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

Second Edition for April 2008

Cohousing Presentation May 13



Looking for an old-fashioned neighborhood where neighbors know each other and kids have a safe place to play, a group of local residents is working to create the first cohousing community in Orangevale. The development would cluster privately owned townhomes and flats around a Common Green and shared facilities, including a swimming pool, gardens, fruit trees, a dining area, and a workshop. The group is sponsoring a public slide presentation on Tuesday, May 13, at 7:00 p.m. at the Fair Oaks Library. The presentation will be given by architect Kathryn McCamant, who co-authored Cohousing: A Contemporary Approach to Housing

Ourselves, the book that introduced cohousing to the United States. McCamant will discuss her 25 years of experience designing and building award-winning, sustainable cohousing communities.

According to Marty Maskall of Orangevale Cohousing, "We have signed a purchase agreement on a wonderful site within walking distance of schools, a bus stop, a grocery store, a fitness center, and a restaurant. We are currently accepting initial deposits from future residents." Maskall said the group anticipates building 35 homes, ranging in size from two to four bedrooms.

"Households today," according

to McCamant, "are increasingly composed of smaller families. With women working outside the home, and growing numbers of singles and retirees, most neighborhoods simply don't meet these peoples' needs. By contrast, cohousing fosters relationships among neighbors, recreating many of the connections that existed in traditional neighborhoods many years ago." In cohousing, cars are placed on the perimeter, allowing for pedestrian walkways and a common green. Future residents participate in the design, which emphasizes environmental sustainability. The Common House is available for use by the immediate neighborhood.

First pioneered in Denmark, where hundreds of such developments exist, over 90 cohousing communities have been built in the United States since 1990. The concept was introduced by Kathryn McCamant and Charles Durrett, in their book Cohousing: A Contemporary Approach to Housing Ourselves. There are 23 completed cohousing neighborhoods in California, including communities in downtown Sacramento, Davis, and Nevada City. The public slide presentation will be on Tuesday, May 13th, at 7:00 pm at the Fair Oaks Community Library, 11601 Fair Oaks Boulevard. Admission is free. For more information, contact Marty Maskall at (916) 967-2472 or visit www.OrangevaleCohousing.org.

SMUD Opens Hydrogen Fueling Station



The new SMUD solar-powered shaded hydrogen vehicle fueling station was unveiled in a grand opening ceremony on April 1. As the solar panels make electricity, an electrolyzer at the station will use that energy to separate water into hydrogen to make clean fuel for the vehicles. When not being used to produce hydrogen for vehicles, the power produced by the panels, enough to supply about 40 single-family homes will go into the SMUD grid.

The Sacramento Municipal Utility District (SMUD) is taking a bold step into the future of automotive technology. Earlier this month SMUD formally opened a solar-powered hydrogen fueling station for fuel-cell electric vehicles (FCEV).

The station is part of a joint SMUD, BP, Ford and U.S. Department of Energy project to demonstrate FCEVs and generation of hydrogen from renewable sources. The station produces hydrogen onsite using power from the sun produced by a large solar panel array. The hydrogen will be used to fuel SMUD FCEVs and other hydrogen-powered vehicles in the region. The project is the next step in a nearly two-decade-long effort by SMUD to improve local air quality by advancing alternative-fuel clean transportation, as well as cleaner power sources.

The solar array that powers the production of hydrogen at the station produces 80 kilowatts of

electricity. This is equivalent to powering about 40 single-family homes or enough hydrogen for about 14 fuel-cell vehicles. The station is located just west of the SMUD Headquarters building on S Street, and is visible from Highway 50.

As the solar panels make electricity, an electrolyzer at the station will use that energy to separate water into hydrogen to make clean fuel for the vehicles. The amount of hydrogen produced at the site will be kept low for safety considerations.

The project brings together two clean technologies where SMUD has been a leader and a pioneer: solar power and electric transportation. In the 1980s, SMUD built the first large utility-scale solar array and has since provided solar power options for individual customers. For nearly 20 years, SMUD has been testing numerous clean, alternative-fuel vehicles, mostly electrics, in an effort to help manufacturers bring those vehicles to the market. In fact, the site where the station is

located once boasted a smaller photovoltaic array that SMUD installed in the early 1990s to support SMUD's then fleet of battery electric vehicles. SMUD still operates many battery electric vehicles dispersed throughout the SMUD campus.

One of the core values of the SMUD Board of Directors is environmental protection, which is why, for nearly 20 years, the electric utility has been at the forefront of testing and adapting alternative-fuel vehicles to District business. In addition to the fuel-cell vehicles, SMUD is also testing battery electric vehicles and a plug-in hybrid electric vehicle that gets 100 miles per gallon. SMUD also uses numerous conventional hybrid vehicles as well as several flex-fuel vehicles that can use ethanol fuel or gasoline.

For more information about SMUD's solar-powered hydrogen vehicle fueling station and the use of alternative-fuel vehicles, please visit smud.org.

Marsy's Law: Crime Victims' Bill of Rights

Marsy's Law: Crime Victims Bill of Rights Act of 2008 announced today the most comprehensive crime victims' Bill of Rights in the nation is on track for California's November ballot.

"Every year thousands and thousands of Californians become victims of crime and are unjustly impacted by a sometime, and all too often, unfair criminal justice system," said Assemblyman Todd Spitzer, Chairman of the Marsy's Law campaign. "Marsy's Law puts an end to this emotional suffering and will finally provide crime victims with the protections they rightly deserve."

Marsy's Law will ensure that all victims are treated with justice and due process by giving victims enforceable rights in our criminal justice system and our state constitution. Victims have the enumerated right to

be heard, especially during critical points of the criminal justice process.

Parole reform, a significant element of Marsy's Law, alleviates the suffering and hardship victims' endure with annual, and often unnecessary, parole hearings. It also gives victims the right to be notified if the offender is up for a hearing. These simple rights will make a world of difference to the victims who have to relive their nightmare all too often.

"Marsy's Law will ensure that all crime victims are afforded the respect and fairness they deserve," said Marcella Leach, Marsy Leach's mother and proponent of Marsy's Law. "During pre-trial proceedings of my daughter's murderer, I was never informed when her murderer was released on bail. I had to face the horror of running into him at our local grocery store in order to find out the man that murdered my daughter was walking free in our community. Marsy's Law will ensure that no other victim will have to face the pain that our family had to endure because we were not informed throughout the criminal justice process."

Marsy, the initiative's namesake, was brutally murdered at the age of 21 by her ex-boyfriend in 1983 and her family was often treated as though they had no rights while battling to keep her killer behind bars.

"Marsy's Law: The Crime Victim's Bill of Right Act of

2008 will finally create a level playing field for crime victims in California," said La Wanda Hawkins, also a mother of a homicide victim, Reggie, and a proponent of Marsy's Law. "Too often in our criminal justice system the criminals accused and convicted of horrible crimes are provided more rights and respect in our justice system than the victims of the crime. The passage of Marsy's Law will send a strong, clear message to all Californians that crime victims deserve better."

This measure was inspired by hundreds of thousands of victims of crime who have experienced the additional pain and frustration of a criminal justice system that too often fails to afford victims even the most basic of rights.

"No one standing here today has asked for the impossible," said Spitzer. "All they have asked for is basic and simple fairness. Simple fairness in our constitution, in our state laws and in our justice system."

Constitutional amendments require 763,798 valid signatures to qualify for the November ballot. By the end of this week, Marsy's Law: Crime Victims Bill of Rights Act of 2008 will have collected more than a million signatures from Californians who are demanding that crime victims receive constitutional rights.

The campaign expects to submit more than 1.125 million signatures to elections officials across the state next week.

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Detroit:The City that Liberalism Ruined



The indictment of Detroit Mayor Kwame Kilpatrick on eight felony counts, including perjury and obstruction of justice, would just be another dreary entry in the long annals of misbehaving politicians if it weren't for the backdrop of a decaying city.

Elected at age 31 in 2002, Kilpatrick was supposed to bring youthful vitality to his job, and he talked about reform. Now, he's just another tragedy to befall Detroit, a city whose decline is -- as psychologists put it -- overdetermined, but stands as a stark statement of the failure of urban liberalism.

Detroit suffers from every possible malady except a plague of locusts, and that's only because they find urban living uncongenial. Detroit has a revitalized downtown, but all around it, the city rots. Forbes magazine declared Detroit "America's Most Miserable City," on the basis of its unemployment and crime rates, among other things.

Detroit has lost 1 million residents since 1950. It was hit by the decline of the auto industry and white flight, fueled partly by racism. These trends would have rocked the city no matter what. Detroit compounded them with disastrous governance, personified by Mayor Coleman Young, who held office for 20 years beginning in 1974.

"Imagine a Rev. Jeremiah Wright with real power," says urban expert Fred Siegel. Coleman [Young] taunted suburbanites, accusing them of "pillaging the city," while his scandal-plagued administration managed the city into the ground.

He neglected policing, maintaining that "crime is a

problem, but not the problem. The police are the major threat ... to the minority community." The 1968 riots never really ended in Detroit, dragging on in a long crime wave. With government services terrible to nonexistent and both crime and tax rates high, there was no reason for anyone to stay.

"Several Detroit mayors have been the best economic development officers Oakland County ever had," comments Michael LaFaive of the Michigan-based Mackinac Center for Public Policy, referring to the county to Detroit's north.

Public-sector unions protect the dismal status quo. Detroit high schools graduate just a third of their students, according to an estimate by Michigan State University. But when a philanthropist offered to spend \$200 million to create 15 new charter high schools, teachers staged a walk-out. Mayor Kilpatrick spurned the offer. These failing schools throw kids with no skills into a struggling economy in an environment characterized by social breakdown.

No matter what Mayor Kilpatrick did with his chief of staff or how many lies he has told, this is the true scandal of Detroit -- and too many American cities. In the wake of the controversy over Rev. Wright, Barack Obama called for a national conversation on race. But we talk about race incessantly already, and Mayor Kilpatrick will carry on his own dialogue by playing on black fears with charges of "selective prosecution."

What would better serve the interests of African-Americans and the country is a national conversation about good urban governance -- how to crack down on crime, reform the schools and free the economy from sclerotic government. Detroit awaits it, as its disgraced mayor twists in the wind.

Rich Lowry is editor of the National Review.

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Steroids Foul Foods Children Love Best - Hamburgers, Chicken Nuggets, Milk

by Philip Shabecoff

The news has been filled with stories about the surreptitious use of performance enhancing drugs by many of our sports heroes. Superstars like Barry Bonds, Roger Clemens and Marion Jones reportedly have used steroids to give them a competitive edge. Others, such as New York Yankee pitcher Andy Pettitte have had growth hormones injected into their bodies. Much of the public has been saddened and dismayed by these stories. These gifted athletes are supposed to be role models for our children and youth.

What the news reports have not told us is that all of us, unless we are vegans or observe a strictly organic diet, are unwittingly taking these or similar potentially hazardous substances regularly into our bodies. The same kinds of hormones outlawed for athletes are approved by the federal Food and Drug Administration for use in the cattle that supplies our meat. We are all Barry Bonds-except we are not taking these substances voluntarily and we are not rewarded with millions of dollars a year for subjecting ourselves to the attendant risks.

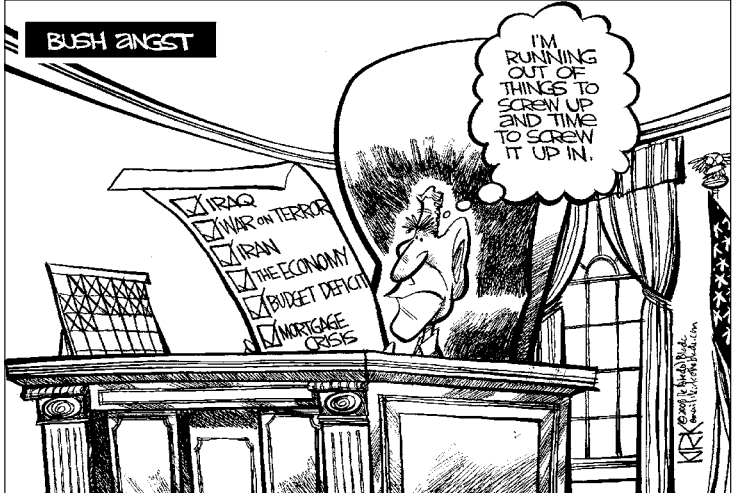
We ought to worry about what these substances do to us-and especially to our children. The kinds of foods our

children love best, hamburgers, chicken nuggets, milk, are often filled with these kinds of substances. Beef, chicken, milk, and other foods we consume daily are laden with anabolic steroids and growth hormones, not to mention antibiotics and arsenic, all to increase production and profits for agribusiness.

An estimated 80 percent of our beef cattle are treated with anabolic steroid hormones, either in their feed or, most often, with a controlled released implant in their ears. (The ears of slaughtered cattle are then often sold for use in animal feed, pet food and in formulating cosmetics.) The hormones increase the weight of the cattle sufficiently to give the cattle growers an additional profit of \$40 per head after deducting the price of the additives.

Then there is milk. Industrial dairy farms keep their cows perpetually pregnant with artificial insemination, a process that produces sky-high levels of hormones including progesterone, estrogen and a hormone known as Insulin-like Growth Factor or IGF-1. The levels of IGF-1 in dairy cattle are raised still more by injection. The process, according to Dr. Walter Willett, chair of the nutrition department at Harvard University, "ignites the fire that increases the likelihood of cancer."

The FDA also approves of the use of arsenic and antibiotics in the



diets of chickens, hogs and other animals. Levels of these chemicals can build up in the small bodies of children. "Americans who consume chicken, such as my son who appeared to exist largely on chicken wings during high school, may be exposed to arsenic at levels far higher than recommended," said Ellen Silbergeld a toxicologist at the John Hopkins school of public health.

Agribusiness insists that hormone-treated food is safe. The dairy industry, for example, vehemently disputes that cows treated with IGF-1 present elevated health risks. It contends there is no proof that it does pose a risk, and that "milk is milk" with or without the substance.

The industry is right that there is usually no proof-it is rarely possible to prove conclusively that a given substance causes a specific illness in a specific human. But there is a substantial body of evidence that the substances put into our food can and do have serious health effects.

Studies have shown that consumption of hormones by a pregnant woman may distort her baby's sexual, intellectual and behavioral development. Hormone residues have been implicated in the early onset of puberty in girls, which puts them at a greater risk of developing breast cancer and other forms of cancer.

Dr. Shanna Swan of the University of Rochester found that the consumption of beef by pregnant mothers could affect their son's sperm quality, even causing infertility. Steroids have also been linked to prostate cancer in some studies.

Americans enjoy an ample supply of relatively cheap food. There is no reason this cannot continue without subjecting us to potentially dangerous anabolic steroids and other hazardous substances on our dinner plates. These substances are used so that agribusiness can grow its livestock in mammoth factory farms where hundreds of thousands of animals are packed together in unsanitary conditions or produce extra pounds of meat or milk so that its profits can increase. Agribusiness is able to do so because government, which is supposed to look after the health of its citizens, has instead given industry a free rein to do as it will.

We can have a clean and naturally raised food supply. It is time for a whole new ballgame.

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Philip Shabecoff is a journalist and author. His latest book, *Poisoned Profits*, co-authored with his wife, will be published by Random House in August 2008.

It's the Economy Stupid... Until Nov. 5

raise taxes as a result of it, and saw eight years of stable and consistent economic growth, a robust stockmarket, and a real estate bubble that was bound to burst as things always readjust to natural levels.

If you dust off the old script that was disseminated to the mainstream media in 1992, it is almost a verbatim argument for voting for the Democrats today and throwing the Republicans out. Even though, at the end of Clinton's 8 years, with a recession, they weren't clamoring to throw out the Democrats and elect the Republicans, so it can't really be the "economy stupid." And even up until election day of 1992, the talking heads were shaking theirs, so concerned that if the Democrats did not regain control of the White House, it would be certain economic disaster for the country. Sound familiar? The only problem is . . . if you go back and check the newspaper headlines the days leading up to the election, you will find the term "faltering economy" over and over. But if you look up the headlines just a few days after the election, there is not a mention of the economy. It is as though it miraculously healed itself overnight. And oddly, it did, because it was only bent, not broken, and the constant drum beat of impending economic doom was silenced because the political battle had been won.



By Nina May
www.RWNnetwork.net

I can still hear the James Carvell orchestrated mantra of the Clinton campaign in 1992, drilling it into all our thick heads that the economy was the only issue that mattered that year. In his own, inimitable way, he summarized the three points of that campaign as being, "change vs. more of the same," "The economy, stupid" and "Don't forget health care." It is refreshing to know that with all the hyperbole about change, that some things actually never do change . . . like Democrats and elections.

It is easy to understand why Hillary would rely on those three successful points to hang her campaign on since they were prominently posted at the Clinton headquarters in 1992 as a constant reminder to employ the KISS method of political strategy . . . Keep It Simple Stupid. But, that doesn't explain why Obama has adopted exactly the same three points, not straying off subject to even feign originality.

There are a few very interesting points about the two democratic contenders, who are using pages from the old Clinton playbook as though nothing has changed in 16 years. One is that in 1992, Clinton won with less than 43% of the vote and did just four points better in 1996, never, ever getting a full majority, or "mandate for leadership," as they like to say. When Clinton benefited from the dot com boom, inspite of having raised taxes, the assumption was that he was doing something to stimulate the economy. That's like taking credit for the rain just because you got wet. And when Bush came to office, not only did he inherit a recession, but less than nine months later he presided over one of the most horrific attacks on US soil in our history. He still refused to

investing in the stock market and using their tax cuts to stimulate the economy by purchasing goods and services.

The reality of a discussion about an economic slowdown is that first of all . . . there are no experts on the subject. It is all total speculation based on several moving parts that rely mostly on human behavior. And if that behavior is driven by fear and apprehension, then not only are you able to recognize it, you can actually manipulate it. And that is what we are seeing in the 2008 elections. But the big difference is that liberals who deny that the economy really was totally broken under Carter, refuse to acknowledge normal adjustments and fluctuations that occur when several factors are in play . . . the least of which is not telling people daily, that the economic world as we know it, is coming to a screeching halt. Will someone please get a memo to Starbucks . . . encourage your customers to save that \$5 they are splurging on a latte, to put one more gallon of gas in their car.

For most people, according to polls, if you ask them if they are doing OK, they will answer in the affirmative and then tell you how they are concerned about those less fortunate. But those less fortunate are always with us, even when the economy is booming, the stock market is soaring, housing is skyrocketing and things look rosy for everyone, except those few who are forgotten in the years between elections.

It is interesting to note though, that as the Democrats insist the economy is tanking. . . they have magically been able to come up with millions and millions and millions of dollars to see either Hillary or Barack win the election. And if you look at the leaders of the Democrats, especially, Bill and Hillary Clinton, you will discover that they have made over \$100 million dollars in the eight years since Bush has been in office. Wow, that's pretty cool. Even Bush and Cheney didn't come close to making the same amount while the Clintons were in office. It is still a little

confusing as to how with just one salary of about \$200,000 while he was President, that they were able to buy the multi-million dollar house in New York without ever even owning a home before. I wonder if it was one of those risky sub-prime loans. And going from being a Whitehousewife for 8 years, to being a US Senator, now worth millions and millions of dollars, it is no surprise that Hillary wants to parlay those earnings into greater earnings by being president . . . again.

So, Bill and Hillary, Obama, John Edwards, Al Gore and all the other wealthy Democrats have gotten very rich under Republicans, yet they want change. That doesn't make sense. They should want to keep Republicans in office, keep taxes down, keep the Capital Gains Tax capped . . . or even eliminate it, and consider a flat tax. That way, they can continue to get wealthy, fly around in private jets, ride in limos, buy their huge mansions that the rest of the country only dreams of, and try and convince all Americans that they are not better off than they were 8 years ago. That dog just won't hunt any more, and the tune is getting old.

The reason people are at the malls on Monday and the gym on Tuesday and continuing to cause long lines at most restaurants, sold out screenings of movies and packed stadiums is because they wink and nod at the economic figures knowing it is that season again. It's that time every four years when they are supposed to appear concerned, but really they just want to get their vente caramel machiata, jump in their SUV and head off to play racket ball. It's not really the economy stupid . . . it's the stupid economy that takes on a life of its own every four years, only to readjust naturally, the day after everyone stops telling them . . . "It's the economy stupid."

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

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Seeing is Believing: A Walk Into Biblical History



By Mary Jane Popp

Do I look a bit weary? Well, I should. I just returned from a whirlwind journey to the Holy land that pushed us twelve hours a day taxing the heartiest of souls. Emotional? Yes! Inspiring? Indeed! Questioning? You bet! It was evident from the very beginning that many of our stops were speculation at best whether these were the exact spots where Christ was born, walked, preached, and died. Did it make a difference? Perhaps to the devoted Christian who needs an absolute spot to touch. But just knowing that I was walking the land where it all began was just fine for me.

I cannot cover all that I did, but I had some favorite spots like the Sea of Galilee (not a sea but a lake) where Christ threw out his net for his apostles. To put my hands in the very water and touch the soil brought me that much closer to what happened so long ago. To ride on a boat similar to the ancients singing songs of praise and seeing the sun set on the water upon which Christ was purported to walk was truly inspirational.

I must say that I was rather disappointed by the mighty River Jordan. I expected it to be flowing as I had seen in the movies. But the mighty Jordan was not so mighty after all. It was a rather grimy creek at best. But knowing that somewhere on its shores is where Jesus met John the Baptist and was baptized was enough for me. To this day, followers from around the world immerse themselves in its waters just as they did two thousand years ago.

I was especially anxious to see where the Christ Child was born. And it didn't matter to me that Christ was probably

me. When we visited the huge cathedral that housed the location where Christ was crucified, I was amazed that the sepulcher where he was laid to rest was only some eighty steps from the site of the crucifixion at Golgotha. The movies I had seen from "The king of Kings" to "The Greatest Story Ever Told" made it seem like it was some distance where Christ was laid to rest. But it was explained that it was necessary to inter his body before sunset according to Jewish law, or the body would have



Church of the Nativity

had to stay on the cross an additional two days since the beginning of Sabbath began sundown on Friday. So a place had to be secured rather close to make it happen since he was taken down from the cross sometime around 3 PM. Still, it does seem rather strange when you walk the walk.

History came alive for me when we climbed into the cable car for the ride up the mountain to Masada where 967 zealot Jews held off the Roman empire. To walk into the rooms where they lived and died was an incredible experience. The technology of their survival cannot

be duplicated with all our sciences today. To look down upon the outlines of the Roman encampments which you can still see today brought it all home...the story of Jews that abhorred slavery so deeply that they preferred to die upon that mountain. It was meant to be that the Romans held off scaling the walls that last night which allowed the Jews time to take the lives of their families and one last man to commit suicide. Slavery was not acceptable. Death was. It was so appropriate that a few sprinkles came down as the story was told. It was as if these were tears of those who died rather than accept slavery.

I had to include this one photo of this woman riding her donkey along a busy roadway. Could it be that she was going to market? What I saw in this sight as well as others with goat herds on the streets as we walked is that we may be living in the 21st century, but the clash of the ancient and the new continues to be a reality.

Another site I was looking forward to seeing was Qumran where caves pit the sides of the mountains where the Dead Sea scrolls were found and continue to



The Wailing Wall

be found. Many of these caves are still being excavated, so who knows what stories they have to tell. Perhaps they will shake the world with their mysteries, and perhaps it is what is sorely needed to change the war ways of religion for centuries until today. To actually see the scrolls at the Israeli Museum in a darkened and secure room was totally inspiring.

That brings me to the Dead Sea itself. By the way, it's not a sea but a lake also. How the tourists flock there to cover themselves in Dead Sea mud for health purposes...they say. I put my hand into the water but passed on immersing myself in its murky waves. But it was clear that it impressed many from around the world.

Now, I can't forget to share my experience at the wailing wall. Here, men and women were separated. There was a "he" wall and a "she" wall. I have to admit it rubbed me the wrong way at first, but my respect for their tradition kept my comments in check for the most part. I did get to touch the wall, and seeing the devotion of so many, inspired me to write my requests on a slip of paper and insert it into a tiny crevice in the wall. We shall see!

Finally, entering the Palestinian side of the western wall was impressive. I could not resist asking some fine young Palestinian soldiers if it would be proper to a picture with them. They were only too happy to oblige. Just young boys, but doing the job they were asked to do...to keep the peace the best way they could. Tradition once again reared its head as we came into view of the holy places in the Muslim area. Our tour guide informed us that men and women were not to touch in this area...do not hold hands even spouses...do not even touch each other. Strange, but it is a culture we as Americans will never come to understand. But, to stand in front of the mighty Dome of the Rock brought it all home to me that people may be divided by religion, but not by devotion to their own beliefs.

There was so much more to tell you, but space does not allow for more. Would I have passed up this opportunity to experience history? No, absolutely not. Did it validate my beliefs? Perhaps it brought up more questions for me than validation. But is that so bad? Remember, the Almighty gave us a mind to question. Does that mean that my faith is shaken? If that is all that it takes to shake one's belief, then there was no faith to begin with! Suffice to say, my belief is secure.



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Citrus Heights News & Views

Long Term Care Insurance Agency Wins 4 “Marketing Excellence” Awards



Sandra & Bob Stanley

The Honors Reflect Strategies that Have Attracted Agents and Produced Geometric Growth

LTC Financial Partners (LTCFP) of Citrus Heights was honored for marketing excellence at the 2008 conference of the American Association for Long-Term Care Insurance, held in Atlanta, Georgia. Taking home four awards, the agency shared the limelight with leading insurance carriers that were also honored. The awards follow a spectacular growth in LTCFP’s size and national impact.

“The awards weren’t just for nice marketing materials or clever programs,” says Sandra Stanley, Partner of LTCFP. “They reflect cutting-edge efforts by our marketing department, efforts that have helped us grow link crazy.” Since 2004, LTCFP has increased in size from 85 agents to over 440.

The person behind LTCFP’s marketing thrust is Jonas Roeser, Senior Vice President of Marketing

& Operations. The four awards, and the strategies they reflect, are --

- 1. Agent Consumer Websites:** “Gold Level Website / Public Relations Service.” Strategy reflected: Increase public exposure through a “web of websites,” each linked to national and local public relations programs. This has not only stimulated public attention, but also led accountants, bankers, lawyers and other professionals to consult with LTCFP on behalf of their clients.
- 2. Direct Mail:** “Florida Partnership Piece.” Strategy reflected: Using few words and factual language, alert the public to the financial carrots, offered by Florida and other states, for protecting one’s estate and lifestyle through long term care insurance.
- 3. Consumer Brochure:** “Dignity for Life.” Strategy reflected: Instead of a sales pitch, just give people the facts. The “brochure” is in fact a brief self-cover book about long term care insurance -- in few words plus charts and pictures for quick, easy understanding. Distributed free by LTCFP, the book is also available on Amazon.com for \$8.95.
- 4. Sales Agent Contest:** “Rocktober.” Strategy Reflected: Making appointments and placing policies needn’t be work. It can be fun. LTCFP created a themed 5 week sales contest for friendly completion amongst fellow agents. The contest took a Rock ‘N’ Roll theme and

started in the month of October, hence the name Rocktober. “In Rocktober, our agents really rocked with friendly competition,” says Roeser. The result, at the end of the five weeks, was an increase in submitted premium of 50% over the previous month. “The completion really helps build team spirit,” says Roeser.

In combination, “this kind of marketing support makes LTCFP the kind of agency the public and allied professionals, such as financial advisors, want to work with,” says Stanley . “That’s why so many come to us.”

In the Citrus Heights area, the local site in the “ web of websites” is run by Stanley, at www.ltcfp.us/SandraStanley . There, digital copies of the “Dignity for Life” book, facts about joining LTCFP, and other information may be viewed, downloaded, or requested.

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

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

Open-Trench Work Continues on UNWI 9

On April 7, Sacramento Regional County Sanitation District and Sacramento Area Sewer District (formerly CSD-1) began construction of a sewer pipeline along Auburn Boulevard between Van Maren Lane and Sylvan Corners. This construction, part of the Upper Northwest Interceptor 9 (UNWI 9) and NEA 1 & 2 Sewer Relief project, involves open-trenching down the middle of Auburn Boulevard, resulting in temporary lane closures and reduced speeds in the area. During construction, the following traffic controls will be in place:

- Two lanes in each direction will be open along Auburn Boulevard before 9 a.m. and after 4 p.m.
- One lane in each direction will be open along Auburn Boulevard between 9 a.m. and 4 p.m.
- Only one lane in each direction will be open at all times west of Cobalt Way

on Auburn Boulevard

Drivers should expect delays and allow extra time to reach destinations when passing through the construction zone. Citrus Heights Police will enforce the 25 mile-per-hour construction zone speed limit; all motorists are advised to drive the posted speed limit, as traffic fines may be doubled in construction zones.

Construction hours are between 7 a.m. and 8 p.m., Monday through Friday, and between 8 a.m. and 8 p.m. on Saturday. Certain exceptions will apply. The open-trench work is anticipated to be complete by the end of November. The work west of Cobalt Way on Auburn Boulevard will be completed by early summer.

The entire UNWI 9 and NEA 1 & 2 project runs from Van Maren Lane, down Old Auburn Road to Fair Oaks Boulevard. The project progresses

south on Fair Oaks Boulevard from Old Auburn Road to Oak Avenue and continues on Oak Avenue to Hazel Avenue.

For project information call the 24-hour hotline at (866) 479-0600 or visit the project Web site at www.unwi9.com.

UNWI 9 is part of the larger Upper Northwest Interceptor (UNWI) system, consisting of nine sections. The entire UNWI travels approximately 20 miles from Citrus Heights, through North Highlands and Rio Linda to Natomas. When complete, the interceptor will carry wastewater flows from northeast Sacramento County to the New Natomas Pump Station near the intersection of Interstates 5 and 80, from which flows will be sent to the Sacramento Regional Wastewater Treatment Plant in Elk Grove via the existing Lower Northwest Interceptor. The entire UNWI sewer pipeline is expected to be in service in 2010.

Regional Chamber of Commerce Partners with San Juan Unified School District

On Tuesday, March 25th the San Juan Unified School District Board of Education held a workshop on San Juan High School Facility Modernization plan. The facility improvements to San Juan High School were presented to the Board of Education during this workshop at the SJUSD District offices located in Carmichael. Members of the Chamber, public, and those interested in the future of San Juan High School attended.

The scope of the project is still to be determined based on the level of funding that is approved by the Board. The following facts about San Juan High School’s future have been determined at this time:

- San Juan High School will continue to be a four-year, comprehensive high school, serving freshmen through seniors. Extra-curricular student activities including sports, leadership and clubs, will continue as long as there is sufficient participation.
- The school will continue to

serve the same attendance area as it currently does. Additional students may be admitted, but only after resident students are served.

- Students wanting to go into the UC or CSU college system will be able to complete the “A-G” courses that these universities require.
- Students may either “sample” various career pathways for their elective classes, or select one pathway to pursue more advanced training, which in most cases will require continuing education after high school in the form of trade schools, community college, or a 4-year (or more) college program.
- The career academies being planned include: (1) hospitality, tourism and recreation; (2) art, media, and entertainment; (3) building trades and construction; (4) engineering and design; and (5) transportation.

Along with the academic changes, the facility and grounds will also be improved. The District has hired the architectural firm, Williams+Paddon,

to create a Master Plan to physically transform the facility and grounds of the San Juan campus. The District has received a matching grant to construct a 9,000 square feet restaurant and culinary facility to expand the current culinary arts program. These modifications will allow San Juan High School to operate in a modernized facility, serving all resident students, while providing exciting relevant career pathways and broad academic opportunities.

Site work for San Juan High School will begin this summer with major construction to begin in the fall.

For more information on the San Juan High School transformation, please check the San Juan Unified School District’s Web site at www.sanjuan.edu. Also, you can sign up to receive periodic e-mail updates from Principal Ward Andrus on the new San Juan High School. These e-mail updates will include links to publications, images, and more. Below is an outline of how to sign-up.

HAPPY 35TH BIRTHDAY

SOROPTIMIST INTERNATIONAL OF CITRUS HEIGHTS

We would like to thank all of our members both past and present for their continued support. We would also like to thank the community of Citrus Heights for all of the community support over the years. We look forward to many more years of service in this great community.

If you would like to attend a meeting or need additional information about Soroptimist, please contact Sue Green at seg1seg@aol.com.

Now that’s a game face.



It’s the Sunrise Mall Baby Games

April 26th
12-2 pm
Front of JC Penney

For some, competition begins in the womb. Throw in the prize of a savings bond, and, for these sports fans, anything goes. But win or lose, this is one derby that’s sure to be a scream.

Diaper Derby I

(8-10 months) beginning crawling contest

Diaper Derby II

(11-12 months) advanced crawling contest

Diaper Dash

(13-16 months) walk unaided 10 feet

Baby Speak

(17-24 months) cutest rendition of “I Love Sunrise Mall”

Best Dressed Athlete

All entrants (8-24 months) compete



Entry is free.

For more information & pre-registration form visit www.sunrisemallonline.com or **Sunrise Mall Customer Service** now through April 23rd.

Birdcage Toastmasters Host Karen Anderson

Karen Anderson is releasing her 1st book, “Not on Your Life” Classical Pianist turns Tragedy into Triumph. The autobiographical book tells the story of one woman’s Determination to return to her first love, music, following a tragic car accident that Left her depressed and unable to accept love from anyone.

Each chapter details the horrible experience that Karen had to deal with after the unexpected Turn of events that were predicted to be the end of her life. She had a lot of support and encouragement from her friends who would enable her to keep the faith and go on.

She is a motivational speaker, and a certified herb specialist, and a leader in Natural Health. She is also working towards her PHD in Holistic Nutrition.

In 2006, Karen was nominated for the distinguished “Woman Against All Odds” award by the National Association of Women

Business owners; an organization specializing in educating and promoting women Business owners and recognizing those who have excelled in specific areas.

This summer, Karen will be traveling with her new book to Toastmaster meetings and conferences throughout the country. For further information please call 916-409-4765 or 916-716-9914.

Veterans & Legion Hold Memorial Day Service

The Citrus Heights posts of The American Legion and The Veterans of Foreign Wars will hold a Memorial Day service on Monday, May 26, 2008, at the Veterans Memorial and gazebo located at the Sylvan Cemetery at 7401 Auburn Blvd., Citrus Heights. This service will honor those who served our community, state, and nation.

This event is hosted by The American Legion, Citrus Heights Post #637, Cdr. Carol J. Watson (962-1590) and The Veterans of Foreign Wars, Citrus Heights Post #5991, Cdr. Rudolph Taylor.

Invited speakers are Supervisor 4th District Roberta MacGlashan, Citrus Heights Mayor Steve Miller, Citrus Heights Chief of Police Chris Boyd and the Citrus Heights City Council members.

Others present will be Citrus Heights Boy Scout Troop #228, the Folsom Harmony Express and Kelly Gorton playing “Taps.”

The order of activities as follows:

10:30 am Veterans assemle at south end of cemetery (Spanish-American War section) The Procession along the “Avenue of Flags” concluding at the Veterans Memorial

11:00 am Memorial service in the cemetery’s gazebo with local leaders and performers.



Need Information from Sacramento County?

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<http://www.msa.saccounty.net/communityhazards/report.htm>

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Fair Oaks News & Views

Spring and Summer Events

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

The 59th Annual Spring Fest
May 3rd and 4th (7 a.m. to 4 p.m.) This year’s theme is “Spirit of the Olympics”, to celebrate the summer Olympics in China. Family Fun! Parade, Pancake breakfast, frog jumping contest, car show, pony rides, Sun Run, Toilet Races, food, vendors, exhibits and MORE! Events to take place throughout the Fair Oaks Village.

Small & Home Based Business Expo
May 7th (5:30 p.m. to 7:00 p.m.) A Small & Home Based Business Expo hosted by the Fair Oaks Chamber at 10224 Fair Oaks Blvd. This is a free community event that will showcase many of the small businesses in the Fair Oaks area. This event is about the public having a good time, while finding out what local businesses have to offer. Come

enjoy an old fashioned BBQ and beverages and have the opportunity to win tickets to

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.

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

Historical Society Calendar

The Fair Oaks Historical Society’s History Center will be open three times for visitors in May 2008. On the 3rd and 4th the History Center will be open to attendees of the Fair Oaks Spring Fest from 10:00 a.m. to 4:00 p.m. For more information on the Spring Fest, please visit WW.FAIROAKSCHAMBER.COM. The History Center will again be open on the 11th from 1:00 p.m. to 4:00 p.m. for the monthly Second Sunday Open House.

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

Admission to the History Center is free. Student groups are welcome. To schedule a tour or request further information please call the Historical

Society’s Chief of Docents Lois Frazier at 967-2967.

Fair Oaks Historical Society Quarterly Meeting and Potluck

The Fair Oaks Historical Society will hold its third quarterly meeting and potluck dinner on Tuesday, July 22nd, at 6:00 p.m. at the Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks.

Members of the first graduating class of Bella Vista High School will share what it was like to be the first class to attend Bella Vista. Being the first at a new school provided them with many opportunities and responsibilities. This year marks 45 years for the first graduating class in 1963.

Social hour begins at 6 p.m. followed by dinner at 6:30. The price of admission is a casserole, salad or dessert to share with others.

Society members, their friends and others interested in the activities of

the Fair Oaks Historical Society are invited and welcome to attend the gathering. (For a map and membership information, see their website: www.fairoakshistory.org.)

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

June 29, 2008, 10 AM to 6 PM WHERE: Fair Oaks Park, Fair Oaks, corner of Fair Oaks and Madison. Free shuttle from Bella Vista High School, 8301 Madison Ave. WHY: A chance to have fun, learn and be a part of history! COST: \$12 Adults, \$6 Seniors, students with ID & children 6-12 years, \$50 Family/Group-2 day, \$30 Family/Group-1 day, \$20 Adult-2 day Tickets available online at www.renaissance-rose.org

For Information, Contact: Raelynn Debone, (916) 726-4952

Meet the Real Boleyn Girl at the Renaissance Tudor Fayre

Saturday and Sunday, June 28-29, 2008

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

For Information, Contact: Raelynn Debone, (916) 726-4952



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

Young Artist Combines Passion and Business

Twenty consecutive one-man shows on the 2nd Saturday Art Walk have led approximately 13,500 art patrons to midtowns Raphael Delgado Art Studio.

Raphael Delgado has opened his art studio publicly once a month for the Art Walk since August 2006. He also books additional appointments for collectors that would like to have private showings. In the mean time the studio is where he creates painting after painting.

“I’ve been an artist my whole life, but I never had to talk about it before. So the first few walks were nerve racking, but now it’s exciting to run a business that’s my deepest fascination!”

The studio is filled with rows of canvasses and empty tubes of paint that must be cleared out every month in preparation for the show. The main attraction his studio offers is that 117 paintings and watercolors plus

dozens of linocuts and monotypes are all original pieces of work and solely by Delgado. As a secret spot on the art walk the crowd follows the map to the upstairs studio to seek his newest unveilings and speak directly to the artist.

Delgado has consistently aimed upward to add his unique touch to his favorite 20th century painting styles. The only limit Delgado has is that of his preferred medium, the canvas. However, his contemporary innovation of surrealism allows him to alter the canvas and create a tangible but infinite depth on a flat surface. By using precise incisions and brush strokes along with printmaking techniques he creates a floating depth that brings out the bright highlights and deep texture of the incisions. The first of his series sold during the February Art Walk to a previous collector.

“I like to constantly do something different, I can’t help it. I feel I’m

forever evolving and so should my art work,” stated Delgado.

Delgado has engaged a wide range of admirers and collectors. Children come to be entranced by forceful colors and abnormal shapes. Adults come to immerse themselves in Sacramento’s rawest talent available. His 20 month exhibition and non stop painting has led him to grace the walls of 72 new collectors, 38 whom have never purchased art work prior to their Delgado piece. Delgado’s momentum has gained speed throughout northern California and atop suites in downtown Los Angeles.

Delgado’s studio is open every 2nd Saturday and by appointments. He will also be featured at Azukars Lounge on April 12th. April brings his exhibition at the Festival De La Familia on Sunday April 27th at Cal Expo. Delgado will be participating in the artist address portion of the exhibit at 3:30pm.

Area Youth to Participate in Jr. Olympic Skills Competition

Local youngsters between the ages of 8 and 13 have the opportunity to participate in the Jr. Olympic Skills Competition. This free grassroots youth participation program allows boys and girls, competing separately, the opportunity to showcase their athletic abilities in four (4) athletic events - basketball, soccer, tennis and track & field. The program is designed

to encourage youth participation in sport while promoting sportsmanship.

The Basketball, Soccer, Tennis, and Track & Field portion(s) of the Jr. Olympic Skills Competition will be hosted by the Fair Oaks Recreation and Park District on Saturday May 10th at Miller Park. Participants may register the day of the event.

Champions from this Local

Qualifying Event will advance to one of the Regional Competitions across the country in hopes of advancing to the National Finals.

For more information visit www.jrolympicsskills.com or contact Nick Davison, Fair Oaks Recreation and Park District, (916) 966-1036 ndavison@fairoakspark.org

Flower Bulb Sale
Fair Oaks United Methodist Church Youth Group Fundraiser
TWO upcoming sales events:
1) Find us in the **Garden Booth Section** @ Little Methodist School Open House, Craft & Vendor Night

9849 Fair Oaks Blvd; Fair Oaks 95628 April 24th from 4:30-7PM. (a free family event; open to the public)
2) Find us at **Spring Fest** @ Fair Oaks Village Park Sat. May 3 & Sun. May 4, 2008 10:00am-4:00pm (a free family event; open to the public)

Come purchase large quality bulbs, exotic varieties in bright flower colors. All money raised will support our youth group’s general trip fund & service projects. Questions: call Flower Fiesta at 916-225-2623

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

June 6, 2008
6pm ~ 10pm
Pre-Event Tickets: \$40
Tickets at the Door: \$48

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

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Carmichael News & Views

Do You Have a Road Map for Your Financial Future?

By Michael Lynch
State Farm®
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Many of our dreams are dependent upon the choices we make throughout our lives. That’s why planning carefully and making smart choices will help ensure you realize your financial dreams and goals.

Are you saving for a child’s college education or a new house? Dreaming about starting a new business or hoping to retire by age 55?

Whatever your financial goals and dreams may be, you need a road map — an action plan — to help reach your destination.

If you have a road map outlining how you’ll achieve your financial goals, how long has it been since you reviewed it? As your family circumstances and finances change, the plans you have in place may need to be adjusted — to make sure you’re still headed in the right direction.

If you don’t have an action plan in place, you may be asking yourself, “Where do I start?”


Consider enlisting the help of your insurance agent or a qualified financial services specialist. Today, several companies offer personalized services designed to help you come up with practical solutions for achieving your financial goals.

The important thing is to get started today. The sooner you clarify and prioritize your goals and create a road map for how you’ll get there, the greater success you’ll have at achieving what’s most important to you.


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Shriners Hospitals Celebrate 15th Anniversary with Showcase of the Exotic and the Classic

A Concours d’Elegance is a show of vehicles that are judged on their elegance and pristine condition. Take a stroll throughout Mather Field in Rancho Cordova as you view the showcase of Shriners Concours d’Elegance’s extraordinary classic and vintage automobiles, boats, motorcycles and bicycles. Shriners Concours d’Elegance provides an opportunity to view the “best of the best” in world class automobiles. Join us in celebrating this year’s marques: Jaguar, Corvette, Alfa Romeo, and the 100th year of the Model T.

The Concours is also proud to announce Karine Lyon as their Grand Marshal (see photo at right).

Karine Lyon is a proud owner of a classic ‘47 Chrysler Town & Country convertible in addition to vintage wooden boats and has a passion for children.

Sure to provide fun for the kids is Home Depot’s booth where they can make wooden crafts, even toy cars.



Karine Lyon, new Grand Marshal

Of course, the antics of the Keystone Cops are always fun for all! A quartet provided by The Sacramento Youth Symphony along with additional live music, food, and booths make this an event not to miss.

One hundred percent of the proceeds benefit Shriners Hospitals for Children Northern California in research and patient care.

Events:
Thursday, April 24
Prelude d’Elegance, Town & Country

Village Collections, Sacramento 6 – 8:30 pm
Free for viewing, \$10 for wine tasting
Friday, May 16
Race of the Century (Cal Expo) 5:00 – 10:30 pm
Highlight of the event is the exhibition race between a Model T and a horse and sulky.
Saturday, May 17
Tour d’Elegance (starting at Shriners Hospitals for Children) 9:00 am – 3:00 pm
Saturday, May 17
Grand Marshal’s Reception & Wine Tasting (Shriners Hospital) 6:30 – 8:30 pm / \$50 per person
Sunday, May 18
Shriner’s Hospitals 15th Concours d’Elegance (Mather Field, Rancho Cordova)
Time: 10:00 am – 4:00 pm - Awards Ceremony 3:00 pm Admission: \$15, children 12 & under free

PBS&J Helps Fund Science Program at Coyle Avenue Elementary

Foundation grant assures funding for standards based science program.

PBS&J will present a check for \$2,400 to Coyle Avenue Elementary School to help support the school’s science program. The presentation will take place on Coyle’s Carmichael, California campus on April 15, 2008. Funding is being provided through The PBSJ Foundation, Inc.

The donation will be used to support and promote the science curriculum at Coyle Avenue Elementary. The funds will be used to purchase necessities like rock sample kits for the school’s sixth graders, as well as science videos made available through The Public Broadcasting Corporation (PBS) and the Discovery Channel among others.

Computer printer cartridges will also be purchased so that students

can print California Science Standards worksheets for the new FOSS Science Adoption; print researched science charts, tables, maps, and other information from the Internet; and print reports on a completed area of study (for example, animals, growing seeds, architecture, earthquakes, volcanoes, and Sly Park Science experiences). The videos and computer printer cartridges will be used for students at all grade levels, including kindergarten.

During the brief ceremony, Coyle Avenue Elementary School will be represented by Ms. Dianna Batt, principal of the school. Roy Leidy, senior scientist at PBS&J, and Emma Gill, PBS&J office manager who submitted the request for funding to The PBSJ Foundation, will present the check on behalf of the company’s Sacramento office.

“This opportunity to partner with PBS&J will make resources

Eskaton’s 30th Anniversary



Supervisor Susan Peters presents resolution to the center’s administrator Eric Roderiques.

30th Anniversary of Carmichael’s Eskaton Care Center Manzanita Honored by Supervisor Susan Peters

Carmichael’s Eskaton Care Center Manzanita recently celebrated its 30th anniversary of providing seniors of Sacramento County with innovative and comprehensive health care. In recognition of that

accomplishment, the Sacramento County Board of Supervisors passed a resolution in honor of the care facility that was presented by Supervisor Susan Peters to Eric Roderiques, the center’s administrator, during a special gathering of residents and patients.

Eskaton’s primary mission is to enhance the quality of life of seniors through innovative health, housing and social services. The care center at 5318 Manzanita Avenue in Carmichael provides rehabilitation services consisting of physical, occupational and speech therapy as well as around-the-clock skilled nursing and personal care. Short-term, long-term and respite care also are available.

Peters represents the Carmichael area on the Board of Supervisors.

OLA Parish and School Celebrates 58th Annual Country Fair In May!

Join us at Our Lady of the Assumption School for Pasta/Chicken Dinner (Fri), Tri-tip Dinner (Sat.), Pancake Breakfast (Sun.), Live music, Classic Car Show, Bake Sale, Little Reno area, Fun House, Sports Cage, Bingo, Fun Zone Booth area for Kids, Chili Cook-off, Cake Walk, Hourly Raffles, Kids Arts & Crafts, and much more!!

Friday May 16th: Open: 6 - 9 pm
Saturday May 17th: Open Noon - 9 pm
Sunday May 18th: Open 11am - 4 pm

Meal Specials:
Chicken/Pasta Dinner Fri. 6-8 pm
Adults: \$7.00 Family \$25.00(4+)
Tri-Tip Dinner Sat. 5-8 pm
Adults: \$9.00 Kids: \$5.00 Family - \$30.00
Pancake Breakfast Sun. 8:30 am -11am Adults: \$4.00 Family:\$15.00
These are regular prices.
(To purchase adv. meal tickets at a discount, call Cindy Keene 488-0990)

2141 Walnut Avenue- corner of Walnut and Cottage Avenues in Carmichael- Plenty of Free parking

This is a fundraiser and community builder for OLA School.

For More Information: Call (916) 489-8958 (school) or go to www.ourlady-sacto.org

COMMUNITY SHREDDING DAY FREE E-WASTE DISPOSAL

Carmichael Elks Lodge is continuing a “New Service”. We are going to have a Community Shredding Day on Saturday, May 10th from 8am to 12:00 Noon. This will be a time for Members and People in the Community to bring their private papers and documents to the Lodge Parking Lot to be SHREDDED. A company will bring their truck

with a large shredding machine to our Parking lot and for a fee will shred documents and private papers customers find difficult to shred themselves. There will be No Limit on the amount of material to be shredded. Of course there will be a charge for this service.

At this time the charges for this service will be as follows: A file-size box will be \$10.00 and a grocery bag will be \$5.00.

This is also the time to dispose of your unwanted Electronic Components. Some examples: Televisions, Microwaves, Computers, etc. There will be no charge for this service!



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Orangevale News & Views

Boys Unite School to Raise Money for Round Table Family Charities’

Balloon Drive Benefitting Children’s Miracle Network

“Give change to make a change.” That’s the message that has inspired kids at Ottomon elementary school to drop spare lunch money into the treasure chest that sits in the school office. And the two boys who put it there, Konnor Davis and Michael Haglund, already understand how children can make a difference in the lives of other children.

Last year, ten-year-old Konnor Davis knocked on doors and wrote letters to raise money for Round Table Family Charities. He didn’t do it for extra credit at school or a merit badge. He did it because he knows what sickness is. In 2006, his big sister Kelli was diagnosed with Non-Hodgkins Lymphoma at age 28. Konnor was with her night after night when the chemo made her sick.

But Konnor didn’t let his sister’s cancer darken his spirit. Kelli Davis works as a marketing manager for Round Table Pizza, and Konnor’s experience motivated him to raise funds for Round Table Family Charities’ annual balloon drive. The drive benefits Children’s Miracle Network (CMN), an alliance of premier children’s hospitals.

Konnor presented a balloon he bought for \$2,129 to Round Table Family Charities Founder and Round Table Pizza President Rob McCourt just as Round

Table Pizza restaurants began selling balloons throughout the month of April. Konnor’s motivating story was part of the effort that netted \$135,000 in balloon sales and \$350,000 in total funds raised for CMN in 2007. One hundred percent of those funds went directly to CMN to aid children and families.

This year, Konnor has joined forces with Michael Haglund, a third-grade friend whose life was saved through CMN. Michael was diagnosed with Crohn’s Disease. After three surgeries, six months of IVs and several years of struggling, he received life-saving medication from UC Davis Children’s Hospital, an allied CMN hospital.

The two boys are bringing the cause of aiding sick children to their whole school. They setup a treasure chest where their classmates can donate change, they sent letters to school parents and friends and family, and spoke to all the school’s grade levels about their cause.

The two boys will present the raised funds to Round Table Family Charities Founder Rob McCourt at a school assembly on April 9 at 2:30 p.m. A CMN rep will also be in attendance. A photo and interview opportunity will follow. The school is located at 9460 Ottomon Way, Orangevale, CA 95662. Principle Dave Cowles can be reached at 916-986-2228.

“I want to inspire people to give to this cause,” says Konnor.

To join Konnor and Michael’s efforts, visit a Round Table Pizza restaurant during the month of April. Guests who purchase a CMN balloon for \$1 at the restaurant will receive a coupon for \$1, \$2, or \$3 off the purchase of a medium, large or extra-large pizza respectively. Each paper balloon purchased will be posted in the restaurant and 100% of the donation will go to Children’s Miracle Network.

About Children’s Miracle Network
Children’s Miracle Network (CMN) is an alliance of premier children’s hospitals. Every year, CMN hospitals treat 17 million children for disease and injury. CMN hospitals provide state-of-the-art care, life-saving research and preventative education for children 24 hours a day, 365 days a year. There is a CMN hospital dedicated to serving children in every community across the Unite States and Canada.

About Round Table Family Charities
Round Table Family Charities is a non-profit public benefit corporation that supports efforts to aid families in crisis. The organization focuses on health, security and nourishment and works with groups that help children with medical challenges and provide secure lodging and food to struggling families.

CindySue Jones New Office Manager

The Orangevale Chamber of Commerce is pleased to announce the hiring of CindySue Jones as Office Manager. CindySue has lived in Orangevale for the past 18 years; she has been an active member of the Orangevale Chamber for the past 4 years. CindySue is actively involved in several other



charitable organizations with in Orangevale including; East Valley Church, The Orangevale Grange, and The Orangevale Community Food Closet. CindySue maintains a busy schedule as she has been with the San Juan Unified School District for the past 6 years, and is a Director with Pampered Chef having been with

them for 10 years. She spends her free time with her family, her husband of 20 years Greg Jones, her 4 kids and their 4 grandchildren. Please feel free to contact the Orangevale Chamber at 988-0175 with any questions or concerns you may have, and say “Hi” to CindySue. Our office hours are Monday – Thursday 8am – 11am and 2pm – 4pm.

Girls Scouts Reaching Out

Almond Service Unit Junior Girl Scout Troop 801, from Twin Lakes Elementary School, collected 323 family videos and DVD’s for the Shriner’s Children’s Hospital as part of a community service outreach. The girls collected the movies over a 3 week period, then counted and packaged them up for delivery! This is just one of the many community service projects that Girl Scouts in

Orangevale work on throughout the year. For more information about Girl Scouting and the Girl Scouts Heart of Central California council, visit us online at www.girlscoutshcc.org or call (800) 322-4475.



Women’s Clubs Annual Convention

The General Federation of Women’s Clubs, Sutter District held their annual convention at Lions Gate Convention Center on April 5th. Installation of new officers included GFWC Orangevale Woman’s Club member JoAnn Swars as President. JoAnn also received the Sutter District’s Community Citizen Award. Betty Darghty also from GFWC Orangevale Woman’s Club received the Amy Lange award for service to the Club and District. Both JoAnn and Betty will be attending the GFWC California Federation of

Women’s Clubs 105th annual convention being held in Irvine, California on May 2nd.

Sutter District included twelve clubs in the area. GFWC Orangevale Woman’s Club, GFWC Citrus Heights Woman’s Club, GFWC American River Women’s Club and GFWC North Sacramento Women’s Club are clubs in the local area. For information about our clubs you can visit our web site at www.gfwc.org or call JoAnn at 916-989-8748 e-mail: joannswars@comcast.net.

Orangevale Grange #354 presents the 3rd Annual

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**Teams are forming and
exciting plans are underway !**

The 2nd annual Orangevale Relay For Life will take place at Louis Pasteur Middle School September 6-7, 2008. Relay For Life brings the community together to celebrate cancer survivors and to remember those who have lost their battle.

The Relay involves forming a team and keeping one of your team members on the track during the entire 24 hours. 28 teams have already registered !! Contact Lorraine Silvera, Team Captain Coordinator, to pick up your team packet and get more information: 806-8261.

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

Team and Sponsor packets will be available. Contact Ann Hively, Event Chair. (425-2406) or Lorraine Silvera, Team Coordinator (806-8261)

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Put Your Tax Rebate to Work



Kirk Camunez

You may not be familiar with its f ormal name - the Economic Stimulus Act of 2008 - but you’re almo st certainly aware of its key outcom e: a tax rebate. Now comes the big que stion: What should you do with it? If you spend it, you will do your part to help stimulate the economy. But by investing the rebate, you could help speed your progress toward your long-term financial goals, such as a comfortable retirement.

Before we look at investment possibilities, let’s quickly go over the “nuts and bolts” of the plan:

How much? You can receive up to \$600, if you’re filing as an individual, or \$1,200, if you’re filing a joint return. Plus, you can get an additional \$300 for each qualifying child. However, the size of your rebate will be reduced by \$50 for every \$1,000 you earn above adjusted gross income (AGI) limits (\$75,000 for singles and \$150,000 for married couples).

When? The IRS will begin mailing Stimulus Act rebate checks in May. If you’ve selected the “direct deposit” option for receiving your 2007 income tax refund, your Stimulus Act rebate will be placed in the same account that you’ve chosen for your refund.

Investment Choices
Here are a few possibilities for investing your rebate:

Traditional or Roth IRA - Suppose that you are a joint filer and did receive the full \$1,200 rebate. If you

put that \$1,200 in an investment that earned a hypothetical 7 percent return, and that investment were placed in a traditional or Roth IRA, the money would grow to more than \$9,000 in 30 years. (This figure does not include fees, commissions or expenses, all of which would reduce your investment returns.) Keep in mind that traditional IRA withdrawals are taxable, whereas a Roth IRA’s earnings have the potential to grow tax free, provided you don’t begin taking withdrawals until you’re at least 59-1/2 and you’ve had your account for at least five years.) All investments within these accounts do fluctuate in price, so it is possible to have more, less or the same amount when you sell your investments.

Section 529 savings plan - In a Section 529 college savings plan, you put money in a specific mix of investments. Section 529 plans are tax deductible in some states for residents who participate in their own state’s plan. All withdrawals will be free from federal income taxes if the money is used for a qualified college or graduate school expense of your child or grandchild. (Withdrawals for other reasons may be subject to federal, state and penalty taxes. Also, Section 529 distributions will appear as income on the child’s tax return, which could affect financial aid calculations.)

Emergency fund - It’s a good idea to put six to 12 months’ worth of living expenses in a liquid account for use as an “emergency fund.” Without such a fund, you might be forced to liquidate some of your long-term investments to pay for things such as a costly

car repair or an unexpected medical bill.

A rebate like this one doesn’t come along every year - so put it to work for you. Someday, you may be glad you did. By following these “spring cleaning” suggestions, you can help put your financial house in order for the seasons to follow. Take action soon.

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Gold River News & Views

Kinney High of Rancho to Receive \$679,860 for Safe School Routes



Senator Dave Cox today announced

the awarding of \$679,860 to Kinney High School of Rancho Cordova. The grant money is to be used to make school routes safer for students. “Kinney High School is deserving of this state funding to make their community’s streets and sidewalks safer for the students they serve,” said Senator Dave Cox. “I applaud the school board, Kinney High administrators, teachers and parents for their efforts.” Under the jurisdiction of Caltrans, Safe Routes to School (SR2S) is a program aimed to increase the number of children who walk or bike to school. SR2S funds projects that remove barriers and promote walking and bicycling through education/

encouragement programs aimed at children, parents, and the community. Kinney High School was one of 139 applications for approximately \$52 million in available funding selected from a competitive pool of almost 500 applicants statewide. “With safe school routes, parents will have the peace of mind that their children can get to school safely,” Cox added. *Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email at senator.cox@sen.ca.gov*

Garbeau’s April 26 Benefit Concert

Tickets on Sale Now

In less than one year of owning Garbeau’s, Mark Ferreira and Andrea Castel have made strong gains in revitalizing the community icon. With regular appearances on local television, radio, and in print media—including recognition from The Wall Street Journal—Garbeau’s is becoming a familiar face for entertainment and community involvement. Now, co-owner and CEO Mark

Ferreira is the youngest of six nominees for the annual Sacramento “Man of the Year” event that benefits the Leukemia & Lymphoma Society (LLS). Candidates “campaign” April 23 through June 21 by raising money for the LLS. Ferriera kicks off his campaign April 26 with a “Mark and Friends” cabaret-style concert. With a small band and himself at the piano, Ferreira will be featuring some of his favorite vocalists in a revue with songs from

Broadway and off-Broadway classics including Dreamgirls, Chicago, and other productions. Tickets are \$85 per person and include a four-course dinner, non-alcoholic beverages, and tax. Cocktail service and tip are not included. Doors open for dinner at 6pm with the performance beginning at 8pm. Proceeds will be donated to the LLS. Information can be found at www.garbeaus.com or by calling (916) 985-6361 for reservations.

The Mother’s Day Gift Moms Really Want

Color Me Mine offers an alternative to long restaurant lines and bored kids.

This Mother’s Day, Color Me Mine – Folsom is hosting a “No-Stress” Mother’s Day Brunch. Families will enjoy a delicious buffet breakfast beautifully catered by It’s A Grind Coffee House of Folsom including favorites like; savory ham and cheese croissants, fresh

fruit salad, an amazing Almond Torte and, of course, their famous fresh brewed coffee. Then, our Color Me Mine staff will guide and instruct each guest as they take the item of their choosing from blank white ceramic to a beautifully hand painted Mother’s Day memento. No special talent is required and our staff of experts is fully trained to help even the most “creatively challenged” individual paint a one-of-a-kind ceramic masterpiece. All paints

and supplies are provided. Snap Shot Productions of Sacramento will be on hand for candid family portraits available for purchase after the event. Best of all, once the kids are finished painting our staff will keep the fun and creativity going with coloring projects, story time and more. So Mom can sit back, relax and enjoy her day. Mother’s Day is Sunday, May 11th. Brunch will be served 9:00 a.m. – 1:00 p.m. Cost: \$39/adult \$32/child



Happy Birthday to You!

Bobbie Prindle (seated back left) shared her most recent “39th” birthday with her many friends at Jim Boys Tacos in Citrus Heights. Bobbie and friends share a lunch together every month to celebrate each other’s birthdays, choosing among the many local restaurants for their parties. The group of friends are from many local areas, but come together to share each other’s joy and stories. Happy Birthday Bobbie!

How many REALTORS® Does it take to Change a Light Bulb?

(Sometimes, as many as 5000)

In a multi-pronged “green” effort, the Sacramento Association of REALTORS® is promoting both CFL light bulbs and shade trees throughout Sacramento County, while raising money for its scholarship fund at the same time. The Sacramento Metropolitan Utility District (SMUD) donated 40,000 CFL (compact fluorescent light) bulbs to the Sacramento Association of REALTORS® in time for Earth Day. SAR is selling them to its members in its retail store for a minimal price. All money generated by the bulbs is given to the SAR scholarship fund. “With the help of SMUD and the Sacramento Tree Foundation, area REALTORS® are able to help homeowners save energy inside with the CFL bulbs, and save energy outside – up to 40% on a home’s cooling costs – with properly sited

shade trees. The program has been so well received that it will not only save energy, but the proceeds of the CFL sales are contributing significantly to our scholarship fund,” Alan Wagner, President of SAR, said in announcing the program. REALTORS® give the CFL bulbs to their clients to help encourage them to save energy, Wagner, a REALTOR® with RE/MAX Elk Grove, noted. CFL bulbs use 75% less energy than incandescent bulbs and last six to ten times longer. Many local real estate offices have purchased the CFL bulbs by the case, Wagner said. Included with the CFL bulbs is information urging homeowners to contact the Sacramento Tree Foundation, which provides trees to area homeowners who are SMUD customers. The Sacramento Tree Foundation will send a community forester to the homeowner’s house to site the trees, and will provide shade trees as well as stakes, ties and advice.

The SAR Scholarship Trust was founded 46 years ago to promote interest in the field of real estate as a career and to develop closer relations between the colleges and the real estate profession. The scholarships will be awarded by SAR on June 3. “We hope to award \$20,000 to \$30,000 to twenty Sacramento students,” Wagner said. The fund initially provided \$100 to \$200 scholarships for Sacramento students attending American River Junior College, Sacramento City College and Sacramento State College (now California State University, Sacramento). Over the years SAR has expanded the scholarship program to support students pursuing real estate, business and a variety of other fields at many different institutions across the United States. In the meantime, area REALTORS® are working to change light bulbs throughout Sacramento County. Of the initial supply from SMUD, more than 2000 have already been distributed.

No Food or Water... we need a home!

Two Rottweiler’s were left without food or water for at least six days. They were found abandoned in back yard of bank repo home. The male is 7 years, 72 pounds. The female is 9 years, 67 pounds. They are very mild mannered, they understand and obey basic commands (sit, stay, etc). They appear to be dog friendly, they played with two small poodles. The are very affectionate, will sit in your lap, lick your face, etc., loving and people oriented dogs. Contact Johnson Ranch Veterinary Clinic, Karen Hanson, D.V.M. 9260 Sierra College Blvd. #250 Roseville, Call 916/774-6630



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75 Year Old Male Perishes in Apartment Fire In Carmichael

At 4:58 pm Sac Metro Fire fighters on Medic 41 traveling on Madison Avenue spotted an apartment fire. Medic 41 reported the fire to Fire Dispatch and identified the location to be 5746 Madison Avenue. The Medic crew arrived to find two apartments a downstairs unit and an upstairs apartment unit well involved in fire. As additional Metro Fire resources arrived crews attacked the the fire in both units. It appeared

the fire had spread into the attic space of the apartments and a second alarm assignment was requested. As crews were battling the fire and searching for any possible victims, crews in the downstairs apartment found a deceased male in that unit. The fire was brought under control in 30 minutes. The two alarm fire fighting effort involved 6 fire engines, 3 truck companies, 2 medics and 3 command staff.

At this time the fire is under investigation and the cause of death is undetermined. The fire caused major damage to two apartment units and minor to moderate damage to 3 other units. The fire displaced 4 families. The apartment complex manager was working to try to supply housing for the displaced families. The estimated damage to the apartment complex is valued at \$350,000.

Attention to Safety Can Prevent Nearly All Cooking Fires

NFPA report identifies cooking as leading cause of home fires

Cooking was involved in an estimated 146,400 home structure fires in the United States in 2005, according to a National Fire Protection Association (NFPA) report released today. Cooking fires accounted for 40 percent of the home structure fires in 2005, and these cooking fires resulted in 480 deaths, 4,690 injuries, and \$876 million in direct property damage.

According to Home Fires Involving Cooking Equipment report, cooking equipment left unattended was a factor in ignition in 38 percent of home structure fires for 2002-2005. Unattended cooking was the leading contributing factor in home cooking fires, followed by combustibles too close to a heat source, and equipment being unintentionally turned on or not turned off.

Cooking was also the leading cause of home fire injuries, accounting for 36 percent of home structure fire injuries in 2005. These injuries were especially likely to occur during attempts to fight the fire. In home structure fires involving cooking equipment for 2002-2005, 59 percent of injuries occurred while fighting the fire,

compared to 35 percent of injuries in all other types of home structure fires.

“Cooking results in more home fires and fire injuries in the United States each year than anything else and nearly all of these fires can be prevented with a little extra care,” said Lorraine Carli, NFPA’s vice president of communications. “Simply paying attention when you are cooking will keep your dinner and everything else from getting burned.”

Home cooking fires peak between 5 and 7 p.m. Extra cooking, as on major U.S. holidays, often means extra home cooking fires. Typically, more cooking fires occur on Thanksgiving than on any other day of the year.

NFPA offers the following safety tips.

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you’re cooking.
- To prevent cooking fires, you have to be alert. You won’t be if you are sleepy,



have been drinking alcohol, or have taken medicine that makes you drowsy.

- Keep anything that can catch fire - potholders, oven mitts, wooden utensils, paper or plastic bags, boxes, food packaging, towels or curtains - away from your stovetop.
 - Keep the stovetop, burners and oven clean.
 - Keep pets off cooking surfaces and nearby countertops to prevent them from knocking things onto the burner.
 - Wear short, close fitting or tightly rolled sleeves when cooking. Loose clothing can dangle onto stove burners and can catch fire if it comes in contact with a gas flame or electric burner.
- For more information and a complete list of safety tips, visit www.nfpa.org.

Metro Fire and Orangevale Rotary Team up for Safety

By Jill Conner – Metro Fire

On Thursday, April 3rd, Sacramento Metropolitan Fire District and the Orangevale Rotary Club teamed up for a smoke alarm installation event at the Heritage Oak Glen Mobile Home Park in Orangevale.

We had great results from this team effort installing 23 new smoke alarms and replacing 35 batteries. The successful event started with announcement flyers being passed out to the residents of the park, followed by a safety presentation to the park’s Acorn Club at their monthly meeting. Residents were asked to pre-register if they wanted a free smoke alarm inspection. Of the 116 occupied homes in the park, 68 signed up for a smoke

alarm check.

Curtis Mussman of the Orangevale Rotary had contacted Metro Fire to see if they could assist us in any way. Six volunteers from the Orangevale Rotary gave their time and joined Metro Fire in doing all of the alarm checks and installations. Participating for the Orangevale Rotary were; Bryan Daniel, Joyce Fritz, Curtis Mussman, Robert Guthleben, Hector Leanos and Jack Corry. From Metro Fire we had four members of the Community Services Division, two Fire Inspectors, the crew from Station 29 and Fire Marshall Michael Stewart.

One of the hardest working people in this event was park resident Pat Meidinger, who handed out flyers

and worked a phone tree to sign up as many residents as possible for the event. Metro Fire thanks Pat, park owner and manager Sheldon Heimberg, and all the Rotarians for their invaluable assistance.

Metro Fire has conducted a number of these mobile home park events, with an emphasis on senior mobile home parks. Heritage Oak Glen was the third mobile home park in Orangevale to receive this service. We have also conducted these events in the cities of Citrus Heights and Rancho Cordova.

If you live in a mobile home park, or know someone who does, that would like this service for their park, please contact Metro Fire Community Services Division at (916) 566-4000.

18 Year Old Motorcyclist Killed In Antelope

On April 15, 2008 at approximately 2:35 P.M. Camron Engebretson-Nelson, an 18 year old male from Antelope was driving a blue 2008 Suzuki GSXR 600 motorcycle on eastbound North Country Drive approaching Grey Wolf. According to a witness, the motorcyclist was driving well above the posted 25 mph speed limit. Leonard Johnson, a 57 year old from Antelope was driving a blue 1999 Chevy Suburban on northbound Grey Wolf turning onto

westbound North Country Drive. As Johnson began to enter into the intersection his Suburban was struck by the motorcyclist. The impact to the drivers’ door caused Johnson to become unconscious and his vehicle continued to travel in a north westerly direction driving over a retainer wall, striking a tree, and then coming to rest after it struck a parked 2004 Chevy Avalanche. Engebretson-Nelson was thrown from the motorcycle and immediately transported to Mercy

San Juan Medical Hospital where he died from his injuries (Sacramento Coroner’s Case # 08-02195). Engebretson-Nelson had borrowed the motorcycle from a friend and he does not have a motorcycle endorsement. Engebretson-Nelson was wearing a helmet; however, it didn’t appear to be strapped on properly.

Johnson was transported to Mercy San Juan Medical Hospital and is listed in critical condition. This collision is still under investigation.

DUI Checkpoint Results

The Citrus Heights Police Department conducted a DUI Checkpoint on Friday 4-11-08, from 2000-0300 hours, on Sunrise, north of Macy Plaza.

These DUI operations are being funded by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration. The primary goal of

the grant is to reduce the number of DUI related deaths and injuries.

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

- Results:
- 3 - DUI Arrests
 - 1 - Recovered Stolen Vehicle
 - 16 - Vehicles Towed
 - 123 – Citations Issued

2 – other arrests
Citrus Heights Police will conduct another DUI checkpoint on April 25, 2008.

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

CRIME REPORTS

From The Sacramento County Sheriff

	Time	Crime	Address	Location Type
Fair Oaks				
2008-04-05	13:00	Larceny/Theft	4400 block of San Juan Ave	School/college
2008-04-05	16:30	Burglary Business	11400 block of Fair Oaks Blvd	Church/synagogue/temple
2008-04-05	17:00	Burglary Residential	4400 block of New York Ave	Residence/home
2008-04-05	20:30	Vandalism	10200 block of Fair Oaks Blvd	Retail/dept/discount store
2008-04-06	09:00	Larceny/Theft	8700 block of Curragh Downs Dr	Residence/home
2008-04-07	02:05	Vandalism	11000 block of Fair Oaks Blvd	Residence/home
2008-04-08	17:00	Vandalism	8500 block of Winding Way	Residence/home
2008-04-08	18:00	Burglary Business	5300 block of San Juan Ave	Other/unknown
2008-04-08	22:00	Burglary Business	7700 block of Sunset Ave	Commercial/office building
2008-04-08	23:00	Burglary From Vehicle	6800 block of Anchor Cir	Vehicle
2008-04-09	19:30	Burglary From Vehicle	8300 block of Madison Ave	Vehicle
2008-04-10	07:00	Aggravated Assault	8100 block of Woodleaf Dr	Residence/home
2008-04-10	07:30	Simple Assault	4400 block of Hazel Ave	Commercial/office building
2008-04-11	07:45	Simple Assault	Buena Vista Ave / Madison Ave	Vehicle
2008-04-12	17:00	Burglary From Vehicle	8200 block of Oahu Dr	Vehicle
2008-04-12	17:00	Vandalism	5100 block of Runway Dr	Vehicle
2008-04-12	18:00	Burglary From Vehicle	8200 block of Kaula Dr	Vehicle
2008-04-13	11:00	Burglary From Vehicle	Bridge St / Capitola Ave	Vehicle
2008-04-13	15:00	Larceny/Theft	5300 block of Sunrise Blvd	Retail/dept/discount store
2008-04-13	19:15	Burglary From Vehicle	Southcliff Dr / Minnesota Ave	Vehicle
2008-04-13	20:00	Burglary From Vehicle	8500 block of Hans Engel Way	Vehicle
Carmichael				
2008-04-05	08:00	Burglary Business	4300 block of Hackberry Ln	School/college
2008-04-05	13:00	Burglary Residential	5700 block of Marconi Ave	Residence/home
2008-04-05	18:30	Burglary From Vehicle	5600 block of Valhalla Dr	Vehicle
2008-04-05	23:00	Larceny/Theft	6200 block of Silverton Way	Highway/road/alley
2008-04-06	01:00	Vandalism	7800 block of Fair Oaks Blvd	Parking lot/garage
2008-04-06	12:00	Burglary Residential	5800 block of Manzanita Ave	Residence/home
2008-04-06	20:00	Burglary Business	5000 block of Olive Oak Way	Vehicle
2008-04-07	02:20	Burglary From Vehicle	5700 block of Robertson Ave	Vehicle
2008-04-07	05:05	Robbery	7400 block of Fair Oaks Blvd	Parking lot/garage
2008-04-07	07:30	Burglary Residential	4000 block of Marshall Ave	Residence/home
2008-04-07	14:00	Sexual Assault	5300 block of Engle Rd	School/college
2008-04-07	17:00	Burglary From Vehicle	5500 block of Winding Way	Residence/home
2008-04-07	17:00	Vandalism	5300 block of El Camino Ave	Residence/home
2008-04-07	21:15	Vandalism	5600 block of Clark Ave	Residence/home
2008-04-08	00:00	Burglary From Vehicle	5500 block of Sapunor Way	Vehicle
2008-04-08	08:00	Burglary Residential	6200 block of Hilltop Dr	Residence/home
2008-04-08	09:58	Burglary Business	5300 block of Marconi Ave	Vehicle
2008-04-08	15:30	Burglary From Vehicle	4800 block of Cottage Way	Vehicle
2008-04-09	02:02	Narcotics	7400 block of Fair Oaks Blvd	Parking lot/garage
2008-04-09	07:00	Drunkenness	6100 block of Marwick Way	Residence/home
2008-04-09	07:30	Burglary Residential	3500 block of Jay Jay Ln	Residence/home
2008-04-09	08:15	Weapons Violation	5300 block of Gibbons Dr	School/college
2008-04-09	13:30	Weapons Violation	3300 block of Oakview Ln	Residence/home
2008-04-09	14:30	Narcotics	5800 block of Sutter Ave	Highway/road/alley
2008-04-09	15:00	Burglary Business	4000 block of Manzanita Ave	Grocery/supermarket
2008-04-09	21:00	Burglary Residential	3100 block of Marlynn St	Residence/home
2008-04-09	22:00	Vandalism	3100 block of Kaiser Way	Residence/home
2008-04-10	18:15	Burglary From Vehicle	4500 block of Manzanita Ave	Vehicle
2008-04-11	08:20	Vandalism	5300 block of Gibbons Dr	School/college
2008-04-11	14:40	Larceny/Theft	5100 block of Fair Oaks Blvd	Grocery/supermarket
2008-04-11	16:00	Larceny/Theft	6200 block of Coyle Ave	Highway/road/alley
2008-04-11	19:00	Burglary From Vehicle	5400 block of El Camino Ave	Parking lot/garage
2008-04-11	19:30	Burglary From Vehicle	5400 block of El Camino Ave	Parking lot/garage
2008-04-12	17:00	Larceny/Theft	4700 block of Manzanita Ave	Grocery/supermarket
2008-04-13	14:00	Sexual Assault	5500 block of Manzanita Ave	Public use area
2008-04-13	20:00	Burglary Business	3000 block of Marlynn St	Vehicle
Orangevale				
2008-04-05	19:00	Vandalism	5800 block of Filbert Ave	Vehicle
2008-04-06	05:50	Burglary Residential	8200 block of Northwind Way	Residence/home
2008-04-06	08:30	Vandalism	Greenback Ln / Hickory Ave	Vehicle
2008-04-06	20:00	Vandalism	6400 block of Benning St	Vehicle
2008-04-07	00:00	Burglary Residential	8900 block of Central Ave	Residence/home
2008-04-07	12:00	Burglary From Vehicle	6600 block of Thunderhead Cir	Vehicle
2008-04-07	19:00	Aggravated Assault	6400 block of Benning St	Highway/road/alley
2008-04-07	20:30	Burglary From Vehicle	8200 block of War Horse Ct	Vehicle
2008-04-07	23:00	Burglary From Vehicle	8200 block of War Horse Ct	Vehicle
2008-04-08	17:00	Burglary Residential	7200 block of Filbert Ave	Residence/home
2008-04-08	17:28	Narcotics	Greenback Ln / Main Ave	Parking lot/garage
2008-04-09	20:30	Simple Assault	7300 block of Walnut Ave	Residence/home
2008-04-10	02:00	Aggravated Assault	6200 block of Beech Ave	Residence/home
2008-04-10	20:20	Larceny/Theft	8800 block of Greenback Ln	Convenience store
2008-04-11	12:30	Vandalism	9000 block of Terramore Dr	Residence/home
2008-04-11	18:00	Larceny/Theft	8700 block of Greenback Ln	Retail/dept/discount store
2008-04-11	18:00	Vandalism	9500 block of Bullion Way	Vehicle
2008-04-11	18:30	Vandalism	9400 block of Wiltshire Way	Residence/home
2008-04-12	18:00	Vandalism	9500 block of Bullion Way	Vehicle
2008-04-12	20:00	Vandalism	9700 block of Golden Dr	Vehicle
2008-04-12	22:00	Vandalism	9500 block of Bison Way	Vehicle
2008-04-13	01:00	Vandalism	5300 block of Main Ave	Vehicle
2008-04-13	20:30	Vandalism	7300 block of Hickory Ave	Highway/road/alley

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CITRUS HEIGHTS
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What to Do When You’re in a Crisis



By Pastor Ray Dare

There’s no such thing as a problem-free life. This is not heaven; this is earth, and for the rest of your life you’re going to face one problem after another. Problems happen both to good people and to bad people. Some people imply that if you give your life to Jesus you’ll never have any more problems. That’s just not true. You’re living proof of that!

Jesus said in John 16, “I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33 (NLT). God says, I want to give you peace in a world of pain, serenity in a world of suffering.

Clarence Thomas’ My Grandfather’s Son

The Conservative Curmudgeon column by Allan C. Brownfeld

The life of Clarence Thomas, as set forth in his memoir, MY GRANDFATHER’S SON, is destined to become an American classic, not dissimilar to the autobiographies of Frederick Douglass and Booker T. Washington.

This book, which chronicles an extraordinary life, describes the education of an inquiring mind seeking to make sense of the racial politics and ideological divisions that confronted him during the turbulent 1960s and 1970s.

In an era when “Identity” politics dictated a particular political, economic, and social stance for black Americans, those individuals who persisted in thinking for themselves and following an often lonely path to discover their own view of truth were frequently isolated and often bitterly attacked.

Clarence Thomas was born in rural Georgia in 1948, and was abandoned by his father. His mother was left to raise him and his brother and sister on the \$10 dollars a week she earned as a maid. At the age of seven, Thomas and his six-year-old brother were sent to live with his mother’s father, Myers Anderson, and her stepmother in their Savannah home. This was a move that would change Thomas’ life.

His grandfather, whom he called “Daddy,” had a strict work ethic. He owned his own fuel-oil business and he immediately subjected the two boys to a regime of sacrifice and hard work. His response to the poverty and segregation of black Savannah was the American ethic of self-help, faith in God, delayed gratification, and individual initiative. Thomas writes: “In every way that counts, I am my grandfather’s son.”

From Catholic elementary and high school, on to a seminary, and later to the College of the Holy Cross and the Yale Law School, Thomas went through many political transformations ? from altar boy to seminary student to campus radical and racial militant ?

When you go through a crisis you need to remember three basic truths.

God is always with you. “Fear not, for I have redeemed you. I have called you by name, you are Mine. When you pass through the waters I WILL BE WITH YOU and when you pass through the rivers, they will not sweep over you.” Isaiah 43:1-2 God says, “I’m with you.” No matter what situation you go through, God is with you. You never go through a crisis by yourself. God says, “I will never leave you, I will never forsake you, I’m with you always.” The Bible says “Nothing can separate us from the love of God.” Romans 8:38

God always cares for you. When the disciples found themselves in the middle of a natural disaster (Matt. 8), they said, “‘Teacher, don’t You care if we drown?’” That’s a typical reaction isn’t it? Don’t you care God? The first thing we tend to do is question God’s love. Why is this happening to me? Don’t You love me? The answer is, of course He loves you. Absolutely He loves you. Yes, He cares. You have no idea how much God cares about you. The Bible says it’s wider, greater than anything you can imagine, how much God cares about you.

God is always in control. Jesus said, “Take heart, because I have overcome the world.” A major step in spiritual maturity is realizing that you cannot control everything and then realizing

that you don’t have to anyway. It’s out of my control, but it’s not out of God’s. And God is in control. He’s close, He cares and He’s in control, so you don’t have to sweat it.”

What storm are you going through right now? A financial storm? A relational storm? An

emotional storm? You’re confused and you don’t know what to do. Your heart is aching, your ship is taking on water so to speak, and you feel like you’re about to sink. What are your options? You can be filled with peace or you can be filled with panic.

Jesus Christ will calm the storm in your life as you trust Him. The Bible says this about the person who trusts in God, “He does not fear bad news, nor live in dread of what may happen. For he is settled in his mind that God will take care of him. That is why he is not afraid but can calmly face his foes.” Psalm 112:6-9 (LB) Make Jesus the captain of your ship and you’ll be able to calm any storm

I want to personally invite you to New Community Church this Sunday at 10 am as I share a message about how God can make a difference in our lives. I hope to see you then!

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

In the Midst of the Storm



by Marlys Johnsen Norris

When troubles come we feel like we are in the middle of a lake in a violent storm. There is no place to go. We feel trapped by the powers that be. Our ship is being tossed to and fro and we are helpless. We are frightened and scared and we feel very much alone. The focus on the trouble of our life is like an enormous wave drowning us and our stress level is at a high peak of emotion.

In a lifetime, everyone faces times like these when the pressures of the element of trouble of what life gives to us seems to all be against us. Unless we find a way to relieve the pressure everything will just begin to give off hot steam, like a pressure cooker. Everything will seem completely out of our control. It can take us down the long road to depression beyond anything we ever anticipated if we do not find the answer soon.

If we are a believer this is, when we begin to question God’s love and wisdom to put us through this devastating event. Our first question is why? Our need answers to be able to rationalize what is happening to us. Faith will come into play but it takes a while! If we are not a believer this may be a time when we accuse a God we don’t even know, or hopefully this is when we begin our search to find and know God.

Pressure in any area of our life is one way the Holy Spirit of God uses to draw attention to the One who does have all the answers to life and death. The more

we resist this, the more the pressure increases until a person comes to that place when they are ready to look to God and seek Him in their lives.

So it was with the storm in the Bible when Jesus was sleeping, and his disciples were on a boat, frightened that they might die. The storm was so bad the disciples woke Jesus and expressed their fears. He spoke to the powers of nature, the storm was stilled. And so it is with every life that is in the midst of a storm (trials and troubles), until they reach out to the Author of Life, the pressures of their storm will continue to increase until they do.

Are you struggling with an unresolved problem in your life and feel like you are in the midst of a huge storm? Then, reach out to Jesus, He will help you too.

Marlys Johnsen Norris
LIFE MESSAGE WORKSHOPS
“Intimacy Begins Going God’s Way”

Marlysj@sbcglobal.net

Local Church Helps Storm Victims



Do you really understand what folks in Louisiana and Mississippi are still enduring since Katrina hit three years ago? Fourteen adults from Northminster Presbyterian Church found they did not understand until they spent a week this spring helping three families continue the process of rebuilding their lives. The group noticed many health problems that have sprung up

after the floods due to stress and living conditions This was the second year that Northminster served in Louisiana, staying at the Slidell Presbyterian Church and working under the auspices of Presbyterian Disaster Relief and Presbyterian Community Outreach. The group sanded, mudded, and painted walls in an office building owned by a church family and also put up sheeting,

and helped to frame windows and lay floors in a private home. Many are still not receiving help because they do not know where to turn and who to talk to about help. Liz Moese stated, “Our adults found how rewarding it can be to give their time and talents to helping others. We are grateful to be a part of the faith community that is reaching out to help others in their continuing time of need.”

For Lynda Languasco, who also served last year, it was “just awesome” to revisit with Alma Paige, an 87-year old Louisianan whose life-long home was ravaged by the surge ties of Hurricane Katrina and on whose home Northminster had worked. “It was worth the whole trip just to see her (Alma) back in her newly restored home.”

Two weeks later Northminster sent a youth group, comprised of 10 youths and 4 adults to Chinle, Arizona, to serve at the Trinity Presbyterian Church on the Navajo Nation. The group painted the chapel there, cleaned the kitchen and social hall, and did repair work in some of the offices. They also interacted with many of the children there, and it was a learning experience to view contrasting living conditions, people surviving under harsh conditions, without running water or electricity, or in some cases enough food. The group appreciated the opportunity of learning about another culture and being able to complete tasks that otherwise might not have been accomplished.

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BIBLE
TRIVIA

by Wilson Casey

1. Is the book of Song of Solomon in the Old or New Testament or neither?
2. From 1 Kings 10, about how many shekels of silver did a chariot imported from Egypt cost? 10, 50, 200, 600
3. Which Psalm begins, “The Lord is my shepherd; I shall not want”? 1st, 15th, 23rd, 40th
4. From Genesis 17:15, what was the prior name of Sarah? Sarai, Huldah, Jael, Deborah
5. Where did David cut off a corner of Saul’s cloak? Achaiia, Edom, En-Gedi, Gilgal
6. Who is called a “prophetess” in Exodus 15:20? Eve, Miriam, Rachel, Zipporah

ANSWERS: 1) Old; 2) 600; 3) 23rd; 4) Sarai; 5) En-Gedi; 6) Miriam
Wilson Casey’s latest trivia book is available at BearManorMedia.com.

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MOVIE REVIEWS

Where in the World Is Osama Bin Laden?

By David Dickstein

Albert Brooks went abroad 3 years ago to find comedy in a Muslim world. He ultimately succeeded in Pakistan, but moviegoers put a Jihad on the film as it made south of \$1 million.

Now it's Morgan Spurlock's turn to whimsically go where Arabs dwell, only instead of their funny bone he's looking for something -- make that someone -- as funny as 911 heart attacks. And yet, "Where in the World Is Osama Bin Laden?" is, in fact, a comedy, albeit more in the spirit of Brooks' movie than their benchmark predecessor of 1940, Charlie Chaplain's anti-Hitler satire, "The Great Dictator."

Spurlock, who gained fame and an Oscar nomination by blowing the high-fat lid off McDonald's with the 2004 documentary "Super Size Me," sets his satirical sights this time on the Bush administration's failure to sniff out the world's most wanted man. His hunt is prompted by his wife's pregnancy; he doesn't want his child growing up in the same world as Bin Laden.

The film works best when Spurlock, the director, keeps Spurlock, the star, on task. No one expects him to actually find the terrorist in hiding (we probably would have heard by now if he had), so watching Spurlock in a personal Mission: Impossible is reasonably entertaining. Setting the proper mood is an opening sequence featuring an animated Bin Laden hip-hopping the globe to MC Hammer's "U Can't Touch This." Throughout the film Bin Laden and Spurlock are positioned as videogame nemeses.

Where "WITWIOBL" derails is when Spurlock goes from being a CIA wannabe to a CNN wannabe. Acting like one of those "reporters without borders,"



Morgan Spurlock in his new documentary WHERE IN THE WORLD IS OSAMA BIN LADEN?

he interviews locals from Afghanistan to Pakistan and Morocco to Saudi Arabia, asking more about their impressions of America than whether they know the whereabouts of the notorious Muslim extremist. His conclusion: They hate our foreign policy, not us, and they're nothing like Bin Laden. My conclusion: Spurlock is neither a journalist nor an ambassador, and he needs to stop acting like Michael Moore. Speaking of Moore, even he would have enough sense not to incite an ultra-orthodox Jewish neighborhood in Israel to the point of causing violence that requires police involvement. As if we don't already have a bad enough name out there. We should be thankful he didn't offer them a very non-kosher McRib sandwich

When we see Spurlock's baby being born before the closing credits, we are asked to heave a sigh because Laken James, all 9 pounds and 23 inches of him, is born in the same world as that detestable monster. And we're not talking about the 540-calorie Big Mac.

2 of 4 Stars, rated PG-13, 93 minutes, whereisobl.com

Camellia City Flute Choir Presents Spring Concert

Celebrating its 10th year, the Camellia City Flute Choir will present its 2008 Spring Concert on Saturday, April 26th at 2pm at the Lutheran Church of the Good Shepherd, located at the corner of Morse & Arden; 1615 Morse Ave. in Sacramento.

The program will include selections from "The Magic Flute" by Mozart, "The Hebrides Overture" by Mendelssohn, and "Flute & Vegetables" written especially for flute choir by Johathan Cohen, as well as pieces by Brahms, Verdi, Gounod and McMichael.

Camellia City Flute Choir was founded by its director, Martin Melicharek in 1998. Two of the seven original members still perform with the group, which has grown to a dozen flutists, many of whom are area music teachers. A large portion of the growth has been in the addition of lower range flutes; altos, basses and a contra bass,

giving the group a 6 octave range!

Martin Melicharek serves as conductor and arranger. The flutists are Edna Comerchero, Pat Walton, Mary Suthers & Virginia Thigpen on C flute, Mary Reed and Kari Zimny on C flute/piccolo, Gail Clark on C flute/alto flute, Marjorie Phillips & Karen Bjork on alto flute, Jeanne Brown & Sharon Guilliford on bass flute & Sue Geddes on contra bass flute.

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RILEY REVIEWS

by Tim Riley

DARK, GRITTY "STREET KINGS" EXPLODES WITH MUCH VIOLENCE

STREET KINGS (Rated R)

Film noir for contemporary times is the easiest description to put on the violent, gritty "Street Kings," an exercise in the search for the darkest corners of the brutish, nasty landscape of urban Los Angeles. This brutal action film has a fine pedigree in its creative team. Director David Ayer was the writer and co-producer for "Training Day," notable for how it turned Denzel Washington into a real tough, troubled character. Moreover, the "Street Kings" screenplay is based on an original story by James Ellroy, who has made a name for himself by uncovering the dark side of Los Angeles in crime novels that were adapted for the big screen, including "L.A. Confidential" and "The Black Dahlia."

"Street Kings" wastes little time jumping into the fray of the mean streets of the City of Angels. The conflicted, tortured central character is veteran LAPD cop Tom Ludlow (Keanu Reeves), who wakes up each morning with a seriously disturbed stomach and an almost insatiable desire to start sipping vodka from little airline bottles. This is a guy living on the edge, tormented by his inner demons. After all, Ludlow finds life difficult to navigate after the sudden, mysterious death of his wife. At the film's opening, Ludlow is flying solo in a dangerous sting operation with a nasty bunch of Korean thugs. Mainly, he's in search of their hideaway, which appears to be the nerve center for the trafficking of drugs, guns and young victims of a sex slave operation.

In keeping with his apparent rogue status, Ludlow busts into the suspects' abode with his guns blazing. He doesn't bother with Miranda warnings or other niceties. But to make the crime scene look good, Ludlow leaves evidence behind that he acted in self-defense while rescuing some underage girls. Meanwhile, his former partner, Detective Terrence Washington (Terry Crews), appears on the scene for the investigation and immediately suspects that Ludlow has something to hide. Before things get messy, Ludlow's boss, Captain Wander (Forest Whitaker) steps in to back up his protégé.

Tension rises when it is apparent that Washington may have implicated Ludlow in unsavory conduct that has drawn the attention of Internal Affairs investigators. Soon, Ludlow finds himself being

scrutinized by Internal Affairs Captain Biggs (Hugh Laurie), who grows suspicious that something rotten is happening. Biggs' skepticism increases exponentially when Washington is gunned down in a liquor store by masked gang bangers. What's worse is that Ludlow becomes implicated in the detective's death because he was on the scene when the shootings occurred.

At this point, Captain Wander draws the wagons in a circle, getting members of his unit to help Ludlow clear his name of wrongdoing. For his part, Ludlow is troubled by the violent murder of his former partner, even though he had become a snitch. He sets out to find the killers, while others on the force seem too eager to hamper the pursuit of a serious investigation. Even if he's turned into a renegade cop, Ludlow wants to do the right thing, and so he teams up with young detective Paul Diskant (Chris Evans) to go after the truth. An investigation by Ludlow and Diskant takes this unlikely duo into the meanest neighborhoods of the city.

In the rough and tumble world of chasing down street toughs, Ludlow and Diskant hook up with criminal figure Scribble (Cedric "The Entertainer" Kyles), who guides them to a pair of very unsavory characters. Needless to say, the encounter with thugs leads to a blazing gun battle, which happens to be just one of many. "Street Kings" thrives on a cavalier explosion of gruesome violence, somewhat reminiscent of "Training Day" and any number of brutal cop films where the constant bursts of carnage and bloodshed are palpable. "Street Kings" is stoked by so much energy and thrills that there's barely enough breathing room, and the obvious deficiencies of the plot are easily glossed over. But for action junkies, the payoff is just too good to care much about the absence of logic and reason.

DVD RELEASE UPDATE

There are "small films," sometimes underrated or failing the attention of blockbusters, that demand our attention because they are unusually good. "Little Miss Sunshine" was such a gem. A good case can be made to put "Juno," the story of an unwed teen who decides to carry her pregnancy to full term, in this class. Hailed with well-deserved critical acclaim, "Juno" is a witty and smart comedy that is lifted by the performance of Ellen Page as the title character, a quirky teen with an offbeat personality. Apropos of nothing, it is interesting to note that screenwriter Diablo Cody is a former stripper, who seems to have a really good ear for dialogue. "Juno," being released in two different editions, will have the usual plethora of deleted scenes, commentaries, and special features. For some strange reason, I feel compelled to tell you that the press release says "Juno" will be the first Fox Home Entertainment DVD at Starbucks company-operated locations in the United States.

Magic maze

Answers

"SESAME STREET" CHARACTERS



- 21(PG-13)
Kevin Spacey, Jim Sturgess
- Dr. Seuss' Horton Hears a Who!(G)
animated
- Superhero Movie(PG-13)
Drake Bell, Sara Paxton
- Tyler Perry's Meet the Browns(PG-13)
Tyler Perry, Angela Bassett
- Drillbit Taylor(PG-13)
Owen Wilson, Alex Frost
- Shutter(PG-13)
Rachael Taylor, Joshua Jackson
- 10,000 B.C.(PG-13)
Steven Strait, Camilla Belle
- Stop-Loss(R)
Ryan Phillippe, Abbie Cornish
- College Road Trip(G)
Martin Lawrence, Raven-Symone
- The Bank Job(R)
Jason Statham, Saffron Burrows

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"Superhero Movie"

Running time: 85 minutes
MPAA rating: PG-13

Don't be fooled by the running time listed above. "Superhero Movie" is actually a little over an hour long, with about 10 minutes of outtakes and then a couple minutes of credits. So, you're getting essentially half a movie, but paying full price.

And that's only the beginning of this rip-off.

"Superhero Movie" isn't as bad as "Meet The Spartans" or "Date Movie," but that's not really much of a compliment. It's kinda like saying, "Well, the tumor's not THAT big."

The film stars a gaggle of C-list comics and has-beens who allegedly spoof the first "Spider-Man" film (which came out six years ago, so you know the jokes are going to be fresh); but instead of the hero being bitten by a radioactive spider, the guy gets ripped by a genetically modified dragonfly.

The film plods along, following the same plot as the Spider-Man movie, with a few diversions to make fun of The X-Men and Batman franchises. The laughs are few and far between, and are usually prompted by the film's only saving grace, Leslie Nielsen, the master of deadpan camp delivery.

In fact, the only reason I would recommend watching "Superhero Movie" is because it'll probably be Nielsen's last film. I mean, the guy can't last much longer. Leslie Nielsen's so old that at his bar mitzvah he received the gift of Fire.

And for the record, that joke is 100 times funnier than any line in "Superhero Movie."

Here's the problem with "Superhero Movie" and the rest of the so-called spoof genre: Recognition isn't a punch line.

Drake Bell as Dragonfly

For example, in an early scene, the hero (Drake Bell) gets an instant message on his computer: "Professor X has added you as a friend on Facebook." This is supposed to be funny, because The Kids Are On The Facebook, and they'll laugh cuz we said Facebook.

I'd like to think that "Superhero Movie" would be the last time we see one of these spoof flicks ever again. But then I'm reminded that I live in a country where "Are You Smarter Than a Fifth Grader?" is a hit TV show.

Grade: D

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

Trivia Answers

- Frankfort
- Racing sled
- Jonah
- Roy Hinkley
- Romeo, "Romeo and Juliet"
- Erma Bombeck
- Slow
- Blue
- La Manche
- Peru

Answers

Solution time: 27 mins.

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



Lauren Forcella

Dear Straight Talk: I'm 16 and I have a question. How do you ask a potential partner how many partners she's had and whether she has a sexually transmitted disease? I am going out with this girl and I can't figure out how, or when, to ask the question. If I ask too soon it seems like that's all I care about. If I wait till the last minute, that's awkward, too. And what happens if she tells me she has something? It seems cold to just dump her. And how do you know if she is telling the truth, or even knows the truth? — Thanks, Dylan.

From Hannah, 16: Our generation is so wowed by the thought of sex that everyone gets embarrassed and nobody takes STIs seriously. Almost no teenager is going to give their "potential partner" an honest answer. That is why you always need to use a condom. Or honestly, just don't have sex.

From Laurel, 21: I was 18 before I had sex, old enough to handle the emotional and physical consequences. I asked my partner about STDs and he assured me he was clean. He'd had previous partners, but I believed him because I was so in love. He didn't

straight talk for teens

Popping the STD question

want to be tested and I didn't push it thinking it would look like I didn't trust his word and that was all I cared about. I went on birth control, so we didn't use condoms. Long story short, I contracted HPV, the cancerous kind. Every time I faced an abnormal pap smear, I cried and was depressed for days. Now, I've had to tell my new boyfriend of my "contracted disease." Ask your girlfriend for a test. Don't doubt her integrity or bring up her past partners, just say that most diseases have "silent" symptoms. Offer to get tested with her — even if you're sure you're clean. Never, ever, be lax because you're worried about your partner's feelings. Protect yourself. Even from the person you love.

From Beau, 18: The best time to ask about STDs is when the relationship is taking that step forward. Getting tested together is a good way to make sure everyone is honest. If your partner tests positive for STDs, hold off on having sex, or if it is curable, wait until it is cured, then still use protection. Always use protection.

From Nicole, 18: I ask, straight up, "When was the last time you were tested for STDs?" So what if the question is awkward? To not ask is irresponsible. Your partner could always lie; it is a hard thing to judge. Also, it is very possible they don't know they have something and are spreading it.

Dear Dylan: The answer is protection, protection, protection. Always use a male and/or female condom — even for oral sex. Asking about STDs is wonderful and I strongly encourage it, but as Laurel's experience shows, without regular testing, there is no guarantee your girlfriend is clean just because she says she is. Even with testing, there's no guarantee. HIV, for example, doesn't show up on tests until 3 months after it is contracted.

With our current lifestyle, 50 percent of the population will, at some point, contract an STI or STD. Many are chronic and life-threatening. Many have no cure. Two-thirds of those infections happen before age 25, mainly because alcohol, drugs, and the feeling of invincibility, lead to unprotected sex.

They say abstinence is the only safe sex, but we all know abstinence isn't sex at all. And we're discovering that sexual "freedom" isn't free at all, the cost is non-stop protection. If ever there was a reason to strive for a satisfying, long-term, monogamous relationship (what used to called, "forsaking all others till death do you part"), this is it. In the meantime, "save yourself" by keeping it wrapped.

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



THE MORTGAGE MANAGER

Ed Wacaster

and sell them on the secondary Market. (Wall Street). They will make a profit and then go out and lend that money all over again. A mortgage-backed security (MBS) is a bond financed by home mortgage payments. This is the essential concept behind the mortgage backed securities definition. The mortgage principal and interest paid by the homeowner is the principal and interest paid to the MBS holder. This is called "mortgage pass-through," which may also differentiate the MBS from other MBS programs that may have other features attached to it. I'll stop there to alleviate any more confusion.

In reality, what does happen in most cases when the Fed lowers their rate, long-term rates actually increase for a short period of time. Such was the case with the last lowering of the rate by .75%. If you were to look at a graph

of the 10-year bond you will notice that it's very near its all time low. It hit that all time low in 2003 when mortgage rates were phenomenally low. Why are they not as low this time? Very good question!

We are currently experiencing a liquidity crunch and credit crisis which is helping to keep mortgage rates up, as these MBS's aren't moving as readily as they did in 2003 When these issues are finally dealt with effectively, the rate will be where it belongs at that particular time. The Fed did address both of these issues in its last meeting so we should see some results of that in the next quarter or two. Remember, it takes at least three to six months to see the effects of a "Fed" move.

You can reach Ed Wacaster at 916-725-9902 or www.EdWacaster.com



I need to clarify something for the general public. Call it a public service announcement if you will. Long-term mortgage rates are not affected when the "Fed" lowers or raises the "Fed Funds Rate." It never has been used to lower the rate on a 30 year fixed mortgage rate. This begs to ask the question: Then what does move the 30-year mortgage rate Ed? I thought you would never ask!

Long-term mortgage interest rates are moved by what is called "Mortgage Backed Securities" and the 10-year bond. If you ask a mortgage professional if they can tell you what moves the 30 year mortgage rate and their answer is the 10 year treasury, that person needs to keep their day job.

What are mortgage-backed securities? In a nutshell, a mortgage company will take a block of mortgages

Bow-Wow Beauties Fundraiser

"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.



Former Mayor of Rancho Cordova, David Sander.

fleshy area in the center of the nail filled with blood vessels and nerve endings -- to convince a dog that nail clipping is not for him.

Many treats, lavish praise and patience with the process -- along with good equipment -- will help immensely. At the pet store, purchase quality nail clippers made specifically for medium- to large dogs.

Clip Jack's nails by having him either lie on his side or stand on a work table at a comfortable height. Most groomers have dog stands and secure them with a short leash and a non-choking collar. Fill your pockets with treats.

If Jack is on his side, give him a treat for each motion he completes successfully: laying down -- a treat. Holding still while you gently hold him in place -- a treat. Allowing you to rub his paw -- a treat. Allowing you to rub each

toenail -- a treat.

If Jack is standing, follow a similar procedure. A treat for being secured and standing calmly, a treat when he lets you pick up his paw, and so on. Repeat these steps, or even repeat the session, until he is relaxed.

The next step is clipping. You must be very careful not to cut into the quick, so take only a small amount of the nail (less than 1/8th inch) this time. The quick will retreat from the shortened nail over about three days, and you can trim the nails again then. Give Jack a treat after each snip.

Trimming his nails to a comfortable length while reducing his fear may take several sessions, so take your time.

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com.
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Toenail Clipping Takes Patience

Q: I adopted an Australian shepherd, "Jack," from the local shelter. He's a beautiful dog, but there is one problem. His toenails are pretty long, but he will not let me clip them. Do you have any suggestions? -- Philip J., Knoxville, Tenn.

A: If a dog had a painful experience with toenail clipping in the past, he likely will resist the procedure again. Sometimes all it takes is one mistaken clip into the quick of the nail -- the



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



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by Phil Cowan

Given that my deadline for this column is April 15, I have two significant things on my “To Do” list today: 1) Submit this column; and 2) Send in my taxes. How convenient that Item #1 allows me to vent my spleen about #2.

I won’t complain about the fact we have to pay it. You Wesley Snipes-types who cling to this notion that there is no legal basis for the federal income tax need to abandon that position. The argument is over, and you have lost. I won’t complain about how the progressive tax rate punishes success, even though it does. I won’t even complain about a system that allows slackers who don’t pay taxes for years to have their tax judgments reduced to pennies-on-

“The Marriage of Miss Hollywood and King Neptune” Comedy Opens April 25 at A.R.C. Theatre

The newly renovated American River College Theatre continues its 2007-08 season with a comedy that’s as hilarious as it’s name is long. “The Marriage of Miss Hollywood and King Neptune” opens Friday, April 25, for a two-week run (closing Sunday, May 4)

Set against the backdrop of 1929 Hollywood and classic L.A. political corruption, this screwball comedy features a host of surprising visuals, including baby-talking gangsters, a cowboy dressed as Neptune, dancing mermaids, and a leading lady who spends much of the play dressed as a giant lobster. The plot follows sly-as-a-fox talent agent Manny Weisenberg who seems to have several problems: his biggest client, a British classical actor, is tired of playing cowboys and wants out of his contract; his girlfriend, an aspiring actress, wants out of L.A., and a local gangster, Joey Bananas, wants to break Manny’s legs for default of certain debts. Manny’s solution is to create the greatest seaside pageant ever seen.

Directed by Tod Fortner, the show will feature costumes, from the ridiculous to the sublime, by award-winning designer, Gail Russell, and self-destructing

The Most Wonderful Time of the Year

the-dollar by tax attorneys. Wait... I will complain about that. Any lawyer who advertises on radio or TV and acts as if they’re achieving some measure of justice by getting you out of your tax obligations makes me sick. Nobody should skate, even if they are represented by reptiles like Roni Deutsch or Steve Moskowitz. No, my primary complaint about income taxes is this: Can’t we make the process simpler? Please?

We’ve all seen or heard the stories about our federal tax code, it’s a gazillion pages long, can only be moved with a forklift, and is completely understood by virtually no one. Give identical hypothetical tax information to ten qualified preparers and ask them to write a return, and none of them come out the same. Does anyone honestly think some desk jockey at I.R.S. headquarters understands it?

Have you been to the I.R.S. website? It’s a maze of confusion. My teenage daughter wanted to know if she was required to file. That should be easy enough to figure out, right? Fat chance. You

see, it all depends on what kind of income she earned. If it was wages, it’s treated differently than if it was investment income (like my kid has a trust fund). And it really boils down to whether, as a claimed dependant, their income level exceeds the standard deduction that was taken for them on your return. Once we finally got to that page, we concluded she didn’t have to file, which was about the only good tax news we received this year at our house.

Look, I like my tax guy. Really, I do. But the tax structure should be easy enough to understand that common citizens like you and me should be able to file their own taxes with a minimum of effort and frustration. I’m not big on litmus tests when it comes to elected officials, but whether we go to the Flat Tax or the Fair Tax, I’d support any candidate whose only campaign promise was to simplify the American system of taxation. That, and close the borders. And drill for oil in ANWAR and build more refineries. Okay, now I’m getting carried away.

Wedding Blesses Grand Opening Event at Community Service Center



Jerry Lee Hayden, Jr. and Patrish Kail Billett are pictured here after their ceremony with their best man and maid-of-honor.

On April 11th Jerry Lee Hayden, Jr. and Patrish Kail Billett became husband and wife at the new County Community Service Center in Fair Oaks. The ceremony was performed by County Supervisor Roberta MacGlashan, which was the first to be performed at the new facility. The private wedding was attended by about twenty close friends and relatives in the facilities chapel.

The new center was packed with more than 150 local residents, there to see the new 9,500 square-foot service center, listen to dignitaries speak about what it will do for the community, the many services it offers, and how Sacramento County has responded to the long-

term needs of East area consumers. You can reach Municipal Services there at 876-5622, which



County Supervisor Roberta MacGlashan presents the new husband and wife with their signed marriage license.

A Gourmet Buffet of Gems and Jewelry!

Carmichael-Have you ever been asked “Are you going to Tucson?” a frequent question within the Jewelry Industry that prompts the biggest event in Tucson, Arizona.

Imagine walking into a big white circus tent full of precious stones and your eye’s dancing with excitement in each look at the glistening cases of diamonds emeralds, sapphires and all the beautiful newly discovered gems. Take that tent and multiply it by about 100 and you have the World’s Largest Gem Show. The California Institute of Jewelry Training (CIJT) sent staff members to Tucson as

Exhibitors for the show. Beginning in February of 1955 by a group of mineral collectors and rock hounds; the show took immediate success. The founders, from the Tucson Gem & Mineral Society, held a free exhibition open to the public.

Gems, minerals, jewelry, lapidary and publication dealers where showcased at the public event. Items from private collections and world renowned museums had the public in awe marking the show as an annual event.

As the show grew and gained even more recognition world wide,

it began moving to bigger locations throughout the city. Eventually setting up headquarters in the Tucson Convention Center where it still lies today. Not only does the show take place in the Convention Center but all throughout the city in tents, hotels, resorts and exhibit halls adding up to nearly fifty sites.

Many gem enthusiasts are unaware of Tucson. When preparing for the show you must begin months in advance. Planning ahead is key; the entire city of Tucson is booked in full before the month of November.

Tucson is a smorgasbord for jewelry and gem fanatics. Just as industry people come from all over the world to sell and purchase their materials quota for the entire year, attendees go the distance as well. Many come to work and the rest come to shop.

“I thought it was great fun, I was amazed at the number of vendors and the variety of stones and materials they had to offer,” said CIJT Director of Operations Robyn Beer.

It is hard for Newbees to paint a picture of the magnitude that is Tucson. Thinking about 50 venues and over 250 vendors selling all kinds of things is excitingly overwhelming.

Showstoppers are already thinking about the next year and thoughts are always promising. Bigger and better displays are forecasted in its future. The next time you hear “Are you going to Tucson?” what will the answer be?

For more article information and for pictures please contact Valerie Adams at Valerie@jewelrytraining.com or (916)-487-1122



(back row, left to right) Marc Berman, Analise Langford-Clark, Matthew Russell, Casey Worthington, Brianne Hidden (front row) Bethany Deal, Blake Flores

sets by Kathy Burselson. The 34-member cast is headed up by Matthew Russell (of Suspects Dinner Theater and Fair Oaks Theatre Festival) as Manny and Analise Langford-Clark (Magic Circle Theatre, Garbeau’s, Fair Oaks Theatre Festival and more) as Cherie. The play does contain some adult language.

All performances of “The Marriage of Miss Hollywood and King Neptune” will be at the American River College Theatre, 4700 College Oak Drive. Weekend parking is free in Lot “D” at the corner of college Oak and Myrtle, adjacent to the theatre. Weeknight parking is \$1. Ticket prices \$12/general, \$10/student/senior/sarta. For

tickets and information, call the ARC Box Office at (916) 484-8234. “Miss Hollywood . . . “ performance days and times are as follows:

Fri, April 25 at 8pm
Thurs, May 1 at 6:30pm
Sat, April 26 at 8pm
Fri, May 2 at 8pm
Sun, April 27 at 2pm
Sat, May 3 at 8pm
Sun, May 4 at 2pm

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Two Revenue Streams, One Referral Source



Always Best Care is only senior care franchise concept offering in-home care, assisted living placement services

Citrus Heights – Forty-two-year-old Michael Newman saw a hole in the complex web of senior care services. He filled that void and in doing so created a business model that has no match in the industry for both the services it provides seniors and their families and the opportunity it offers prospective investors.

Newman is the founder and president of Always Best Care Senior Services, a franchise concept that provides non-medical In-Home Care, Assisted Living Placement Services and Personal Emergency Response Systems to seniors. Newman entered the industry in 1996 when he opened four small residential care facilities in Sacramento.

Time after time, Newman would see seniors and their families arrive at his facilities confused and overwhelmed by the process of finding a facility that best fit their loved one's needs. Typically dispatched by a hospital discharge planner, case manager, social worker or doctor to find a suitable facility, they often had only a list of names from a placement service to guide them.

Realizing there was a better way, Always Best Care launched its own "personalized" no-cost assisted living placement service, accompanying seniors and/or their families to various facilities, touring the facility and meeting the staff with them and helping in gathering the paperwork necessary for the senior to move into the facility that best fit their needs.

While seniors were in need of such services typically after being discharged from a hospital or nursing home, many had the capability to return home as long as they had qualified home care support. Recognizing another opportunity, Newman added non-medical in-home care services in 2000. Always Best Care rapidly grew to become the leader in senior placement services and non-medical home care within central and northern California.

"No one else was doing both," Newman said. "We now work with more than 1,200 case managers, discharge planners and social workers. We became the one company that could handle all their discharge needs. We help hospitals and nursing homes expedite the discharge process, which is critical for them. More importantly, we take the burden off seniors and their families during a very confusing time. We can tell them, 'We will take care of these concerns for you so you can focus on what's important.'"

Always Best Care launched a franchising program in July 2006. Today it is the only company among franchised and independent competitors that offers "personalized" Assisted Living Placement Services and it is the (italics) only (end italics) franchise concept that

offers dual revenue streams through both non-medical in-home care and assisted living placement in a single franchise opportunity.

A few other franchised senior-care concepts offer multiple-revenue streams but from disparate sources, requiring multiple marketing initiatives. Conversely, Always Best Care derives its two revenue streams from one referral source - the discharge planners, social workers and case managers who recommend its dual services to seniors and their families.

"What sets us apart is that our franchisees are essentially getting two franchise concepts for the price of one. It is very similar to co-branding in the fast-food industry," Newman said. "Other senior care concepts might have multiple revenue streams, but they have nothing in common except that they are health-care related. We make running the business much easier and profit margins more attractive by targeting our marketing to just one referral source but deriving two revenue streams from it."

Committed to being the leader in the senior care marketplace, Always Best Care has eight franchise owners in California, Texas, Colorado and Ohio, with franchises in Texas and Kansas tentatively scheduled to launch operations in May and June 2008, respectively. Newman expects to add two dozen franchisees in 2008 with the overall count swelling to 200 by the end of 2010.

Always Best Care is targeting eastern and southeastern U.S. markets for growth, with most expansion expected to result from multi-territory franchise owners looking to build an easily scalable business in the fast-growing senior services sector. The burgeoning industry has resulted from the country's senior population growing about twice as fast as the overall population since the 1980s.

An Always Best Care franchise can be home-based and is affordably priced. The franchise fee is \$28,800 based on one territory of 200,000 people with the estimated total initial investment ranging from \$36,200 to \$57,500. Under a multi-territory discount, a second territory costs \$21,600, four territories, \$86,400 and seven territories, \$144,000. Territories are based on protected accounts and population, not simply populations defined by zip codes.

"Our territories are structured to make them strong. We carefully look at how many hospitals, nursing homes and home health care providers are in an area to help ensure that our franchisees will be successful," Newman said. "Before we began franchising we studied what successful franchisors in other industries were doing to ensure their franchisees' success. We took the best of those ideas and incorporated them with our proven concept to create what we consider to be the best in-home care and assisted living placement franchise. How we define territories is only a piece of what we do better."

Indeed, while its business model alone gives franchise owners a competitive advantage, Always Best Care provides a highly acclaimed technological tool that further sets it apart: the ABC Virtual Office, the in-home care industry's first and only fully integrated online business application that supports a franchisee's entire business by providing consolidated business intelligence data at their fingertips anywhere internet access is available.

"Virtual Office" allows franchise owners to focus more on marketing and less on administration and lets them make better and faster decisions through real-time business intelligence. The program took 18 months to develop at a cost of more than \$250,000 and allows franchisees to cut their administrative staff needs by at least 50 percent as they grow. Among its top attributes:

a. The system automatically matches assisted living placement clients to the best care home based on their needs, income and geographic area.

b. The telephony-based system allows in-home care providers to clock-in and clock-out by making a call from a patient's home. The program then generates automatic payroll and billing data so clients are accurately billed and caregivers accurately paid, drastically reducing bookkeeping requirements.

c. The "Virtual Office dashboard" provides an instant glance at more than 20 key business metrics including profit margins, hours billed, average dollar charged, key shifts, job openings and more.

d. Field representatives using laptops with tablet technology can view complete customer records, complete assessments, draw up contracts and send them to accounting with the click of a button. "Virtual Office is a very strong component of the entire support package we provide to our franchisees," Newman said. "You go into business for yourself for a lot of reasons... emotional, financial, personal and many more. Virtual Office accomplishes a lot, including allowing our franchisees to have a good work/life balance."

Newman said a key factor behind the success of Always Best Care has been treating its franchisees as strategic business partners and committing to giving them every possible competitive advantage to succeed.

"People who have an interest in Always Best Care see potential in the senior care market," Newman said. "They come from a wide variety of backgrounds but share a common trait: they are smart business people who want to be part of one of the fastest-growing industries in the world today. They realize that Always Best Care has the solid financial foundation, clear strategy and proven track record to take advantage of that opportunity."

Assemblyman Niello Appoints Matthew Allen to District Staff

Assemblyman Roger Niello (R-Fair Oaks) has appointed Matthew Allen as his new Field Representative.

Mr. Allen most recently served as Public Affairs Director for the California Restaurant Association (CRA) where he was responsible for developing, managing, and implementing the overall political strategy for the Association. He began his career at CRA in Employment Services and later as Industry Relations Manager overseeing the advertising and underwriting for CRA's award-winning publication California Restaurant Bulletin. He has a diverse background in procurement, contract management, and public affairs.

Prior to joining CRA, Mr. Allen was a Supplier Manager for Intel Corporation in Santa Clara managing and negotiating corporate contracts. He received both a Bachelor's degree and an International Master of Business Administration degree from the University of San Diego.



Matthew Allen

"I am delighted to have someone with Matthew's experience serving in my district office, where he will be able to assist my constituents in navigating their state government, and representing me during those times when I can't be in two places at once."

said Assemblyman Niello.

Mr. Allen will be working out of Assemblyman Niello's district office located at 4811 Chippendale Drive, Suite 501, Sacramento, 95841. He can be reached at (916) 349-1995 or via email at Matthew.Allen@asm.ca.gov.

Cornelia de Lange Syndrome National Awareness Day is May 10

Thousands of men, women and children remain undiagnosed

Each day, a baby is born with Cornelia de Lange Syndrome (CdLS), yet it may take months, or even years, for that child to receive the correct diagnosis. During that time, he or she misses out on important medical and developmental services that can affect quality, and even length, of life.

CdLS National Awareness Day is observed the second Saturday of May each year in order to shed light on this often misdiagnosed, little-known genetic syndrome.

"CdLS is unfamiliar to most people, including many professionals in the medical community," said Liana Garcia-Fresher, executive director of the CdLS Foundation, a national family support organization. "Public awareness is vital to identifying children with CdLS, which can be life-threatening if left unmonitored. CdLS Awareness Day is an opportunity to educate all segments of the population about the syndrome."

Although individuals with CdLS range from mildly to severely affected, most have similar physical characteristics: small hands and feet, thin eyebrows that meet, long eyelashes, upturned nose, small stature, thin, downturned lips, and partial joining of the toes. About 25 percent have limb



differences or missing limbs/digits. Common medical problems include reflux, bowel abnormalities, heart defects, seizures, feeding problems, and cleft palate. Behavior problems, autism and self-injury are also common among people with CdLS.

Although CdLS research has been conducted for decades, great strides were made in 2004 with the discovery of the first of three gene mutations that cause the syndrome. That initial breakthrough-by scientists at the Children's Hospital of Philadelphia (CHOP)-was followed by additional gene discoveries in 2006 by Italian researchers and in 2007 by the CHOP team again, and has inspired researchers around the world to study CdLS.

These genetic discoveries have led to more accurate testing and better diagnostic tools. Even so, researchers estimate that upwards of 20,000 men, women and children have CdLS but live without the correct diagnosis or support services.

More information about the syndrome is available from the CdLS Foundation. Founded in 1981, the CdLS Foundation is a national family support organization that exists to ensure early and accurate diagnosis of CdLS, promote research into the causes and manifestations of the syndrome, and help people with a diagnosis of CdLS make informed decisions throughout their lifetime. For more information, call 800-753-2357 or go to www.CdLSusa.org.

And You Thought It Was Your Room

Is it legal for a roommate locator service to match up customers according to their mutual preferences: male or female, gay or straight, have children or childless? Probably not, according to a recent federal appellate court decision in Fair Housing Council v. Roommates.com. That's because the federal Fair Housing Act and a similar California law ban discrimination based on sex, sexual orientation, or marital status in housing transactions."

This lawsuit attacks individual liberty in a particularly sensitive area," said Thomas Bowden, an analyst at the Ayn Rand Institute. "Adults who contemplate sharing

living space should have absolute contractual freedom to use a roommate-matching service that treats their own individual preferences as paramount."

It's perfectly obvious that an incompatible roommate can make life miserable, as anyone who has occupied a freshman dorm room can testify. People should not have to get government permission to arrange their private affairs according to their own best judgment."

The government's job is to protect you against physical force and fraud, not to overrule your preference for a roommate who shares your sexual orientation--or not; who is of the same sex--or not;

or who has children--or not."

The law should respect and protect the right of Roommates.com, or any other such matching service, to design a questionnaire that suits their customers' needs. Roommate seekers who object to a particular questionnaire are free to find another matching service, or to start their own."

This case illustrates why the Fair Housing Act, which does nothing but infringe on freedom of contract in the housing market, should be repealed."



Tax Code Should Not Be Used to Dictate Our Values

In "Life And Taxes," an opinion piece published today on forbes.com, Dr. Yaron Brook, president and executive director of the Ayn Rand Institute, argued that the government has no right to use tax policies to influence anyone's behavior.

The government's job, according to Dr. Brook, "is not to dictate your values but to protect them. In a free country, you choose values and then use your own money as a tool to achieve them. But a value-rigged tax policy reverses this cause and effect--it uses your money against you, bribing you with tax

breaks that let you keep some of your earnings in exchange for abandoning your preferred values."

Our current tax policy, Dr. Brook explained, "works by attaching financial incentives to a long list of values deemed morally worthy. If you want to maximize your wealth come tax time--and who doesn't?--you must look at the world through tax-colored glasses, 'voluntarily' adjusting your behavior to suit social norms and thereby qualifying for tax breaks. In this way, the social engineers of tax policy preserve the impression that

you're exercising free choice, while they're actually dispensing with your reason and your judgment."

If government were restricted to its proper functions of defending individual rights and stopped trying to socially engineer our behavior through the tax code, concluded Dr. Brook, "a great burden would be lifted, not just from the economy, but from our lives."



By Delia Fling

The recent Federal Reserve move to aid Bear Sterns has caused an incredible outcry from Wall Street to Main Street. Most cries have a common cord of outrage for the "Bail Out" using taxpayer money! This has been a continuous crescendo from the uninformed.

Anyone who has any understanding of how our financial system functions would be remiss not to applaud the Federal Reserve at stemming what could have been a crisis of confidence, which would have resulted in a run on the banking system. Don't forget the financial system in this country works on the concept of leverage.

This takes me to the topic today, Financial Literacy. We will all agree that the prowess of the United States was built on a foundation of innovative enterprise coupled with a ready and able labor force and a hefty dose of moxy. In other words as a country, we know how

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to make money. After that, we seem to be strained to understand what to do with our money once we have earned it. No surprise that spending is our national pastime. So many have excelled at it, over 50% of households spend 110% of their incomes! Numerous studies determine the average American doesn't have the basic knowledge of how money works. Granted, it is no longer just cash anymore...we have credit cards, debit cards, money market accounts, ATM machines, and automatic payments, which are often greater than the automatic deposits. In a recent survey, the concept of bankruptcy was more familiar to those surveyed than the concept of compounding interest. It is baffling to me that a strata of the population that can juggle countless fantasy football statistics and the attendant mind boggling drafting rules can't seem to balance a check book. Let's face it...as a whole we are a financially challenged population living

in the most financially sophisticated country in the world. How can you get your financial house in order without the tools of knowledge, much less with no blueprint to follow? Daily more and more responsibility is being shifted back to each of us to manage everything from retirement income to health care costs. Are you up to the task?

Educate yourself through professionals. If you want to get rich, talk to rich people...not your brother in-law who just borrowed \$50 until payday. Tackle issues one at a time. Let's start with your home. Do you know how much it is worth in today's market? Is it properly financed in this ever-changing mortgage landscape? Have you positioned yourself for the next up turn in the real estate cycle? As mortgage planners, our mission is to educate our clientele on financial and mortgage decisions so to best position them to attain their goals. We have a wealth of knowledge to share with you...you are welcome to tap our resources and even borrow our tools!

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



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George Washington: Who Is That?

By Chuck Baldwin

A recent USA Today report confirmed what most of us already knew: America has lost touch with its history. The story ran on February 26, 2008 and begins by saying, “Big Brother. McCarthyism. The patience of Job.

“Don’t count on your typical teenager to nod knowingly the next time you drop a reference to any of these. A study out today finds that about half of 17-year-olds can’t identify the books or historical events associated with them.

“Twenty-five years after the federal report A Nation At Risk challenged U.S. public schools to raise the quality of education, the study finds high schoolers still lack important historical and cultural underpinnings of ‘a complete education.’”

This report only touches the tip of the iceberg. The fact is, the current generation of Americans is more “historically challenged” than any previous generation. The public education system has all but eradicated a healthy knowledge and respect for American history. I believe the indifference of public education to our great history is deliberate and intentional.

Not only is true American history not being taught, what is being taught is mostly a distortion of our history. For example, virtually every child in America can quickly identify Martin Luther King, Jr., as the father of the civil rights movement, but many, if not most, cannot identify George Washington as the Father of Our Country. Fewer still know that James Madison was The Father of the U.S. Constitution or that Sam Adams was the Father of the American Revolution. School children are indoctrinated in political-correctness, but are taught nothing of the fundamental principles of liberty upon which America was founded.

By contrast, when I attended a public elementary school back in the 1960s, I well remember reading copious volumes on America’s Founding Fathers. In fact, I recall that our required reading included documents such as Washington’s Farewell Address. On the whole, however, today’s public school children do not even recognize names such as Thomas Jefferson, Patrick Henry, Benjamin Franklin, or Alexander Hamilton.

Beyond that, about the only references

that are given about America’s founders are insults, criticisms, and downright slander. Our Founding Fathers are referred to as racists, homophobes, extremists, etc. Even the faith of America’s founders is mostly impugned in modern public education. Their deep reverence for God and the Bible is either totally ignored or, just as often, ridiculed. Hardly ever will a child learn that our nation’s founders were mostly (by a vast margin) Christians. If there is any reference at all to their faith, they are simply called “Deists,” (a belief-system which can be honestly applied to only a couple of founders).

Without an understanding of our Christian history and heritage, however, people cannot possibly comprehend the principles that galvanized Colonial America and glued this republic together. Without at least a rudimentary understanding of Natural Law, one cannot possibly comprehend—much less appreciate—America’s Declaration of Independence, our war for independence, or the Bill of Rights.

Is it any wonder, then, that our country seems to lack both a rudder and a compass? Is it any wonder that multiculturalism is in the process of tearing our country apart? If things continue as they are currently going, these United States of America will soon become a regionalized, hemispheric, borderless state, without distinction or recognition. A nation without a history is a nation without a future.

In the meantime, it is not surprising that so many American families are completely bypassing the public education system and choosing to homeschool their children. Others are sending their children to private, Christian, or parochial schools, because public schools have become little more than massively-expensive incubators of violence, teen pregnancy, illiteracy, and anti-America propaganda. And that goes for many of our institutions of higher learning as well.

Add to a public education system that already reeks of failure the unbelievable situation in California, where the promotion of homosexuality is part of the curriculum and where homeschool parents are being threatened with criminal prosecution. It is perfectly understandable why an organized effort is underway in The Golden State called California Exodus 2008, which encourages and assists parents in

removing their children from the public schools.

See the Exodus Mandate website at <http://www.exodusmandate.org>

This is also the reason why my staff and I worked so hard to put together The Freedom Documents, a compilation of 50 of our country’s great historical documents in one volume, under one title. The next printing of The Freedom Documents will be in June, 2008, but we do have a special early printing of some 30 copies of The Freedom Documents currently on hand, which may be purchased now. Or, readers may also reserve their copies of The Freedom Documents for the June printing now.

To order or reserve Freedom Documents, go here:

<http://www.chuckbaldwinlive.com/products.html>

If we do not have a serious and concerted effort to restore knowledge and respect for America’s history quickly, this once-great land of liberty will not long survive. I applaud the efforts of many who are desperately trying to resurrect a hunger and thirst for American history. Unfortunately, in order to succeed at our task, we are competing against a heavily financed (by our own tax dollars) public education monstrosity that seeks to bury our history in the graveyard of irrelevance. We must not let that happen.

If you still have children at home, make reading and studying American history a high priority. Beyond that, prayerfully consider moving your children out of the public school system. Most communities have networks of homeschooling parents that can answer questions regarding the homeschool alternative. And, of course, most communities have a few—or in some cases many—private and/or Christian schools nearby.

If we rely on the public school system, the mainstream media, the entertainment industry, or even most churches to help teach America’s great history and heritage to our children, they will not learn it. And what they do learn will be nothing short of anti-America propaganda. If our children are going to learn American history, they are going to learn it from their parents and grandparents. So, Mom and Dad, what are you waiting for? Get busy!

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Court Will Rehear Home-School Case

Association, under current California law any student between the ages of 6 and 18 maintains the right to be “Home Schooled” in a private school independent study program or in a parent’s home-based private school.

The California State Legislature has also gotten involved. Governor Schwarzenegger released a statement on March 7th, 2008, “Every California child deserves a quality education and parents should have the right to decide what’s best for their children. Parents should not be penalized for acting in the best interests of their children’s education.” Schwarzenegger further said, “This outrageous ruling must be overturned by the courts, and if the courts don’t protect parents’ rights then, as elected officials, we will.”

The latest move by the California State Legislature is ACR 115, which is a resolution that calls for reversal of the anti-home schooling decision. Author Joel Anderson (R-El Cajon) has presented the resolution to the California State Assembly and it has been referred to the Assembly Education

Committee. The hearing date has not yet been set and those who would like to make their opinion known should call the committee Chair, Vice Chair and members. Contact information is as follows: Assemblymember Gene Mullin (Chair) 916-319-2019 and Assemblymember Martin Garrick (Vice Chair) 916-319-2074. Contact information for the other committee members can be googled with ‘California Assembly Education Committee’.

Understandably, home-schooling parents and their children are anxious to hear the ‘new decision’, which may in fact, not be known until around the time school starts in the fall. They may however feel comforted, knowing that Governor Schwarzenegger supports their decision to home-school.

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



Ordinary Citizens are Slaves to their Public Masters

By Jon Coupal

Had a raise in pay lately? For many Californians the answer is “no.” Their major concern in these uncertain economic times is just hanging on to their jobs.

However, when it comes to pay increases, some of our citizens are faring much better than others. These are workers employed by the state of California.

According to the U.S. Census Bureau, California is tops in pay for public employees. And their situation is getting rosier and rosier.

Research by the Sacramento Bee reveals that pay for state employees is surging, especially for those in the top tier.

Four years ago those employed at a base salary of more than \$200,000 annually amounted to about three dozen. Today the number of workers making that much is approaching 1,000.

Pay for the top 20% of state employees has increased about 20% in four years, from a median of \$77,904 to \$92,808. Those in the bottom 20%, which include janitors, typists and a variety of assistants, have seen their salaries increase at a slower rate, about 10%, the median

going from \$32,244 to \$35,532.

The highest-paid 10 percent of state workers earn a median annual salary of \$107,580, up almost 25 percent from November 2003.

Taxpayers who work so hard to pay these salaries will likely receive little comfort form knowing that when a reporter asked about the Bee’s findings, Department of Finance officials noted that the leaders of several state departments still make less than their counterparts leading similar agencies at the county level.

While those representing state agencies have dozens justifications for the high pay, and those representing the public employee unions have scores of reasons why the pay is not high enough, the bottom line is that, in general, state employees are doing much better than their private sector counterparts, especially when factoring in the lavish pension and health care benefits. And then there is the intrinsic value of the greater job security that comes with government employment.

The percentage of state spending that goes to compensation of all forms is much higher than it has ever been. State agency employers need to conduct careful salary surveys

before raising pay for high-earning professionals in the state work force. They need to review the demand for positions, and if the demand is high, taxpayers shouldn’t have to pay for higher salaries.

Most taxpayers do not resent good pay for public employees. The problem begins when average hardworking citizens see state workers, who in theory work for them, doing much better than they are.

With the state facing a \$16 billion deficit and calls from the Legislature and governor for tax increases to close the gap, most California working people do not want to see their taxes go up so that public employees can continue to ride the gravy train.

Considering how generous taxpayers already are to public employees, maybe it’s time for a moratorium on public sector pay raises – especially for those in the top tier -- until taxpayers can do a little catching up.

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.

A Changing Climate: The Southeast gets Serious about Global Warming

By Jim Motavalli

Alaskan tundra melting, Western forests afire, the Gulf slammed by mega-hurricanes, and the Southeast scorched by drought: the U.S. is just starting to feel the disturbing impacts of climate change. With some of the highest carbon dioxide emissions of anyplace in the country, one region is belatedly gearing up to respond aggressively to global warming.

Though the intensity of the Southeastern drought has eased in recent weeks, the legal battles over water rights have not. Reservoirs are still low, and forecasters fear that dry weather could return with a vengeance.

Geography, rather than fairness, determines which parts of the world will be the biggest losers to global warming, and according to computer models and studies, the Southeast could be direly affected.

A 2004 Pew Center on Global Climate Change report says the region’s densely populated low-lying coast makes it the most vulnerable in the United States to sea-level rise. Increased incidence of tropical super storms like Katrina will inflict further havoc. Intensifying heat and drought will take their toll on agriculture and forestry.

As much as 90 percent of the national coastal wetland loss and two thirds of the national costs to protect shorelines from sea-level rise could occur in the Southeast, according to federal sources. Gulf Coast marine fisheries will suffer, too, with damage to critical wetlands habitat for shrimp, crab and other commercially important species.

Also impacted by high temperatures and drier soils will be Southern forests, with the biggest effect in non-coastal areas like those near Atlanta and Vicksburg. Some existing forests may even turn to grassland. The forest industry, according to a federal report,

will “have to either relocate or modify its planting strategies.”

With so much to lose, the heavily air-conditioned Southeast continues to be a huge greenhouse gas emitter. The average resident used 15,000-kilowatt hours of electricity in 2001, compared to just 9,000 in the Northeast, federal figures show. The Southeast is also the fastest-growing region in the U.S. (based on housing starts), but per capita investment in green technology is the nation’s lowest, says the Southeast Energy Efficiency Alliance. The region is also behind in sales of federally certified Energy Star products (20 percent of sales in 2002, compared to 33 percent in New England).

Now, after decades of mostly ignoring the issue, Southeastern corporations, states, and colleges are launching a welcome assault on climate change. For example, Duke Energy, a major producer of Southeastern CO2 emissions, is committing to a region-wide carbon-reduction plan. The company has offered to retire a megawatt of coal capacity for every megawatt of energy-efficient power it brings online, says company spokesman Tom Williams. The company also is willing to commit one percent of Duke Energy Carolina’s annual revenues—approximately \$50 million—to invest in energy-efficiency programs.

More good news: North Carolina is the first Southeast state to actively consider a nonbinding resolution on reducing carbon emissions. “If you’d asked me two years ago if the state of North Carolina would be taking climate change seriously today, I would have said no,” says Dean Bill Schlesinger of the Nicholas School of the Environment and Earth Sciences. “But now we’re seriously debating the issues and studying the impacts on the state and what we can do about it.”

Colleges are also acting: In North Carolina Duke University’s Center

on Global Change and the Nicholas School are emerging as major centers of climate research, convincing Southeastern corporations to accept the inevitability of future federal climate laws. “Since the 2006 election it has become more acceptable to talk openly about this issue,” says Robert Jackson, the Center’s director. “Companies are mortified by the state-by-state mosaic we have now, and want a uniform federal law.”

Water conservation is a big part of adapting to global warming, and Duke recently reduced its campus consumption by 26 percent, amassing a \$5 million conservation fund and handing out 5,000 low-flow showerheads to off-campus students and staff. At the University of Virginia, the entire transit system is now run on B20 biodiesel. And a switch to energy-efficient lighting reduced annual electric consumption by nine million kilowatt hours, a yearly cut of 7,500 tons in carbon emissions.

A regional coalition of ten Virginia and Maryland colleges is putting pressure on school administrators to sign the American College and University Presidents Climate Commitment, a pledge to go carbon-neutral within two years. Signatories already include the University of Tennessee at Knoxville, Sweet Briar College, Lynchburg College, the University of Florida, University of Central Florida, Berea College, and the University of North Carolina at Chapel Hill.

None of these actions alone will reverse global warming, but in lieu of prompt federal action, they are a positive start in a region that until now was not in the forefront of change.

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Jim Motavalli is editor of E/The Environmental Magazine

Abolish Campaign Finance Laws

In “War on Free Political Speech,” an opinion piece published today on forbes.com (http://www.forbes.com/opinions/2008/03/19/yaron-campaign-finance-oped-cx_1ybr_0321yaron.html), Dr. Yaron Brook, president of the Ayn Rand Institute, argued that campaign finance restrictions “subject political speech to the corrupting influence of government control” and called for the abolishment of all campaign finance laws.

According to Dr. Brook, “Campaign finance reform has done nothing to get corruption out of politics, but it has been effective at keeping corrupt politicians in politics.”

It’s not money that corrupts,” elaborated Dr. Brook, “it’s the lure of arbitrary political power. A true crusader against political corruption would not strip American citizens of their right to free speech; he would seek to put an end to the government’s power to grant special favors to any group.” Do large contributions

buy political favors? They can, said Dr. Brook, but only because politicians “have power to grant special favors to special interests in the first place. Take away that power and politicians will have nothing to sell.” In reply to those who claim that in the absence of campaign controls, wealthy private citizens or corporations would have the power to censor the speech of others, Dr. Brook reminded us that “Only the government has the power to stifle free speech and replace persuasion with coercion.” And he added that “Private citizens or corporations can refuse to support, finance or promote ideas or candidates they disagree with—which is their inalienable right—but they cannot forcibly suppress them.”

Dr. Brook said also, “A wealthy individual, for example, can spend lavishly on ads, even buy an entire newspaper or broadcast station, to convince Americans of his viewpoint; he cannot force us to listen or agree.”

At the same time,” Dr. Brook pointed out, “a candidate lacking money is free to seek financial support from citizens who agree with him, whether it be a few wealthy individuals or millions of like-minded Americans who are willing to put their money where his mouth is.”

Although the advocates of campaign finance “reform” have not managed a complete government takeover of election financing yet, they have already managed to deprive many Americans of their freedom. According to Dr. Brook, “It’s time to reject this pernicious view and restore the First Amendment.”

“For more information on Objectivism’s unique point of view, go to ARI’s Web site at <http://www.aynrand.org/> Founded in 1985 the Ayn Rand Institute promotes the philosophy of Ayn Rand, author of “Atlas Shrugged” and “The Fountainhead.”

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15						16			17			
		18			19				20			
21	22			23				24				
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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				54				
55				56				57				

KING Crossword

ACROSS

- 1 Chef's handwear
6 Period
9 Resort
12 Had a home-cooked meal
13 Poetic tribute
14 Possesses
15 Wild West show
16 Destructive
18 Laundry machine
20 Guy
21 Bill's partner
23 Mai -
24 Pie-in-the-face sound
25 "... bug in -"
27 Preamble

- 29 Put on eBay, maybe
31 Swarms
35 Skinflint
37 Oompah instrument
38 Custom
41 Filch
43 English channel?
44 Author Wister
45 Nene's habitat
47 Sundry
49 Do reconnai-ssance
52 Previous to
53 Candle count
54 March King

- 55 Allow
56 Supporting
57 Beginning

DOWN

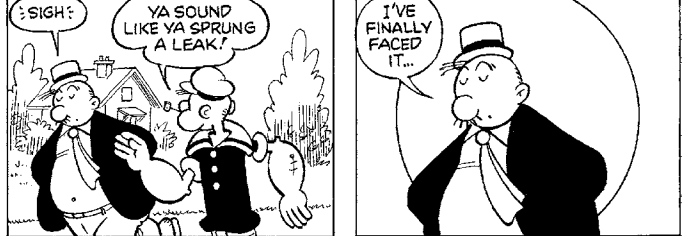
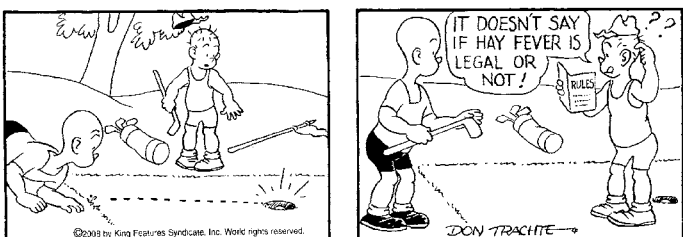
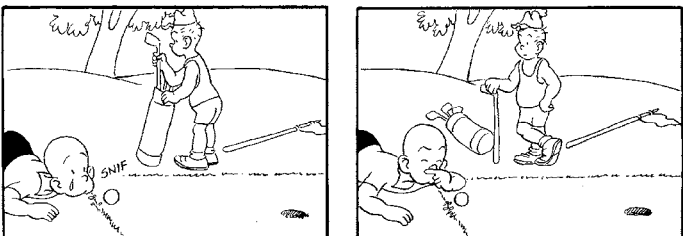
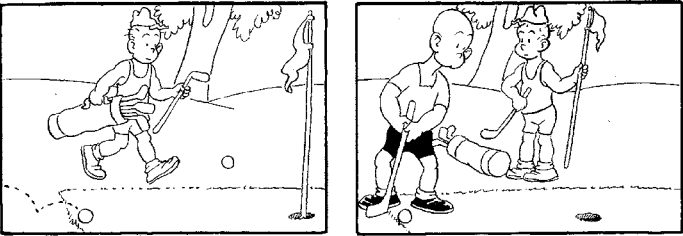
- 1 Scratch
2 Judge Lance
3 Tiresome
4 Layer
5 Treat disdainfully
6 Slain
7 Bloodhound's clue
8 Cowpoke's nickname
9 Sandbar
10 Zahn or

- Abdul
11 No liability
17 Balance-of-trade factor
19 Carpenter's supply
21 Ford or Lincoln
22 Raw rock
24 "No seats"
26 Early-June baby
28 Pitch
30 Torched
32 Stirring skepticism
33 Recede
34 Pouch
36 Whiteboard accessory
38 Run-down home
39 Cognizant
40 Jaunty chapeau
42 - profundo
45 "The Hunchback of Notre Dame" author
46 PC symbol
48 LummoX
50 Exploit
51 Tit for -

Answers on Page 12


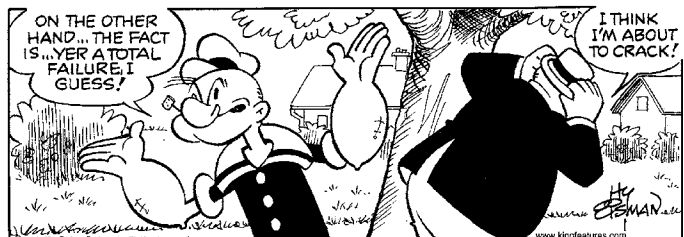


Henry

BY DON TRACHTE





Popeye

HEY EISENMAN



The Spats by Jeff Pickering

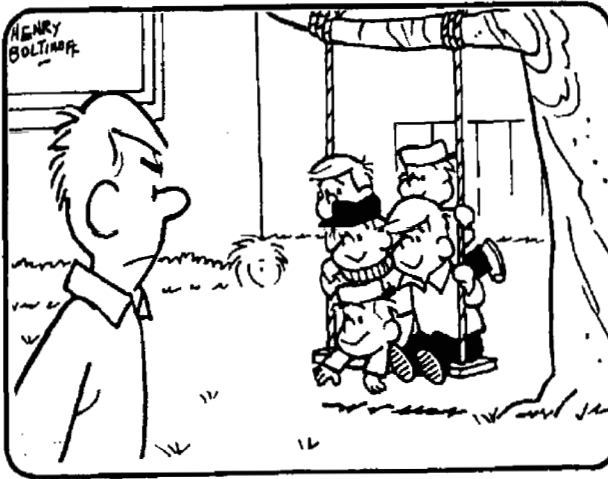


HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Man's collar is different. 2. Window is larger. 3. One boy is missing. 4. Leg on the left is missing. 5. Boy on the bottom has a hat. 6. Part of fence is missing.

Citrus Heights Barnes & Noble Welcomes Educators to a Special Event

Reception Features Giveaways, Special Offers and Discounts

Citrus Heights, CA – Barnes & Noble Booksellers celebrates PreK through 12th grade educators with a special event, to be held as a part of our Spring Educator Appreciation Week, April 26-May 4, 2008. Barnes & Noble at 6111 Sunrise Blvd., in the Citrus Heights Birdcage Centre, will host their reception on Thursday, May 1, from 3:00 pm – 6:00 pm. The event will feature special afternoon refreshments, and the opportunity to win a \$500 Barnes & Noble Gift Card. Teachers and administrators will have an opportunity to

learn about Barnes & Noble's services and programs for educators, including institutional purchasing discounts, book fair fundraisers, school tours, and in-store events such as principal storytimes and children's performances. All PreK through 12th grade school teachers and administrators will receive 25%* off their book purchases and 10% off DVDs and music from April 26-May 4 when they present their valid Barnes & Noble Educators Discount Card. *Normal exclusions apply. See any bookseller for details.

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ViewFinder Sacramento Historical Railyards

As Sacramento embarks on the decision of what the old railyards can become, ViewFinder examines what this historic site once was. The decisions for the future rest on the important role that the Sacramento railyards played in our history and the value that they continue to provide today. Make sure to tune in Wednesday, April 30 at 7:00pm – 7:30pm for ViewFinder Sacramento Railyards on KVIE Public Television channel 6 service, to learn about the special history in your own backyard and to be better informed about the redevelopment of the Sacramento railyards. This documentary will provide you with the historical perspective on this landmark

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● “SESAME STREET” CHARACTERS

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

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

Barkley	Curly Bear	Frazzle	Mama Bear
Bert	Elmo	Grover	Rosita
Betty Lou	Ernie	Honkers	Zoe
Big Bird	Fat Blue	Kermit	

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All Answers on Page 12 Contract Bridge

SEARCHING BENEATH THE SURFACE

North dealer.
North-South vulnerable.

NORTH		EAST	
♦ K Q 4		♦ 10 9 3 2	
♥ K Q 9 5 2		♥ A 8	
♠ J 10 2		♠ A 6	
♣ K 6		♣ A Q 9 7 4	

WEST		SOUTH	
♦ J 7 6		♦ A 8 5	
♥ J 10 7		♥ 6 4 3	
♠ 8		♠ K Q 9 7 5 4 3	
♣ J 10 8 5 3 2		♣ —	

The bidding:
1 North 2 East 2 South 5 West
Pass Pass 5 Pass
Pass Dble
Opening lead — jack of clubs.

The key to good declarer play is the ability to figure out how the unseen cards are divided. If declarer could see all four hands instead of only two, he would seldom have trouble achieving the best possible result. The knack of determining how the defenders' cards are divided can be acquired by anyone willing to take the trouble to assemble the necessary clues. In doing so, declarer forms a composite picture consistent with the bidding and plays that have already taken place.

Today's deal illustrates how the process works. South is in five diamonds doubled, and West leads a club. Declarer ruffs and plays a diamond to the ten, losing to the ace. Back comes a club, which South ruffs, and after cashing the trump king, declarer is at the crucial point of the hand.

His only problem is to avoid losing two heart tricks. He can do this easily enough, if West has the ace, by leading twice toward the K-Q. But if East has the ace, this method of play fails, since a second heart trick would eventually have to be lost.

Before broaching the suit, South must first try to decide which opponent is more apt to have the ace. This is not really difficult, since it's highly unlikely that East would double five diamonds unless he had the ace of hearts.

South therefore leads a heart and, after West follows low, finesesses the nine! This works like a charm because West happens to hold both the jack and ten, so declarer loses only one heart trick.

Considering the bidding, the nine is clearly the right play to make — even though it requires a substantial measure of good luck to succeed. But the fact remains that once East is credited with the ace of hearts, there is no other hope of making the contract other than the deep finesse.

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by Steve Becker

Pow Wow Days

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

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

Grand Marshall, Channel 31's, Alan Sanchez, "The Slightly Paid Intern", American Cancer Society Float, Sacramento River Cats Mascot "Dinger", Wheels of Balance BMX Stunt Team, and Dr. Solar are just a few of the parade attractions.

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

Sacramento Philharmonic League's 15th Annual Garden Tour

Saturday & Sunday, May 3 & 4

10:00 am – 4:30 pm Carmichael, CA

Advance Tickets \$30, Day of tour \$35

Group 10 or more \$25

Tickets can be purchased at the following locations:

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Emigh's Casual Living

Fair Oaks Boulevard Nursery

Green Acres Nursery, Jackson Rd.

Gifted Gardener, 17th & J • Ivy House

Windmill Nursery • William Glen

Easy Walking tour with convenient parking, starting with coffee and treats, wine tasting at 11:00 am, vintage autos, entertainment, boutiques & more. Proceeds benefit the Philharmonic and the Music in the Schools programs.

Phone: 481-3671 or 557-9289

Sacramento Republican Women Federated Hosts Candidate Forum And Luncheon

Wednesday, MAY 7, 2008 11:00 a.m.

North Ridge Country Club

Madison and Mariposa, Fair Oaks

All Republican Candidates on the June Primary Ballot for Federal, State and County races have been invited to

"Meet and Greet" their constituents

Guests are Welcome

The cost of the luncheon will be \$25.00 per person

Chicken Caesar Salad, dessert and beverage

Reservations for lunch must be received by Wednesday,

April 30, 2008 Please call 733-1623 for reservations.

Sacramento Master Singers Present "A Bernstein Celebration"

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

Free Spring Concert

The Sacramento Concert Band, under the direction of Grant Parker, will be presenting a spring concert at 7:30 PM on Monday, May 12, 2008, at Christ Community Church in Carmichael. This is the 38th season for the fifty-five member Sacramento Concert Band, an outstanding wind ensemble comprised of talented volunteer musicians from Sacramento and the surrounding areas.

The concert is free. Christ Community Church is located at 5025 Manzanita Avenue between Winding Way and Madison Avenue. Directions: Take the Madison Avenue east exit from Interstate 80. Turn south on Manzanita Avenue. The church is on the right about 0.3 miles past the Madison/Manzanita intersection. More information is available by calling (916) 691-7632. The Sacramento Concert Band is a non-profit organization sponsored by the Sacramento Valley Symphonic Band Association.

Open House and Vendor Fair

Little Methodist Preschool

9849 Fair Oaks Blvd., Fair Oaks 95628

April 24 4:30-7 pm.

Free food, activities for children, great shopping with wonderful vendors, coupons for fall registration (one week free)

916-0368

Woman's Thursday Club of Fair Oaks May Luncheon

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

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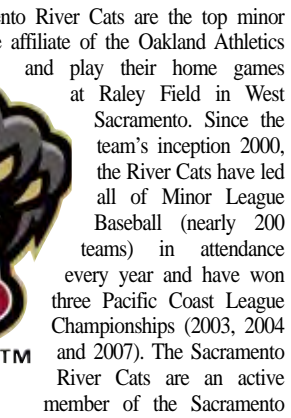
KVIE

All River Cats Games Now on K-Hits 92.1 FM



the crowd pleasing folk song, "I Bought Me a Cat." The audience was especially impressed with 6th grade accompanist, Joey Cozza. Congratulations to the choir and their director, George Dozet.

New Offerings for Fans Highlight Season



and West Sacramento communities and are involved in countless philanthropic programs.

The Leukemia & Lymphoma Society (LLS), headquartered in White Plains, NY, with 68 chapters in the United States and Canada, is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. The LLS mission: Cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. Since its founding in 1949, LLS has invested more than \$550 million in research specifically targeting leukemia, lymphoma and myeloma. Last year alone, LLS made 5.1 million contacts with patients, caregivers and healthcare professionals. For more information, visit www.LLS.org.

For additional information or an entry form, please call the toll-free NAYS spring tournament hotline at 1-866-352-5915, or tournament director Jeff Wise at 916-787-8100 x 6051.

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American River Messenger 773-1111

"We are extremely happy to announce our partnership with K-Hits," said Darrin Gross, River Cats vice president, corporate partnerships and broadcasting. "The opportunity to work with [parent company] Results Radio and the K-Hits team is an excellent one and we look forward to great baseball broadcasts all summer long."

The Sacramento River Cats are the top minor league affiliate of the Oakland Athletics and play their home games at Raley Field in West Sacramento. Since the team's inception 2000, the River Cats have led all of Minor League Baseball (nearly 200 teams) in attendance every year and have won three Pacific Coast League Championships (2003, 2004 and 2007). The Sacramento River Cats are an active member of the Sacramento and West Sacramento communities and are involved in philanthropic programs.

Upgrades to Coca-Cola Kids Corner

– The team has upgraded the Coca-Cola

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with \$2 Miller Lites, and Nestle Drumstick Family Fun Fridays every Friday night with \$1 Nestlé® Drumsticks® and \$1 Hot Dogs. A wide array of giveaways is also on tap for the season, with Darcie Barton Bobbleheads on Friday May 16th for the first 3,000 fans and in celebration of Dinger's Birthday Party, Dinger Piggy Banks on Sunday, July 20th for the first 1,500 kids. A complete listing of River Cats season-long promotions is available online at Rivercats.com. "It is our goal to make every year new and unique for fans at Raley Field," said Alan Ledford, River Cats President, General Manager & COO. "By listening to our fans' suggestions and ideas, we have been able to continually enhance the experience at the ballpark. We expect 2008 to be the best River Cats season yet!" For more information about the 2008 River Cats season, visit www.rivercats.com.

4. Before you head out, your boarding ladder needs to be positioned so it can be reached from the water. Also, attaching the ladder to the wrong

The BoatU.S. Foundation for Boating Safety and Clean Water is a national 501(c)(3) nonprofit education and research organization primarily funded by the voluntary contributions of the 650,000 members of BoatU.S. The Foundation operates more than a dozen programs including the only accredited, free, online general boating safety course, a low-cost EPIRB rental program, the "Help Stop the Drops" national canal fueling campaign, and a free kid's Life Jacket Loaner Program. It has awarded hundreds of thousands of dollars in grants for nonprofit groups for boating safety and environmental projects

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St.John’sShelterCelebratesSacramento Mothers at Second Annual Tea Party

FIVE SACRAMENTO AREA ACTIVIST MOMS TO BE HONORED

Five “Super Moms” will be honored by St. John’s Shelter Program for Women and Children on May 7th, announced Michele Steeb, Executive



Carol St. Johns



Teri Munger

Director of St. John’s Shelter Program for Women and Children. These five honorees will be recognized for their contributions to the Sacramento community at the second annual “Celebrating Mothers 2008, A St. John’s Shelter Program for Women and Children Tea Party” benefit set for 3:30 p.m., May 7, 2008 at the Sheraton Grand Hotel in Sacramento.

St. John’s Shelter Program for Women and Children is the only shelter program in Sacramento County focused exclusively on women with children - the most vulnerable of the homeless population. Its mission is to assist these families in advancing from a point of crisis to a position of self-sufficiency in 90 days. Since 1985, the Program has served more than 23,000 displaced women and children.

The five honorees are as follows:

- Teri Munger—External Affairs and Media Relations Manager, Intel
- Cassandra Jennings—Assistant City Manager, City of Sacramento
- Carol Fowler—Community Volunteer
- Griselda Barajas—Small business owner/restaurateur
- Jolene Waite—St. John’s Alumna Mother of the Year

“These women are ‘Super Moms’ in every sense of the phrase said Steeb. “We could not continue this work without the commitment of women like them, our amazing Board of Directors, and our major sponsors, such as AT&T. Last year’s event, the first annual Celebrating Mothers Tea Party, wildly exceeded our expectations,” said Steeb. “And this year we are expecting almost double the number of attendees—700. It’s so gratifying to see the Sacramento community respond to the needs of this rapidly growing population. Though we have 100 beds, our average daily capacity this year is 115 women and children, and yet, we are turning away more than 100 women and children each day,” said Steeb.

The Tea Party is co-chaired by

Sacramento County Supervisor Roberta McGlashan and Sacramento City Councilmember Kevin McCarty, and Kathy McKim, Vice President-External Affairs, North/Central AT&T California. The event will be emceed by Peggy Shannon from the Sacramento Theater Company.

About the honorees:

Cassandra H.B. Jennings—Ms. Jennings is the Assistant City Manager for the City of Sacramento. She has been instrumental in the \$90 million Community Reinvestment Capital Improvement Program; Rental Housing Inspection Pilot Program; Homeless Initiatives and the creation of the Office of Youth Development. As Deputy Executive Director of Sacramento Housing and Redevelopment Agency she established the countywide First time Homebuyer programs and micro-lending programs. She has served on numerous boards including the American Leadership Forum, Florin Road Foundation; Oak Park Outreach Program and the Interagency Council to End Homelessness. In 2005, she received the prestigious “Women Who Mean Business” award from the Sacramento Business Journal for her efforts to revitalize Franklin Villa. Ms. Jennings and her husband, Rick, who runs the Center for Fathers and Families, have devoted their lives to encourage kids and healthy families. She and her husband are the proud parents of two grown children.

Carol Fowler—Ms. Fowler is a “Super-Volunteer,” offering her time and talent to the United Way, Red Cross, American Leadership Forum, Boys and Girls Club of Sacramento. She is a member of the UC Davis Health System Leadership Council, as well as Women in Philanthropy. She and her husband, Rick, have three grown children and two grandchildren.

Griselda Barajas—Ms. Barajas operates two restaurants in the State Capitol Building, a catering company and Texas Mexican Restaurant in downtown Sacramento. She started her first business in 1993 at the age of 21. Her philosophy is to treat her employees like family and give back to the community. She is an active and vocal advocate for small business owners and currently serves on the board of the Sacramento Hispanic Chamber of Commerce. She has been recognized for her leadership by receiving the following awards: 2002 Role Model of the Year; 2000 Small Business Advocate of the Year; 1999 Business Woman of the Year; and 1996 Business Woman of the Year.

Teri Munger—Is the External Affairs and Media Relations Manager for Intel’s Folsom site. She joined Intel in 2005 after a 12- year career at HP directing their Public Affairs Team. She is active in the community as a member of numerous non-profit organizations, including the Sacramento Asian Chamber of Commerce, Workforce Investment Board, Folsom Chamber of Commerce, Hwy 50 Transportation Management Authority, American Leadership Form and Vice President of the South Place UCD Breast Cancer Endowment Fund. She and her husband, Curt, live in Granite Bay and have three grown children.

Jolene Waite—Is St. John’s Alumna Mother of the Year. Jolene and her children first arrived at St. John’s in 2005. Overwhelmed by her issues of homelessness, undiagnosed mental illness, drug use and pregnancy, she left almost immediately. Two months later, Jolene realized that St. John’s was the right place for her. Even though it meant separation from her some of her children, she knew this was the path for her to take. Jolene’s highest goal in

life is to create a loving, stable home for all her children. Today, against all odds, Jolene and all of her children live together. Her oldest daughter plans on college, daughter Amanda is in aerospace school and the rest of her five children are all in school. Jolene is working to fulfill her ambition of becoming a drug and alcohol counselor



Carssandra Jennings



Griselda Barajas

so she can give back to women that used to be in her position. She returns to St. John’s often to work with, support and inspire its clients.

About St. John’s Shelter Program for Women and Children:

St. John’s mission is to support homeless women with children to advance from a point of crisis to a position of self-sufficiency. St. John’s Shelter Program for Women and Children is the ONLY shelter program in Sacramento County focused exclusively on women with children - the most vulnerable of the homeless population. Since 1985, the program has served more than 23,000 displaced women and children.

St. John’s offers a 90-day program, rooted in one-on-one case management, the development of a Progress Plan with weekly and monthly goals, required attendance at classes/ workshops each week, and community service requirements. Services and classes include domestic violence counseling, mental health counseling, drug and alcohol treatment programs, weekly health services from a nurse, employment services, parenting classes, fitness and nutrition classes, art therapy, budgeting and financial management class, and other self- development classes.

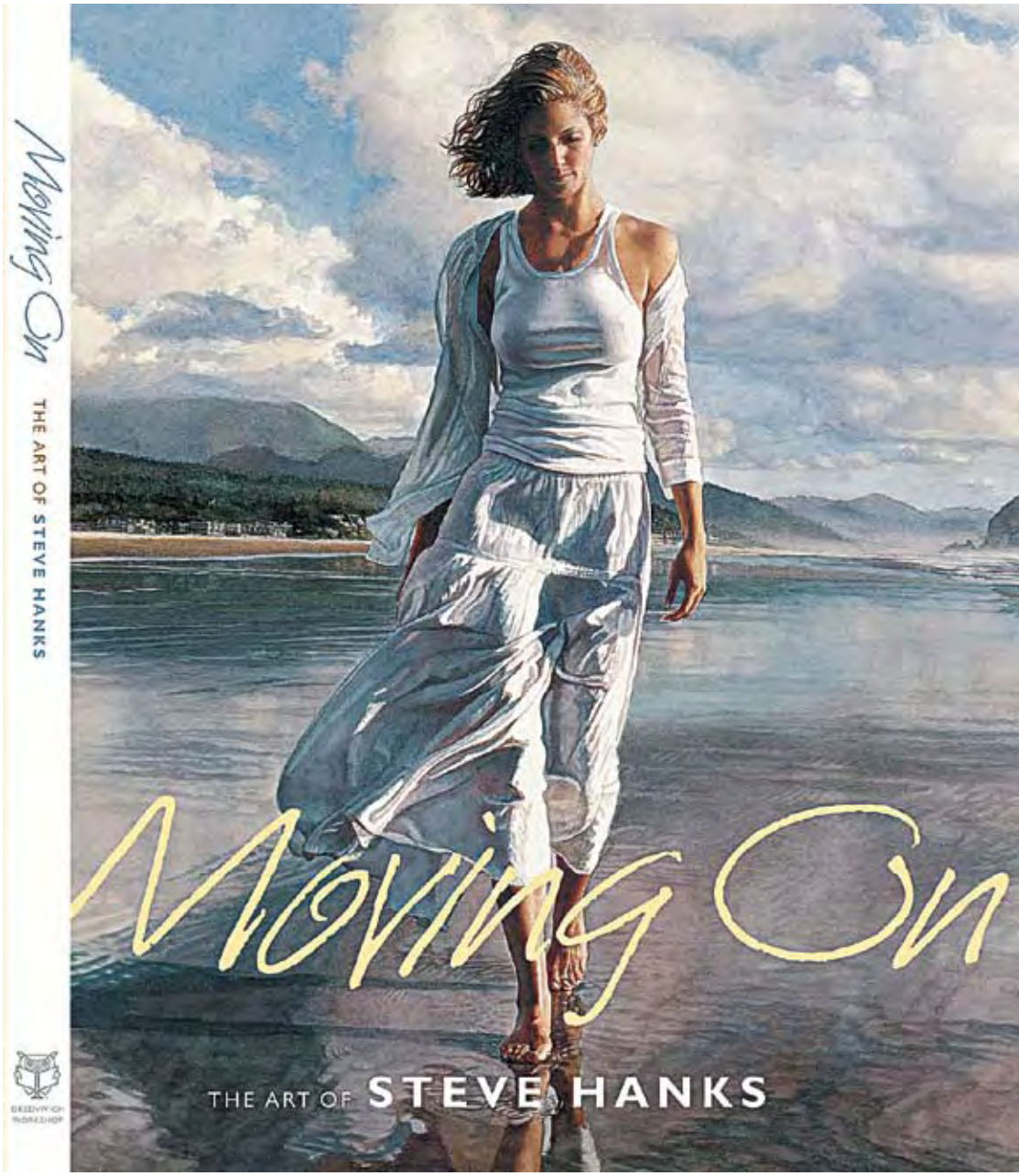
The “secret” to St. John’s success in transforming the lives of homeless women and children in only 90 days is that all of the necessary services are under our roof. To accomplish this, we collaborate with many local agencies including: The Effort, Project Teach, the Sacramento Unified School District, Sacramento County, Sacramento State University, St. Francis High School, and PRIDE Industries to name a few.

In 2007, the lives of more than 1,300 women and children were transformed at St. John’s.

About the Tea Party:

Tickets are \$50.00 each and are available by calling (916) 448-2881 or you can purchase them at www.stjohnsshelter.org.

Steve Hanks Exhibition Opening, Artist Presentation and Debut of Fine Arts Book



Moving On: The Art of Steve Hanks, American Visions Gallery 718 Sutter Street, Folsom, California Saturday, May 3, 2008, from 4:00 to 8:00 p.m.

American Visions Gallery is proud to announce a very special evening with world famous watercolor artist, Steve Hanks, on Saturday, May 3, 2008, from 4 – 8 p.m. The gallery is located at 718 Sutter Street, in Folsom, California. The event celebrates the recent publication release of Moving On: The Art of Steve Hanks, the most extensive collection of the celebrated watercolorist’s paintings in over 10 years. The event also commemorates a new exhibition of limited edition Steve Hanks prints, including the greatly anticipated work titled “ Beyond the Horizon,” which was just released in March 2008. Every hour during the event Hanks will give a presentation about the book, reading excerpts and taking questions from attendees. The cozy cafe in American Visions Gallery will serve refreshments and appetizers throughout the evening and Miraflores Winery will pour throughout the event from their most celebrated wines.

Well known for their finely tuned details and emotional subjects, Hanks’ award winning paintings have garnered international media attention. Most recently, Hanks was the cover story of the March/April issue of Art of the West, and American Artist Magazine declared Hanks a “modern master,” “who inspires and informs,” and showcased “Beyond The Horizon” on the cover of its winter 2008 issue. Hanks, whose works have been acquired by some of the art world’s most distinctive fine art collectors, will be making a rare appearance to talk about his paintings and to sign books and limited edition prints during the opening event.

In celebration of the exhibition opening, The Greenwich Workshop, fine art publisher of Hanks limited editions and his book Moving On: The Art of Steve Hanks, has teamed up with American Visions Gallery to donate one signed, limited edition print to benefit the Mercy Hospital Foundation, serving community children, families and the elderly. A representative from the charity will attend the event and accept the artwork to raise money for the charity.

Gabrielle Stark, director of American Visions Gallery says, “We are very excited about this exhibition and are honored that Mr. Hanks will be here to celebrate with us. This will be a very special opportunity for collectors and fans to meet this superstar artist and to

ask questions about his work.”

Hanks’ paintings are derived from the emotional drama of the artist’s own life. After his divorce in the 1990s, Hanks began a series of paintings about emotional healing. The paintings in this series are both deeply personal in their symbolism and universal in their emotion and experience. Hanks explains, “The prints in the show and the work in the book are the culmination of what I’ve learned in the last 10 years.”

This exhibition, together with the body of work featured in the book, signifies a personal and artistic epiphany where hope, optimism and joy are key themes. Hanks adds, “These paintings capture defining moments of mine, moments that I hope will transform your perception and influence your journey. The whole idea of the book is to portray an enjoyment of the mysteries of life.”

Moving On: The Art of Steve Hanks is a stunning oversized gift book, quality crafted in Italy, featuring extensive captions by artist discussing his symbolism, meanings, process and development as an artist. As with all Greenwich Workshop books, the design and print quality is superior, and stays true to the rich detail and luminous color inherent in top quality limited edition prints.

Scott Usher, president of Greenwich Workshop, says: “It is our distinct pleasure to present of Moving On: The Art of Steve Hanks at Editions Gallery. We are very proud of this publication, which features the most comprehensive collection of Steve’s paintings, and offers an emotionally provocative glimpse into the great imagination of one of the most celebrated contemporary artists.”

Each object depicted in his works has poignant meaning that goes far beyond what is seen on the surface. The paintings are so realistic, and Hanks’ use of color and light so intricate, that they can be mistaken for photographs. Although his work is at times referred to as photo-realism, Hanks prefers not to use that term and explains, “The whole point of my work is that each painting is infused with emotion, each work is in some way a self-portrait, which hopefully evokes emotion in the viewer and reflects to them something about themselves. This you cannot achieve in a photograph or photo realism.”

Collectors love Steve Hanks’ work for his heartwarming portraits of children and families, his sensitive depictions of women and his prodigious skill with watercolors. Steve Hanks is also well known for his work with female models, and the upcoming exhibition includes a number of his classical nude paintings. Hanks notes, “There’s a

strength and power to women, and in the nudes I hope to convey not only a beautiful image, but also an emotional portrait.”

Hanks professional accolades are numerous. The Weems International Art Fest chose Hanks to be the featured artist for their 25th annual show in 2007. Art jurors began recognizing the quality of his work in 1973. He has received The Arts for the Parks Marine Art Award of Excellence in 1990 and 1994 as well as one of the Arts for the Parks top 100 artists since 1989. Additionally, Steve has received the National Watercolor Society Merit Award and a Gold Medal from the National Academy of Western Art. Since 1993, Hanks has been cited by U.S. Art magazine as one of its top ten American artists, he was one of five artists selected to the U.S. Art Hall of Fame 2000, and he was named as one of the top 25 selling artists in the June, 2002 issue of Decor magazine. In 1999, the Pacific Rim Show in Seattle, WA selected Hanks as Artist of the Year. The 7th Annual Andre Agassi Grand Slam for Children chose Steve as their Feature Artist in 2002. Hanks created a painting specifically for the event called “Shelter for the Heart” which helped raise over \$5 million for the Andre Agassi Foundation for Children.

As a youth, teachers often cited Steve Hanks’ artistic ability, but his main interests while growing up around San Francisco were sports and surfing. After his family moved to Albuquerque in 1966, Hanks decided to study commercial art. However, at the Academy of Fine Arts, he discovered the challenge of drawing people, and determined to develop his skills in that area. He graduated from the California College of Arts and Crafts in Oakland, during the explosive sixties.

Hanks was deeply affected by the maelstrom of shifting attitudes, as evidenced by his art. Initially, his works were pencil drawings and oils. His paintings were impressionistic while his drawings were realistic. Eventually, an allergic reaction to oils forced him to experiment with watercolors. Using the techniques learned from his other mediums, he found he could create watercolors as “finished” as oils.

Hanks says that through his art, he’s “tried to be responsible and put positive images out into the world.” He adds, “I hope my work brings comfort, pleasure and insight into other people’s lives.”

The event is free and open to the public. Steve Hanks will be in attendance. For more information please call, (916) 351-1623. or visit www.avartgallery.com



Grandpa Pauli, surrounded by his son Gabriel, his wife Trish and grand-daughter Kendra, grand-daughter Hailey (visiting from Florida), (I’m holding grand-daughter Kylie), and daughter Jennifer, holding her daughter Kearston, all out to watch one of Gabriel’s baseball games.

Taking Time to Count One’s Blessings

Sometimes you just have to take a day off to enjoy family to count your blessings. One past weekend, my grand-daughter Hailey was visiting from Florida on a short stay. She hadn’t seen her newborn cousins yet, so we made a family day of it. We all met at the ballpark to watch my son’s baseball game and enjoy the great weather.

Spending the entire day playing with the kids, watching my son behind the plate (he plays mostly catcher) in a close winning game, taking time-out to be with my wife without a ringing telephone, fax and

away from “incoming” emails, gave pause to realize the blessings that come with having a loving family.

Sometimes you just have to sit and be quiet and listen to the children play. Sometimes you just have to stop and enjoy the presence of those you love. Sometimes you just have to watch to be truly grateful.

Many thanks go to all those who read and support this newspaper. Your support and investment in this local publishing venture allows me to continue to run a business that I love. I have been in the newspaper business since the late 1970’s, but

have thoroughly enjoyed the many tough transitions publishing has made over the years. With today’s technology, it is possible for just a few people to create what many years ago took dozens.

Technology is giving communities back their local newspapers through the entrepreneurial spirit of those who are willing to publish what the majority of newspaper readers in the community want. I am blessed to be in the position to do just that, do what I love and give people what they want. Thank You.

Orangevale Chamber of Commerce
May 15 – 18, 2008
45th ANNUAL POW WOW DAYS
"IT'S A FAMILY TRADITION"



- Fun for All Ages
- Carnival Rides
- Petting Zoo
- Arts & Crafts
- Vendor
- Exhibitors
- Food
- Live Shows
- Music

SATURDAY NIGHT
Special Guest!
Dave Russell
Band
May 17th, 2008



KIDS KORNER
SATURDAY
May 17th, 2008
12:00 - 4:00 PM
Hosted By
East Valley



CASA ROBLE
"GRAD NIGHT"
FUNDRAISER

COW CHIP BINGO



PARADE
SATURDAY
May 17th
SPECIAL GUEST!

Hosted By:
Orangevale Chamber of Commerce
Site Provided By:
Orangevale Recreation & Park District



FREE ADMISSION
Thurs: 3 PM – 10 PM Fri: 3 – 11 PM Sat: 11 AM -11PM Sun: 12 – 6 PM
Orangevale Park
Filbert Ave / Behind Green Oaks School



Everyone Loves a Parade!

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

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

WOW Days Parade".

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

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

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

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

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

Wanted!

Exhibitors, Vendors, Arts and Crafters

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

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

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

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

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

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

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



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



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

Sandra Rubalcava, Soprano Oksana Sitnitska, Mezzo
David Robinson, Tenor Elias Mokoli, Bass

Sacramento Community Center Theater

Mozart's *Requiem*, featured in the movie *Amadeus*, remains an imperishable musical treasure.

Discover why Lauridsen's powerful *Lux Aeterna* brought audiences to their feet during the SCSO's 2004 European Tour.

Come share this exciting preview of the SCSO's debut performance in **L.A.'s Walt Disney Hall** on June 27th 2008.

SCSO Disney Hall tickets available on ticketmaster.com or via the SCSO: **916 536-9065**

Tickets 916 808-5181
Group rates (10+) 916 536-9065
2 for 1 discounts for students

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American River Bank

THE 59TH ANNUAL 2008 FAIR OAKS SPRING FEST



Theme

SPRIT OF THE OLYMPICS



Fun For The Whole Family! In Fair Oaks Village

Saturday May 3rd

PARADE

10am
Featuring the Ben Ali Shriner's



Sunday May 4th

Sun Run

Registration at 7:00am
Race begins at 8:30am



Car Show

9am - 3pm



**May 3rd and May 4th
Children's Park**

Food Vendors Children's Games Toilet Bowl Race
Craft Vendors Rides Entertainment Frog Jumping

For More Information call: 916-967-2903
or visit www.fairoakschamber.com to download the Schedule of Events.

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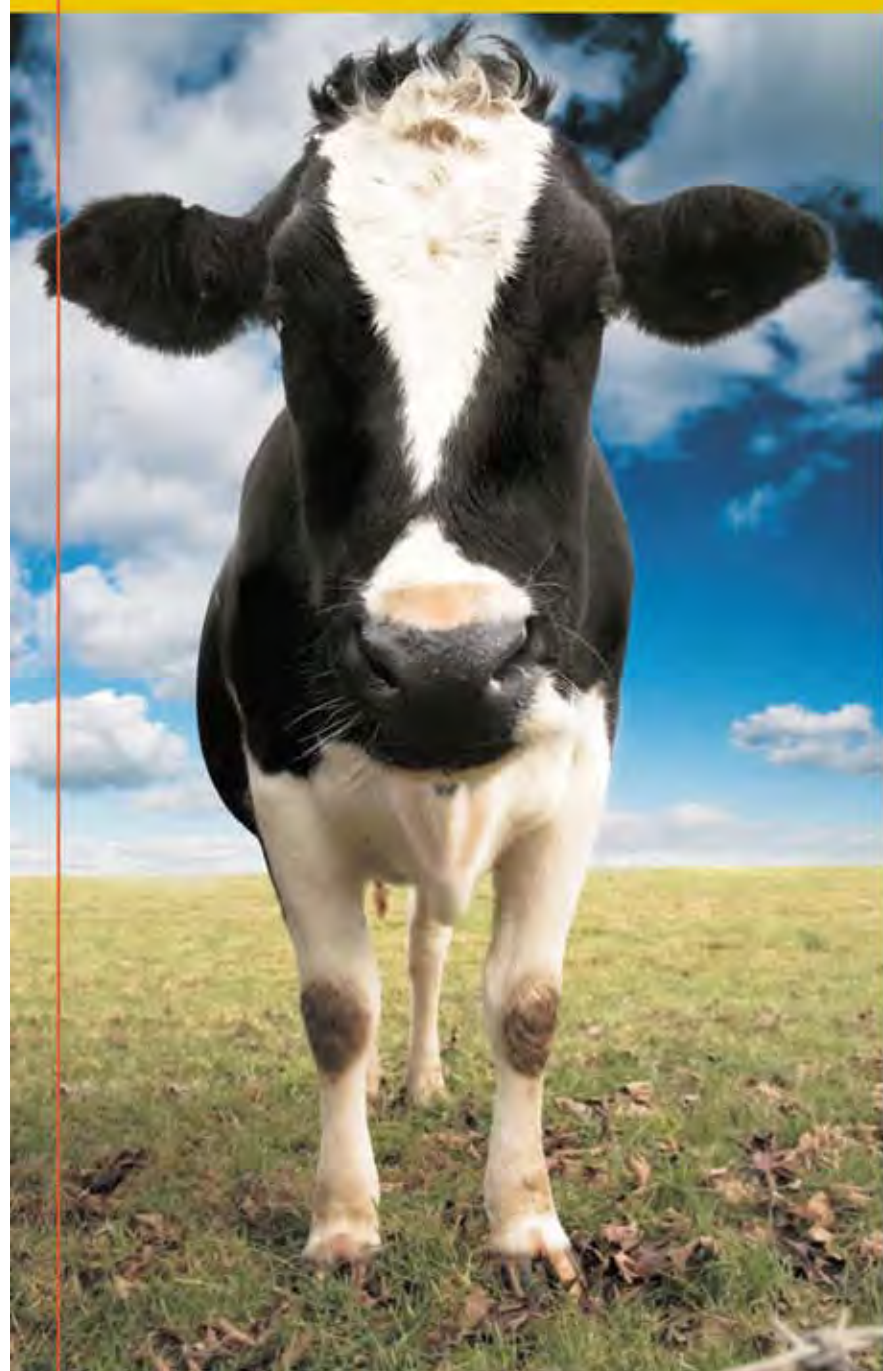
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You may be familiar with clean, renewable power from natural resources like the wind and sun. But, cow power?

SMUD is working with area farmers to convert methane from cow manure, a potent greenhouse gas, into electricity – improving air quality in the process.

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