipping away at it, to ignore the will of the voters, the campaign says.



San Francisco Mayor Gavin Newsom, who launched the battle over same-sex marriages in California

For example: San Francisco Mayor Gavin Newsom thumbed his nose at California voters by issuing marriage licenses to thousands of homosexual couples and court decisions have undermined Proposition 22 and marriage by affirming legislative plans to give "domestic partners" the full legal status of married spouses.

The battle dates to 1996, when then-Assemblyman William J. "Pete" Knight introduced legislation to protect traditional marriage. It failed by one vote in the state Senate.

He later led the Protection of Marriage Coalition to gather more than 600,000 petition signatures and qualify Prop 22 for the ballot, an effort that was approved by 61.4 percent of the voters in 2000.

It reads, "Only marriage between a man and a woman is valid or recognized in California."

State lawmakers, however, immediately began passing laws to give same-sex "domestic partners" the legal status of married spouses in various sections of the state law, and outgoing Gov. Gray Davis in one of his final acts, signed into a law a plan conferring the full legal status of married spouses on homosexual "domestic partners."

A judge who heard the resulting

legal challenge found that Proposition 22 limits only the word "marriage," not the legal status of marriage.

Then came Newsom's San Francisco action, openly defying Proposition 22 by issuing 4,000 "licenses" to same-sex duos. The state Supreme Court stopped that, finding Newsom didn't have the authority to rewrite state law, but left the door open for new legal challenges, which prompted the cases decided today.

And the dispute has continued. Just weeks ago WND reported that a new San Francisco plan that could be the last step needed to eliminate marriage from society was being advanced in the California State Senate.

SB 1066 by Sen. Carole Migden, a Democrat, gained approval from the Senate Judiciary Committee.

"This bill functionally abolishes marriage," warned Randy Thomasson, president of Campaign for Children and Families. "Why get married, since you can get all the 'goodies' of marriage without the commitment of marriage?"

He also said the decision will galvanize the people of California to participate in the amendment campaign. "The people will have the last word," he told WND.

The proposal, according to Concerned Women for America of California, "extends California domestic partnerships to any two persons who share a common residence and are over 18. This means that all marriage benefits would be given to mere roommates..."

"The California legislature has already given away marriage benefits to same-sex couples without the consent of the people by passing existing domestic partnership laws," the group said. "Migden asserts that SB 1066 is 'a very practical expansion that absolutely reflects the new family unit today.'"

Six different cases stemming from the San Francisco situation were consolidated on the appeal, and Staver, founder of Liberty Counsel and dean of Liberty University's School of Law, was one of those arguing on behalf of traditional marriage before the high court.

Staver suggested the fundamental constitutional right to marry includes rights and obligations that cannot be eliminated, because they come from the inherent nature of marriage as the union of one man and one woman.

"Marriage is more than a private relationship between two people who love each other," he said. "While it is a private relationship, marriage serves a public purpose to preserve society's interest in procreation and to provide the optimal environment for children."

Supporters of the constitutional amendment plan say that is the only way to stop politicians and courts from "re-defining marriage." They note that about two dozen other states already have added such provisions to their constitutions. In fact, of 28 states where such a vote has come before voters, it had been approved 27 times.

Staver told WND earlier the state has an interest in protecting the institution of marriage, which predates government, in order to encourage responsible procreation among opposite-sex couples.

"Among opposite-sex couples, procreation is sometimes planned and sometimes unplanned. Children are thus the natural consequence of opposite-sex relationships. Providing for the next generation is essential to any society, but providing an environment that encourages stable relationships for the well-being of children is critically important," he said. "Marriage thus provides encouragement for opposite-sex couples to unite for the sake of children. Same-sex couples do not need marriage to encourage their unions, because such relationships never produce unplanned children."

When Newsom launched his activism for same-sex marriages, Liberty Counsel filed a lawsuit on behalf of Campaign for Children and Families and its executive director Randy Thomasson.

The California Supreme Court eventually ruled 7-0 that the mayor lacked the authority to issue licenses to same-sex couples. But the court voted only 5-2 to overturn the licenses that already had been issued. Then several of those duos, as well as the city and county of San Francisco, filed a series of lawsuits challenging the state's marriage laws.

Regional Transit Master Plan

Creating A New Transit Vision...Together

The Sacramento Regional Transit District (RT) provides bus, light rail, neighborhood shuttle and paratransit services for the Sacramento region. As part of its planning efforts for the future of the region's transit system, RT is updating its long-range Transit Master Plan (TMP). This will provide a *New Transit Vision* for the next 25 - 30 years, and set out an updated set of policies, projects and program for delivery.

Everyone is invited to get involved! Your ideas and comments will help shape the future of transit in the Sacramento region. Please join us at an open house to learn about the TMP and provide your input:

City of Citrus Heights Council Chambers

6237 Fountain Square Drive

Tuesday, May 20

6 p.m. to 7:30 p.m.

Sheriff's Community Service Center – Florin

7000 65th Street, Suite B

Wednesday, May 28

6:30 p.m. to 8 p.m.

City of Rancho Cordova Council Chambers

2729 Prospect Park Drive

Wednesday, May 21

6 p.m. to 7:30 p.m.

Sheriff's Community Service Center – North Central

2500 Marconi Avenue

Thursday, May 22

6 p.m. to 7:30 p.m.

Sacramento State Alumni Center

6000 J Street

Thursday, May 29

5 p.m. to 8 p.m.

Tsakopoulos Library Galleria

828 I Street - East Meeting Room

Wednesday, June 4

5 p.m. to 6:30 p.m.

Refreshments will be served. For more information or to fill out an online survey, visit www.sacrtr.com and click on the TMP logo.

If you need special assistance to participate in the meetings, please call 916-556-0302. RT will provide meeting materials in alternative formats or make arrangements for sign language interpreters and sighted guides upon request. Notification at least 72 hours before the meeting will allow RT to make reasonable arrangements to ensure accessibility to the meetings.

Regional Transit

Moving You Forward



By Delia Fling

“Things are never as good as they seem nor as bad as they seem”. Heard that one before? From my many years of experience in financial markets this is one of the truest axioms out there. Those who bought homes 3 years ago did in fact buy at the top of the current real estate cycle. However, as we all know (or at least should know) real estate is a long-term investment and an illiquid one at that, (unfortunately another conveniently forgotten fact).

We Californians have been distracted away from these truths because of the unprecedented active real estate market in our state, mostly propelled by investors, and significant inflows of population California dreaming. Things got out of control when expectations changed from long term to short term gain. This subtle change of expectation was urged along by the “I want it now” popular attitude. I promise you, if everyone who bought a home in the last few years believed it was a long-term investment with a long term financing package to go with it, there would be a minimal downturn

Manage Expectations, The Time is Now!



TRANSPAC FINANCIAL

in the real estate market.

Then we have those who treat their homes like ATM machines. You know who you are; you used that money on depreciating “toys”, (boats, cars, etc.) Unfortunately most of those loans need to be refinanced because they where only fixed for 3 or 5 years before adjusting. Again, short-term expectations cause a problem. If those were 15 or 30-year loans, homeowners could wait this part of the cycle out. On the contrary, these homeowners have a predicament, their properties aren’t worth what they need be for refinancing; the payments are no longer affordable, and so they are being forced to sell them short. Short sales happen when real estate is sold for less than the mortgage debt. Short sales cause even more problems for the seller and for the rest of us. Simply they drive real estate values down even further.

If you in fact withdrew equity out of your real estate and put it into liquid investments (stocks, bonds, annuities) or businesses, I applaud you. You have your PhD in financial literacy. These folks took their money out to make

more money and have access to it to boot! These are the people who we are to depend on, to help get us out of this mess. You see, they have the where with all to go out and buy real estate for investment at the current dirt-cheap prices. This will help increase demand, which should start stabilizing real estate values.

Sacramento Real Estate has been making headlines again. Per the National Association of Realtors, Sacramento has the dubious distinction of having had the largest national price drop in median home prices. The median home price in Sacramento is down 29.2% to \$258,500. That’s down from \$365,300 from the first quarter of 2007. Does anyone hear a bell ringing?

Interest rates are at artificially depressed levels, and home prices are extremely low, reasonable expectations would be to buy now... and laugh all the way to the bank.

Here at TransPac, we invite you to explore reinvesting some of your liquid reserves back into real estate. Let us give you a complementary analysis of your potential purchases. Our expectations are solid and realistic!

Delia Fling is a Mortgage Planner with TransPac in Citrus Heights. Please direct all questions or comments to deliaf@transpacilc.com or 916-284-0066.

Cooling and Energy Saving Tips

Summer’s hot temperatures are just around the corner so plan now for ways to keep your home cool and save money on summer energy bills.

The most important factor in cooling your home is not to let it heat up in the first place. Good insulation, caulking and weather stripping help keep the heat outside during the summer. So do shade trees, overhangs, awnings and shades. Limiting the use of household appliances that emit heat also helps.

- Keep windows closed during the heat of the day.
- Draw blinds and draperies during the day to keep the heat out.
- Set the thermostat at 78 degrees or higher in the summer. You will save about 5 to 10 percent on the operating cost of your air conditioner for every two degrees of cooling you’re willing to give up.
- Give appliances a break

during hot summer afternoons and evenings. Many appliances create added heat and moisture making your air conditioner work harder. Limit the use of ranges and stoves, dishwashers, dryers, washing machines, and other heat-producing equipment during midday. Use them in the early mornings or late evenings when the temperature is cooler.

- Avoid keeping unnecessary lights turned on.
- Prepare cool meals such as salads and sandwiches. If you must cook a hot meal, wait until later in the evening when it’s cooler.
- Adjust ceiling fans to turn counter-clockwise in the summer, usually this means that the switch on the fan should be in the “down” position.
- Change your air filter regularly. An air conditioning unit with dirty filters can use 5 to 10 percent more energy than necessary.
- If you have a refrigerator or freezer in the garage that is not full, consider getting rid of it.

These appliances tend to be older and therefore less energy efficient causing them to run continuously in very hot environments.

- Set timers on pool and spa pumps to run before 1:00 p.m. or after 9:00 p.m.
- SMUD’s Shade Tree program offers free shade trees for customers whose homes have an eastern, western or southern exposure that heats up during the summer.
- Vacation Tips**
 - o Set your air conditioner thermostat at 85 degrees or higher.
 - o Put lights on a timer to save energy and give the house a “lived in” look.
 - o Draw the drapes on windows facing the south and west.
 - o Shift the water heater to the lowest setting.
 - o Check to make sure no faucets are dripping.

For additional ways SMUD can help you save energy and money, logon to smud.org for information about energy saving programs and financing.

Department of Industrial Relations Targets Illegal Employers

The California Department of Industrial Relations (DIR) today launched the Insurance Coverage Program, an enforcement program designed to identify and target employers who fail to carry workers’ compensation insurance. DIR Director John C. Duncan announced the new program today at Northern CA Workers’ Comp Forum in Monterey.

“Through this new enforcement program we will be able to systematically identify unlawfully uninsured employers to prioritize as enforcement targets,” said DIR Director John C. Duncan. “By partnering with other agencies we are leveraging our resources to seek out illegally operating employers and to level the playing field for those who follow the laws.”

Under California law, all employers are required to

purchase workers’ compensation insurance or file a certificate to self-insure. The DIR’s Division of Labor Standards Enforcement (Labor Commissioner’s Office) is charged with identifying and targeting violators. Senate Bill 869, signed into law by Governor Schwarzenegger in 2007, authorizes DIR to use funds from the Workers’ Compensation Administration Revolving Fund for the enforcement of the Insurance Coverage Program. Any penalties collected during the enforcement process will be credited back to the special fund.

Through an agreement developed among the agencies, employers without workers’ compensation insurance may be identified by matching data from the Employment Development Department, Uninsured Employers’ Fund,

rating agencies licensed by the Insurance Commissioner, and other sources. The new law also requires the Labor Commissioner to create and post annually by March 1 a report on the division’s Web site.

“Employers who do not cover their employees with workers’ compensation insurance impose a burden on injured workers, other employers and taxpayers,” Duncan added. “By operating illegally, these employers gain an unfair advantage in the marketplace and we will not allow that to continue.”

For more information about DIR, visit the Web site at www.dir.ca.gov. Employees that have work-related questions or complaints can call the California Workers’ Information Hotline at 1-866-924-9757.

California Court Rules in Favor of Gay Marriage



By Yolanda Knaak

A divided 4-3 California Supreme Court ruled against Proposition 22 (marriage only between a man and a

woman) and made it unconstitutional under the California Constitution. As you may recall, Proposition 22 was voted into law by 61.4% of the people of California in 2000. The Justices decided that there is a fundamental constitutional right to same-sex marriage. Civil unions, as an “alternative” for same-sex couples was considered by 4 of the 7 justices, to be a violation of the state equal protection clause. Unless it is challenged in court or Governor Arnold Schwarzenegger intervenes, it will become law in 30 days. Massachusetts is the only other court to rule that marriage laws are unconstitutional discrimination; other courts that have rejected that argument are Maryland, New York and Washington.

ProtectMarriage.com submitted 1.1 million signatures for a constitutional marriage amendment to keep marriage between a man and a woman. Currently signatures are being verified to place it on the ballot in November. If that amendment is passed by a majority of California voters, it will overturn the court’s ruling from 5/15/08. For those who would like to express their views to the Governor his phone is (916) 445-2841.

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.

Regional Transit Hosts Open Houses to Discuss Transit Master Plan

The Sacramento Regional Transit District (RT) provides bus, light rail, neighborhood shuttle and paratransit services for the Sacramento region. As part of its planning efforts for the future of the region’s transit system, RT is updating its long-term Transit Master Plan (TMP). This will provide a new Transit Vision for the next 25 - 30 years, and set out an updated set of policies, projects and program for delivery.

In developing the detail and content of the long-term TMP strategy, RT will consult with a wide range of stakeholders and incorporate as many views as possible. The approach to this complex exercise is to develop three broad future “Scenarios” that can be used to test a mix of land use, population, employment, housing and transit options.

Scenario A is described as “Base Case – Financially Constrained to Existing Sources,” which examines the implication of a continuation of existing transit service provisions and the cost to RT to provide the same level of transit service to an increasing population.

Scenario B is described as “Blueprint and MTP2035,” which would develop a set of TMP policies and projects that would be consistent with the land use assumptions adopted as part of the Sacramento Area Council of Government’s (SACOG) “Blueprint” process. It would also incorporate the Metropolitan Transportation Plan (MTP2035) that includes a range of proposed transit investments over the six-county Sacramento region. The transit network in Scenario B

would be designed to support the Smart Growth principles of the Blueprint and the land use priorities of the various local jurisdictions, including the capital projects planned by RT.

Scenario C is described as “An Integrated Transit Solution – Mobility for All,” which will go beyond Scenario B to examine whether there is a more cost-effective and targeted package of measures that could be implemented by RT to achieve the TMP Aims, Goals and Objectives and support the wider Blueprint objectives. A key theme is “putting the passenger first” where transit is the priority. The key elements of Scenario C include improving access to the transit network; quick, direct and frequent service; expanding the transit network and increasing service frequencies; improving and simplifying the network and fares; and enhancing the waiting environment at stops and stations. This Scenario would also include expansion of the light rail system to Elk Grove, Citrus Heights and Roseville; Commuter Rail; Bus Rapid Transit; and fully integrated paratransit services.

RT staff will present the three Scenarios to the community for review and comment at eight open houses. The public is encouraged to attend an open house to learn about the TMP and provide input:

- City of Citrus Heights Council Chambers (6237 Fountain Square Drive) Tuesday, May 20 6 p.m. to 7:30 p.m.
- City of Rancho Cordova Council Chambers (2729 Prospect Park Drive) Wednesday, May 21 6 p.m. to 7:30 p.m.
- Sheriff’s Community Service Center – North Central (2500 Marconi Avenue) Thursday, May 22 6 p.m. to 7:30 p.m.
- Sheriff’s Community Service Center – Florin (7000 65th Street, Suite B) Wednesday, May 28 6:30 p.m. to 8 p.m.
- Sacramento State Alumni Center (6000 J Street) Thursday, May 29 5 p.m. to 8 p.m.
- Tsakopoulos Library Galleria (828 I Street - East Meeting Room) Wednesday, June 4 5 p.m. to 6:30 p.m.

Refreshments will be served. For more information or to fill out an online survey, visit www.sactrt.com and click on the TMP logo.

Attendees who may need special assistance to participate in the meetings are asked to call 916-556-0302. RT will provide meeting materials in alternative formats or make arrangements for sign language interpreters and sighted guides upon request. Notification at least 72 hours before the meeting will allow RT to make reasonable arrangements to ensure accessibility to the meetings.

PG&E Asks Customers to Conserve Energy as Temperatures Rise

Utility Calls Critical Peak Pricing Event Tomorrow; CPP Customers to Start Energy Conservation during Peak Demand Hours

Triple digit temperatures are forecast for many parts of California this week, and Pacific Gas and Electric Company is asking Critical Peak Pricing customers to voluntarily conserve energy.

PG&E does not anticipate any power supply shortages this week but does expect to see higher than average electricity demands for May. Therefore, the utility is declaring a Critical Peak Pricing (CPP) day tomorrow, urging its CPP business customers to conserve energy during peak demand hours of noon to 6:00 pm.

Energy conservation plays a key role in helping the state balance the demand for energy with available

supply. PG&E expects to have sufficient electric supplies with adequate reserves for its customers in northern and central California, but customers can help ensure that supplies remain adequate by taking these simple steps:

- Powerful Habits:
 - Set air conditioning thermostat at 72 degrees or higher (health permitting)
 - Cool with fans
 - Draw the drapes
 - Turn off unnecessary lights and appliances
 - Use big appliances early in the day or later at night
- PG&E will voluntarily curtail usage at its facilities throughout northern and central California during this conservation effort.
- Through PG&E’s Critical Peak Pricing Program, business customers receive lower rates during the summer season in exchange for a higher rate during designated critical peak day hours on no more than 12 hot summer

days when PG&E’s system demands increase and an event is initiated. Participating customers receive an event notification by noon on the business day before the CPP event is called. CPP customers receive 100 percent protection from energy bills higher than what they would have paid under normal rates for the first 12 consecutive months of program participation.

Pacific Gas and Electric Company, a subsidiary of PG&E Corporation, is one of the largest combined natural gas and electric utilities in the United States. Based in San Francisco, with 20,000 employees, the company delivers some of the nation’s cleanest energy to 15 million people in northern and central California. For more information, visit www.pge.com/about/.

For More Information on Energy Saving Tips Visit Our Website at www.pge.com/foryourhome or www.pge.com/foryourbusiness

35¢

COLOR SALE!

2 CITRUS HEIGHTS LOCATIONS!

6966 SUNRISE BLVD.
TEL: 916.725.4994

7405 GREENBACK LANE.
TEL: 916.725.1345

COPIES • NOTARY • FAX
SHIPPING • PACKAGING

The UPS Store®

SPEED DATING

Fri. May 30th

6:45pm Il Fornaio, Roseville

AGE GROUPS: 30's & 40's

\$40 includes appetizers plus TEN 6-minute mini dates in one evening! You must call to pre-register for this event.

DinnerMatch™

Dining, Dating & Events for Single Professionals

(916) 783-DATE www.dinnermatch.net

Howard Jarvis
Taxpayers Association

30

1978-2008

XIII years

DEDICATED TO PROTECTING PROPOSITION 13 AND PROMOTING TAXPAYERS' RIGHTS.

Insurance Company to Offer Eminent Domain Insurance

By Jon Coupal

When the subject of unusual insurance policies comes up, people usually think of Lloyds of London, the venerable insurance syndicate that has been insuring almost anything for over 300 years. In addition to writing mundane policies, Lloyds has insured Tina Turner's legs, Keith Richards' fingers and even Tom Jones' chest hair. Now we have a San Diego firm offering to write policies that some observers might find just as odd but, sadly, could be a prudent investment for California property owners. The Ward Group LLC, in partnership with the AmWins Group, Inc. is offering to write policies to protect property owners against losses suffered if they become victims of eminent domain -- the government taking of private property. A Home Value Safeguard policy would provide up to \$200,000 to cover loss of market value when the home is taken, plus up to \$50,000 to relieve the expense of moving. The use and abuse of eminent domain has become a major issue since the 2005 U.S. Supreme Court decision in the case of Kelo v. the City of New London. In this case, the city

wanted to take the middle class homes of Susette Kelo and her neighbors to make way for a development including an office building for Pfizer, the giant pharmaceutical company. The court said there were no federal constitutional protections for the homeowners -- even if the property would not be used for public purpose -- as long as the city could claim that there was some "public benefit." (Of course, the plain language of the Constitution refers to public "use," but so what?) In this case, the public benefit was higher tax revenue. However, the Justices added that individual states were free to establish more stringent protections for the owners of private property. Not surprisingly, most states reacted very quickly to this horrendous decision by making it more difficult to take private property from unwilling sellers to be turned over to other private interests, while maintaining the traditional power of government to use power of eminent domain for public purposes like schools and roads. California is notably absent from the list of states providing these protections to property owners. Here, government can continue to take homes, business,

farmland and even houses of worship to be turned over to private developers for strip malls and other profit-making projects. While some property owners may want to consider eminent domain insurance, there is even more powerful insurance being offered on the June 3rd ballot, and it's free. Proposition 98 will bar governments from seizing private property to be turned over to other private interests, without interfering with government's legitimate ability to acquire property for truly public projects, like roads, dams and fire stations. If voters approve Proposition 98 three weeks from now, they can take great comfort in knowing that their property will not be taken by greedy governments looking to increase tax proceeds. And isn't providing peace of mind what real insurance is all about? For more information on Proposition 98, visit www.yesprop98.com.

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

The End of Cheap Oil is Now



By Mark Hertsgaard

Never underestimate a politician's ability to pander. With gasoline prices nearing \$4 a gallon and the summer driving season approaching, presidential candidates John McCain and Hillary Clinton have responded by calling for a consumer holiday from the federal gasoline tax. But both McCain and Clinton must know that blaming taxes for soaring gasoline prices is absurd. The tax hasn't changed. What has changed is the price of crude oil, which hit a record \$119 a barrel in April. Get used to it. Contrary to McCain and Clinton's feel-good simplifications, there's no easy answer to this problem. Gasoline prices are rising and will continue to rise because global demand is outstripping supply. Combine America's gas-guzzling ways with millions of new middle class consumers in China and India, and global demand is bound to increase for years to come (absent a global economic depression). Meanwhile, global oil supplies are essentially flat. This mismatch pushes up prices. The real issue that McCain, Clinton and anyone truly serious about gas prices must confront is peak oil. Peak oil theorists do not suggest that the Earth will surrender its last drop of oil anytime soon. Rather, they contend that the world's oil supply has, or soon will, hit its upper limit, and then shrink. This, the end of abundant oil, spells the end of cheap oil. As limited supply confronts growing demand, the result will be volatile higher prices and shortages

that could bring back the gas lines of the 1970s. And that's just for starters. The modern world needs cheap oil like the human body needs oxygen; remove it, and we could be headed for economic decline, resource wars and social chaos. Conventional wisdom says the market will solve the problem: higher prices will call forth more supply. But a growing number of oil industry insiders are disputing that and instead backing the peak oil thesis. Though largely unnoticed by the media, a decisive moment in the debate came last September, when James Schlesinger declared that the "peakists" were right. You don't get closer to the American establishment than Schlesinger, who served as head of the CIA, Secretary of Energy, and adviser to oil companies. In a speech to a conference sponsored by the Association for the Study of Peak Oil, Schlesinger said, "It's no longer the case that we have a few voices crying in the wilderness. The battle is over. The peakists have won." Schlesinger added that many oil company CEOs privately agree that peak oil is imminent, but don't say so publicly. One who does is Royal Dutch Shell CEO Jeroen van der Veer. Without using the term peak oil, he warned this year that, "After 2015, easily accessible supplies of oil and gas probably will no longer keep up with demand." The United States, with its two hour commutes, three car families, atrophied mass transit and petroleum-based food system, is most vulnerable to an oil shock. But similar vulnerabilities exist in most industrial societies, not to mention China and other emerging economies that are only now getting a taste of oil-fueled modernity. Ironically, peak oil could actually harm the environment, making climate change worse. One might think that less oil would mean less consumption and lower carbon dioxide emissions. But the modern world is addicted to oil. If peak oil arrives before the addiction is broken,

societies will likely do whatever is necessary to keep their addictions fed. That is already happening in Canada, where Exxon-Mobil and others are mining so-called tar sands a very dirty fuel that carries a much greater carbon footprint than conventional oil. Luckily, there are smarter ways to fight both peak oil and climate change. The first step is a massive investment in energy efficiency by far the quickest, cheapest way to reduce consumption. This will buy us time to deploy alternative fuels, reduce demand via better mass transit and less sprawl, and green our economies. Plug-in hybrid cars, for example, get over 100 miles per gallon-double what today's generation of hybrids achieves. And if plug-in hybrids rely on electricity generated by solar, wind or other green energy sources, they will fight both climate change and peak oil. More encouraging news: some top government officials understand what needs to be done. For example, David Paterson, the new governor of New York state, has spoken in detail about peak oil and the necessity of investing in energy efficiency and alternative energy sources. As it happens, Governor Paterson is a strong backer of Senator Clinton. Maybe they should talk. And they should invite McCain and Senator Obama to join them. Peak oil seems poised to become the next big idea commanding the attention of governments, businesses and citizens the world over. We need our presidential candidates to talk sense about it, not use it to make cheap political points.

Mark Hertsgaard (www.markhertsgaard.com) is the environment correspondent for The Nation and the author of many books, including Earth Odyssey: Around the World In Search of Our Environmental Future.

© 2008 Blue Ridge Press

CHUCK BALDWIN LIVE

Birds of a Feather

By Chuck Baldwin

There is an old adage that, for the most part, has proven itself to be true: "Birds of a feather flock together." In other words, one can discern much about a person by the company he or she keeps. Accordingly, here is a sample of the quirky company of Senator John McCain. As Jerome Corsi recently reported, John McCain has long enjoyed sizeable funding from the ultraliberal gazillionaire George Soros, and from liberal Massachusetts Senator John Kerry's wife, Teresa Heinz Kerry. (See the report at <http://www.worldnetdaily.com/index.php?fa=PAGE.view&pageId=56177>) Question: Why would ultraliberals such as Soros and Kerry give so much money to a "conservative" Republican? Answer: They know that McCain is anything but a conservative. In fact, McCain is so liberal, he actually discussed becoming John Kerry's Vice Presidential running mate on the Democratic ticket in 2004. Dr. Corsi also reported the fact that McCain has chosen Juan Hernandez as his Hispanic outreach director. A former Mexican government official, Hernandez is a man who openly advances a "Mexico first" policy everywhere he goes. Corsi wrote, "In an appearance on ABC's Nightline in 2001, Hernandez said, referring to Mexican immigrants in the U.S., 'I want the third generation, the seventh generation, I want them all to think "Mexico first."'" Neither John McCain nor any of his spokesmen have repudiated Hernandez' sentiments. (See Dr. Corsi's report at http://www.wnd.com/news/article.asp?ARTICLE_ID=59890) Is it any surprise, therefore, that John McCain has agreed to speak at the upcoming annual conference of La Raza ("The Race")? As most readers probably know, behind La Raza is a radical Hispanic group that advocates a militant "reconquista" of

the Southwestern United States. John McCain is also known to have surrounded himself with corporate lobbyists, who, for all intents and purposes, seek only the success of their international corporation employers, not any "conservative" principle. Noted columnist Cliff Kincaid recently wrote, "Not all conservatives thought the [New York] Times was off-base in going after McCain's ties to lobbyists. These activists are angry that McCain is surrounded by lobbyists who put corporate interests ahead of conservative interests. They note, for example, that it has been impossible to get McCain to firmly commit to opposing the U.N.'s Law of the Sea Treaty. McCain has also indicated support for the International Criminal Court." See Kincaid's column at <http://www.aim.org/aim-column/more-dirt-on-mccain/> In addition, World Net Daily recently reported that McCain's family fortune (via his current wife) is tainted with connections to organized crime. The WND report begins by saying, "John McCain's personal fortune traces back to organized crime in Arizona, through his father-in-law, according to a report published by a multi-news agency team called Investigative Reporters and Editors Inc."

See the WND report at <http://www.worldnetdaily.com/index.php?fa=PAGE.view&pageId=57354> In addition, a pro-abortion group has endorsed the now self-touted "pro-life" candidacy of John McCain. "The Republicans for Choice Political Action Committee decided that McCain was the best candidate to make the Republican Party pro-choice following Rudy Giuliani's withdrawal from the race, reported CNS News today." See the report at <http://www.lifesitenews.com/ldn/2008/feb/08020605.html> And if all of the above is not enough, "Two of Sen. John McCain's top

advisors and fundraisers are among several Republican and Democratic presidential campaign officials whose lobbying firms have been paid more than \$15 million by foreign governments since 2005. "The firms of McCain senior advisor Charlie Black, who until recently was the chairman of Washington-based BKSH & Associates, and campaign co-chairman Thomas G. Loeffler, who heads the Loeffler Group in San Antonio, received millions of dollars lobbying the White House, Congress and others as agents of nearly a dozen foreign clients in recent years . . ." As it turns out, Red China and Mexico are the top employers. (Source: The Washington Times. See the report at <http://www.washingtontimes.com:80/apps/pbcs.dll/article?AID=20080411/NATION/299288489/1001>) If it is true that "a man is known by the company he keeps," what does this say about Senator John McCain? And for readers who would like to contribute to my 2008 Presidential campaign, I will mention this once, that a special Memorial Day "Money Bomb" has been created at <http://www.freedommoneybomb.com/> Plus, I do not hesitate to state that the only national party that is 100% pro-life, that is committed to securing our borders against illegal immigration, and that is dedicated to preserving our nation's sovereignty and independence by opposing NAFTA, CAFTA, and the burgeoning North American Union is the Constitution Party. Here is the web site: <http://constitutionparty.com> *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

Joining with a friend could be a real trip.



Bring a friend or family member to join SAFE Credit Union and both of you could win our \$1,000 monthly giveaway. Plus, be entered to win a first-class trip for two anywhere in the United States.



Keep more of what you earn (916) 979-7233 (800) SEE-SAFE www.safecu.org

*No purchase necessary to win. Must be 18 years of age or older to enter. To enter and obtain official entry rules, visit any SAFE branch location. All entries must be received by 12/31/2008 at 6:00 p.m. **SAFE** Your savings federally insured to at least \$100,000 and backed by the full faith and credit of the United States Government. National Credit Union Administration, a U.S. Government Agency.

Why Place Your Loved One In A Nursing Home Prematurely . . . When There May Be A Less Costly and More Home-Like Alternative?



- Around The Clock Assistance
- Respite / Short-term Care
- Mobility Assistance

Citrus Heights Terrace Assisted Living Community

(916) 727-4400

7952 Old Auburn Road (between Sunrise and Antelope)

www.CitrusHeightsTerrace.com

License # 347001498





Acoustic Ceiling Removal

Horner Texture, Acoustic Ceiling Removals, Hang-thru texture remodels 916-203-3972 LIC #896630 (ARM-M)

Adoption

PREGNANT? CONSIDER OPEN ADOPTION. Loving California couples wish to parent. Work with a licensed caring agency. Expenses paid. We can help, please call: 1-800-972-9225. [www. AdoptionConnection.org](http://www.AdoptionConnection.org) (Cal-SCAN)

PREGNANT? CONSIDERING ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families nationwide. Living Expenses Paid. Call 24/7 Abby's One True Gift Adoptions. 1-866-459-3369. (Cal-SCAN)

Auto Donation

DONATE YOUR CAR... To the Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax deductible. 1-800-835-9372 www.cfoa.org (NANI)

DONATE YOUR CAR- HELP DISABLED CHILDREN WITH CAMP AND EDUCATION. Quickest Towing. Non-Runners/Title Problems OK. Free Vacation/Cruise Voucher. Special Kids Fund 1-866-448-3865 (NANI)

DONATE A CAR-HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation 1-800-578-0408 (NANI)

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing. IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615.(Cal-SCAN)

Donate A Car Today To Help Children And Their Families Suffering From Cancer. Free Towing. Tax Deductible. Children's Cancer Fund of America, Inc. www.ccfca.org 1-800-469-8593 (NANI)

Autos For Sale

\$500! POLICE IMPOUNDS! Cars/Trucks from \$500! Hondas, Chevys, Jeeps, Fords and more! For Listings Call 800-706-1759 ext. 6210 (NANI)

Silver 1999 Volkswagen Jetta GL 70,000 Miles Automatic, Power Windows and Sunroof, AC, 6 CD changer and tape. Great condition, full maintenance records. \$6800 916-203-9977 (ARM)

\$500! Police Impounds!!!! Honda's, Acura's, Jeep's, Chevy's, Toyota's, etc.Cars/ Trucks/SUV's from \$500!!!!For listings call 1-800-560-2134 X2451 (SWAN)

Beauty

Braids & Weaves 24/7 Specialists in Dry/Hair, Problems, Braiding/Weaving Tracks - \$15 Press/Curl \$45-\$65 LOC/Appt 821-8888. Now Hiring (ARMJ)

Bookkeeping

Bookkeeping and Taxes. Mobile Service Pick-up or Delivery or Onsite. Free Consult - Teddy 261-6167 (ARM-M)

Business Opportunities

ALL CASH CANDY ROUTE. 30 Machines and Candy. All for \$9.995. Be your own Boss. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405. (Cal-SCAN)

Financial Consultants Wanted 500k Per Year No Experience Required Excellent Credit Required 916-684-1723 (NANI)

Do You Dream of Being Paid Well making a difference & enjoying what you do? FamilyExtraIncome.com (SWAN)

FINANCIAL CONSULTANTS WANTED. Earn up to \$500k Per Year in Commissions. No Experience Required. Excellent Credit Required. 916-271-4988. (Cal-SCAN)

COFFEE IS HOT!! Join 500+ Successful Distributors. All Cash Earnings! Established 30 year old company. 1-866-278-9316 24/7. (Cal-SCAN)

BUY FORECLOSURESYou Find, We Fund! Split Huge Profits!Co-Own or Cash Out! Access Over 9000 Investors!Training. Free Info: 800-854-1952 Ext. 254 (SWAN)

\$500 PAYCHECK possible from home mailing our mortgage product postcards. No selling. No advertising. Materials provided. Get started immediately 877-774-9295 (NANI)

AMERICA'S FAVORITE Coffee Dist. Guaranteed Accts. Multi BILLION \$ Industry Unlimited Profit Potential FREE INFO 24/7, 1-800-729-4212 (NANI)

Make Money Online – Make Money Daily! Make money daily,PT/FT. No experience required Need computer. Call now! 1-800-314-9641 (NANI)

STARBUCKS TYPE: Local Distributorship. Guaranteed Accounts. Huge Profit Potential. Free Info 24/7: 1-800-729-4212 (SWAN)

Do you dream of owning your own business? Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (ARM)

FLEXIBLE SCHEDULE. FREEDOM & GOOD INCOME POSSIBLE Coke/ Pepsi vending route \$3500 Minimum Investment Required Call Today! Let's Get Started! 1-800-557-0799 (SWAN)

eBay Resellers Needed \$\$\$\$ Weekly. Use Your Home Computer/Laptop No Experience Required Call 1-800-706-1803 x 5241 (NANI)

ALL CASH CANDY ROUTE. 30 Machines and Candy. All for \$9.995. Be your own Boss. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405. (Cal-SCAN)

Computers

Computer Care Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices- Same-Day Service. Call Todd 916-529-5954 (ARM)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit – No Problem smallest weekly payments avail. Its yours NOW – 800-932-3721 (NANI)

YOUR BRAND NEW COMPUTER Bad or NO Credit – No Problem Brand Name laptops & Desktops. Smallest weekly payments avail. Its yours NOW 1-800-640-0656 (NANI)

Construction

All Types of Construction - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (ARM)

DayCare

Peña Family Daycare - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 [www. penafamilydaycare.com](http://www.penafamilydaycare.com) (ARM)

Elder Care

Residential Care Home Loving Care. Nancy's RCPE in Citrus Heights 916-508-1436 (ARM-M)

Electrical

Brannan Electric Small & Large Jobs.Visa MC Accepted. Cooling- Attic Exhaust Fans Installed Lic. 832017 Insured 916-505-3025 -Dave (ARM-M)

Financial / Money to Loan

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/ CR 916-868-1041 (ARM-B)

100K UNSECURED Line of Credit. Any Purpose, Stated Application. Excellent Credit Required. 916-271-4988. (NANI)

Credit Card Debt- Save 50% or more! You Too can become Debt Free! \$10k or more, call today 888-639-4080 Or Visit us @ www.NewEraDebt.com (NANI)

100K UNSECURED Line of Credit. Any Purpose, Stated Application. Excellent Credit Required. 916-271-4988. (Cal-SCAN)

CREDIT REPORT PROBLEM 800-505-3077Permanently improve your Credit ReportsEven after Bankruptcy FREE CONSULTATION 800-505-3077 (NANI)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 [lafindley@ team72goodcredit.com](mailto:lafindley@team72goodcredit.com)

GET FAST CASH! 24/7! Instant approval by phone. Bad Credit OK. No faxing. Cash in 24hrs. Apply now! 1-800-354-6612 (NANI)

NEED A MORTGAGE? NO DOWN PAYMENT? If you're motivated, and follow our proven, no nonsense program, we'll get you into a NEW HOME. Call 1-866-255-5267 [www. AmericanHomePartners.com](http://www.AmericanHomePartners.com) (NANI)

\$\$\$ ACCESS LAWSUIT CASH NOW!!! As seen on TV. Injury Lawsuit Dragging? Need \$500-\$500,000++ within 24/ hrs after approval! Compare our lower rates. APPLY NOW 1-866-386-3692 (NANI)

Get Tax Relief Now!!! STOP: Liens, Levies and Seizures Penalty and Interest Charges Call Jim 1-800-487-1992 or www.safetaxhelp.com (NANI)

\$100K Unsecured Line of Credit Any Purpose 720 Fico Mandatory Call 916-670-4451 (NANI)

CREDITREPORTPROBLEMS 800-505-3077 Permanently improve your Credit Reports Even after Bankruptcy FREE CONSULTATION 800-505-3077 (NANI)

UNSECURED LOANS \$1,000-\$100,000. No collateral required, Same day decision nationwide. Any personal or business use. Easy application process. Start-ups welcome. Email Required. [www.AmOne. com/Flyer](http://www.AmOne.com/Flyer) 1-800-466-8596 (NANI)

WE PAY CASH For future payments from annuities, lawsuit settlements, lottery winnings, and seller held notes. Also cash now for pending settlements. www.ppicash.com 800-509-8527 (NANI)

Are you worried about your debt? InCharge can help you become debt-free, lower your interest rates, payments, and stop the collection calls! Call today! 1-877-697-0069 (NANI)

FREE CASH GRANTS/ P R O G R A M S ! \$700-\$800,000++ **2008!** NEVER REPAY! Personal/ Medical Bills, School, Business, Housing, \$49 Billion Unclaimed 2007! Live Operators! CALL NOW! 1-800-270-1213 Ext. 191 (NANI)

OVER 65? CASH POOR? Real Estate Rich? How to Get Money Out - Debt Free! Free Report, 24 Hr. Recorded Message 1-800-506-8052 Ext. 2. (Cal-SCAN)

Are You Drowning in Debt? Financially Stressed Out? Stop the Harassment! Get Help Now with a Fresh Start! Free Call 1-866-574-5080 (Hablamos espanol) (NANI)

DEBT SOLUTIONS. Bill Consolidation, Mortgages, Fast Cash, Loans, Good/Bad Credit Welcome. No Application Fees Toll-Free 1-866-608-BILL (2455) Visit www.paylessolutions.com (NANI)

We Fix Credit Bad Credit??? We Can Permanently Improve Your Credit Score even after Bankruptcy. FREE Consultation.1 (866) 579-6590 (NANI)

\$\$\$CASH\$\$ Immediate Cash for Structured Settlements, Annuities, Lawsuits, Inheritances, Mortgage Notes & Cash Flows. J.G.Wentworth #1 1-800/794-7310 (NANI)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmt. 916-300-0611(ARM)

CAN'T GET CREDIT? Put your tax refund to work for you and restore your credit. Check out www.imtcredit.com/ELT then call Edwina at 520-316-9671 for specials (SWAN)

\$\$\$ACCESS LAWSUIT CASH NOW!!! As Seen on TV. Injury Lawsuit Dragging? Need \$500-\$500,000++ within 48hrs? Low rates. Apply Now By Phone! 1-800-568-8321 [www. fastcasecash.com](http://www.fastcasecash.com) (SWAN)

\$ \$ \$ \$ GET CASH NOW! We buy STRUCTURED SETTLEMENTS and Insurance annuities. Call 123 lumpsum TODAY!!! 1-877-966-8669 \$ \$ \$ \$ (NANI)

Need Cash Quickly?? \$\$\$\$ Stay at home and make money. Best Program FREE Video Go to www.FREEDOM51.com

Are you worried about your debt? InCharge can help you become debt-free, lower your interest rates, payments, and stop the collection calls! Call today! 1-877-697-0069 (NANI)

CASH ADVANCE. NO CREDIT? NO PROBLEM! #1 IN CUSTOMER SERVICE. 1-888-257-7524 YOURCASHBANK.COM Void where prohibited by law. (NANI)

CONSOLIDATE BILLS. Good/Bad Credit Welcome. \$2500-\$200,000. No application fees. Save Money Now! SOLUTIONS FOR ALL YOUR FINANCIAL NEEDS. Toll-Free 1-866-608-BILL (2455) [www.paylessolutions. com](http://www.paylessolutions.com) (NANI)

INSTANT AUTO TITLE LOANS: Get Ca\$h in 60 minutes! Bad credit? No credit? No Problem! Drive Your Car! Quick and confidential! Easy Online Application: [www.InstantAutoTitleLoans. com](http://www.InstantAutoTitleLoans.com) Or Call Toll Free 24/7. 1-877-562-6019. Serving California. (Cal-SCAN)

As Seen on Oprah & Dr. Phil Jennifer Openshaw's Free Debt Help Call today no obligation. Become debt free in 2008

888-940-3222 DebitandCreditAdvisors.com (NANI)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (CT)

\$\$\$ GET LAWSUIT CASH NOW - Oasis Legal Finance #1. See us on TV Fastest Cash Advances on injury cases-within 24/hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

Buried in Credit Card Debt We can save you thousands & lower your monthly payments! Call the Debt Relief Hotline For your FREE Consultation 800-399-3560 (NANI)

\$\$\$ GET LAWSUIT CASH NOW from Oasis Legal Finance. See us on TV, we're #1. Fastest Cash Advances on injury cases- within 24/hrs. APPLY NOW 1-866-353-9959 (NANI)

Lawsuit Loans? Cash before your case settles. Auto, workers comp. All cases accepted. Fast approval. \$500 to \$50,000. 866-709-1100. www.glofin.com (NANI)

CAN'T GET CREDIT? Put your tax refund to work for you and restore your credit. Check out [www.imtcredit. com/ELT](http://www.imtcredit.com/ELT) then call Edwin at 520-316-9671 for specials. (SWAN)

For Rent / Lease

1,000 sq. ft. commercial warehouse with small office. Lease or mo. to mo. \$650.00. Easy frwy access I-80 @ Madison. Call Lisa (916)331-0840. (ARM)

4br/2ba Foreclosed Home! Only \$30,000! Must sell, won't last! For listings call 1-800-570-8567 X 1149 (SWAN)

NO RENT! Government & Bank repos! \$0 to low down! No credit OK! Call now! 1-800-755-9784 (SWAN)

For Sale

SAWMILLS FROM ONLY \$2,990 --Convert your Logs to Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. [www.NorwoodSawmills. com/500A](http://www.NorwoodSawmills.com/500A) -Free Information: 1-800-578-1363 x300-N. (Cal-SCAN)

Electric Wheelchair Jazzzy1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (ARM)

Health and Beauty

OVERWEIGHT? LACK ENERGY? Finally!! The Sure & Natural Way to Lose Weight/ Inches. AMAZING Non-Diet Product that could Change Your Life! Call 24 hours: 1-800-961-8966 (SWAN)

VIAGRA CIALIS - SAVE \$300 40 PILLS - \$99.00. THAT'S RIGHT!... SAVE \$300 40 PILLS - \$99.00. FREE PRESCRIPTION. LOWEST PRICES! ORDER NOW! 1-888-942-2262 ORDER ONLINE AT: [WWW.WESAVEONDRUGS. COM](http://WWW.WESAVEONDRUGS.COM) (NANI)

Diabetic Testing Supplies at little or no cost with Medicare/ Insurance. Receive a free meter with your first shipment! Call 1-800-815-1577 Ext.403 [http:// www.lifearediabeticsupplies. com](http://www.lifearediabeticsupplies.com) (NANI)

ONLINE PHARMACY Buy Soma Ultram Fioricet Prozac Buspar. 90 Qty \$51.99 180 Qty. \$84.99 PRICE INCLUDES PRESCRIPTION! We will match any competitor's price! 1-866-465-0732 unitedpharmalife.com (NANI)

COSMETIC, ORTHOPEDIC, SPINAL, Heart, Bariatric Surgeries abroad at World's Best Hospitals. U.S. Board Certified Doctors. Huge Savings. [www.MedJourneys. com](http://www.MedJourneys.com) Leading Medical Facilitator. 1-888-633-5769 (Cal-SCAN)

Stress Reduction- No Matter What Your Problem, Scientists are ready to help. Call 497-0007 Watkins (ARM-M)

ONLINE PHARMACY Buy Soma, Ultram, Fioricet, Prozac, Buspar. 90 Qty \$51.99 180 Qty \$84.99. PRICE INCLUDES PRESCRIPTION! We will match any competitor's price! 1-866-465-0809 [www. LivingHealthyPharmacy.com](http://www.LivingHealthyPharmacy.com). (Cal-SCAN)

FREE WEIGHT LOSS Call to get your free bottle w/ hoodia Please, limit 1 per household Call now (800) 693-7519 (NANI)

WEIGHT LOSS FREE FREE Drop 2 pant/dress sizes. Call for Free bottle w/hoodia – Please limit 1 per household Call now 800-743-0615 (NANI)

Lose Weight Fast, Safe and Easy. Unbelievable program. Send \$10 and a 9 X 12 SASE to get our catalog. Send to John Leleu Enterprises, P.O. Box 2386, Citrus Heights, CA 95611 (ARM)

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks – room in comfortable home. Call 916-536-0701 (ARM)

Tired of Weight Loss Pills That don't work? Lipex2,

start working within 24HRS. Half Price online today, [www. lipex2.com](http://www.lipex2.com) introductory special sample offer. 1-800-547-3911, CodeN003 (NANI)

LOSE UP TO 45 lbs in Just 28 Days! New Breakthrough Revealed! [www. AmazingFatLossSecret.com](http://www.AmazingFatLossSecret.com) (Cal-SCAN)

DIET PILLSMaximum prescription strength Phenitromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 800 (NANI)

Heating & Air

Christopher's Heating & Air Low Rates, Quality Service 223-1744 (ARM-M)

Help Wanted

Part-Time Front Desk Receptionist. Purpose Driven chiropractic clinic seeks P/T front desk help for growing practice. Visit DiscPump.net to get to know us, then send resumes to SpinalHealth2@ sbglobal.net or fax resume to 916-988-7811 (ARM)

\$\$\$HELP! WANTED\$\$\$Earn Extra income assembling CD cases from Home. No Experience necessary. Call our Live Operators NOW! 1-800-267-3944 Ext 104 [www.easywork- greatpay.com/unavailable](http://www.easywork-greatpay.com/unavailable) (MD,WI,SD,ND) (NANI)

SALES. Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/P/T, Residual Income, Commission, Fax Resume 916.910.2002

SECRET SHOPPERS NEEDED IMMEDIATELY For Store Evaluations. Local Stores, Restaurants, & Theaters. Training Provided, Flexible Hours. Assignments Available NOW!! 1-800-585-9024 ext. 6262 (NANI)

ELECTRICIAN APPRENTICES. Get plugged in to your career. Get hands-on experience as an electrician working in appliances, power generation and lighting systems. No experience required. Must be 17-34 with a H.S. diploma. Call 1-800-345-6289 today. (Cal-SCAN)

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelperez1980@yahoo.com if interested (ARM)

FIREFIGHTER. No experience necessary. All training provided at our expense. High school grads ages 17-34. Great benefits package. Paid relocation. Call 1-800-345-6289. (Cal-SCAN)

HELP WANTED Earn Extra Income Assembling CD cases from Home Working with Top US Companies. Not available, MD, WI, SD, ND. 1-800-405-7619 Ext 104 [www. easywork-greatpay.com](http://www.easywork-greatpay.com) (NANI)

LOAN OFFICERS WANTED. US Home Funding seeks lic. loan officers to work from home. Strong support staff, excellent commissions. Fax: 866-255-3371 or email: [hr@ ushomefunding.com](mailto:hr@ushomefunding.com) (Cal-SCAN)

MYSTERY SHOPPERS - Get paid to shop! Retail/Dining establishmentsneedundercover clients to judge quality/customer service. Earn up to \$70 a day. Call 888-731-1179 (NANI)

ASSEMBLE MAGNETS & CRAFTS FROM HOME! Year-round Work! Excellent Pay! No Experience! Top US Company! Glue Gun, Painting, Jewelry & More! TOLL FREE 1-866-844-5091 (NANI)

DATA ENTRY PROCESSORS NEEDED! Earn \$3,500 - \$5,000 Weekly Working from Home! Guaranteed Paychecks! No Experience Necessary! Positions Available Today! Register Online Now! [www. BigPayWork.com](http://www.BigPayWork.com) (NANI)

HAIR STYLIST— Low Booth Rent !! Cozy, three styling chair salon, is located inside a resort-like senior community in Carmichael. Full-time: \$395/ mo. P-Time: \$295/mo. This is independent contractor position. You must have some following clientele. We are low-key, clean and professional serving a variety of clientele. 916-481-3864 (ARM)

MANICURIST—Low Booth Rent !! We are located inside a resort-like senior community in Carmichael. You would be the only manicurist so no competition. Two days a week: \$165/mo. You must have some following. 916-481-3864 (ARM)

HOME REFUND JOBS! Earn \$3,500-\$5,000 Weekly Processing Company Refunds Online! Guaranteed Paychecks! No Experience Needed! Positions Available Today! Register Online Now! [www. RebateWork.com](http://www.RebateWork.com) (NANI)

PROJECT MANAGER Commercial Mechanical Construction. RK Mechanical, contractor for commercial, industrial, and medical facilities in Colorado seeks a PM for growing company. Duties: plan, direct, schedule, budget, communicate with clients. Ability to write reports, business correspondence, manuals and effectively present information. DFWEOE m/f/d/v/s. Resume

/ salary requirement to jobs@ rkm1.com or fax 303-336-5820. (Cal-SCAN)

>>>19 PEOPLE WANTED<<< \$1,200-\$4,400 Weekly Working from Home assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW 1-888-207-2376 (Dept.75) (NANI)

POST OFFICE NOW HIRING! Average pay \$20/hour or \$57K/ year including Federal Benefits and OT. Offered by Exam Services, not aff. w/USPS who hires. 1-866-574-4775 (SWAN)

Travel USA, 18-25 Years Old Visiting Major Cities, NY, DC, Hawaii, LA, Etc. Enjoy Being Around Successful, Positive Oriented Individuals? Money Motivated? Return Trip Guaranteed. \$500 Sign On Bonus! Call Today-Start Tomorrow. Call for more info 888-856-7086 (SWAN)

FUN JOB!! Travel-Need 18-25 People Free to Travel. All Cities with Co-Ed Group Representing US Publishing. All Expenses Training, Transportation Furnished. No Experience Necessary. Call Bob Ritchie 10-6 pm at: 866-580-5257 (SWAN)

Government Jobs-\$12-\$48/hr Paid Training, Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and Professional. 1-800-320-9353 x2100 (NANIG)

Post Office Now Hiring. Avg. Pay \$20/hour or \$57K annually Including Federal Benefits and OT. Offered by USWA 1-866-483-5634 (NANIG)

AWESOME CAREER Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required/ NOW HIRING! Green Card O.K. Call 1-800-370-0146 ext.102, Closed Sundays. (NANIG)

AIRLINE MECHANIC - Rapid training for high paying Aviation Career. FAA predicts severe shortage. Financial aid if qualify- job placement assistance. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

ATTEND COLLE

916-853-2100 or 916-768-2255. (ARM)

FORECLOSED HOME AUCTION. Northern California Area. 1000+ Homes Must Be Sold! Free Catalog 1-800-470-9403. www.USHomeAuction.com (Cal-SCAN)

Motivated Seller- Great Buys-two homes-Good Areas. #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000. #2 Dream Kitchen w/ granite-tiled & beautiful bathrms & floors. \$260,000. Glenda Hill 761-7548. (ARM-M)

Over 200 foreclosed NORTHERN CA homes selling by auction February 16&17 valued from \$300k to \$800k. Get all the details at www.BayAreaHouseAuction.com or call 866-539-9548. (Cal-SCAN)

LAND AUCTION 200 Properties Must be Sold! Low Down / EZ Financing. Free Catalog 1-800-916-6223. www.LandAuction.com (Cal-SCAN)

LENDER FORECLOSURE AUCTION. Northern California. 1000+ Homes Must Be Sold! Free Catalog 1-800-963-4551. www.USHomeAuction.com (Cal-SCAN)

BANK FORECLOSURES! Homes from \$10,000! 1-3 bedroom Available! Reposs, REOs, FDIC, FSBOs, FHA, etc. These homes must sell! For Listings Call 1-800-425-1730 ext. 3042 (NANI)

Granite Bay Listings View at www.lizyoakum.com Call 390-5634 (ARM)

Real Estate Loans

PAYMENTS GONE UP? In Foreclosure? Mortgage Upside Down? Problems Refinancing? Know Your Foreclosure Options! Free Consultation. 24 Hour Recorded Message. 1-866-495-3863. www.SAHomeSaverProgram.com Se Habla Espanol. (Cal-SCAN)

Real Estate Out of State

TENNESSEE MOUNTAIN ACREAGE 2 Acre Beautiful Homesite, Million \$ View! Secluded, Utilities, Overlooking Tennessee River. Close to Marina, Schools, Shopping! \$49,900 Low Down, Owner Financing! 330-699-1585 (NANI)

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

NEW TO MARKET- Colorado Mountain Ranch. 35 acres-\$49,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjacent to national forest. EZ terms. 1-866-353-4807. (Cal-SCAN)

NEW ARIZONA LAND Rush! 1 or 2-½ "Football Field" sized lots! \$0 down. \$0 interest. \$159-\$208/mo! Money back guarantee! 877-667-2063 or www.sunsiteslandrush.com (SWAN)

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

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

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

Great opportunity to buy 3,200 sq. ft. home near Tampa. Appraisal at \$385k. Owner must sell. Call Mary Crossfield agent 813-699-1376. Hurry, won't last. (NANI)

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

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

ARIZONA LAND BARGAIN 36 Acres - \$29,900. Beautiful mountain property in Arizona's Wine Country. Price reduced in buyers market. Won't last! Good access & views. Eureka Springs Ranch offered by AZLR. ADWR report & financing available. 1-877-301-5263. (Cal-SCAN)

5+ ACRE HOMESITE, beautiful Southern Oregon starting at \$159,990. Secluded feel, convenient to town, Rogue River and recreation. Other sites available. Will not last. 541-955-3366. (Cal-SCAN)

PRICED FOR QUICK SALE - Nevada 5 acres - \$24,900. Beautiful building site with electric & county maintained roads. 360 degree views. Great recreational opportunities. Financing available. Call now! 1-877-349-0822. (Cal-SCAN)

NEW MEXICO SACRIFICE! 140 acres was \$149,900, Now Only \$69,900. Amazing 6000 ft. elevation. Incredible mountain views. Mature tree cover. Power & year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

GEORGIA WOODED HOMESITES 1-10acs. LOW TAXES! Beautiful weather year round. Terrific investment w/ owner financing avail. \$4500/acre. Payments as low as \$229/mo w/low down payment.

706-364-4200 (NANI)

SOUTHERN COLORADO RANCH Sale 35 Acres- \$29,900. Spectacular Rocky Mountain Views Year round access, elec/ tele included. Excellent Financing available w/ low down payment. Call Red Creek Land Co. Today! 1-866-696-5263 x3469. (Cal-SCAN)

BUY PARADISE! FLORIDA Land- Wholesale Prices Starting at \$8,500. Build Now or Hold for Retirement. Easy Guaranteed Financing! 1-877-983-6600 For Pictures, Sizes & Maps: www.FloridaLotsUSA.com (NANI)

TEXAS LAND LIQUIDATION! 20-acres. Near Booming El Paso. Good Road Access. Only \$14,900. \$200/down, \$145/month. Money Back Guarantee! No Credit Checks. 1-800-776-1954 www.SunsetRanches.com (Cal-SCAN)

UTAH RANCH DISPERSAL Experience the fun and relaxation of having your own 40 acres in the great outdoor recreational area of the Uintah Basin. Starting at only \$29,900. Call UTLR 1-888-693-5263. (Cal-SCAN)

WATERFRONT HOMESITES FROM \$134,900 Gated community w/ private marina. Grand Lake of the Cherokees in northeast Oklahoma. Very Limited Supply. www.SeeThePreserveAtGrandLake.com 1-877-909-5253 x3966. (Cal-SCAN)

NEW ARIZONA LAND Rush! 1 or 2-1/2 "Football Field" Sized Lots! \$0 Down. \$0 Interest. \$159-\$208 per month! Money Back Guarantee! 1-888-610-4996 or www.SunSitesLandRush.com (Cal-SCAN)

SOUTHERN COLORADO RANCH Sale. 35 Acres w/ Well just \$356/month.* Spectacular Rocky Mountain views. Year-round access, Nicely treed. Access to electric and telephone. Call Red Creek Land today.

1-866-OWN-LAND x 4120. www.SeeCedarWoodStation.com Offer void where prohibited. Terms and conditions subject to change without notice. * Monthly payment of \$356.22 based upon a purchase price of \$69,900 with 15% down and \$59,415 financed via a 30 year mortgage at a fixed interested rate of 6.00%. (Cal-SCAN)

MONTANA LAND INVESTMENTS. 360 AC- \$299,900. 1000 AC- \$795,000. 20- 160 acre tracts starting at \$49,000! Prime location, excellent growth potential. Beautiful views, loaded with elk and deer. Once in a lifetime deal! Call 1-877-229-7840. Or visit www.WesternSkiesLand.com (Cal-SCAN)

NEW TO MARKET New Mexico Ranch Dispersal 140 acres - \$89,900. River Access. Northern New Mexico. Cool 6,000' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (Cal-SCAN)

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

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

TEXAS LAND LIQUIDATION!! 20-acres, Near BOOMING El Paso. Good Road Access. Only \$14,900. \$200/down, \$145 per/mo. Money Back Guarantee. No Credit Checks. 1-800-843-7537 www.sunsetranches.com (NANI)

Restore Old Photos

Restore Old Photographs Share memories of special places and times with your family. (916) 483-6051 - Laws Studio, Crestview Center (Manzanita at Winding Way in Carmichael/VA) (ARM)

Schools Instruction

PREPARE FOR future RAILROAD Employment.NARS, in Overland Park, Kansas, will teach you the skills in 4-8 weeks. Average salaries \$63k. Tuition assistance available. Conductor-Mechanical-Welder-Signal. 1-913-319-2603. www.RailroadTraining.com (Cal-SCAN)

HIGH SCHOOL DIPLOMA! Fast Affordable & Accredited FREE Brochure. Call NOW! 1-800-532-6546 Ext. 412 www.continentalacademy.com (NANI)

INCREASE YOUR RAILROAD hiring potential! Train at NARS, Overland Park, Kansas. Complete training 4-8 weeks. Average salary \$63k. Lender info available. Conductor- Electrical/ Mechanical, Freight Car, Signal, Welder. 1-800-228-3378. www.RailroadTraining.com (Cal-SCAN)

GET CRANE TRAINED! Crane/ Heavy Equipment Training. National Certification Prep. Placement Assistance. Financial Assistance. Northern California College of Construction. www.Heavy4.com Use Code "NCPA1" 1-866-302-7462. (Cal-SCAN)

PIANO LESSONS first lesson FREE-Always wanted to learn? Never too late-call Kate at 916 704-0965. Sr.discount (ARM)

Services Offered

House Cleaning/Pet Sitting Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (ARM)

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks – room in comfortable home. Call 916-536-0701 (ARM)

Dog Poop R Us, They poop, we scoop. Specializing in dog poop removal services. 916-DOG-POOP (ARM)

Handyman, JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (ARM)

Sierra Pacific Fence. Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (ARM)

Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (ARM)

I take you to the doctors, shopping or misc. errands. Call for schedule. Serving most areas. 916-214-8169. (ARM)

Household Helper. Let Dad do it. Hauling and Gutter Cleaning. Call and ask me if I can do it! 613-8359 (ARM)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281.

Housecleaning. Move In -Out Complete Clean trash hauling yards clean carpets windows repairs paint gutters. 761-0447 (ARM-M)

Time Shares

FREE CONSULTATION on how to SELL/RENT your timeshare! Are your maintenance fees to high? Call www.sellatimeshare.com today. Get cash for your unused timeshare. 1-877-494-8246 (NANI)

BUY TIMESHARE REALES. SAVE 60-80% OFF RETAIL!! BEST RESORTS & SEASONS.

Call for FREE TIMESHARE MAGAZINE! 1-800-639-5319 www.holidaygroup.com/flier (NANI)

FREE CONSULTATION on how to SELL/RENT your Timeshare! Are your maintenance fees to high? Call www.SellATimeShare.com today. Get cash for your unused timeshare. 1-877-868-1931. (Cal-SCAN)

RedWeek.com#1 TIMESHARE MARKETPLACE. Rent, buy, sell, reviews. New full-service exchange! Compare prices at 5000+ resorts. B4U do anything timeshare, visit www.RedWeek.com, consider options. (Cal-SCAN)

Travel / Vacation

Warm Winter Specials at Florida's Best Beach- New Smyrna Beach. Stay a week or longer. Plan a beach wedding or family reunion. www.NSBFLA.com or 1-800-541-9621 (NANI)

Vegas Baby - FREE! 3 days 2 nights Pay Nothing - 5 Star Resort Las Vegas - Tahiti Village Call NOW! 1 888-704-6946 (NANI)

Upholstery

Upholstery B&T Upholstery and Repairs, Furniture Upholstery at its finest. 392-1959 Cell 995-7177 (ARM)

Volunteers Needed

Volunteers Needed: The Domestic Violence Intervention Center needs caring people to assist victims of domestic violence. For more information call 728-5613 or visit our office at 7250 Auburn Blvd., Citrus Heights, CA

Welding Services

1 Man Mobile Repair Service- Furniture, Fences, Custom Projects, Gates 792-6322 (ARMM)



License #882172

Belvedere
FLOORING & DESIGN, INC.
...specializing in hardwood floors

*Hardwood • Carpet • Tile • Laminates • Window Coverings
Hardwood Floor Refinishing*

belvedereflooring.com

12401 Folsom Blvd., Suite 208 • Rancho Cordova, CA 95742
Ph (916) 294.9669 • Fax (916) 294.9666 • Cell (916) 293-1644



The Village Bistro
California Cuisine with a French Flair

Join us for breakfast, lunch or dinner!

Featuring Chef Gerard's Prix Fixe Dinner • \$15.95 • Wednesdays

7984 California Avenue, Fair Oaks Village • 916-966-6384
Hours: Tue-Sun 8am - 3pm Breakfast & Lunch
Wed-Sat 5pm - 9pm Dinner



UNDER NEW OWNERSHIP

The German Deli
German meats • Imported Beers • Catering

Visit us for all your needs

1899 Auburn Blvd.
Sacramento, CA 95841

(916) 549-9495
www.sacgermandeli.com
sacgermandeli@sbcglobal.net



Independently Owned

30 Minute Fitness and Weight Management Program
specially designed for women that is FAST, FUN and SAFE!
We provide 1-on-1 trainers and the support you need to help you reach your goals!

Find a location near you at: www.curves.com

Bill & Jim Cook, Inc.

General Contractors
License # 737120



Office: 916-725-4610
FAX: 916-725-2356
Bill Cook: 916-725-0198
Cell: 870-6506

Dry Rot Repairs: Esp. Fences, Beams and Siding

ALTERATIONS
by Patina

SPECIALIZING IN BRIDAL & FORMAL

11082 Coloma Rd., Suite 7
Coloma Village Shopping Ctr. • Rancho Cordova

(916) 853-1078

WWW.ALTERATIONSBYPATINENETMARK.COM

HDR Handyman Services

"Jack of All Trades"
"Master of Some"

❖ Plumbing
❖ Electrical
❖ Structural

Robb Strand
Phone: 916-764-7700
Fax: 916-853-1557
Email: rcustom@shcglobal.net

*Honest, Dependable, Reasonable



Dianda's
Italian Bakery & Cafe

(916) 966-3757

RUM CAKE • ST. HONORE • GANNOLI
COOKIES • PASTRIES • ALMOND TORTE


Located in Fair Oaks Village:
10131 Fair Oaks Blvd. | Fair Oaks, CA 95628

National Medical & Dental Benefits Plan

Starts at **\$19.95/month/household**

Includes **FREE**
Vision, Prescription and
Chiropractic Benefits

www.yourhealthyfamilynow.com
call Jeanne at 916-988-3027



Ships and Trips Travel

Trude Peterson Vasquez
Your Personal Travel Specialist
in Fair Oaks

(916) 961-3282 business
www.Trude4Travel.com
Trude.shipsandtrips@yahoo.com

"The world is a book, and those that do not travel read only one page."
- Saint Augustine



BRANNAN
ELECTRIC

St. Lic. 832017
Liability Insured

David Brannan

(916) 505-3025

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY
FAIR OAKS, CA 95628

Tel (916) 9611265
Fax (916) 9612430

ADDITIONS • REMODELS • REPAIRS

Is Your Home Dated? Time to Remodel?
Need More Space??

We Can Help!

*Check Our References...
We Do It Right!*



Professional Building & Repair

Licensed • Bonded • Insured License # 670484

Office: **916-988-3987** Cell: **916-879-5741**


SUSAN FIELD
Owner

PHONE/FAX 916.967.7039
CELL 916.804.7039
EMAIL: sucatbri@shcglobal.net
www.bbwelcomestoyou.com

"Friendly Neighborhood Welcoming Service"



5220 CHICAGO AVENUE
FAIR OAKS, CA 95628



Century 21
Noel David Realty

Mike Maddox
REALTOR®

Cell: (916) 765-2567
mike_maddox@msn.com
7976 California St.
Fair Oaks, CA 95628

Affordable Handyman Service

Reasonable • Dependable • Hardworking

Yard Work • Gutters • Rototilling • Painting • Tree & Shrub Removal
Clean-up • General Labor • Concrete Removal • Yard Make Overs
Fences • Light Tree Trimming • Odd Jobs & More

Lester
(916) 838-1247
Lic. # 128758

Dog Poop R Us

www.dogpooprus.com

"THEY POOP...WE SCOOP!"
Specializing in Dog Poop Removal Services

(916) DOG - POOP
(916) 364 -7667

Fred Schoppet
Owner/Operator



The Great Forest Toys

*where a child's
imagination can grow*

Waldorf Inspired Toys
Natural Holiday Toys
Montessori School
Sundries

10351 Fair Oaks Blvd.
Fair Oaks, CA 95628
916-967-TOYS (8697)
In Fair Oaks Village



KING Cross word

Answers on Page 12

ACROSS

- 1 October
birthstone
5 "Wind in the Willows"
character
9 Treasure hunt aid
12 Sandwich shop
13 Tortoise's rival
14 Pub request
15 Emily Post's teachings
17 Deteriorate
18 Works with
19 Resentment
21 Washing vessel
24 Carte
25 "Zounds!"

- 26 Most straightforward
30 Astronaut
Grissom
31 Ice bucket
accessory
32 As well
33 Big redwoods
35 Short pencil
36 Kazakhstan river
37 Super hot
38 Hot dog side
dish
40 Ointment
42 Same old
same-old
43 Sky blue
gem
48 Joan of -
49 Jacob's

- brother
50 Yuletide
melody
51 Homer's
interjection
52 Information
53 Use a straw

DOWN

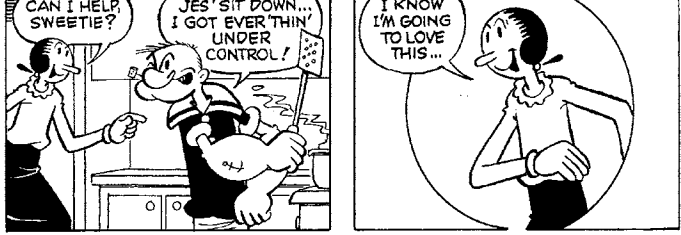
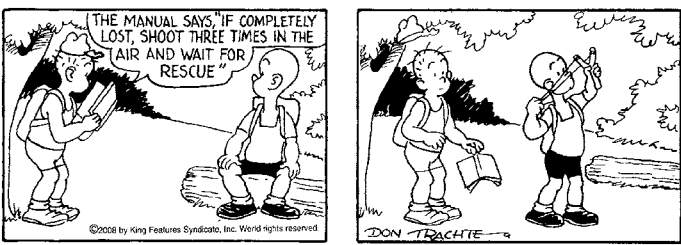
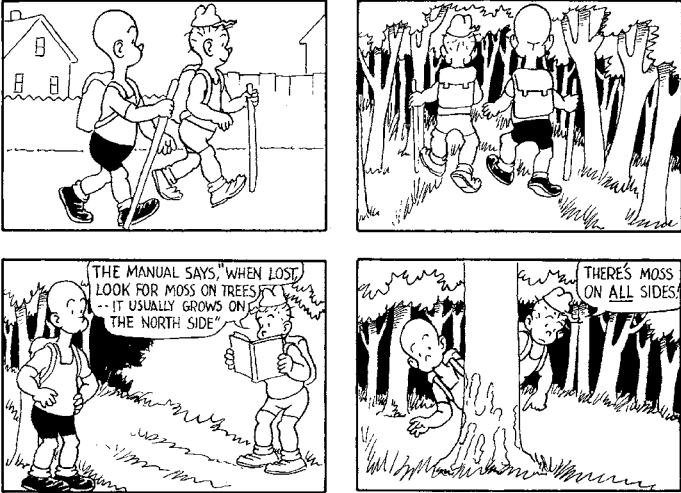
- 1 Praise in
verse
2 Favorite
3 Foreman
fighter
4 Fluid
5 You, once
6 Foal's fodder
7 Illustrations
8 Digs down
further
9 Milwaukee
university
10 Brotherly
baseball
name
11 Sampras or
Seeger
16 Sailors' org.
20 Squid squirt
21 Pleads
22 Malaria
indicator
23 Yeti's cousin
24 Periodicals,
for short
26 Thwart
27 Genetic abbr.
28 Acidic
29 Mug variety
31 Drank to

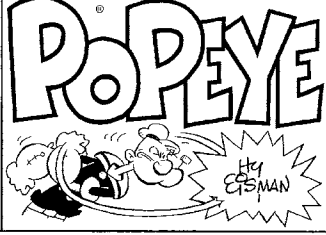
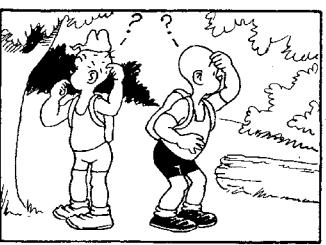
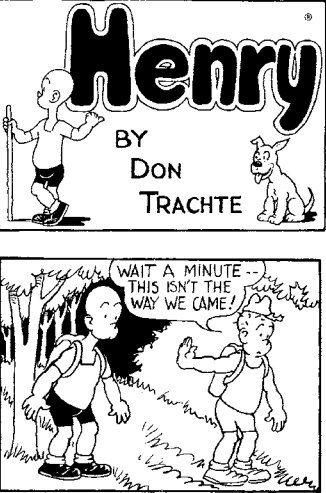
- 34 Coffee shop
vessel
35 Cowell and
Wiesenthal
37 Wintertime
woe
38 Actor Pitt
39 Continental
coin
40 Rotten kid
41 Blue hue
44 NAFTA
signatory
45 Debtor's
letters
46 Moment, for
short
47 Wapiti

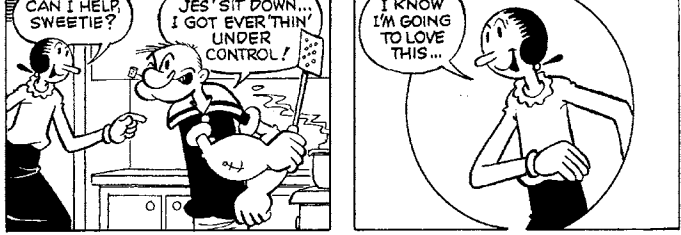
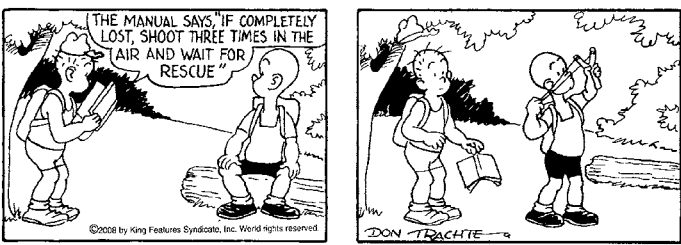
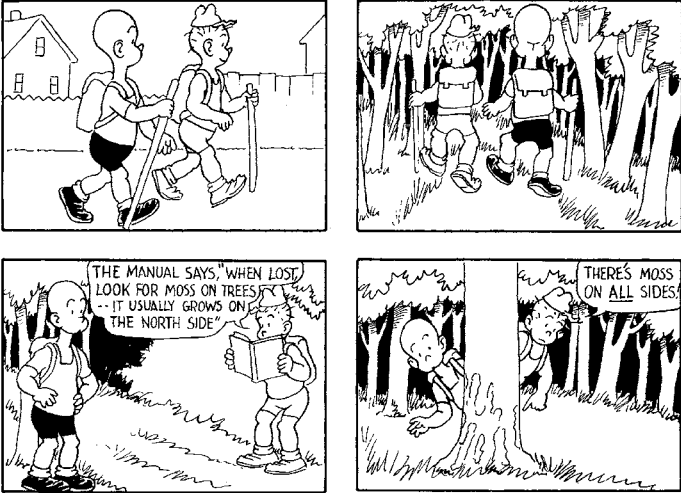
1	2	3	4		5	6	7	8		9	10	11
12					13					14		
15					16					17		
				18					19	20		
21	22	23						24				
25					26	27					28	29
30					31					32		
33			34						35			
		36						37				
38	39					40	41					
42					43	44				45	46	47
48					49					50		
51					52					53		

Henry

BY
DON
TRACHTE

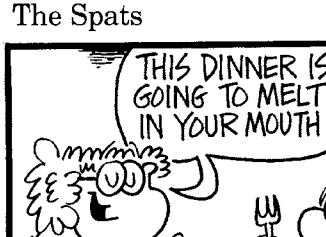






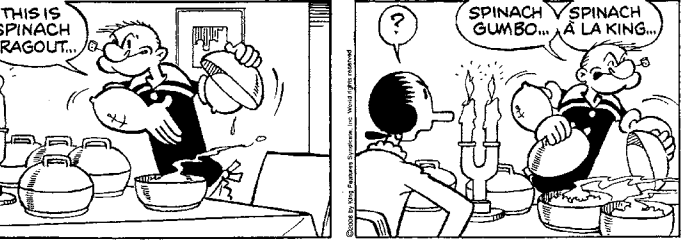


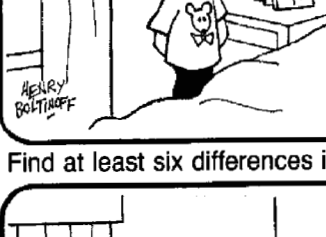

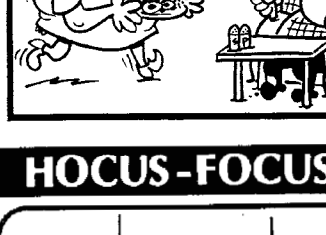


Popeye

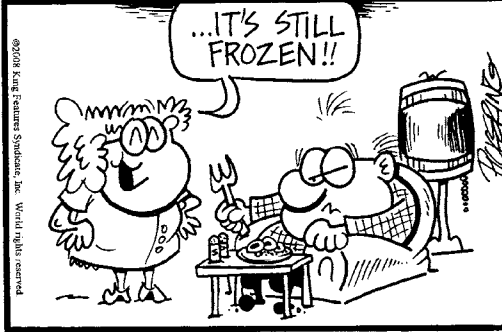
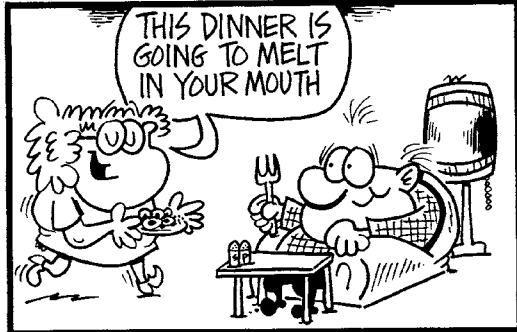
HEY
CISMAN

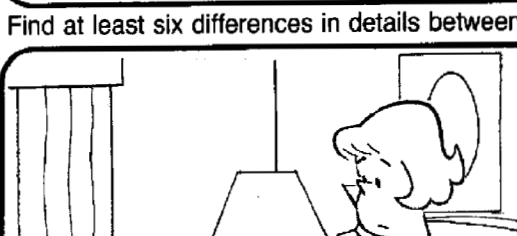

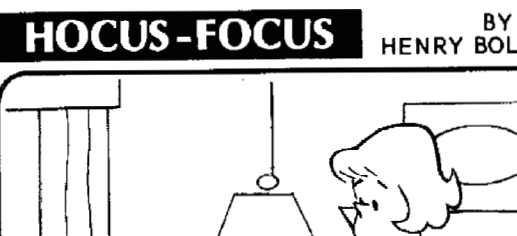


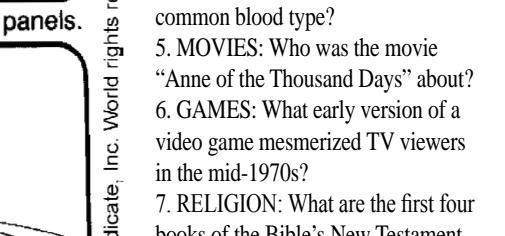
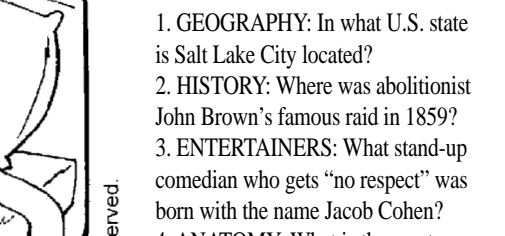



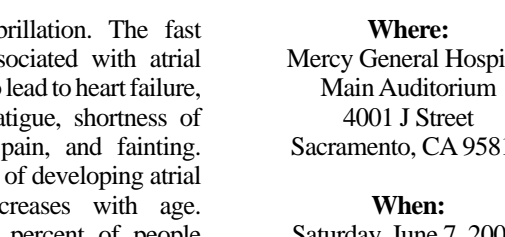

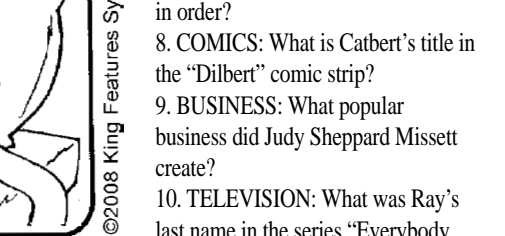


The Spatsby Jeff Pickering



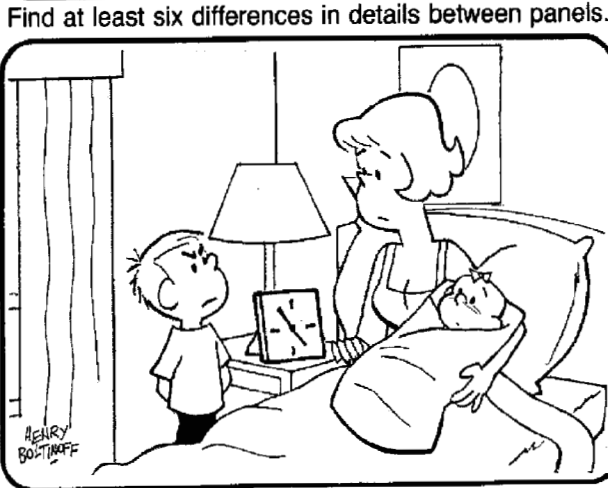
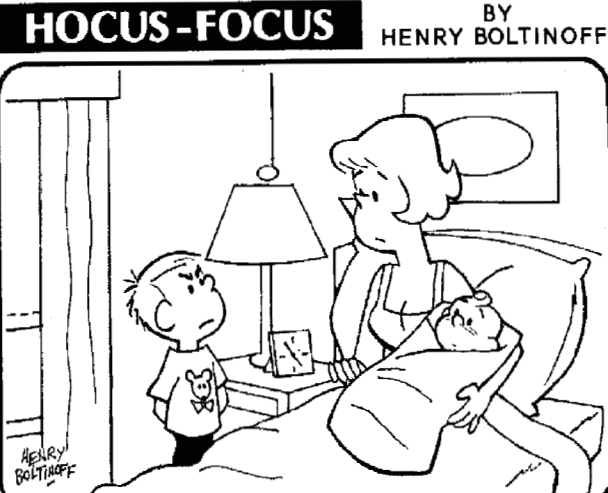


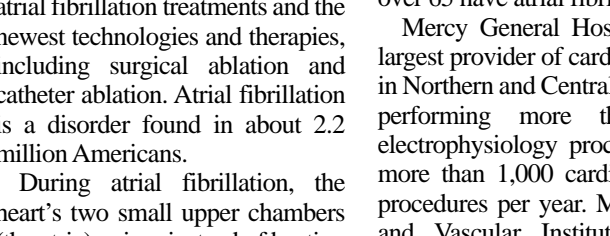
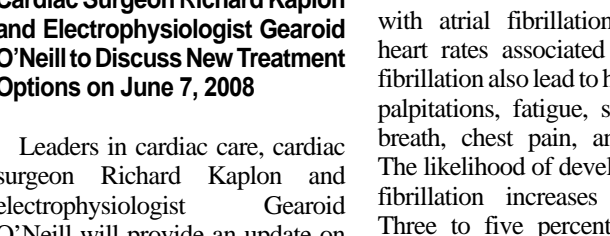



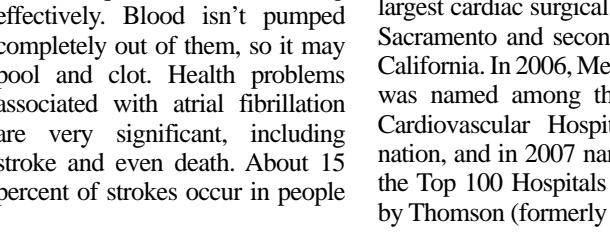


HOCUS-FOCUS

BY
HENRY BOLTINOFF








Trivia

test

by Fifi
Rodriguez



1. GEOGRAPHY: In what U.S. state is Salt Lake City located?

2. HISTORY: Where was abolitionist John Brown's famous raid in 1859?

3. ENTERTAINERS: What stand-up comedian who gets "no respect" was born with the name Jacob Cohen?

4. ANATOMY: What is the most common blood type?

5. MOVIES: Who was the movie "Anne of the Thousand Days" about?

6. GAMES: What early version of a video game mesmerized TV viewers in the mid-1970s?

7. RELIGION: What are the first four books of the Bible's New Testament, in order?

8. COMICS: What is Catbert's title in the "Dilbert" comic strip?

9. BUSINESS: What popular business did Judy Sheppard Missett create?

10. TELEVISION: What was Ray's last name in the series "Everybody Loves Raymond"?

© 2008 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2008 King Features Synd., Inc.

COUNTRIES
MAGIC MAZE OF EAST
AFRICA

EYWUARPNKIGDBZX
VBCSQDOMKIGECAY
WUUOSQNPNLAJSHF
EACRMOZAMBIQUEA
YADXUOIITWTLVITU
SQENPNRPURANTTA
AMKRAJDOHFMEIOI
CYBZTGBISZOYRYB
XVNU TIUHRQSPUAM
OAMEJLRTI WALAMA
TKIDKHGEWBABMIZ

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

Burundi
Comoros
Djibouti
Eritrea

Ethiopia
Malawi
Mauritius
Mayotte

Mozambique
Rwanda
Somalia
Tanzania

Uganda
Zambia
Zimbabwe

©2008 King Features Syndicate, Inc. World rights reserved.

All Answers on Page 12

Contract Bridge

WHEN TO WIN A TRICK

South dealer.
Both sides vulnerable.

NORTH

♠ J 8 3
♥ K Q 7
♦ K Q 10 5
♣ 9 5 4

WEST

♠ A 5 4 2
♥ 10 3
♦ 9 4
♣ A K J 10 3

EAST

♠ 7
♥ J 9 6 5 2
♦ 8 7 3 2
♣ Q 8 6

SOUTH

♠ K Q 10 9 6
♥ A 8 4
♦ A J 6
♣ 7 2

The bidding:

South

1 ♠

3 ♠

4 ♠

West

2 ♣

Pass

North

2 ♠

3 ♠

East

Pass

Pass

Opening lead — king of clubs.

A frequent objective of defensive play against a suit contract is to try to run declarer out of trumps. If this can be achieved, the defenders may then be able to cash tricks in their own strong suits, or may even establish some trump tricks of their own.

In today's deal, West applied this principle to perfection and, as a result, wound up defeating what looked like a surefire game contract.

The defense started with three

rounds of clubs, South ruffing the third. Declarer then led the king of spades, but West wisely refused to take his ace. The nine of spades was led next, and again West played low. When East showed out on the second spade, declarer knew he was a goner.

At this point, West still had the A-5 of spades, while South had the Q-10 in his hand and the jack in dummy. However, West was in full control of the outcome. If declarer continued with a third trump, West would take his ace and force South to ruff a club, thereby establishing his five of trumps as the setting trick and also allowing him to collect his fifth club for down two.

Declarer therefore decided to salvage what he could from the deteriorating situation. He ran his diamonds until West ruffed with the five. The only other trick West could then get was the ace of trumps, and South finished down one.

Note that if West had taken the ace on either the first or second round of trumps, South would have been in the driver's seat, since a club return could then be ruffed in dummy. By holding up his ace until precisely the right moment, West guaranteed winning the crucial battle for trump control and so ensured defeat of the contract.

©2008 King Features Synd., Inc.

by Steve Becker

Mercy Hosts Free Lecture on Atrial Fibrillation

Mercy General Hosts Free Lecture on Atrial Fibrillation
Cardiac Surgeon Richard Kaplon and Electrophysiologist Gearoid O'Neill to Discuss New Treatment Options on June 7, 2008

Leaders in cardiac care, cardiac surgeon Richard Kaplon and electrophysiologist Gearoid O'Neill will provide an update on atrial fibrillation treatments and the newest technologies and therapies, including surgical ablation and catheter ablation. Atrial fibrillation is a disorder found in about 2.2 million Americans.

During atrial fibrillation, the heart's two small upper chambers (the atria) quiver instead of beating effectively. Blood isn't pumped completely out of them, so it may pool and clot. Health problems associated with atrial fibrillation are very significant, including stroke and even death. About 15 percent of strokes occur in people

with atrial fibrillation. The fast heart rates associated with atrial fibrillation also lead to heart failure, palpitations, fatigue, shortness of breath, chest pain, and fainting. The likelihood of developing atrial fibrillation increases with age. Three to five percent of people over 65 have atrial fibrillation.

Mercy General Hospital is the largest provider of cardiac services in Northern and Central California, performing more than 1,600 electrophysiology procedures and more than 1,000 cardiac surgical procedures per year. Mercy Heart and Vascular Institute has the largest cardiac surgical program in Sacramento and second largest in California. In 2006, Mercy General was named among the Top 100 Cardiovascular Hospitals in the nation, and in 2007 named among the Top 100 Hospitals in the U.S. by Thomson (formerly Solucient).

Where:
Mercy General Hospital
Main Auditorium
4001 J Street
Sacramento, CA 95819

When:
Saturday, June 7, 2008,
10:30 am to noon

Light refreshments will be served. The lecture is free, but registration is required. Call the Mercy Heart and Vascular Institute at 916-733-6966 to attend.

Mercy General Hospital has been serving the Sacramento community for more than 100 years. Founded by the Sisters of Mercy, Mercy General has been at its current site in the heart of East Sacramento since 1925. Mercy General Hospital has 342 licensed beds, a physician staff of more than 700.

“R.O.C.C” Your Body 2008

The 2nd annual “R.O.C.C Your Body” to benefit the River Oak Center for Children will be held on Friday, May 30, 2008 at The Spa Simply Skin, 2625 Fair Oaks Blvd. in Sacramento 95864, from 6 to 11 p.m. River Oak provides professional care and therapeutic services to children in our community who struggle with serious emotional and behavioral challenges.

“R.O.C.C Your Body” is proud to support River Oak in its campaign, “Roots and Wings: A Campaign to Rebuild Lives” raising funds to build a new Treatment Complex that will provide comprehensive assessment and personalized services to low income and vulnerable children “This event will support an important cause in our community - the children who have faced trauma, loss, neglect and abuse, and as a result, are dealing with emotional and behavioral challenges and are in need of professional care”, said JJ Diepenbrock, owner of The Spa Simply Skin.

This year the spa grounds will be transformed into “Mystique”, a “Cirque du Soleil” style experience, featuring a “Euro Bar”, a champagne bar, a “VIP” red-carpet valet service, a “VIP” lounge and MC Kelly Brothers, former morning news anchor of KFBK, making sure guests are having a memorable evening. The evening will include a posh fashion show featuring cutting-edge designers from New York and Los Angeles. Health and wellness experts will be on hand to provide free spa

services, nutritional advice, psychic readings, beauty consultations and much more. The first 500 people who purchase tickets will receive a “Swag” bag valued at \$1,000. Tickets are \$150 and are currently sold online at www.riveroak.org or by contacting Alice Gentry at (916) 609-5129, agency@riveroak.org. To learn more about River Oak visit: www.riveroak.org. So come “R.O.C.C” Your Body for a good cause.

La Sierra High School Reunion Class of 1970

Date: May 24, 2008
Location: La Sierra Community Center, formerly known as La Sierra High School. Contact information: Robin L.(Ramsthaler) Piet, 173 Springwood LN , Idaho Falls, ID 83404 E-mail: robinpiet@msn.com
Two Events:

Friday, 23rd, 7:00 pm Get Reacquainted - \$10.00
Saturday, 24th, 4:00 pm, Longhorn BBQ - \$30.00
Please confirm your reservations by May 10, 2008.
In hopes everyone can attend, Scholarships are available. Contact Robyn Piet for information.

Magic Circle Theatre

“Those good and crazy people, our married friends.”

A bachelor facing his 35th birthday comes to terms with his ability (or inability) to commit Magic Circle Theatre's production of the musical comedy Company, opening May 9, 2008. Surrounded by his married friends, Robert wonders if he'll ever find someone with whom to spend his life. But why should he? Aren't his friends plagued by dissatisfaction, unrest, and petty fights? And why do they continue to stay married? And why can't his girlfriends be more like his married female friends? And why can't life just be all perfect without any effort? This charming musical by George Furth and Stephen Sondheim looks at the every day issues of couple-hood with humor and affection. It isn't the big events in life that can make or break a couple, but the constant, little, relentless act of living together.

Company is sponsored by Jensen Smith C.P.A.s, and will play Friday and Saturday evenings at 8:00 and Sunday afternoons at 2:00, May 9 - June 14, 2008, in the Tower Theatre, 421 Vernon St., Roseville. Tickets are \$22 general admission, \$20 seniors and students, \$12 children 11 and under. Call (916) 782-1777 for tickets.

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

The Genealogical Association of Sacramento

meets at 1:00 pm Wednesday, May 21, 2008, at the Belle Cooledge Library, 5600 South Land Park Drive, Sacramento, 95822.

The program "Finding Unusual Sources" will be presented by Donna VanLone. For more information call (916) 682-8004 or (916) 689-4524. Visitors and new members are welcome.

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.

NKF Sacramento Kidney Walk

The National Kidney Foundation's Sacramento Kidney Walk will be held on Saturday, May 31 at Serrano Village Green in El Dorado Hills. Enjoy music, entertainment, refreshments, kids' zone, raffle prizes and a Wellness Center while raising funds for services that benefit kidney patients and their families in the Sacramento area.

Register for the Sacramento Kidney Walk at www.kidneynca.org or call the NKF office at (916) 448-2200.

First Annual Garage Sale May 31

The Domestic Violence Intervention Center presents Our First Annual Garage Sale. The sale is being held at the Citrus Heights Lion's Club at 7521 Community Dr., C.H. 95610 from 7am - 4pm. All proceeds will be donated to the DVIC. All donated items have been donated by the Community and the Volunteers of the Center. The DVIC is a non profit, all volunteer Agency. We help victims of domestic violence and their children. The DVIC is located at 7250 Auburn Blvd., C.H. 95610. We are opened 10am - 4pm. Our office # is 916-728-5613 and our crisis line 24/7 is 916-728-7210. Our website is www.dvinterventioncenter.org

Rollingwood Racquet Club Unveils Totally Renovated Fitness Center

Open Air. Amazing Space. Refined Environments. Rollingwood Racquet Club's new Fitness Center opened May 15, bringing a dramatic change to the Club's facilities for fitness in Fair Oaks and Orangevale, both in the Greater Sacramento area. Rollingwood has shaped up to be one of the areas premier fitness venues, carefully designed to enhance the membership experience.

Upon entering the club, a brand new reception area has the feeling of a luxury 5-star hotel with warm earth tone colors, a tiled floor and attractive lighting featuring slim lines and curves. Make the turn just by the doors to the swim center, and you will access one of the most prominent features of the improved facility, a vast, open fitness area that has doubled its original size. Not only is the new exercise environment more open and colorful, it has plenty of periphery areas for functional training and stretching. Warm colors throughout and natural light spilling in from the window high above still remind you that you are at Rollingwood. Fresh space deserves new equipment and Rollingwood is adding the best.

New offerings of beautifully designed equipment include a complete circuit of TechnoGym, the Italian company famous for its innovative and intuitive fitness development machinery. Conditioning equipment by FreeMotion and hi-tech ellipticals, bikes, treadmills and steppers, all loaded



with private televisions embedded into the dashboards to offer you endless exercise variety and entertainment.

Among other state of the art features, beside the group exercise room, a view through the glass wall into a spacious spin cycle room with 20 bikes at the ready. On the second floor, the New Rollingwood Pilates Studio Environment — larger than the one before, but with the same cozy ambiance and serene feel suited to this mind-body exercise area — is filled with natural light and a magnificent sweeping view of the beautiful hills and woodlands the Rollingwood Racquet Club property is renowned for. Down the hall, sophisticated cardio exercise machines line the new, sparkling

chrome railing looking down into the open fitness space below.

Owner, Ruth Ku says "I am very proud of our wonderful team of fitness professionals who are dedicated to helping hundreds and thousands of people become healthier, happier and make connections with other people at the club. We are all blessed to have the privilege of being in this endeavor that can be so rewarding."

The million dollar renovations at Rollingwood Racquet Club are certainly a fitting way of celebrating the Club's 30th anniversary year and make a tour of this outstanding, new fitness center well worthwhile.Come try them out for free during our open house week from May 19-26.

Get Out and Walk During Arthritis Awareness Month

(NAPSA)-Arthritis, the most common cause of disability in the United States, affects one in five adults and nearly 300,000 children. It is predicted that by the year 2030, 67 million people will be affected by arthritis, up from current prevalence estimates of 46 million people. What's particularly disturbing is that the prevalence of osteoarthritis, the most common form of arthritis, continues to rise even though it can often be prevented by staying active.

Patience White, M.D., chief public health officer for the Arthritis Foundation, is not surprised that these numbers continue to rise. "Americans continue to become more sedentary despite overwhelming evidence that there are tremendous benefits from walking as little as 10 minutes, three times a day. If we continue to ignore the importance of movement, as the nation's baby boomer population ages, the prevalence of arthritis will become staggering."

Fortunately, starting a walking program is easier than you might think. Dr. White's recommendations include:

Walk Three Times a Day
Walking for exercise should take low-to-moderate exertion. When you first start your program, your goal may be walking 10 minutes every day. Once this no longer requires much effort, consider increasing your goal to 10 minutes three times a day or 30 minutes several times each week. As you reach

this goal, change your route to include a slight incline. While it's important to consult your physician about your personal exercise plan and goals, also listen to your body! Consider keeping a journal to document your goals and the path to getting there.

Stretch - It is important to stretch before and after walking. Remember

and make a schedule that you can both stick to.

Maintain Your Ideal Weight - As people gain weight they increase the stress placed on their joints, particularly their knees. Not to mention that being overweight may cause a person to become tired quickly and not able to follow a healthy exercise regimen. Before beginning a walking program, work with a health care professional to determine your ideal weight and the best plan for getting there.

Celebrate Your Success - While the best reward for your efforts is better health, it's okay to treat yourself as well. Reward yourself as you reach each new goal. Celebrate by buying a new pair of walking shoes, new workout clothes or an MP3 player loaded with your favorite walking soundtrack.

Part of the Arthritis Foundation's efforts to get Americans walking is through its annual Arthritis Walk event held each May during Arthritis Awareness Month. Arthritis Walk events are held in communities across the nation to help raise awareness and generate funds for research and programs. Walkers can sign up alone or as part of a team and can come out to support a family member or friend. Dogs are welcome in most sites, too.

To learn more about getting involved in an Arthritis Walk near you, visit www.arthritis.org or call (877) 232-2898.



The Right Step-A simple walking plan could help reduce your risk of arthritis.

that walking involves more than just your legs, so be sure to stretch your lower back, chest and arms as well.

Bring a Friend - Having a walking partner is a great way to stay motivated! Not only can you encourage each other to stay active, but talking as you walk is a great way to pass the time. Whether a neighbor, co-worker or even man's best friend, find someone to walk with

Thoroughbred Racing Returns to Cal Expo in August

Horse racing fans can always bet on a good time at the Cal Expo Sports & Wagering Center, but now they can bet on some sweet summer savings as well. Cal Expo & State Fair is inviting horse racing fans to purchase season box seats for the upcoming Thoroughbred meet which is scheduled to run Aug. 20 – Sept. 1 during the California State Fair. Dark days are Aug. 25 – 26.

Prime location season boxes are

still available for purchase with boxes closest to the finish line only \$650 for the season and \$550 for boxes furthest from the finish line. The season box seat package is valued at over \$1,100 and includes: Six (6) California State Fair admission tickets per racing day (66 total) Six (6) box seat tickets per racing day (66 total) Six (6) official racing programs per day (66 total) One preferred parking season pass One

general parking season pass

Those interested in purchasing a box for the racing season should contact Kate Phariss at (916) 263-3047 or Brittany Clark at (916) 263-3048. Call early as to insure seat availability. After July 15, boxes will be available to purchase by the day and may not be available for the entire season.

Hot Walkin' Nights Summer Series 2008



The Sacramento Walking Sticks will be hosting walks for fun, fitness and friendship every Wednesday night from June 4 till August 27, 2008. These walks are part of the Hot Walkin' Nights Summer Series and will give people a mini vacation throughout their summer. Each week they will travel to various parts of the Sacramento region and explore the trails, streets, parks and recreation trails that Sacramento is famous for. Each walk will have a registration time of 5:30 to 6:30 p.m. and have a 5K (3.1 miles) and 10K (6.2 miles) route to choose from. Best of all, these walks are all FREE and should participants want to join in the incentive program, they would pay \$3.00 for volkswalk credit. Most routes will be suitable for strollers and dogs on leash with

cleanup are welcome to join in.

- June**
6/04 Granite Bay Hillsborough Park, 1001 Hillsborough Dr, Roseville 95746
6/11 American River Big Lots, 8700 La Riviera Dr, Sacramento 95826
6/18 Gold River Bel-Air Shopping Center, Gold River Town Center 2155 Golden Centre Ln, Gold River 95670
6/25 Curtis Park Central Valley Coffee, 3198 Riverside Blvd, Sacramento 95818
July
7/02 CSUS East Portal Park, 1120 Rodeo Wy, Sacramento 95819
7/09 Davis Fleet Feet Sports, 615 Second St, Davis 95616
7/16 Fair Oaks Village Park, 4238 Main St, Fair Oaks 95628
7/23 Land Park La Bou, 4400 Del Rio Rd, Sacramento 95822
7/30 Pocket UPS Store, 7485 Rush River Dr, Sacramento 95831
August
8/06 Elk Grove Starbucks, 5060 Laguna Blvd, Elk Grove 95758
8/13 Old Sacramento Joe's Crab Shack, 1210 Front St, Sacramento 95814
8/20 Ashton Park 4251 Ashton Dr, Sacramento 95864

Some of the charities benefiting from the proceeds of the event are: Women's Empowerment, who prepares homeless women for employment opportunities; The After School Program in Del Paso Heights, An Arts enrichment program; The Crisis Nursery, which provides safe care for infants and small children during stressful family situations; St. John's Shelter providing services for homeless women and children; the Teen age Dating Violence Prevention Program of Family Shalom; Sexual Abuse and Domestic Violence Center of Yolo County and other Soroptimist services and scholarships.
The Polo Extravaganza will be a unique and entertaining way to provide much needed funding for these very important and badly needed services. Ticket price is \$55.00 before June 15th and \$65.00 afterward. For information regarding sponsorship opportunities, or ticket reservations please see www.sacpolo.net or call (916) 457-3002.
The Soroptimist Clubs participating are; S.I. of Sacramento, S.I. of Metropolitan Sacramento, S.I. of Sacramento North, S.I. of Sacramento South, S.I. of Placerville, S.I. of Rio Cosumnes, S.I. of Woodland and S.I. of West Sacramento. Each of these clubs works to improve the status of women and children in their respective areas. Soroptimist International is the world's largest classified service organization for executive and professional women and was established in 1921 in Oakland, CA. There are currently over 100,000 Soroptimist members in 120 countries worldwide. The local Clubs have provided various services throughout the Metropolitan area for many years. Recent projects have included funding the fencing and irrigation for the Community Gardens in Del Paso Heights; funding the Arts and Crafts Room at the Thomas P. Raley Branch of the Boys and Girls Club as well as providing over 2000 volunteer hours at the branch; funding 40 performances of the Fantasy Theatre at under funded elementary schools in the area; provided badly needed funds for My Sister House, a shelter for victims of domestic violence in the Asian and Pacific Islander communities, funding the purchase of a cargo van for W.E.A.V.E. (Women Escaping A Violent Environment); donating \$5,000 toward the construction of an amphitheater for Camp Ronald McDonald; and, donating funds to CCHAT for playground equipment for hearing impaired children.

Soroptimist International Clubs Sponsor Polo Extravaganza for Local Charities

Eight individual clubs of Soroptimist International, and in partnership with The Sacramento County Deputy Sheriff's Association, are coming together to host The Soroptimist Polo Extravaganza - 2008. The event will raise funds for local charitable service agencies who serve at-risk children and women in the area. In addition to a spirited polo match between two teams of Northern California volunteer polo players, the event will include wine & beer tasting, a gourmet buffet dinner from Red Bag Catering, live & silent auctions with a chance to Dine with the "Dining Divas" of Sacramento Magazine, a raffle with a 7day Holland America cruise to Mexico or the Caribbean as first prize, music, and a ladies fancy hat contest. The event will be held from 4:00 to 8:00 p.m. on Saturday, June 21, 2008, at the Rancho Murieta Equestrian Center at 7200 Lone Pine Drive, Rancho Murieta, Ca. Chairman of the Sacramento County Board of Supervisors, Jimmie Yee will be honored as the "visiting royalty" and will "throw in" the first ball to start the polo play. The celebrity announcer for the event will be Dave Bender, KOVR Channel 13 weatherman and T.V. personality.

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


Dusty Baker International Baseball Academy

The Dusty Baker International Baseball Academy returns this year and celebrates its 25th "Silver" Anniversary. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college and profession baseball. This is a fantastic learning experience and training program for young baseball players.


Visit Dusty's website at www.dustybaker.com




TAMMY HENDLER · SAM WARBURG · ELENA LIKHOVTSEVA · ERIC BUTORAC



DMITRY TURSUNOV
(APPEARING JULY 11)



LINDSAY DAVENPORT
(VISITING JULY 12)



Capitals

Get Close

July 3-23


WTT Championship Weekend July 24-27

Hosted by the Caps


Get close to the in-your-face world of hard court tennis with the defending World TeamTennis champion Sacramento Capitals. It's happening this summer at Allstate Stadium, Westfield Galleria at Roseville.

Order tickets today.


www.gocaps.net or call 916.638.4001




WTT
WORLD TEAM TENNIS
presented by
ADVANTA




Allstate
You're in good hands.




Mercedes-Benz
of Sacramento



Raley's
CELEBRATE FOOD · CELEBRATE LIFE



SILVERADO
XLT



Westfield
Galleria at Roseville

PHOTOS: Fred & Susan Mullane/CAMERAWORK USA, YOURGAMEFACE.COM

The Dave Russell Band Rocks the House at Pow Wow Days



The Dave Russel Band performed Saturday night at the Pow Wow Days. They played a variety of styles that had plenty of feet on the dance floor.



John “Road-King” Keenan proposed to Peggy, an unofficial first for Pow Wow Days

Many Thanks to our Fantastic Sponsors

- Platinum Sponsor:**
Wal-Mart Stores Inc. #4309

Gold Sponsors:
Granite Construction Supply

Silver Sponsors:
Heavy Lode Garages & Sheds
Community Partner Sponsors:
Friends of Roberta MacGlashan
DBI Beverage
Park Plaza
The Graphix Connection
BP Productions
Golden State Collision Center, Inc.
American River Animal Hospital
Les Schwab Tires
Save Mart
United Rentals
Rollingwood Racquet Club
American River Apparel
- Heartfelt appreciation to everyone who helped, with special thanks to:**
Orangevale Recreation & Park District
Chuck West & Jeff Hayes
Skip's Music – Sacramento
ACE Hardware, Madison & Greenback Lane
Chris White
Raley's
Longs Drug
Butler Amusements
Save Mart in Orangevale
Sacramento County Sheriff's Dept.
Sacramento County Fire Dept.
Hi-Landers 4WD Club
Cappuccino Cruisers
East Valley Church
Bill and Karen Adams
Kenny Adams

The Local Newspapers:
American River Messenger
Orangevale Country Journal
The Orangevale View

& All the volunteers and businesses that make this happen.

Thank you all so very much!

We hope you enjoyed the 45th Annual Pow Wow Days Celebration!
- Charlie Clark
Casa Robles Athletes Department
Fred Harris
Bill Ebersol
Shelly Chenoweth

SCSO’s Mozart Requiem Heralds Upcoming Los Angeles Performance



Left to Right:Donald Kendrick - Conductor, Sandra Rubalcava - Soprano, Oksana Sitnitska - Mezzo-soprano, David Robinson - Tenor, Elias Mokole - Bass

By Andy Opsahl

The Sacramento Choral Society & Orchestra’s (SCSO) haunting performance of Mozart’s Requiem left the audience spellbound at the Sacramento Community Center Theater on Saturday, May 10. The production’s second half spontaneously brought attendees to their feet with Morten Lauridsen’s Lux Aeterna, a choral expression of God’s light.

Conductor Donald Kendrick led the large 225-member choral orchestral team from memory, deftly leading and guiding the musical forces through the nuances and drama that the evening’s performance demanded. The orchestra’s precision and sense of ensemble were self-evident and tonally and rhythmically the SCSO choristers were at their best throughout the evening.

The Requiem’s first two eerie movements inspired cathartic meditation. A voice-like clarinet contrasted against somber strings and evoked images of a funeral procession. The third movement, known as the “Dies Irae,” exploded with operatic drama. The text is from a medieval poem describing the day God destroys the world and divides the wicked from the righteous. The seventh movement, called the “Sanctus,” provided the work’s one moment of joyful relief. The chorus thundered its God-fearing exaltation of “Hosanna in the highest.” The “Agnus Dei” carefully guided the piece back to its soft, mournful conclusion. The Requiem focuses mostly on the chorus with some quartet writing for soloists interspersed. While Soprano Sandra Rubalcava, Tenor David Robinson and Bass Elias Mokole acquitted themselves very well with their expressive singing, the finest solo performance of the night was given by mezzo-soprano Oksana Sitnitska. Her powerful voice in that cavernous theater really brought the audience to attention and added to the drama of the evening.

Mozart’s Requiem entered popular culture by way of the 1984 film Amadeus, a fictionalized account of one of Mozart’s jealous colleagues, Salieri. The Requiem was Mozart’s final work before his death in 1791. He completed only the first two movements. His student Sussmayr finished the famed mass of the dead based on the Mozart’s remaining sketches. The Requiem is widely viewed as one of the most influential pieces of classical music ever written.

While Mozart’s Requiem ingeniously expressed darkness, Lauridsen’s Lux Aeterna provided the healing light attendees needed. If you have never heard this piece, visit Amazon.com and buy it. Many view it as the greatest choral work of the 20th Century, and, interestingly, it was written near the end of the century in 1997. The piece is a collection of Latin sacred texts referencing light. It was inspired by the death of Lauridsen’s mother, whom the composer considers his muse. Lux Aeterna’s five movements meld into each other so smoothly you barely notice where one ends and the other begins. No vocal solos exist in this majestic piece. A stunningly complex blend of voice parts gave a symphonic sense of light reaching every corner of the theater. A shimmering orchestra, under Kendrick’s expressive hands, added nuance and pathos to the evening’s performance.

The beloved work was a fitting conclusion to the SCSO’s 12th season, which included its daring, but triumphant production of Sir Edward Elgar’s The Dream of Gerontius. A few big risks have marked the SCSO’s 07/08 season, one of which still awaits the organization when the group gambles \$45,000 to take the Mozart/Lauridsen concert to the Walt Disney Concert Hall in Los Angeles this summer. Lux Aeterna was premiered by the Los Angeles Master Chorale, making the city of angels a potentially challenging crowd to please. The good news is the SCSO is ready for the challenge when they make their debut on Friday, June 27th at the Walt Disney Concert Hall.

The SCSO happily announced that its 2008-2009 season will be held at the UC Davis Mondavi Center. That is fantastic news. SCSO concerts have always been outstanding at the Sacramento Community Center, no thanks to the building’s challenging acoustics. If the SCSO’s loyal fan base thought the group sounded fine in that venue, they’re in for a warm sonic surprise when they attend SCSO 2008-2009 performances at the Mondavi Center.

You are invited

THE BOW-WOW BEAUTIES

PET Fashion Show Fundraiser

Proceeds to Benefit

The Sacramento SPCA

Special Guest Appearance

Councilman & former Mayor of Rancho Cordova

David Sander & Barney

Location in Gold River Next to Hallmarks

Saturday, May 31, 2008 at 12:00 p.m.

Raffle Prizes Donated By:

BEL AIR MARKET	BIG VALLEY FEDERAL CREDIT UNION
Outback Steakhouse	Amore Café & Bakery
ChoCho’s Boutique	Applebee’s
Zinfandel Grille	Hazel Ridge Veterinarian Clinic
See’s Candies	Richard Chang, DDS
Jamba Juice	Jimboy’s Taco’s
Shady Business, LLC, Sunglasses	Slocum House
Amanda Morello Photography	Mr. Pickle’s

Trends-n-Treats

PET SUPPLY - SPA - BOUTIQUE

QUALITY PET NUTRITION & GROOMING

ph. 916-536-0000
fx. 916-536-0105
email. millie@trendsntrtreats.com
address. 5341 Sunrise Blvd.
Fair Oaks, CA 95628

www.trendsntrtreats.com

June 3rd Republican Primary Race: Congress District 4

By Yolanda Knaak



Tom McClintock

Most know that John Doolittle is retiring and there is a heated race for the Republican nominee. Some voters have already received their absentee ballots, candidates are listed here in alphabetical order by last name: Attorney Suzanne Jones, Senator Tom McClintock, Former Congressman (District 3) Doug Ose, and, Spokesperson Theodore Terbolizard. The candidates have a wide spectrum of qualities and endorsements and a summary of each is listed below.



Suzanne Jones

Suzanne Jones graduated in 2005 from Lincoln Law School and works as an attorney for the Sacramento City School District. She is a long time resident of Roseville and prior to law school she worked as a civil servant for the Department of the Army in Saudi Arabia and Germany. According to her website, Jones4congress.com, she would foster a small business environment, work to lower taxes, decrease the size of government, discontinue the alternative minimum tax, enforce current immigration laws, improve national security and reform the VA system. In speaking with her, she believes in traditional marriage and equal rights for civil unions.

Tom McClintock has a Bachelors Degree in Political Science from UCLA, he started out as a newspaper columnist

and was Chief of Staff for Ed Davis. McClintock has served approximately 19 years in the California State Legislature, both as an Assemblymember and currently as a State Senator. He serves on several committees and is Vice-Chairman of the Senate Transportation Committee. Tom McClintock is endorsed by a long list, NRA, Eagle Forum PAC, National Right to Life, The California Taxpayer Protection Committee and the California Republican Assembly, to name a few. His platform as detailed on his website, TomMcClintock.com: Bring fiscal sanity back (to) the federal government, securing our borders, enforce our current immigration laws, protect our homes from unnecessary wildfires, improving national defense, return local control to our children's education, reducing the burden of taxes on our families and businesses by making Bush tax cuts permanent and give freedom to our businesses to grow and expand.



Doug Ose

Doug Ose has a degree in Business Administration from UC Berkley. He is a businessman and a former Congressman for District 3. He touts himself as a "hero for taxpayers" and he authored a resolution approved by Congress reaffirming the words "under God" in the Pledge. Looking back at his voting record, according to, 'On The Issues', Doug Ose voted NO on forbidding human cloning for reproduction and medical research, and then NO on a Constitutional Amendment banning same-sex marriage (Sept 2004). He also voted NO on military border patrols to battle drugs and terrorism (Sept 2001). Doug Ose is also endorsed by a long list of groups: California Narcotics Officers

Association, Crime Victims United, Peace Officers Research Association of California, California Farm Bureau Federation, and Republicans of River City to name a few. According to DougOse.com, his agenda is to set a new course in Congress, "Revive America's entrepreneurial spirit", secure our nations borders, "restore faith in Congress by respecting tax money", defending America by strengthening our military, protect our freedoms by limiting government in our daily lives and holding the bureaucracy accountable for the money it spends and the power it wields.



Theodore Terbolizard

Theodore Terbolizard has been an anchorman with D7TV, a spokesperson, internet developer, and worked with advertising agencies to create digital marketing products for some of the worlds leading corporations. According to his website, Terbocongress.org he believes in personal freedom, government restraint and greater understanding. He opposes involvement in Iran and states that the Iraq war is unconstitutional. He's a member of Republican Liberty Caucus.

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 and she is up for re-election in District 4. She is on a team that supports the Republican platform. The website is SupportThePlatform.org.

Mercy San Juan Acquires World's Most Advanced Robotic Surgical System



Mercy San Juan Medical Center has become the first hospital in the Sacramento area to offer patients the world's only robotic surgical system with 3D high-definition vision. This \$1.6 million upgraded model of the da Vinci robotic surgical system also includes a fourth robotic arm, with all arms having greater range of motion than the earlier models.

What does this mean to patients? It means more surgeries can be performed in a minimally invasive manner, resulting in:

- Smaller, more precise incisions,
- Less pain,
- Less scarring,
- Quicker recovery time,
- Less risk of nerve damage.

"As one of the nation's 100 Top Hospitals each of the last two years, I see it as Mercy San Juan's responsibility to explore and acquire state-of-the-art tools our doctors can use to give our patients the type of care they deserve," says Brian Ivie, Mercy San Juan's President.

At the outset, five Mercy San Juan surgeons – four

urologists and a gynecological oncologist – will operate this technology to perform surgeries including removal of prostate, gynecologic and kidney malignancies.

The precision of the da Vinci can be especially effective for prostate cancer, minimizing the risk of nerve damage that could lead to erectile dysfunction. For gynecologic procedures the precise, comprehensive dissections made possible by the da Vinci afford a more complete cancer surgery and the ability to more accurately determine staging of the disease.

Using the da Vinci Surgical System, the surgeon operates while seated comfortably at a console viewing a 3D image of the surgical field. The surgeon's fingers grasp the master controls below the display, with hands and wrists naturally positioned relative to his or her eyes. The system seamlessly translates the surgeon's hand, wrist and finger movements into precise, real-time movements of surgical instruments inside the patient. EndoWrist® instrumentation

of the da Vinci Surgical System enable surgeons to perform more procedures through 1-2 cm incisions. At all times, the system remains under complete control of the surgeon.

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

DID STAPLES — LEAVE YOU — HIGH & DRY?



**Cartridge World**
high quality ink & toner refills
100% satisfaction guaranteed

We'll give you \$3 off inkjet refills and \$10 off toner refills!

Staples has taken away your low price choice by no longer offering its Staples brand ink and toner cartridges for HP printers. But Cartridge World is here to help!

- High quality ink and toner refills for the most popular brands
- A fraction of the price of buying new
- Trained expert technicians
- 100% satisfaction guaranteed

Bring this coupon in today and Exercise Your Freedom to Print.

Staples is a registered trademark of Staples Inc. HP is a registered trademark of Hewlett-Packard Development Company, L.P.

5480 Dewey Dr, Suite 120
Fair Oaks, CA 95628
Tel: 962-9917
Fairoaks714@cartridgeworldusa.com
cartridgeworldusa.com/Store714

Memorial Day Weekend MAY 23 - 26, 2008



HEADLINER:
KERMIT RUFFINS
THE KING OF NEW ORLEANS

**33 STAGES
OVER 100 BANDS**

**8 BANDS
FROM ABROAD**

916-372-5277
sacjazz.com

SACRAMENTO JAZZ JUBILEE

Sounds Like Fun!

**NEW ORLEANS FUNK • BIG BANDS • SKIFFLE • LATIN JAZZ • WESTERN SWING
BLUES • ZYDECO • MAINSTREAM • CLASSIC JAZZ • SWING • NOVELTY • GOSPEL**

DISCOUNT COUPON

\$10.00 OFF

\$100.00 WEEKEND PASS

\$5.00 OFF

\$40.00 DAILY PASS

Offer good May 23-May 26, 2008. Not valid in combination with other discount offers.
Redeemable at Jubilee trailer only. Each coupon good for one admission only.

Please Use Code: SENIOR

- MANY THANKS TO OUR SPONSORS -

The Golden 1 Credit Union • Bank of the West • ZONE Perfect • Southwest Airlines • Jackson Rancheria
Mapex • KFBK • Sacramento Convention & Visitors Bureau • Pennysaver • Coors/Coors Light • Regional Transit
ColourPress Inc • MetroHub • Roadtrip Media • California State Railroad Museum • ZAP Creative Group Inc