

Diana Anniversary Exhibit & Tribute Show at State Fair



"I'll tell stories, I'll sing. We'll light a candle for Diana" - author/singer Susan Maxwell Skinner.

By Susan Skinner

Ten years after Princess Diana's death, a "Memory of a Rose" exhibit will be a cultural draw card at the California State Fair (Aug 17 to Sept 3, Cal Expo). The rare, poignant display will showcase vintage royal memorabilia, including Diana dolls and many royal wedding souvenirs.

The fair will also offer patrons a Diana tribute presentation on August 31 (the actual anniversary of Diana's passing). Author Susan Maxwell Skinner, a veteran of eight years on the Buckingham Palace press corps, will share her memories of the Princess. Also a professional singer, Skinner will dedicate several songs to Diana's memory. The John Skinner Band will back this multi-media tribute event.

If a bustling state fair seems far removed from the somber events of 1997, Skinner supports marking the anniversary here. "Many thousands of Californians signed condolences and cried through Diana's funeral," said the author/singer. "But remember, millions applauded her journey through London

effectively. Every time we see a celebrity doing good works these days, we should remember Diana blazed that trail over 20 years ago. As a professional speaker, I frequently encounter people - of all ages and both sexes -- from all over the United States, who consider Diana their personal Princess. She was no saint. But despite ten years of (mostly unfounded) gossip, she's still a light in the lives of millions.

"I see any sins Diana committed as common to most of us. That's what makes her even more relevant; her achievements teach us you don't have to be perfect to make the world a better place! Look at the figures seen as role models these days -- well, you could do worse that a woman who stood against arms dealers, championed HIV sufferers and taught her kids to do the same."

Skinner is loaning the vintage princess memorabilia that will provide a daily magnet for royalty fans at the fair. "I attended THE wedding in 1981," she said. "Over following years, I amassed scores of collector's items. My 1981 Diana bride doll's tiara and earrings have real diamonds. I don't collect anything manufactured after her death; my "Dianabilia" is kitsch but it recalls the happiest days of her life. The wedding; the birth of her sons; those first royal tours I joined Diana on.

"I also show some rare souvenirs of royal weddings from the 1920s onward. It's not the world's biggest collection, but it's pretty and it makes history come alive. Little girls adore it!"

The author/singer has written three books on Princess Diana. She will host the memorabilia collection and sign her books from 3 - 6pm, every day at the fair. Continuing Diana's efforts for charity, a portion of book sales will be donated to the State Fair's educational scholarships. Skinner will donate several items of "Dianabilia" to a Friends of the Fair fundraising raffle.

The August 31 Diana Memory of a Rose tribute show begins at 1pm on the Cal Expo's Center Stage.

For information, call (916) 263-3021. To learn about Susan Maxwell Skinner, visit www.susanmaxwellskinner.com

after the ceremony. Diana's was a life to be celebrated. Her sons recently staged a remembrance concert that was enjoyed all over the world. Their mum's impact remains relevant in many people's hearts. This anniversary is perfect time to honor one of the most effective women in contemporary history. I'll tell stories, I'll sing. We'll light a candle for Diana."

As for the State Fair context, Skinner approves: "Diana was a people's icon. To commemorate a woman who loved pop concerts and theme parks, a rock arena or a state fair is every bit as appropriate as Westminster Abby..."

Eight years of following the People's Princess during the 1980s yielded mixed memories. "Diana was nice to me and I appreciated an informal, professional relationship with her," recalled the former royal reporter. "She has reshaped the British monarchy forever, mainly for the better. But she could be difficult and she certainly made some poor decisions. Her bad taste in men was legend! A rotten marriage and Royal Family politics didn't help.

"When you consider the stress this woman was under, it's a miracle she was able to shelve her pain and serve humanity so

Does Your Financial Health Need a Second Opinion?

By Delia Fling



TRANSPAC FINANCIAL



Since my last column I have been among the cough and feverish brigade affectionately referred to as the summer cold gang. It happened innocently enough; I was at a local restaurant, sandwiched between the "I never get a cold in the summer" person who then proceeds to cough open mouthed incessantly, aimed directly at my lunch, and the "It's just allergies" person who is feverish and red faced, going for the record of how many times she can sneeze in a row. I was just sitting there minding my own business. But before I could say pass the cough syrup and antihistamines, I became one of them - A result solely of being in proximity to contagion. How quickly each of us recovered was the result of doctor's advice. My allergic friend went in for more shots immediately and then when properly diagnosed, got an ample supply of antihistamines to help the stuffiness and antibiotics to cut the fever. My friend was back to work so fast that she still thinks the doctor was wrong and it was just allergies. I, on the other hand, had a more organic doctor who recommended sleep, fluids and "old reliable" time. After 5 days, I too went to see the allergist! Not that the advice

my regular doctor gave me was bad, it's just that the advice the allergist gave me was better. I was back to work in 2 more days. And as you can imagine, the in denial person didn't even go to the doctor, figuring that it would just go away. It's been 2 weeks and we haven't seen him back yet. The moral to the story, there are four kinds of advice: good, better, bad and NONE. On the surface each is indistinguishable from the other. Only by comparison can an educated decision be made. That is why when people are seriously ill, they often seek a second opinion.

Financial issues like health issues frequently need a second opinion. Often times, the second opinion brings easy yet unusual remedies for some very common ailments. Too often, however, no advice is sought. Little problems turn into big problems from neglect. When finally things are critical and advice is sought, it may not be the right or best solution to the problem. In fact, often times, time is running or has run out and there is no time to pursue other solutions. Do

yourself a favor, whether you have a problem or want to analyze your circumstances, seek financial advice from a professional. Then pick up the phone and call one of their competitors and compare notes. Then go back to each so they can substantiate their position. You don't have to take anyone's advice, but don't be foolish enough to think you have all the answers that an experienced mortgage planner can give you.

So, if you have some financial issues to deal with, take 2 aspirin and call me in the morning!

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

RILEY REVIEWS A Film Review by Tim Riley



Tim Riley

The Bourne Ultimatum (Rated PG-13)

Though the action is nowhere near Asia this time, "The Bourne Ultimatum" seems to be channeling the spirit of Hong Kong Cinema, where a film auteur like John Woo cranked out high-octane action thrillers in which fists and bullets would fly fast and furious. This third film in the "Bourne" trilogy could reasonably be described as a mixture of martial arts fury, James Bond coolness and "Die Hard" mayhem. It's a spectacular achievement of immeasurably thrilling non-stop action in which a well-trained secret operative with amnesia and a hair-trigger temperament goes on a globetrotting journey of self-discovery with frequent stops in foreign lands.

With a minimal amount of understanding of basic plot points, "The Bourne Ultimatum" stands on its own for delivering excitement, though greater appreciation of the film is gained by familiarity with both "The Bourne Identity" and "The Bourne Supremacy." As rogue agent

Jason Bourne, Matt Damon gives an even tougher portrait of a spy than Daniel Craig could bring to the last James Bond film. That's no insignificant achievement. One would suspect that a trained assassin has an impenetrable toughness, but Bourne's rough edge may come from not knowing with any clarity how to distinguish between friends and foes. The "Bourne" trilogy revels in its hero's murky past, made all the more mystifying by his amnesia.

Much of Bourne's hardened, brutal behavior comes from his distress at not knowing his own true identity and his unquenchable thirst for revenge for the death of his girlfriend. When the film begins, Bourne is getting chased once again by agents in Moscow, and as usual he makes a narrow escape, only to end up in London. His desire to disappear without a trace is rudely upended when a front-page story in a London newspaper speculates about his existence as an operative in a covert program named Blackbriar. Arranging a meeting with British newsman Simon Ross (Paddy Considine) turns into a deadly affair at the busy London Waterloo train station.

It becomes quickly clear that Bourne, once trained as a super-assassin by top secret CIA black-ops program, has some Agency types gunning for his termination with prejudice. Shadowy conspiracies are ginned up from the defunct Treadstone operation, and Bourne is caught in the middle of a turf battle that soon rages between the deceitful black-ops chief Noah Vosen (David Straithairn) and CIA internal investigator Pamela Lundy (Joan Allen). Vosen and his crew are only interested in killing Bourne as a final solution to covering up the errant Treadstone program,

while Lundy is more intent on getting Bourne to come in from the shadows, where he may cast a bright light on corrupt Agency behavior.

Bourne's instinct for survival is well-honed by his past training, and as a result he is stronger and smarter than his pursuers, which happen to be secret operatives, federal agents and the local police in every city he visits in a desperate quest to find answers to questions that still haunt him. While even the CIA director Ezra Kramer (Scott Glenn) conspires against him, Bourne picks up a few friends in the field, including conflicted CIA agent Nicky Parsons (Julia Stiles), who once before endangered her career to help him. Her assistance is invaluable in Madrid, where Bourne engages two agents in deadly hand-to-hand combat. Then they slip off to Tangier, hot on the trail of the Madrid CIA chief who's transporting secret documents.

The chase sequence in Tangier is particularly spectacular, involving a motorcycle chase up and down narrow streets as well as steep sidewalk steps. But the action is most impressively stunning as Bourne leaps dangerously from rooftop to rooftop to evade a Moroccan assassin. As with the previous films, there are several exciting car chases, with none more amazing than the one in New York City when Bourne comes home to confront the bad guys. Each "Bourne" film strives to top the previous one for the level of excitement in its car chases. The action is relentlessly breathless and there is no respite from the thrills until the end credits roll. "The Bourne Ultimatum" is the biggest rollercoaster ride of the summer.

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River Cats Host 'Dusty Baker Day'



Dusty Baker speaks to the pre-game Sacramento crowd.

West Sacramento, CA - The Sacramento River Cats hosted "Dusty Baker Day" at Raley Field on Saturday, August 4 to honor Baker, one of Sacramento's most

famous native sons. Prior to the River Cats' game against the New Orleans Zephyrs, the team will held a special pre-game ceremony where many of Baker's former

teammates, coaches and players joined friends and family in paying tribute to his legacy in the game of baseball and the Sacramento community.

Baker received video accolades from Hank Aaron, Hall of Famer and Home Run King, Jim Leyland, Manager of the Detroit Tigers, Tony LaRussa, Manager of the World Champion St. Louis Cardinals, and Chris Berman of ESPN. Dusty was honored by many with respect and admiration for his life's work within the community, as well as for all he has done to contribute to the great game of baseball. Following the pre-game ceremony, Baker threw out the game's ceremonial first pitch with his son.

Photo by Paul V. Scholl

Sacramento Capitals Capture WTT Championship



Capitals celebrate with fans after winning WTT Championship. Photo by Paul V. Scholl.

By Kim Kodl - Director of Media and Public Relations Sacramento Capitals World Team Tennis.

ROSEVILLE, CA - The Sacramento Capitals defeated the New York Buzz, 24-20 in overtime to win a record sixth World Team Tennis Championship in Roseville, California. The Caps last won the WTT title in 2002. This was New York's third appearance in the WTT Championship match, only to lose to Sacramento each time.

After opening the 2007 season with two losses, the Caps won 11 of their final 12 matches to advance to the WTT Championship on their home court in Roseville. Home court was an advantage for the Caps with boisterous support from most of the 4,112 fans who packed the stands for the finals and brought their air horns, Caps signs and cow bells. The festive atmosphere even included a pre-match photo with an Elvis impersonator and WTT co-founder Billie Jean King. Competitive tennis took center stage once the teams took the court.

"The crowd was unbelievable," said Sam Warburg. "Playing at home

really helped us, the support was great." With confetti filling the court during the post-match celebration, Mark Knowles thanked the crowd for being the team's "sixth man". Warburg closed out the celebration by drenching Caps coach Wayne Bryan with a Gatorade cooler.

The Capitals started the night in mixed doubles much the same way they started the season - slowly. The Buzz broke Elena Likhovtseva's serve to go up 2-1 in the opening set, but the Capitals returned the favor in the next game when they broke Greta Arn's serve to get even at 2-2. New York then broke Mark Knowles' serve to go up 3-2. A few games later, Arn double-faulted to bring the score even at 4-4 and take the teams to a tiebreaker. Arn's serving problems continued as she double-faulted at 4-4 in the tiebreaker to give the Caps a narrow 5-4 win in mixed doubles.

Likhovtseva kept the momentum in the Caps' court in women's singles. The 8-year Caps veteran aced Arn then followed up with a backhand winner on game point to go up 3-2. Likhovtseva closed out the set 5-3. "Today was my best match so far," said Likhovtseva. "I wasn't

nervous and I had great support from my teammates and the crowd. It was a great night." Rik de Voest carried the Buzz into the WTT Finals with his singles performance in the Eastern Conference Championship match on Saturday, but it was the big-serving Sam Warburg who stole the show in men's singles during the Finals. Warburg hit two aces and connected on 81% of his first serves to overpower De Voest 5-4 (1). "I knew playing Rik would be a tough challenge but I was focused on my game plan and it worked," said Warburg.

Michelle Larcher de Brito and Likhovtseva won the opening game of women's doubles. New York's woes continued with miscommunication between Arn and Navratilova as Larcher de Brito's shot dropped untouched between the two to give Sacramento a quick 2-0 lead.

Larcher de Brito, the youngest player in WTT history at 14 years, six months, encouraged the crowd to make more noise as she tried to serve out the set. It wasn't enough as the Buzz broke Larcher de Brito's serve to send the set into a tiebreaker. Likhovtseva closed out the tiebreaker 5-0 with a volley winner to give Sacramento a 5-4 win and a 20-15 lead going into the final set of the 2007 WTT season. The League's top two men's doubles teams faced off in the fifth set and the action lived up to their billing. The teams traded service breaks in the first two games before 2007 League MVP Knowles held serve to put the Caps up 2-1. De Voest and Ashley Fisher posted a 5-3 win to send the match into overtime. The Caps rebounded quickly as Warburg held serve in the first game of overtime to give the Caps their sixth WTT title. De Voest's performance throughout the WTT Championship Weekend earned him WTT Finals MVP honors. De Voest posted a .593 winning percentage for his two matches.

Baseball's Next Generation Get a Head Start at the Dusty Baker Baseball Academy



Coaches Bruce Carmichael & Rowland Office give one-on-one instruction to tomorrow's potential baseball stars at the Dusty Baker Baseball Academy during Session 1 in Rancho Cordova.



Dusty Baker offers words of wisdom about baseball and life during the award ceremony on the final day of Session 1.



Lloyd Moseby, former Toronto Blue Jays Star, teaches base running skills during Day 2 drills at the Capitol Christian Center Fields.

Carmichael's Ammon Among Winners of 'Eppie's Great Race'

By Drisha Leggitt

Vic Vicari of Sacramento, and Vicki Ammon of Carmichael, were the overall "Ironman" and "Ironwoman" winners of the 34th annual "Eppie's Great Race," which took place on Saturday, July 21, 2007.

Elk Grove's youth athlete David Stagg (16 years) was the overall winner of the second annual "Eppie's Great Race Kaiser Permanent Kids Duathlon," with Maggie Lloyd (17 years) of Sacramento finishing first of the youth females.

In addition to Stone and Vicari, 1,958 people competed in this year's Eppie's Great Race triathlon, which requires competitors to run, cycle and paddle along the American River Parkway through Rancho Cordova and Sacramento, California. This year's competitor attendance increased by 344 people over the 2006 Great Race, (or an increase of entrants by 21%). The 2007 Eppie's Great Race featured more participants than the event has fielded in 21 years.

In fact, the 2007 Eppie's Great Race set a new entry record for the annual event -- 627 entrants competed as "Iron" persons (one entrant completing all three legs of the triathlon) this year -- the most "Iron" persons in Eppie's 34-year-history! Additionally, this year's Great Race hosted 451 teams competing within various divisions (more teams than in the last 12 years).

The 2007 Eppie's event set an all-time entry record for most participants in the annual race's 34 year history! In addition to the entry and participation records set and broken at the 34th Annual Eppie's Great Race:

- Vic Vicari took the 40+ Ironman Division -- and captured the overall fastest time in all of the Iron Divisions -- with a time of 1:43:28.
- Vicki Ammon captured the 50+ Year Ironwoman Division title and recorded the fastest Ironwoman time of 1:58:41.
- 16-year-old David Stagg, registered in the Eppie's Kaiser Permanent Kids Duathlon "Male 16-17 Years" Division, finished the 2.5 mile run and 6 mile bike ride at 32:22. Sacramento's Lloyd

(registered in the "Female 16-17 Years" Division) came in at 37:20.

- Winning the "Adaptive" Division with a time of 1:49:02 was Runner Chris Houde of Carmichael, Bicyclist Karen O Connell of Folsom, and Paddler Jon Houde of Carmichael.
- Bobby Carpenter of Rancho Cordova won the Ironman 50+ title at 1:55:25.
- The Men's Team 40+ first place winners, made up of team "Current Adventures," Runner Mike Gottardi of Fair Oaks, Biker Eric Brown of Sacramento and Paddler John Weed of Lotus, came in at 1:41:12.

Eppie's Great Race Sets Participation Records -- Page 3

- First place in the Women's Team 50+ Division with at time of 1:57:05 was Runner Karen Kunz of Folsom, Biker Linda Elgart of Sacramento, and Nancy Burton of Sacramento.
- The Men's Team 50+ First Place winners were Runner Lou Nishimura, Biker Kevin Pedrotti and Paddler Ritch Hollingsworth all of Fair Oaks with a time of 1:47:05.
- Coming in with a time of 1:53:44, the winner of the Tandem Canoe Division was team "Biodegradables" comprised of Al Lomeli of Fresno, Biker Blair Robertson of Fair Oaks and Paddlers Phillip Lutz of Rancho Cordova and Bill Griffith both of Sacramento.
- In the "Sit-on-Top" Division, Runner Chad Worthen of Sacramento, Biker Greg Marshall of Fair Oaks, and Paddler Jeff Bushey of Sacramento, took first place with a time of 1:51:28.

Known as "The World's Oldest Triathlon," Eppie's Great Race was founded by regional businessman Eppie Johnson thirty-four years ago. Since that time, Eppie's Great Race has been implemented each year as a fundraising event benefiting programs presented by the Sacramento

County Therapeutic Recreation Services (SCTRS), which provide programs for mentally- and physically-challenged people. One hundred percent of the Eppie's Great Race entry fees are donated to support SCTRS. To date, The Great Race has raised over \$800,000 for SCTRS, and now accounts for over 25 percent of the programs' overall operating budget.

For further information regarding Eppie's Great Race, or for a complete list of all of the participants and their finish times, please check the web site at: www.thegreatrace.org.

Travel with Judy

Kona Village, Hawaii: The Big Island's Family Tradition

By Judy M. Zimmerman

During the past 42 years Kona Village Resort on Hawaii's Big Island has earned a worldwide reputation as a serene and secluded paradise for lovers. It has also become a unique award-winning destination for the entire family.

As the former honeymooners became parents, they returned to Kona Village with their "keikis" (Hawaiian for "children") and grandchildren.

In the traditional spirit of "ohana" (family), "returning guests become good friends with all the employees," explained one family, eager to check into their favorite "hale" (thatched-roof cottage). "Kona is a glorious summer home that creates the feeling 'It belongs to me'."

This laid-back island village hideaway has a charm all its own. Modeled after the ancient architecture of various Polynesian peoples, its 125 thatched-roof haies are scattered on 82 acres for privacy. They are perched on stilts beside the ocean, hidden amidst peaceful

lagoons, or nestled in Eden-like tropical gardens.

The interiors of the one and two-bedroom cottages are completely modern with carpeting, wood paneling, bright native decor, mini-refrigerators stocked with complimentary beverages, and coffee makers that grind fresh Kona coffee beans.

Much of the charm, however, lies in what the haies do NOT have: no televisions, no phones, no radios. Music is provided by the sound of the waves. Messages are delivered the old-fashioned way--by messenger.

From each cottage a sandy path leads to a protected crescent-shaped natural beach that is great for swimming, kayaking, snorkeling, sailing or spotting green sea turtles sunning themselves on the beach.

Other resort facilities include two ocean front restaurants patio, cocktail lounges, a new spa and fitness center, two freshwater swimming pools, lighted tennis courts, and extensive jogging trails.

The outstanding children's program, called "Keikis in Paradise" is complimentary. Supervised activities and tours are planned for children ages 6-12. Fishing contests, hula dancing, Hawaiian crafts, net throwing, lei-making, music, various sports and good old-fashioned pool activities.

Teenagers have a program all their own. They like to hang out at the Beach Activities Shack, where they sign up for snorkeling tours, sailing and tennis lessons, kayaking, and ball games. "Sometimes we don't stick to the activities schedule if the kids want to do something else such as looking for the octopus or feeding the fish and manatees," said one counselor.

"The same families come back to Kona at the same time every year. They grow up together here, isolated from the rest of the world," said Lei Lightner, Social Activities Director.

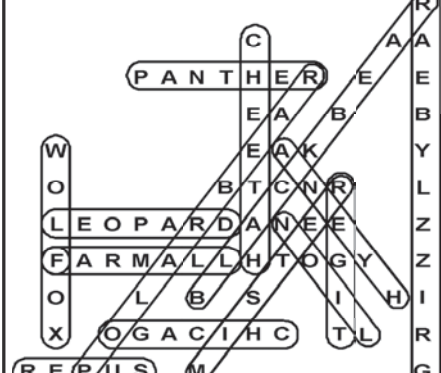
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Weekly SUDOKU

Answer

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

Magic maze



Trivia Test Answers

1. Mikhail Gorbachev
2. Mass number
3. Columbia
4. Idaho
5. American Express credit card
6. By mass, hydrogen (74 percent) and helium (25 percent)
7. 1914
8. Paris
9. Calvin and Hobbes
10. Georgia

King Crossword

Answers

Solution time: 21 mins.

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

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her confused owner, Rena M., via e-mail

A: Gina's attraction to plastic is not as unusual as you might think. Many cats take a strange liking to different types of plastic, often attempting to gnaw or eat bags, plastic containers, cups and the like. Some curl up and sleep on them; others eliminate on them.

The reason for the attraction is unknown, or at least, indefinite. I once had a cat that was thrilled by anything that made a crinkly sound, especially crumpled paper (upon which he would pounce the instant he heard the sound, making the act of throwing away junk mail a real adventure), plastic sandwich bags and bubble wrap. There's some unnamed joy being associated with plastic -- maybe because it sounds similar to a cat food bag being opened just

before dinner.

At any rate, plastic bags (and any grade of plastic, really) are definitely not healthy for Gina, as they can cause blockages and other damage to the digestive tract. Keep hiding the bags. If some plastic objects can't be hidden, spray them with a repellent such as bitter apple (available at pet-food stores) and, if you catch Gina trying to gnaw them anyway, hiss and clap your hands to startle her. Encouraging a negative association with plastic items may reduce her fondness for them.

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. (c) 2007 King Features Synd., Inc.

Plastic Is a Dangerous Delicacy to Cats

Q: A year ago today, I bought our calico cat, "Gina," from the local SPCA. She is now about 2 1/2 years old. At the shelter, she contracted a respiratory infection, but we nursed her back to good health. Gina is a lovely cat, but we find it odd that she wants to eat plastic bags or anything plastic she comes across. We have to hide them. Any ideas why this is happening or what she finds so yummy about plastic? -- From

Poisons In Your Home - From Metro Fire Dept.

Making your home safe for your family

Poisonings are very common, occurring in about 2 million people a year and about half of those cases occur in children under the age of 5!

Children are naturally inquisitive and love to crawl or toddle around the house, putting everything that they can get their hands on into their mouths. And there are many items in your home that you might not realize can be toxic if swallowed by young children. Many cleaning product are potentially hazardous if ingested, particularly by children. In addition to cleaning products, plants, cosmetics, pesticides, paints and solvents account for 60% of the poisonings of children. Medications account for the other 40%.

Another interesting fact is that the majority of poisonings in young children occur between 4 and 10 p.m. Dinnertime is such a busy time of day for a lot of families, that many times parents do not supervise their children as closely as usual. Poisonings during this time period are so common, that poison control

centers refer to that time block as the 'arsenic hour'.

Think about what your young child could find just by going into your purse! Make-up and medications are very common items found in purses, and they can be deadly for children. And don't trust the 'child protector' tops on medicines. Many young children are perfectly capable of opening a child protector top very quickly.

Another household poison that you might not have considered, is vitamins. Multi-vitamins, whether for adults or children, can be poisonous if an overdose is taken. Children's vitamins are made to look and taste like candy. This makes them very attractive to young children and when taken in large amounts, they can have serious consequences. The most serious risk from vitamins comes from the iron and the calcium.

If a poisoning should occur, call the Poison Control center before taking any action. Do not induce vomiting or give anything else by mouth without instructions from the Poison Control Center. A Poison Control Center is

usually a better resource than your own doctor if you suspect that your child has been poisoned. The Poison Control Center is immediately available in an emergency situation. It is staffed by medical experts with access to specific information on different types of poisons and other substances that may harm children. But remember, if your child has collapsed or is not breathing, call 9-1-1 instead.

The nationwide number for Poison Control is - 1-800-222-1222.

When calling Poison Control, it is helpful to have the name of the product or medicine that you suspect was taken, how they were exposed (did they swallow it, inhale it, etc) and the current symptoms that the child is experiencing. You will be asked your child's age and weight, whether or not he has any medical problems and a call back number, so it is a good idea to have this information handy at all times.

Remember, take the time to secure or lock up medications, cleaners and other household products out of the reach of children - for safety's sake.

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Public Hearing On RT Bus Service Changes

The Sacramento Regional Transit District (RT) will hold a public hearing on Monday, August 13, 2007, to receive comments regarding proposed bus service changes. These changes may include possible discontinuation or realignment of the following underperforming routes: 6, 9, 10, 13, 14, 18, 28, 34, 36, 50E, 61, 62, 63, 64, 65, 74, 75, 76, 83, 91, 105, 140 and 143.

The State budget expected to be approved calls for a \$1.3 billion loss to public transportation, which will result in a \$14 million annual loss to RT and a \$1.6 million reduction of bus

service. In anticipation of this budget shortfall, RT has implemented cost saving measures and internal cuts to offset further reductions in service.

"With the price of gasoline continuing to increase, RT should be in a position to encourage people to use transit, not reduce the service offered," stated Michael R. Wiley, Deputy General Manager.

The public hearing will be held at 6 p.m. in the RT Auditorium at 1400 29th Street (at N Street). This location is served by Routes 36, 38, 50E, 67 and 68, and light rail at the 29th Street light rail station.

The proposed service changes and environmental documents are available for review by calling the RT Planning Department at (916) 321-2862. Comments may be submitted in writing to the Planning Department (P.O. Box 2110, Sacramento, CA 95812-2110) and must be received by 5 p.m. on Wednesday, August 8, 2007.

The January 2008 service changes are scheduled for adoption by the RT Board of Directors on August 27, 2007, and implementation on January 6, 2008.

Proposed January 2008 Local Bus Service Changes

Route	Route Description	Proposed Service Changes
9	Carmichael - Walnut Avenue	Saturday
10	Carmichael - Dewey Drive	Saturday
28	Fair Oaks - Folsom	Saturday and Sunday
36	Folsom	Saturday and Sunday
75	Mather Field	Sunday
76	La Riviera - American River	Monday through Friday
91	Citrus Heights - Sunrise	Sunday through Saturday
105	Madison	Monday through Friday

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I will take you to the doctors or shopping or misc. Call 214.8169 Citrus Heights, Carmichael, Fair Oaks, Granite Bay, Orangevale, Folsom

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Electric Cooktop!
Miele KM443/KM5656. Touch Control, 6 Burner, 4 Elements, 30 1/8 x 19 7/8 x 1 1/2, Black w/ Stainless Steel trim. Display Model. Never Used. Mfg. list price \$1295 - selling for \$500!



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Assorted office chairs Great for home office. \$15 each. Call 773-1111.

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By Owner - 2650 sq. ft. 2-story prestigious Gold River Home, secluded cul-de-sac, 9-65 ft. shade trees, on greenbelt, blacktop trails. New concrete shake roof. 3 bd+loft w/ built-in bookcases, and L-shaped desk; 2 ba, formal living room, dining room w/ fireplace, open family room, kitchen w/ eating area, wet bar/breakfast bar. Laundry room w/ cabinets. Plantation shutters, Saltillo paver tiles/carpets, recessed lighting, speakers. Granite counter tops, new convection double over, dishwasher, sub-zero refrigerator. 3 - car garage w/ cabinets. Extended patio, brick planters, 29 boulder 3-tiered waterfall w/ pond. Flagstone, stainless steel gas BBQ. 24-hr. security. Fresh breathe away from upscale restaurants/shops. Sacrifice at \$595,000. Cell phone 916-768-2255 or 916-853-2100.
Call for Open House times

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Must know InDesign, Photoshop & Illustrator
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Call American River Messenger 773-111

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Amanda Hudson
Miss Teen Citrus Heights

Miss / Teen Citrus Heights Scholarship Pageant

Miss / Teen Greater Citrus Heights
Mrs. / Ms. Citrus Heights &
Pre-Teen Citrus Heights
Rusch Park ~ September 14th

\$1000.00 scholarship to Miss Citrus Heights
\$500.00 scholarship to Teen Citrus Heights

Miss, Teen & Pre-Teen is open to ladies who are single, never been married, nor a parent and of good morals and character.

Miss contestants 16 – 27 years
Teen contestants 13 - 17 years.
Pre-Teen contestants 11-12 years

Mrs. / Ms. is open to ladies who are single, married, with or without children and of good morals and character.
Mrs. / Ms. contestants 18 years and older

Free Training - Ramp Walking - Public Speaking - Official Hair Stylist

If Miss Citrus Heights is unable to use her scholarship with one year of her reign and or graduation, it will be awarded to her first runner-up. If Teen Citrus Heights is unable to use her scholarship within one year of graduating high school, it will be awarded to her first runner up.

- All contestants receive free training in ramp walking,
- Public speaking, skin care and hair care.
- 1st runner-ups will be awarded with Greater Citrus Heights Titles
- Winner will attend a minimum of 25 public appearances, fundraisers, parades, grand openings and special community events.
- Call Director Mary Purvis for application and more information at (916) 721-3824



THE MORTGAGE MANAGER

Ed Wacaster



If you've been alive for the past few months, you've heard about the "subprime meltdown." Well, it ain't just subprime no more folks. Recently one of the largest investors in the mortgage market declared bankruptcy. Another large investor had it's stock taken off the market until it was able to restructure itself. How does one do this you might ask? The only answer I have for that question is this: Kids, cover your eyes!

The lending guidelines we have been using for the last couple of years have really tightened up and just recently they have become very tight. Those of you privy to "stated" loans are no longer "privy" to stated loans. If you are not self employed, you do not qualify for a "stated" loan. Basically the only question now is this: "do you want interest with that 30 year fixed mortgage or not?"

Now that things have tightened significantly, this is the perfect time to begin thinking of a strategy for your next purchase or refinance opportunity. If you do not get into the "forward thinking mode" you could make a mistake that you'll pay for a long time to come.

Begin by thinking about your current credit situation. Are there things on your current report that you could fix thus increasing your score? If so, you better get started. If you haven't been able to purchase a home because of your low credit score, now is the time to get that score up before the home prices begin to increase and you're priced

out of the market again. Now is the perfect time to buy those investment properties you've been talking about for years.

First things first. Get a copy of your credit report at www.annualcreditreport.com. If you want to get your credit score with that, you can, but it will be different than the ones we use in the mortgage industry when we pull a credit report. Apparently they use a different algorithm when you pull the report versus that of a mortgage company. This is one of those things that make you say bad words. Now you can begin to work towards that really great interest rate, and qualify for the best programs available at the time you want to make your next big move. Welcome to a market driven by fear, not greed. Watching the mortgage industry try to regulate itself might be fun. Or not.

You can contact Ed Wacaster, CMPS at 916-677-0996, or www.EdWacaster.com

Don't forget to catch his radio program each week at 9:30 AM on KTKZ 1380 AM and 105.5 FM

Ed Wacaster, CMPS
Certified Mortgage Planning Specialist
Fulfilling Dreams One Happy Family at a Time

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ewacaster@rpm-mortgage.com
www.EdWacaster.com
license# 01085766

1677 Eureka Road, Suite 201 • Roseville, CA 95661



Best of Citrus Heights Ballot Released

The Citrus Heights Chamber of Commerce invites you to participate in their third annual "Best of Citrus Heights." This event celebrates the best businesses from forty different categories throughout the community. Eligible businesses are located within Citrus Heights or are current members of the Citrus Heights Chamber of Commerce. Best Real Estate Agent/Company, Best Family Dinner, Best Ice Cream and Best Place to Get a Massage are a sampling of the categories to be honored at this event. This year's Best of Citrus Heights, to be held on September 14th, will benefit the Sacramento ALS Association (Lou Gehrig's disease) and will have a baseball theme in honor of the charity's namesake, former baseball player Lou Gehrig. Tickets for the event are \$25.00 for adults and \$5.00 for children 12 and under. Tickets can be purchased by calling the Citrus Heights Chamber of Commerce at (916) 722-4545.

You can vote for us, the American River Messenger, for the Best Website. Check us out at www.AmericanRiverMessenger.com, and if you like the local news coverage, the ease of use of the website and what it provides, then vote for us on the ballot below. You can also vote for us as a "Write-in" candidate for the best local newspaper. For the first ten people or families that purchase tickets through us for the Best of Citrus Heights we will include a FREE six-month subscription to the American River Messenger. Call us at 773-1111 and be one of the first ten to buy your tickets!




Citrus Heights Chamber Makes Plans for Second Tour to Visit China

The Citrus Heights Chamber of Commerce is again planning a group trip to visit China. The trip is planned from March 2nd through the 10th in 2008. The trip can be purchased through the chamber by calling 772-4545 during regular business hours. The price for the trip is just \$1,549.00. For completed details or to ask about the trip, simply give the staff at the chamber a call. Many of last year's trip attendees raved about their experiences upon their return.

Citrus Heights Chamber of Commerce Celebrates the

Best of Citrus Heights 2007

Benefiting ALS Association Greater Sacramento Chapter




Vote For The Best
Chamber Member Or Business Within Citrus Heights

Your Name (first and last): _____ Phone or email: _____
Name and contact information is optional, but necessary if you want to be considered for the drawing.

EVENT
BASEBALL THEME
Friday, September 14, 2007
6:00 pm - 9:00 pm

Citrus Heights Chamber Courtyard
(Fountain Square)


TICKETS \$25 (Kids 12 and under \$5)
Tickets available at the chamber office


VOTE NOW & WIN!
Voters are eligible for a monthly drawing to win a
\$50 Sunrise Mall Gift Certificate
Donated by Paraker Mussmann Group Kraft Real Estate Roseville Bank of Commerce Sunrise Mall



RETURN BY MAIL
Citrus Heights Chamber of Commerce
7115A Greenback Lane
Citrus Heights, CA 95621
Or get your ballot online
www.chchamber.com
Fax ballot to: (916) 722-4543

DEADLINE
To be eligible for monthly drawing, ballots must be received by
July 31st & Aug 31st

THANK YOU TO OUR SPONSORS






You do not have to vote for all categories	
Automotive Service	_____
Bar-B-Que	_____
Business Website	_____
Business Consulting Service	_____
Car Wash	_____
Caterer	_____
Certified Public Accountant	_____
Computer Technology Service	_____
Contractor	_____
Dry Cleaner	_____
Ethnic Restaurant	_____
Financial Planner	_____
Insurance Agent/Company	_____
Law Firm/Attorney	_____
Pizza In Town	_____
Family Dinner	_____
Fitness Workout	_____
Power Lunch	_____
Ice Cream	_____
Cell Phone Store	_____
Place to Buy Groceries	_____
Place To Buy Nutritional Products	_____
Place To Do Your Banking	_____
Place To Get A Hamburger	_____
Place To Get A Massage	_____
Breakfast	_____
Sign Shop	_____
Jewelry Store	_____
Print Shop	_____
Real Estate Agent/Company	_____
Sandwich Shop/Deli	_____
Senior Care Facility	_____
Shopping Center	_____
Veterinarian	_____

Write in category: _____

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MARCH 2-10, 2008

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