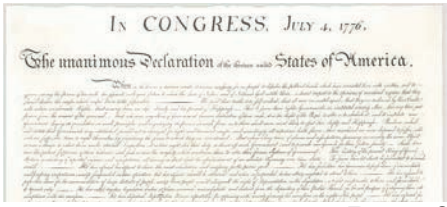


AMERICAN RIVER

M E S S E N G E R

July 4, 1776



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River Watch



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Honorary Mayor Race

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Volume 2 Issue 13

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

July 2007, First Edition

The First Ladies of California Chronicled in New Book



Author's Lynn Cook and Janet LaDue share a fascinating compilation about the lives of California's first ladies and their inspiring deeds

Lincoln, CA – Behind every man's success is a woman, who supports him through every ordeal. Thus, first ladies are very remarkable women and serve as role models as well as loving wives and mothers. Get to know about the amazing first ladies of California in *The First Ladies of California*, the first ever researched and written book about them by authors Lynn Cook and Janet LaDue.

The *First Ladies of California* is a book of thirty-five brief biographies of the wives of

the California governors, three governors being bachelors in office. Each lady's life is described, starting with the first First Lady Harriet Burnett, who traveled to California in a covered wagon, to our present First Lady Maria Shriver. It not only includes the chronicles of each lady's life, but also contains photographs, newspaper articles, letters and pages of a diary. Besides the women's role as first lady and wife, they were mothers, community volunteers, models for etiquette, poets, authors, artists, and later, career women who had to set aside their careers. One can see how the role of first lady evolved from the 1850's to today. Each of these incredible women made a contribution to California history.

This book describes many different women: pioneer women who traveled by wagon train, and steamship, to the present day first ladies who travel by jet planes. Many were from prominent social families, who were not accustomed to enduring the hardships of early California life. Although each lady was different, they all supported their husbands in his role as Governor. The First

Ladies of California makes a great reference not only about the California first ladies, but about California governors as well. Get a copy of this book and get to know the inspirational women of California! You can purchase a copy of this fascinating read at your nearest book retailer or online at Xlibris.com today.

Lynn Cook was born in Ohio and graduated from Bowling Green State University. Moving to California, she started teaching. After retiring as manager in educational publishing, Lynn volunteers as a docent at the State Capitol. She has two children; David and Gretchen, and lives with her husband Jack in Lincoln, California. Although born in Minnesota, Janet LaDue grew up in Sacramento, California. She earned her Bachelor's Degree, teaching credential, and Master's degree. After retiring from education in the Sacramento area, she volunteer as a docent at the State Capitol. Her passions are travel, photography, history, reading, and needlepoint. The publication date for *The First Ladies of California* was February 8, 2007.

Little Brother Shows Big Effort in Honor of Sister's Cancer Fight



With sister Kelli at his side, Konnor presents his balloon to Round Table Pizza President Rob McCourt and Field Marketing Director Cindy Kirk. (Left to Right: Cindy Kirk, Konnor Davis, Kelli Davis, Rob McCourt)

By Amy Lucas
Fair Oaks, CA -- Hope spreads faster than cancer – that was the lesson ten-year-old Konnor Davis taught the corporate world after his big sister was diagnosed with cancer at the age of 28.

Kelli Davis, a Field Marketing Manager for Round Table Pizza, was enjoying a successful career in the vibrancy of her youth. One evening while on a business trip, she felt a pain in her arm. A few hours later, she sat in stunned silence as the doctor said, "you have cancer." Kelli was diagnosed with a rare form of Non-Hodgkins Lymphoma, a cancer of the lymphoid tissue. "At 28 you don't expect to get sick," says Kelli. "I had played soccer just a few days earlier." And at 10, her little brother, Konnor, didn't expect to face the harsh reality of an ailing sibling.

"We didn't hide anything from him," explains Kelli. "I had to move back home and he had to share his room with me. He was there when the chemo made me sick in the middle of the night. The cancer took over his life." Though the cancer had invaded his sister's body, his bedroom, and his life, Konnor didn't allow it to invade his spirit: "Konnor had a sense of humor through it all. We were able to see a serious disease through innocent eyes," says an admiring big sis.

Kelli battled through six rounds of chemo and 26 rounds of radiation and was bedridden

on and off for seven months. But as her health ebbed and flowed with the cycles of treatment, she insisted on going to work whenever possible. "Working gave me a sense of normalcy, something to focus on other than my cancer," recalls Kelli. "My family wanted to do something to thank my bosses Rob [MCCourt] and Cindy [Kirk] for all their support and for accommodating my illness." But what do you get a corporate president and a marketing director to say thanks? Konnor had a plan... "We came up with the idea to sell balloons," explains Konnor, shying away from the credit.

Each year, Round Table Pizza holds a balloon fundraiser to support Children's Miracle Network, an alliance of children's hospitals throughout the United States. Paper balloons are sold at participating Round Table restaurants for \$1 during the month of April. "We knew participating in the Round Table Pizza fundraiser and raising money for the Children's Miracle Network would mean more to Rob and Cindy than any gift we could have bought," proclaims the duo.

Konnor didn't just talk big, he walked even bigger. He hit the pavement, knocking on doors and working the neighborhood for donations. He sent cards to friends and family, rolled coins, took the money to the bank and wrote thank you letters to everyone who

donated. "This was his project and he did all the work," says Kelli. "He had incredible motivation for a ten-year-old. He was able to go up to people and ask for a dollar because he knew why he was doing it."

After a month of hard work, Konnor presented Round Table Pizza President Rob McCourt and Field Marketing Director Cindy Kirk with a paper balloon he bought for \$2,129. "It was truly uplifting to see what a fifth grader was able to accomplish and the love his family has for each other," says McCourt. "I could clearly see that Konnor did this because he wanted to make a difference and support his sister."

"We were floored," says Kirk, who worked closely with Kelli during her illness. "We could not believe that a ten-year-old could do something like that. He was very unassuming." Kelli completed a successful treatment the Monday after Konnor presented his gift.

"Because of my sister, I know how important it is to help people," explains Konnor. He says he hopes he can inspire people to give more money to cancer research, so that doctors will be able to study rare cancers as well as the common ones.

"He's a small kid with a big heart. Raising money was his idea and it began with Konnor donating the first \$5. I think he will continue to be motivated and give in the future. Someday he will do something very special," beams Kelli at her little brother.

To the children who will receive treatment thanks to Konnor's efforts, he already has.

To contribute to Konnor's efforts and Children's Miracle Network, send a donation to Round Table Pizza Attn: Kelli Davis 1320 Willow Pass Road, #600 Concord, CA 94520.

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. Round Table Family Charities is a non-profit public benefit corporation that supports efforts to aid families in crisis.

Amy Lucas is an employee of Round Table Pizza in Concord, Ca.

Lynda Xepoleas Earns #1 Ranking



Lynda Xepoleas

By Michael Burchett, GM GRRC
GOLD RIVER, CA - Lynda Xepoleas from Gold River

Racquet Club has reached a rare pinnacle of success for a junior tennis player becoming the number 1 ranked player in Northern California. Lynda is one of the finest junior players to develop from Gold River Racquet Club. She has attained a #1 ranking for Northern California Junior Girls in the 14 and under division culminating at the Johnson Ranch event over the first weekend in June. On top of that last week in Monterey California at the USTA Northern California Championships for 16 and under she came in 3rd

beating the number 1 and 4 seeds along the way. Lynda has been training in excess of five hours a day this past year, being home schooled to provide time for national event participation and training with Spare Time Academies, Rich Andrews, Chris Gerety, Amine Khalid and other Gold River coaches. Her father John and mother Monterey have been instrumental in her success and enjoyment of a game that will open many opportunities in her future. Lynda is tall, beautiful, graceful, athletic, and full of potential for a great future.

Senior Community Re-Opens



Citrus Heights, CA— The long-standing senior community located at 7501 Sunrise Blvd. in Citrus Heights has re-opened the independent senior apartment portion of the property under a new management team and with a new name Auburn Oaks Senior Living.

The former operation, Sunrise Community, was closed over 18 months ago due to mismanagement and lack of repair. Since that time, the landowner has stepped in and re-taken repossession in order to make necessary repairs and upgrade the independent apartment portion for occupancy. To date nearly one

million dollars have been poured into the property.

The new manager, CiminoCare, who also operates Citrus Heights Terrace, an Assisted Living facility, has entered into an agreement with the landowner to work jointly to plan the remainder of the physical plant improvements of the property to make Auburn Oaks an asset to the community.

"We are excited about being a part of making Auburn Oaks Senior Living into something that will be a lasting asset to our community, providing more reasonably priced options for seniors, and something

of which Citrus Heights can again be proud," says Mark Cimino, CEO of CiminoCare.

The 55+ age restricted independent apartment portion of the property offers studio and one-bedroom apartments, for one lower all-inclusive fee that covers weekly housekeeping, transportation, concierge services and all utilities except for telephone.

"Auburn Oaks is a wonderful place for seniors who want independence but who want added security and services that an apartment building alone cannot provide", states Joann Jones, manager of Auburn Oaks Senior Living.

Citrus Heights Lions Thanks the Community



CITRUS HEIGHTS - President of the Citrus Heights Lions, Jerry Still, will be completing his term as club president at the end of June. He would like to thank all those

in the community who have supported the Lions projects during his presidency.

Lions members devote their time giving service to those in need and at times, donations and other help is needed to complete some projects. Jerry and his club are very grateful to all of you who took part in one way or another to see that other people's dreams were fulfilled.

The Citrus Heights Lions have been serving their community since 1949. They hold regular club meetings in their clubhouse on Community Drive every 1st, 2nd and 3rd Wednesday of the month.

If you wish to know more about what Lions do, please visit their website: www.chlions.com.



Jerry Still

DUTCH TREAT



By Dennis Packard

From the Middle of The River

Before we could catch our breath, the twin propeller plane soared over our heads dripping water from its pontoons. With our mouths still hanging open, Phil abruptly pulled the craft to the right of the river as we found ourselves passing the "Spirit of Sacramento," a 19th century sightseeing riverboat. As it's giant paddlewheel slowly pushed them through the water a few passengers on the top deck felt the connection to us. Since we were all in the middle of the Sacramento River on the same day, the same hour and at the same moment, they enthusiastically waved. We recipitated.

Getting close to 11 a.m. we began to feel the warmth of the sun and sat back and relaxed, enjoying the rest of our outing. There was no need to raise the Tower Bridge that led to the Capitol when we cruised beneath it.

After we trolled under a train trestle and waved to some passengers on the Amtrak, we made a decision to stop for snacks at "Crawdad's" restaurant on the waterfront. We can personally recommend a deep fried calamari appetizer followed by a Bloody Mary—or a diet coke?

Feeling content, we climbed back in the Bayliner and headed for the home dock. Unfortunately, at the halfway point, the bow dipped and hit a large wake causing gallons of water to drench everyone. Kelly and Colin absorbed most of the river with little delight. After our excursion, they were meeting up with Kelly's parents for an early dinner.

Much to our surprise, Colin took off his pants revealing some decorative boxer shorts that resembled a bathing suit. He stood at the bow of the boat as if he was performing in the movie "Titanic," and held his pants high above his head to dry. This unromantic dramatization dried his pants in five minutes.

Before we docked, a sleek adult seal jumped out the water, waved at us and took off towards town. What was that all about? Was he lost? Was he a friend of "Humphrey," our locally lost whale? I need some answers—anyone??

Quip for the Day: If you can laugh at it, you can live with it.



IN CONGRESS, JULY 4, 1776

The unanimous Declaration of the thirteen united States of America

When in the Course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. — Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good. He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them. He has refused to pass other Laws for the accommodation of

large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only. He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures. He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within. He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands. He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers. He has made Judges dependent on his Will alone for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people and eat out their substance. He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures. He has affected to render the Military independent of and superior to the Civil Power. He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For quartering large bodies of armed troops among us: For protecting them, by a mock Trial from punishment for any Murders which they should commit on the Inhabitants of these States: For cutting off our Trade with all parts of the world: For imposing Taxes on us without our Consent: For depriving us in many cases, of the benefit of Trial by Jury: For transporting us beyond Seas to be tried for pretended offences: For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and

enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies

For taking away our Charters, abolishing our most valuable Laws and altering fundamentally the Forms of our Governments: For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us. He has plundered our seas, ravaged our coasts, burnt our towns, and destroyed the lives of our people. He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation, and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands. He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace

Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States, that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. — And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.

- John Hancock
- New Hampshire: Josiah Bartlett, William Whipple, Matthew Thornton
- Massachusetts: John Hancock, Samuel Adams, John Adams, Robert Treat Paine, Elbridge Gerry
- Rhode Island: Stephen Hopkins, William Ellery
- Connecticut: Roger Sherman, Samuel Huntington, William Williams, Oliver Wolcott
- New York: William Floyd, Philip Livingston, Francis Lewis, Lewis Morris
- New Jersey: Richard Stockton, John Witherspoon, Francis Hopkinson, John Hart, Abraham Clark
- Pennsylvania: Robert Morris, Benjamin Rush, Benjamin Franklin, John Morton, George Clymer, James Smith, George Taylor, James Wilson, George Ross
- Delaware: Caesar Rodney, George Read, Thomas McKean
- Maryland: Samuel Chase, William Paca, Thomas Stone, Charles Carroll of Carrollton
- Virginia: George Wythe, Richard Henry Lee, Thomas Jefferson, Benjamin Harrison, Thomas Nelson, Jr., Francis Lightfoot Lee, Carter Braxton
- North Carolina: William Hooper, Joseph Hewes, John Penn
- South Carolina: Edward Rutledge, Thomas Heyward, Jr., Thomas Lynch, Jr., Arthur Middleton
- Georgia: Button Gwinnett, Lyman Hall, George Walton

AMERICAN RIVER MESSENGER



Publisher - Paul V. Scholl

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For more information, visit www.fisherhouse.org or www.bestbuy.com.

A new campaign helps provide the latest technology so families can remain connected to their loved ones.



MacGlashan Leads Board to Honor Veterans



Roberta MacGlashan
SACRAMENTO – Supervisor Roberta MacGlashan today

successfully led the Board of Supervisors to provide disabled veterans and former Prisoners of War with free access to all County parks. The new policy, which is effective immediately, allows disabled veterans in possession of a California State Parks-issued Disabled War Veteran or Prisoner of War annual pass to gain access to County parks without paying an entry fee.

"I am proud that the County can take this step to honor these veterans who sacrificed so much for our country. Though small in comparison to the magnitude of their sacrifice, this is one way that

the County as a whole can say "thank you," MacGlashan said following the vote.

County staff estimates that there are around 300 County residents currently meeting the eligibility criteria for this pass. The County currently charges \$4 for entry into County parks, and offers an annual pass at a cost of \$40. The fees help offset the cost of operating the County park system, which is otherwise supported out of the General Fund.

"We can never do enough to thank these veterans for their sacrifices on our behalf," said MacGlashan.

VETERANS POST

by Freddy Groves

Do You Qualify for VA Health Care?

I've been hearing from veterans who are unsure about whether they qualify for free VA health care.

There are a number of factors that go into the equation: Level of service-connected disability, your income and the Geographic Means Test, dates of combat, status of discharge, length of service and other VA resources available.

You qualify if you were discharged within the past two years and served in a hostile area. Your care will be free. When the two years are up, your status will be reassessed regarding your level of disability and income.

If you do qualify for continued health care, you might need to make co-payments.

You don't qualify for free care if your disability isn't related to your service and your income is too high.

When you apply you'll be put into one of eight priority groups, all with different eligibility requirements, ranging from military-related disability and low income, to non-military related and high income. Since 2003 Priority Group 8 (non-service related and income too high) enrollment has been suspended, and you can't sign up.

Group 7, however, is for those qualified veterans who agree to a co-pay and whose income is above the threshold level, but below the geographic level. The determination is

made via the Geographic Means Test. This means the cost of living in your area will be taken into consideration.

If you have other health insurance, do not cancel it. Sometimes the VA takes the insurance payment and calls it even.

How to get started: You need VA Form 10-10EZ to apply. You can get it at a VA health facility, or by calling 877-222-8387, or online at www.va.gov. Apply even if you're not sure you qualify. It tells Congress just how many of us there are out here.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@hearstsc.com. (c) 2007 King Features Synd., Inc.

Monthly Military Retirees/Spouses Meeting

Our next meeting for military retirees/spouses will be held on 11 Jul 2007 in the Terrace Room of the Garden Pavilion (former McClellan AFB Enlisted Club). The meeting starts promptly at 1030 hrs. Our speakers will be from the Pharmacy Flight, David Grant Medical Center, Travis AFB, CA. They will discuss the pros and cons regarding the pick up of medications at the Travis Pharmacy. So come on out, enjoy a cup of coffee and get informed about your Pharmacy benefit. If you have any questions, please contact one of our volunteers at 561-7476.



Donald Kendrick
Music Director

SCSO Summer Sings

July, August 2007



Summer Sing #1

Mozart's Coronation Mass

Thursday, July 19 at 7 PM

Ellen Presley, Soprano
Tania Mannion, Mezzo
Ron Slabbinck, Tenor
Daniel Yoder, Bass

St. Francis Church (Air Conditioned)
26th & K Street, Sacramento, CA

Sponsored by St. Francis Church and John Zapata

Join SCSO members and Conductor Donald Kendrick at two informal choral reading sessions and "instant concerts."

Summer Sing #2

Faure Requiem

Lux Aeterna (Excerpts)
Morten Lauridsen

Thursday, August 16 at 7 PM

Joyce Scolnick, Soprano
John Martin, Baritone
Stephen Janzen, Organist

Fair Oaks Presbyterian Church (Air Conditioned)
11427 Fair Oaks Blvd, Fair Oaks, CA (between Sunset & Madison)

Sponsored by Fair Oaks Presbyterian Church Music Ministry, Carol Newton Hawk, Organist



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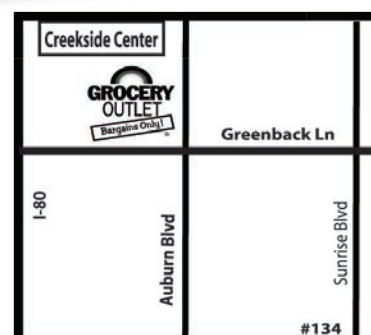
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Health Bulletin



Khaliah Ali, Daughter Of Muhammad Ali, Leads Obesity Health Education Campaign



Khaliah Ali, daughter of former heavyweight champion Muhammad Ali.

(NAPSA)-Khaliah Ali, daughter of former heavyweight champion Muhammad Ali, experienced a life-changing "moment of truth" the year after her son was born. At 335 pounds, more than 100 pounds heavier than her father's best fighting weight, Ali feared her weight would prevent her from seeing her son grow up. This "moment of truth" drove Ali to recognize the severity of her obesity and seek a solution.

Now more than 100 pounds lighter, Ali has teamed up with ObesityHelp, Inc. (www.ObesityHelp.com), a leading resource for obese individuals, and Allergan, Inc., the makers of the LAP-BAND(r) Adjustable Gastric Banding System, for the "Moment of Truth" campaign. This campaign aims to help the millions who are more than 100 pounds overweight recognize the impact obesity has on their lives and motivate them to discuss solutions with their healthcare professionals.

"It took me more than 30 years to reach my 'moment of truth' and realize the impact obesity had on my life. Until then, I was constantly fighting my weight, trapped in an endless cycle of diets and exercise, and humiliated by the misperception of others that I simply lacked will power," states Ali. "No matter how hard I tried, I was losing the fight against obesity and feeling a deep sense of shame and helplessness."

Ali is not alone in her fight. Obesity is a growing national epidemic. In the United States, approximately 60 million adults are obese and 9 million are severely obese. This chronic disease is caused by one or more environmental (social and cultural), genetic, physiologic, metabolic, behavioral and psychological factors, and in 2000, cost this country \$117 billion in direct and indirect costs. These individuals face serious health consequences, including increased risk for Type 2 diabetes, heart disease, stroke, high blood pressure, sleep apnea and premature death.

Like Ali, many individuals cycle through ineffective diets and, despite consistent efforts to lose weight, struggle for years or sometimes a lifetime with obesity. In 2004, at more than 270 pounds, Ali fought back with the help of the LAP-BAND(r) System procedure, the only FDA-approved adjustable gastric band for use in weight reduction for severely obese adults.

"I now have the tool I need to win," states Ali. "By sharing my journey, it is my hope to help

others reach their own 'moment of truth' and see the possibility of life without obesity."

While obesity is now recognized by leading government health authorities, such as the National Institutes of Health (NIH), as a disease, unfortunately, treating this disease remains a challenge. The NIH has reported that people in weight-loss programs lose only about 10 percent of their body weight and gain most of it back within five years. For people who are morbidly obese, or more than 100 pounds overweight, weight-loss surgery has become a clinically accepted effective treatment option for long-term weight control.

"Many ObesityHelp community members share Khaliah's experiences," said Eric Klein, founder of ObesityHelp, Inc. "It is our hope that this campaign will help the millions of individuals struggling and living a life compromised by obesity to identify their pivotal moment and begin their journey to find a solution."

Consistent with the Prochaska and DiClemente's behavioral change model, a "moment of truth" experience, such as having a child, often triggers individuals to take action to overcome obesity. In an effort to help others identify their personal turning point and assist them in finding a solution, the "Moment of Truth" self-assessment tool was developed. To learn more about Khaliah's story, the "Moment of Truth" campaign and to access the self-assessment tool, go to www.momentoftruth.org.

County Call Center Now Open Late



Sacramento, CA.--Beginning June 25, the Sacramento County Call Center, also known as the Community Assistance & Resource Center will extend their hours to be open Monday through Friday, 7:00 a.m. to 9:00 p.m. Customer Service Representatives will be available to provide general information about Sacramento County services and take reports on nuisances and hazards.

Reports can be taken for

a wide variety of nuisance issues including barking dogs, abandoned vehicles, illegal dumping, road and sidewalk maintenance and more. Customers can also call to find out about County services and be referred to the correct department.

"This is one of many steps the County is taking to provide services when and where our customers need them the most," said Steven M. Pedretti, Director of the Agency Administration Department. "This will make it more convenient for our residents who cannot call during the day."

With basic information such as name, address, phone number, nature of complaint, address of problem or violation, a case is opened, assigned an issue number, and referred to the correct department for follow up. Customers can follow up on their case by retaining the name of their customer service representative

and the issue number.

Common Nuisance Issues:
Abandoned Vehicles, Air Quality Hazards, Animal/Wildlife Damage and Hazards:

Businesses operating without a license, Environmental Health (Food Facility Complaints), Flooding or Levee Problems, Hazardous Materials, Housing Conditions, Illegal Construction or Occupancy, Illegal Dumping, Road and Sidewalk Pavement failures, Unsanitary or Unsafe Premises, Weights and Measures, Zoning Violations.

The call center will be closed major holidays however complaints can be registered 24/7 at <http://www.msa.saccounty.net/communityhazards/report.htm>

By Chris Andis,
Communications and Media
Municipal Services Agency,
Sacramento County

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

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Kiwanis Clubs in Sacramento and New Orleans "Band" Together for Music

By Suzanne Leonard



A year ago, the spiritual aims committee of the Carmichael Kiwanis Club of Sacramento, CA decided they should do a project for a New Orleans Kiwanis Club to keep Katrina in the minds of people in Sacramento. Dr. Sargent Wright contacted the Louisiana Mississippi West Tennessee District Office and found out about the Karnofsky Project, an idea of local Dawn Busters Kiwanis member Trent Strasburg.

A New Orleans resident who retired from the US Postal Service, Trent went to Wisconsin to learn instrument repair in 2004. When Katrina hit, he returned immediately to help the community rebuild. The Karnofsky Project was created to get band instruments into the hands of New Orleans children. Instruments are donated, repaired, and distributed to young people who normally would not be able to play and learn music.

What a Funny Name
Mr. Karnofsky was a business man in New Orleans. As he made coal deliveries around New Orleans, his son and his son's friend rode the coal delivery wagon, helping Mr. K with the deliveries. Each day as they passed a particular store, the son's friend pointed to an old cornet in the window, a cornet he couldn't hope to buy but longed to play. One day, Mr. Karnofsky stopped at the

store, walked in and came out with the cornet. He handed it to his son's friend and told him he could work it off. The young man did and went on to play a pretty good horn. His name was Louis Armstrong.

Sacramento Gives
While Trent was just starting the Karnofsky Project, the Carmichael Kiwanis Club immediately embraced the idea and blanketed Sacramento with television and newspaper stories and began collecting instruments. Kiwanis clubs, Key Clubs, churches and individuals stepped up in tremendous form and collected 100 instruments plus monetary donations.

Sarge had some personal tragedy during the project. He lost his wife and suffered a heart attack, but the instruments kept coming in and it kept him motivated. It all paid off this week when he came to New Orleans and participated in a ceremony Thursday afternoon at 1pm at St Marks Community Center (1130 N Rampart St, New Orleans, LA 70116). The instruments were shipped for free by ABF Freight Systems, a Sacramento shipping company. Sarge flew down and will assist Trent and other

Dawn Busters in inventorying and organizing the instruments for repair and distribution.

History

There are some interesting stories that come with the instruments and most will never be told. A clarinet donated was used by an artist in the Miles Davis Band. A saxophone was used by a student until he was killed in an auto accident at age 21 and his family wanted the instrument to live on. Another instrument was used in many USO tours in World War II and still works.

In collecting the instruments, the Carmichael Kiwanis grew closer to the community, gained membership, and gained a greater sense of service. Your club can help too. Go to www.karnofsky.org and start a collection in your community. Carmichael Kiwanis, Sargent Wright sarge6220@comcast.net (916) 300-7448, Dawn Busters Kiwanis, Trent Strasburg trent@karnofsky.org (504) 905-4844

Benefits Craft Show to Help Big Brothers Big Sisters

"Christmas in July Benefit Arts & Craft Faire"

A benefit arts & craft show is being held July 21, 2007 at the Mission Oaks Community Center in Carmichael, CA. Address of the location is 4701 Gibbons Dr Carmichael, CA 95608. Hours of the event is 10-3 pm and will have a silent auction and raffle with unique gifts donated by each arts & crafts vendor participating in this event. This will be a Christmas themed craft show as many vendors will have wonderful Christmas items available.

The community center is located in a beautiful park adjacent to a playground for children, luscious lawns for walking etc... The will be a bounce house and food items to purchase at this event. This event is free to the public but we encourage each visitor to participate in the silent auction and raffle to help benefit Big Brothers Big Sisters.

Wendy Rogers, founder of Lovecross Unique Gifts & Bath Shoppe is hosting this event for Big Brothers Big

Sisters. Wendy has a Christian ministry that helps parents that have lost a child due to pregnancy loss, infant death or any other type of death to a child and wanted to find an organization of some type that gives back to the community and that also helps children. Choosing Big Brothers Big Sisters was not a hard decision to make. Having lost 2 children in early pregnancy she felt this was the right thing to do while at the same time helping entrepreneurs such as herself and others have a wonderful opportunity to sell and showcase their wares and product opportunities.

Her website is www.lovecross.org

Big Brothers Big Sisters is a mentoring program serving boys ages 8-15 and girls ages 7-15 primarily from single-parent homes. They aim to make a positive difference in the lives of children through professionally supported one-to-one relationships with caring adults. The Big

Brothers Big Sisters program focuses on teaching children to respect others, have positive relationships with peers and family, avoid delinquency, succeed in school, and manage their feelings appropriately. Through positive, one-to-one interaction with a Big Brother or Big Sister, children learn and mature. It is truly the Power of One. The Big Brothers Big Sisters movement began in 1904. Locally, Big Brothers Big Sisters of Greater Sacramento has matched thousands of young children with qualified adult mentors throughout Sacramento Yolo and Placer counties for over 42 years. In August of 2005, the Greater Sacramento chapter expanded its service area to include San Joaquin County. Their website is: <http://www.bbbs-sac.org>. For more information on this event or to donate a gift for this event's silent auction and raffle please call Wendy Rogers at 916-224-6794

Reverse Mortgages have grown over 70 percent in the last year....

Government Insured Reverse Mortgage Loans offered to Seniors 62 and over have grown by over 70 percent in the year 2006. Seniors and their families are seeing the many benefits having a reverse mortgage can offer.

What is a Reverse Mortgage? How can a Reverse Mortgage benefit my retirement? Do I keep title to my home? Is a Reverse Mortgage right for me? Can I lose my home? How to purchase a home on a Reverse Mortgage and have no monthly payments?

Please join me for an educational discussion on Reverse Mortgages. I will answer all these questions and any others that you may have. Sylvan Oaks Library, July 26th at 1:00 PM. 6700 Auburn Blvd, Citrus Heights, CA 95621. Family and friends are welcome!



Carol Thatcher
Becker Group Financial

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RIVER WATCH UPDATE



Warren Truitt, President

SARA in the 21st Century

by Warren Truitt

In 1981, our family moved to Fair Oaks from the Bay Area. Shortly thereafter, we discovered the American River Parkway and locked our anchor into the community.

During the early eighties, I read about an organization named Save the American River Association, and their ongoing battle with the East Bay Municipal Utility District – to keep the Lower American River from becoming a creek. I immediately sent a check to SARA and became a member.

Against unbelievable odds, this relatively tiny band of determined volunteers, affectionately known as SARA, won the court case, and kept water flowing to the confluence with the Sacramento River.

In December, 2003, I attended my first SARA Annual Meeting. I was thrilled as I finally met some of the selfless individuals who have defended the river and Parkway since 1961. In 2004, I was asked to join the SARA Board and became Vice President in 2005.

As the incoming President, I want to share SARA's vision of our role as we face 21st Century challenges to the American River and Parkway. SARA is not only proud to be the organization responsible for the founding of the Parkway, but also the body the community continues to look to – to lead the effort to preserve and protect the water, land, flora and fauna that is the Parkway.

As SARA's 50th Anniversary approaches, in 2011, our Parkway challenges are not dissimilar in magnitude to the ones the SARA founders faced. Current issues include: explosive growth, potential overuse and loss of habitat, competition for funding, Parkway leadership changes, water flow and quality issues, as well as inappropriate development in close proximity to the Parkway.

The American River Parkway's most serious

need is adequate long-term funding. The current County Parks leadership is listed as Interim despite the significant credentials. The County supervisors, current elected stewards of the Parkway, are in discussion with the cities of Sacramento and Rancho Cordova regarding a possible Joint Powers Authority approach to Parkway management.

The Lower American River still lacks a necessary flow standard, and sewage spills by Sierra communities, lacking adequate treatment capacity, threaten the health and safety of the Lower American users.

The American River Parkway Plan Update – the first since 1985 – was approved by both the City of Sacramento and the County of Sacramento, yet still needs to go through the EIR process before being sent to the State Legislature – with adoption expected in 2008. Security and stability are needed.

To address these challenges, SARA is taking several steps:

Advisory Council: At our December, 2006 Annual Meeting, SARA introduced the first 12 members of our new Advisory Council. These individuals, from diverse backgrounds, including environmental, water, legal, fund raising, promotion, management and political, will serve as a brain trust to advise the SARA Board on issues within the scope of SARA's mission.

Networking: SARA is inviting to each of our monthly Board meetings a representative from other American River and Parkway stakeholder groups – to define their organization's mission. By serving as the hub, SARA intends that each added spoke, i.e. stakeholder group, will make our wheel of influence the strongest and most respected possible.

Connecting: Our SARA Board members regularly communicate, meet with and testify before elected

officials at the City, County and State level, regarding issues affecting the River and Parkway. In addition, SARA is a founding member of the Water Forum, American River Parkway Safety Board and American River Parkway Coalition. Board members also serve on several other boards and committees associated with our work. Most recently, the Board had a strong presence on the UCAC (Update Citizens Advisory Committee) - a longer than two-year process. At times, SARA board members appear at still other civic organizations in an effort to educate the public at large about our mission.

Education & Stewardship: It is abundantly clear to the SARA leadership that our mission must include an educational element. This includes reaching out to and including students. After all, our youth will be the future stewards of the American River & Parkway. In 2006, SARA welcomed our first student intern, Chelsea McDaniel, from C.K. McClatchy Senior High School. Her impact has been so positive that we intend to continue and likely expand the student intern program.

Over the last several years SARA has also had a close working relationship with Guy Galante, a 6th grade teacher at the Gold River Discovery Center in Gold River who not only uses the River and Parkway as a living, outdoor classroom, but also involves his students and often their parents in regular monthly clean-up efforts.

Water Watch: SARA continues to push for an American River flow standard, as we have done for years, to assure protection of flows in the River while simultaneously meeting area water needs. Our most recent effort was to get the U.S. Bureau of Reclamation to commit to a timetable and urging other stakeholders to contact the Bureau as well. As of this writing, there has not been any response from

the Bureau.

In addition, we are aligning with other water watchdog stakeholders to monitor and address inappropriate sewage releases into the Upper American River by dozens of smaller Sierra communities. Alan Wade, our immediate past president, has taken on the responsibility of monitoring and reporting on Central Valley Region Water Quality Control Board sessions—where such issues should be addressed.

Membership and Funding: These go hand in hand. SARA realizes we must strengthen our base by increasing our membership, not only to maintain our viability but also to fund our Parkway outreach, education and advocacy efforts via membership donations. Our goal is to increase our membership by the end of 2007 by 350 members. SARA has been guilty of not sending timely renewal reminders and worse yet, not actively seeking new members.

501(c)(3) Tax Status: We are currently awaiting an IRS decision to change from our 501(c)(4) status which is not tax deductible to a 501(c)(3), in which case all donations would be tax deductible. We have reason to believe that should this come about, SARA contributors would increase their donations. Escalating threats to the American River and Parkway require an enhanced response and outreach.

In closing, I ask that each reader imagine what would happen to our greater community should the American River & Parkway not have adequate river flows to support the dependent habitat, or, due to lack of funding, not have necessary maintenance and ranger protection. The American River and Parkway belongs in the center of our community as it is our sole refuge and binds so many of us to this area.

Climate Change Hits the Campaign Trail

by Bill McKibben

Next month more than a billion people are expected to watch the huge global warming concerts that Al Gore is staging on every continent. But my guess is that the few dozen young people who recently gathered on a town green in Lebanon, New Hampshire may sway the future at least as much.

Those college kids were the advance guard of "Climate Summer," an effort to make global warming a central issue in the next presidential campaign. They will be trailing candidates, canvassing voters, and in early August marching across the state with thousands of local residents. And in the process they'll be trying to upend conventional political wisdom, which is that the environment is always a second-tier issue, trailing jobs and health care and foreign policy. It's a tough sell -- but there are real signs that this year may be different on the campaign trail.

For one thing, the science of global warming seems finally to have sunk in with Americans. Every week another story shows just how far down a dangerous road we've gone: the latest jolt was the news that the Arctic might be ice-free in summer by 2020. By now, every new tropical storm trips the warning bell in people's minds.

And people are even realizing they need to do something about the problem -- one recent poll found that 44 percent of Americans thought cars that got less than 30 miles per gallon should be banned (which means, if you pay attention to mileage statistics, that about half of them were willing to outlaw their own vehicle).

Faced with those kinds of numbers, leading candidates at least on the Democratic side of the race have staked out strong positions on global warming. Barack Obama, Hillary Clinton, and John Edwards have already all endorsed the Climate Summer goal of 80 percent cuts in emissions by 2050. The fight now is to get them talking about it, over and over again, so that they've honed their pitch to the point that they can convince Congress should they win office in 2008.

And the only way to do that is to keep asking the candidates, keep pressing them. Six years ago, a much smaller group of students did something similar in New Hampshire. They didn't manage, alas, to affect George W. Bush, but their constant questioning did move John McCain. As soon as he got back to the capitol, in fact, he convened a hearing on the issue.

"One of the great things about the requirements of the electoral process is extensive interaction with the citizenry," McCain told his fellow senators. "There is a group of Americans

who now come to political rallies with signs that say, 'What is your [climate change] plan?' I am sorry to say that I do not have a plan because I do not have, nor do the American people have, sufficient information and knowledge. But I do intend, beginning with this hearing, to become informed, to reach some conclusions, and make some recommendations." The result, the McCain-Lieberman climate bill, was fairly modest, but it's the closest Washington ever came to doing anything.

This year's Climate Summer campaign is much bigger -- there are students from dozens of schools, cramming into rented houses, dividing the state up into territories, connecting with campaigns. And they have many new allies locally -- in the small town of Amherst, for instance, where 400 residents turned out in April for a climate change demonstration, and where this year's big 4th of July parade will be a celebration of "the red, white, and green."

As the name implies, the campaign is bolder too. The students are paying a kind of homage to Freedom Summer, now four decades in the past, when 800 northern college kids went south to Mississippi and helped turn America around.

Those students faced unimaginably greater perils, of course--indeed three of them were murdered within days of their arrival. But their faith in the American democratic system endures to this new generation of college students. It's amazing to talk with them as they arrive in the Granite State and find very little cynicism, and a very deep faith that they can make a difference. "There's nothing I can imagine doing with my summer as important as this," said Sierra Murdoch, an organizer from Middlebury College. "There's nothing I can imagine doing with life as important as this."

It would be nice indeed if they left New Hampshire as hopeful as they have come.

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Bill McKibben wrote *The End of Nature*, the first book for a general audience on global warming. His most recent book is *Deep Economy: The Wealth of Communities and the Durable Future*.



Bill McKibben

Sunrise Marketplace & Sunrise Mall Host July 4th Spectacular



The Fourth of July features a sizzling celebration at Sunrise Mall in Sunrise Marketplace with a variety of family-friendly activities.

The fun begins from 6-9pm with the final Wednesday Sunfest evening event with commercial booths, kid's amusement area and food.

Then at 7:30pm, TEI Presents the R&B/Latin smooth sounds of Salsa and Amigos--a tribute to Santana. Both bands perform inside the Sears parking lot near the launch site. At dusk, a sky concert with a spectacular pyrotechnical salute lights up the sky. Entercom station 98 Rock will simulcast the nineteen minute patriotic and

rock soundtrack live on its station so viewers may listen and watch the choreographed presentation. The popular 3-D prism glasses will be available while supplies last that evening at Sunfest and at 98 Rock's booth near the stage.

Also on tap is the Shriners Children's Carnival which closes July 4th after a five-day run (June 30-July 4 from 12noon daily Carnival hours are 12 noon to 10, except for July 4th closure at 9pm.) The carnival will feature fifteen children's rides and amusements. Proceeds will benefit the Shriners patient transportation fund, which covers travel expenses connected with hospital treatment. Rides may be purchased individually or in a package. Parking and admission are free. Carnival and food are available for a nominal fee. Items may be purchased at

Sunfest booths. Cans, bottles or personal fireworks are not permitted on the grounds.

For more information, call Sunrise Mall customer service at 961-7150 or visit www.sunrisemarketplace.com or www.sunrisemallonline.com

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Meeting Planners Int'l Names Officers

SACRAMENTO... Meeting Professionals International Sacramento Sierra Nevada Chapter recently conducted its 22nd annual Installation of Officers.

The 2007/2008 Officers are: President, ManyAnne Bobrow, CMP (Bobrow and Associates, Citrus Heights); President-elect, Karen Leland-Dolce (Copland Printing, Sacramento); Vice President Finance, Hillary Burton (Sacramento Convention and Visitors Bureau, Sacramento);

Vice President Membership, Amanda Flangas (John Ascuaga's Nugget Resort Hotel, Sparks, NV); Vice President Communications, Joy Florentino CMP (Marriott, Renaissance & JW Hotels & Resorts, Sacramento); Vice President Education, Carolyn Tienken, CMP (California Society of Association Executives, Sacramento).

Meeting Professionals International (MPI), the world's largest association MPISSN

for the \$122.3 billion meetings and events industry, is committed to positioning meetings and events as a key strategic component of an organization's success. The Sacramento Sierra Nevada chapter of MPI, established in 1985 empowers over 230 members to increase their strategic value with education, professional development and business growth opportunities. For more information, visit www.mpissn.org.

Are you caring for a loved one with dementia? Would you like activity ideas to keep your loved one active and stimulated? Come see us!



GIRL SCOUTS

Girl Scouts is hosting a Harry Potter themed event for girls of all ages to learn about Girl Scouts and have a fun Harry Potter themed night at the same time. The Final Harry Potter movie/book is coming out this July and what better way for girls to get ready for it than at a fun Harry Potter/Girl Scouts night? The events will take place on the following days: Tuesday July 10, 2007, from 1:00-2:30p.m., at the Carmichael Library- 5605 Marconi Ave, Carmichael CA 95608 in the Community Room. Wednesday July 11, 2007, from 1:30-3:00 p.m., at the Sylvan Oaks Library- 6700 Auburn Blvd. Citrus Heights CA 95621 in the community room. At both of these events, there will be face painting, charm bracelets, pin the pig tail on Dudley Dursley (Harry Potter lingo), hunt for the sorcerer's stone... crafts, snacks and learning about some girl scout ways as well. Any aged girl and her parent can come! No RSVP necessary and they can dress up Harry Potter style.



Fair Oaks News & Views

Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

you can believe it they find time to volunteer as well.

I was at a class regarding inexpensive market research and one of the things we talked about was our ROI (Return on Investment). One of the numbers I had to determine prior to completing the equation was how much my time and energy is worth per hour. Let's discuss the required information you will need in order to do the calculation. 1. Cost of Marketing (Including but not limited to cost to join an association, monthly costs associated with luncheons/mixers/events) 2. What your time is worth (calculate this by determining how much time you think you will spend on the project and what that value is to you) 3. Anticipated Sales. Once you have the information you can do a simple calculation, first add together the cost of marketing with what your time is worth and then divide that by Anticipated Sales.

For instance; some advertising might cost me \$400 and may take about \$100 of my time. I expect to make about \$1000. So, add \$400 to \$100 = \$500 then \$500/\$1000 = 1/2 or a 1-2 ratio. What we learn is that we expect a \$1 return for every \$1 we invest.

I can tell you that the return on investment with the Fair Oaks Chamber is, for me, better than the above ratio. I attribute my increased return due to volunteering, getting to know my peers and working diligently to earn their business. Remember, we are here to help you achieve your goals and some of the best training you can get is through volunteer work!

Thank you so much to our Board Members, Event Chairs and all our members that take the time out of their day to give back to the community of Fair Oaks!!!

Please check the website for upcoming events or information. www.fairoakschamber.com

Looks like we are off to a great start! In May we had Fiesta Days, in June we had A Taste of Fair Oaks and Concerts in the Park are off to a great start! All of the events that the Fair Oaks Chamber brings to the community are put on by members of the Chamber. These members own their own businesses, manage employees and clients, have families and if

The World of Bronco Basketball

Coach Dave Gonzalez, BVHS Varsity Coach, Coach Paul Gonzalez, BVHS Assistant Varsity Coach, and Luke Remey, BVHS Junior Varsity Coach presented a five-day basketball camp for kids from June 25 through the 29 at Bella Vista High School. They attracted 28 enthusiastic participants in their first year. Ages ranged from 8 to 13 years.



The camp included a strong focus on fundamentals of basketball, both offense and defense. Each player received individual instruction on the most important concepts of basketball, including rebounding, free throws, pick & roll, dribbling, passing and both man-to-man and zone

defense. The camp was sponsored by the Fair Oaks Recreation & Park District.

Harvest Day 2007

The Sacramento County UC Cooperative Extension Master Gardeners, the Fair Oaks Recreation and Park District, the Fair Oaks Park and Recreation District, the Fair Oaks Water District, and Regional Water Authority present a day of gardening with the experts. Come see what's new for your garden this year. Learn how to produce more fruit in your home orchard and how to grow great tomatoes. Find out about earth friendly, sustainable lawn care and landscapes. Get ideas for unusual landscape trees. Learn which plants will thrive in your shade garden and if your soil is dead or alive. Find out how to make your own compost and how much and how often to water. Visit the plant clinic and get a diagnosis on your garden pest or disease. Sample just harvested fruits and vegetables. Shop at the Harvest Day Store for your 2007 UC Master Gardener Garden Guide and other

garden items. Tour the Fair Oaks Horticulture Center demonstration gardens and the French, Italian, Asian and Mexican themed vegetable garden. Explore the adjacent community gardens and talk shop with fellow gardeners. Visit over 20 educational booths. Sip a smoothie in the shade of the oaks. If you have a gardening question this is the place to be!

DAY AND DATE: Saturday, August 4, 2007
TIME: 8:00 a.m.A.M. to 2:00 p.m.P.M.
LOCATION: Fair Oaks Horticulture Center and Community Garden, Fair Oaks Park, south of Madison Avenue
COST: Donations Accepted
CONTACT INFORMATION: Sacramento County UC Cooperative Extension: (916) 875-6913 or <http://cesacramento.ucdavis.edu>



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60 Days Kristen M. Jennifer B. Adam M.	90 Days Dylan W. Abel E.	1 Year Bryan G.	18 Months Leah R.
		2 Years Michelle D.	

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Concerts in the Park 2007

- 06-21 Sacramento Banjo Band - Kid's Night Out
Hosted by Fair Oaks Presbyterian Church - Gay 90s, 30s, 40s, family and kids
- 06-28 Polly's Hot Poppers
Hosted by Music Bloom School of Music - Hot Chicago Style Jazz
- 07-05 Swing Masters
Hosted by Arthur Murray Dance Studio, Carmichael - Classic Big Band Swing
- 07-12 Sister Swing
Hosted by Senior Care Solutions - 1940's Andrew Sisters
- 07-19 North Market Street Jazz Band
Hosted by Barry & Eleanor Brown - Dixieland Jazz
- 07-26 Shelley Burns
Hosted by Mercy San Juan Medical Center - Swing Standards
- 08-02 John Skinner Dance Band
Hosted by Vicki Rosalli, State Farm Insurance - Popular Dance Music
- 08-09 Azuar
Hosted by Angela Talent, Strategic Financial Services - Rock and Roll
- 08-16 Night Train
Hosted by Dr. Elisabeth Swan, Optometrist - Swing, Smooth Jazz, Rhythm and Blues
- 08-23 Past Due and Playable
Hosted by Warren and Janet McWilliams - Acoustic Bluegrass, Swing, Folk and Humour
- 08-30 Mimosa
Hosted by Women's Thursday club of Fair Oaks - Jazz, Swing and Pop Vocal Group
- 09-06 Capitol Pops Concert Band
Hosted by Trude Vasquez, Cruises Inc.- Broadway, Popular, Patriotic

Note: Bands subject to change

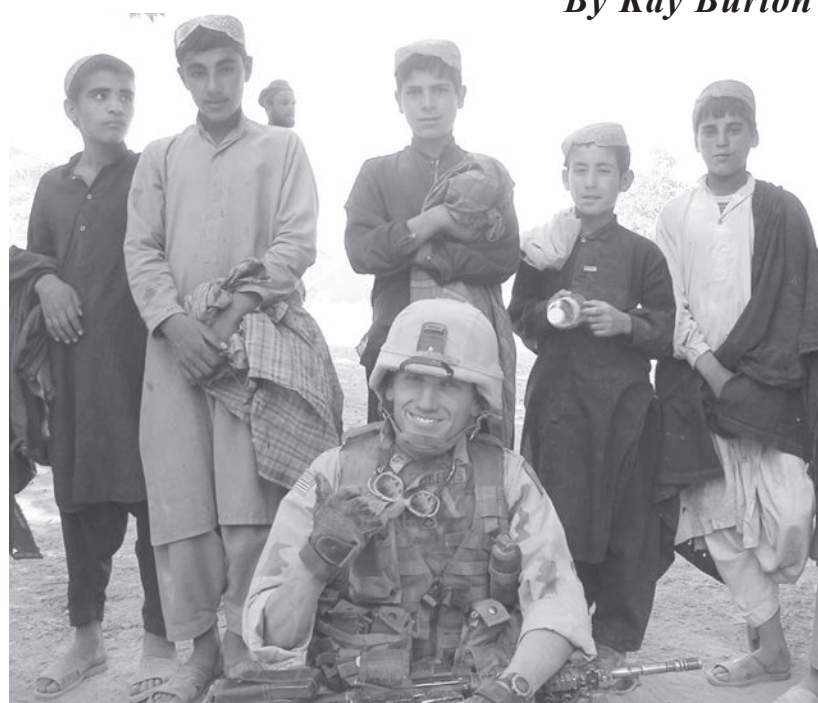
Gold River News & Views

Gold River's Sergeant Honored

By Kay Burton

The flags in Gold River's Pioneer Village were raised in June in honor of Sgt Derek Tillman Roberts killed in action June 14 while on patrol in Iraq.

Gold River's Sgt. Derek Tillman was serving his God and Country with the 25 INF Divisions out of Schofield Barracks Hawaii while on patrol in Kirkuk, Iraq. Derek was a combat veteran of Operation Enduring Freedom-April 16, 2004-June 16, 2005 and currently deployed to Camp Warrior in Kirkuk, Iraq. He was an exceptional soldier and was highly regarded by both his peers and his superiors. He was boots on the ground infantryman with a wide circle of friends, always with a smile and a "witty" comment. Derek was more concerned with his fellow soldiers in the 3-25th than his own safety and will be missed by the boys in Bravo Company.



Sgt. Derek Tillman Roberts

Dennis and Willy of Gold River; grand parents, Snowden and Peggy Roberts of Nesknowin, Ore., and Sandra Chandler of Roseville; brother, Trevor of Provo, Utah; and Judi Arel of

Sacramento, whom he was planning to marry.

Sgt. Roberts will be buried in the National Memorial Cemetery of the Pacific in Honolulu.

Junior Tennis Players of the Month



Rachel and Scott Putty

Rachel and Scott Putty have spent the last year building up their tennis game. Their hard work, combined with coaching from Brian Martinez and Amine Khaldi, has paid off with top rankings in the Sacramento Area: Rachel #1 Girls 12s (last year #41) and Scott #1 Boys 10s (last year #10). Their combined tournament record this season: two 1st place finishes, two finalists finishes, and four semi-

final finishes. Rachel's focus and cool-under-pressure attitude is a potent weapon for overcoming long rallies and extended matches. And Scott's racquet speed produces a powerful forehand punch. They always display a high degree of sportsmanship, and their passion for the game continues to grow. Rachel and Scott's accomplishments have positioned them well for competing at the USTA level this summer.

Crop Out Cancer

- Goodie Bags · Raffle Prizes · Dinner & Snacks
- Swap Meet (Bring a piece of paper or sheet of stickers and trade)
- Tool Time (Sizzix, Circle Cutters, Paper Cutters, Eyelets Setters, and more to share)
- Scrapbook your memories and raise money for Cancer at the same time



- Saturday, July 21st 3PM-11PM

\$10.00/per person (includes dinner and snacks) all proceeds go towards Relay for Life
Burchett Hall at Valley Community Church
3150 Wissemann Drive, Sacramento, CA 95827

We hope you will join us for a good time of scrapbooking with friends and cropping out cancer! If you plan on attending please send me an email (VCC-sign up at the hospitality center). Feel free to pass on this email to anyone who may be interested. Email me with any questions - Christy Cabrera - relayforliferc@yahoo.com

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Orangevale News & Views

Letter From the President...



My name is Katherine Leonard and I am the elected President for a second term to the Orangevale Chamber of Commerce Board. I was born and raised here in this area; graduated from San Juan High School and American River College. I am proud to say that I served four years in the U.S. Navy. I have lived here in my wonder home since

1993. I am partly retired, and I say partly because I teach Aqua Aerobic at 24 hour Fitness. I am also on the Orangevale CPAC as Vice-chairperson and sit on several committees through our community.

I would like to welcome our new Directors: Kelly Tomberlin and Alice Amantea and returning Director Jason Beck. Your new Executive Officers are, Cindy Sue Jones, Vice President, and David Brown, Treasurer.

I am looking forward to another year as your President. We have some new and exciting ideas for fund raising events. We will be putting the fun back into being a Chamber member. Read your Juice and watch our web page for upcoming events. www.orangevalechamber.com

We would like to extend an invitation to all of you in joining

us at our installation Dinner on July 19th at Kolbeh Kabob. It is a great opportunity to come out and meet and greet the new board members, but most of all to get to know each and everyone of you better.

Check out our web page and the advertising opportunities we have to offer. We are always looking to improve our benefits for our members.

Please feel free to call the office anytime with your concerns, we are here to serve the business and the community. Remember my door is always open to you.

Sincerely Yours,
Katherine Leonard,
OVCC President



Local Woman's Club Leader Attends International Federation's Convention



JoAnn Swars

JoAnn Swars of Orangevale, a member of the GFWC Orangevale Woman's Club joined seven other members from Sutter District to attend the GFWC Internationals Convention in Philadelphia. The annual International Convention was held in Philadelphia, Pennsylvania and had more than 1,000 women in attendance. In addition

to participating in business sessions, committee meetings and workshops on Leadership, Empowering Women, and Domestic Violence they heard a keynote address by Lisa See, former Edgar Award nominee and author of the critically acclaimed novel, "Snow Flower and the Secret Fan".

Convention attendees also heard actor, athlete, activist, and author Victor Rivas Rivers, the national spokesperson and Honorary Chair for the National Network to End Domestic Violence, who spoke about his own experience with domestic abuse.

During the convention's final evening, members attended the Empowering Women Banquet at the Philadelphia Union League, where awards were presented to Governor Ruth Ann Minner, governor of Delaware, Dianne Mooney, Senior Vice President and Founder of Southern Living at Home, and Susan Retik, co-founder of the Beyond the 11th

organization. Other speakers at the convention included Peggy Post, great-granddaughter-in-law of Emily Post, spokesperson and author for the Emily Post Institute.

The General Federation of Women's Clubs, one of the world's largest and oldest women's volunteer community service organizations, was founded in 1890 and is headquartered in Washington, DC. Local clubs include: GFWC Orangevale Woman's Club, GFWC Citrus Heights Women Club, GFWC American River Woman's Club and GFWC North Sacramento Women's Club. You can receive information about these clubs on the internet at www.gfwc.org. For the Orangevale club you can phone JoAnn Swars at 916-989-8748

Submitted by JoAnn Swars, 916-989-8748 joann@avantac.com

Doolittle Offers Amendment to Provide Funding for Rural Schools

WASHINGTON, D.C. -- Representative John T. Doolittle (R-Roseville) proposed an amendment today to the Interior and Environment Appropriations bill that would have fully funded the Secure Rural Schools program for Fiscal Year 2008. This funding is issued to counties to compensate for the land the federal government took when creating the National Forest System, and is used to fund schools, roads, and other public services. Unfortunately, the amendment was defeated on a procedural motion, which prevented an up or down vote from occurring.

"I am disappointed that House Democrats used procedural tactics to prevent a vote on my amendment to provide desperately needed funds to rural counties in a timely manner," Doolittle stated. "The appropriations bill spends billions of taxpayer dollars without fulfilling a promise our government made to provide essential services to many of its citizens."

While the amendment did not reach a vote, Doolittle was able to secure a commitment

from House Appropriations Committee Chairman David Obey (D-WI) and Ranking Member Jerry Lewis (R-CA) to contact the appropriate authorizing committees and urge them to provide a long-term reauthorization of the Secure Rural Schools program, which would ensure payments to counties would continue for several years. The Secure Rural Schools and Community Self-Determination Act, the legislation which authorized these payments, expired in September 2006. Doolittle was successful in securing a one-year extension provided for 2007 in an emergency appropriations bill passed by Congress in May. However, debate over whether to provide funding for our troops in Iraq caused these funds to arrive well in to the current fiscal year, in many cases after layoff notices had been issued to teachers and public works officials.

"Inclusion of this funding in the Fiscal Year 2008 appropriations bill would have given counties the security that these funds would be provided for another year. With no

authorization from the federal government, county budgets are currently unable to assume this source of revenue, which has already had a negative impact on our schools. Furthermore, this amendment would have allowed these funds to be distributed in a fiscally responsible manner, which would have benefited taxpayers. I will continue to seize every opportunity until rural counties can be secure in relying on this source of revenue promised to them by the federal government," Doolittle concluded.

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

Orangevale Honorary Mayor Race

As many of you know, I am a candidate in the race for Honorary Mayor of Orangevale. Each candidate in the race selects their favorite non-profit organization and raises money for their cause. The candidate that raises the most money becomes the new honorary mayor. Proceeds are split 65% to each candidate's charity and 35% to support the chamber of commerce.

In the past year I have gone through the battle of breast cancer myself. Due to this recent struggle, I have chosen breast cancer as my charity. My goal is to raise money to help find a cure for all the other mothers, daughters and sisters in their treatment for breast cancer.

I've been a resident of Orangevale for twenty-one years, as well as a business owner for the last eleven years. I'm excited about getting involved with the Orangevale Chamber and helping the community. Please look for my upcoming events. If you would like to help, please contact me at Kidwellsglass@comcast.net.

Thank You, Loraine Silvera



Loraine Silvera

Chamber June Mixer a Big Success

The evening couldn't have been more perfect for everyone who attended the Eskaton Fountainwood Lodge mixer. Once you entered the Victorian room, your ears were summoned to the angelic sound of a harp. Emily Dean the harp player filled the room with a welcoming sound that lingered through out the eventful night. The festivities were filled with applause to our hostess and to all of those that came to support our local business. The Orangevale Chamber would like say hats off to the Administrator, Mary Eaton and Tracy Sinclair the Assistant Administrator, they really know how to throw a mixer. The food was pleasing to the eye and most of all the palate. For those that aren't aware of this impressive facility, they are the largest employer here in Orangevale. This is an assistance living facility that offers, a great dining room, social area, a family room with self-serve kitchen and eating area, activity rooms and much more. The Chamber would like to say thank you to each and every one of you who continually to support our local business here in Orangevale by attend our growing mixers. We would like to give a special thank you to those that donated the raffle prizes for this mixer, you out did yourself yet again. Eskaton Fountainwood Lodge, your hospitality was over the top and what a marvelous job in hosting the June mixer. If you would like more information on this stunning place please contact Tracy Sinclair at 988-2200. Our next mixer will be held at the Orangevale Grange Hall, 5807 Walnut Ave. Our host will be the Orangevale Girls Softball. Keep an eye out for the Orangevale Juice each month for all of our upcoming events. If you are interested in hosting a mixer, please contact the Chamber office at 988-0175 or Cindy Sue Jones at 988-4810. Thank you again for supporting the Orangevale Chamber.



Put (Financial) Independence Day on Your Calendar

This week, we'll be observing the Fourth of July. But at some point in your life, you'll want to celebrate another type of Independence Day - Financial Independence Day. When will it occur? It's up to you. Here are a few suggestions for speeding it along:

Feed those retirement plans. The most important thing you can do to hasten your Financial Independence Day is to continually save and invest for retirement. Take full

advantage of your 401(k) or other employer-sponsored retirement plan. Your earnings have the potential to grow on a tax-deferred basis and you can create an investment mix that reflects your risk tolerance, time horizon and retirement goals. Also, even if you have a 401(k), you may be eligible to invest in a traditional or Roth IRA. A traditional IRA has the potential to grow tax-deferred, while a Roth IRA has the potential to grow tax free, provided you've had your account at least five years and you don't start taking withdrawals until you are at least 59-1/2. And you can fund your IRA with a wide range of investments, such as stocks, bonds and certificates of deposit (CDs).

Don't let your debts get out of hand. You probably can't avoid all debts, and some of them - such as a mortgage - at least offer the possibility of tax write-offs. But the larger your debt payments, the less money you'll have to invest, so do what you can to live within your means.

Prepare for emergencies. If you face some unexpectedly large medical bills, or if you need a new car or a major appliance, will you have the money available? If not, you may have to dip into your investments - and that can slow your progress toward your eventual financial freedom. To avoid this problem, build an emergency fund containing six to 12 months' worth of living expenses. Put the money in a liquid vehicle - one with a lesser risk of loss of principal.

Be a "tax-smart" investor. Taxes can eat into your investment returns, so you'll want to become a "tax-smart" investor. As we've already mentioned, your 401(k) and IRA offer tax advantages, so you'll want to contribute as much as you can afford to both these vehicles. Beyond that, perhaps the most important step you can take is to follow a "buy-and-hold" strategy. By purchasing stocks, and holding them for many years, you'll put off capital gains taxes until you sell. This technique also can help you hold down commissions and give your stocks a chance to appreciate. Another tax-advantaged move that could benefit you - particularly if you're in one of the higher tax brackets - is to invest in municipal bonds. Your interest payments will be free from federal taxes; if the municipality that issues the bond is in your state, your interest payments also may be exempt from state and local taxes. (However, some municipal bonds are subject to the alternative minimum tax, so do your research before you invest.)

By making the right moves, you can someday reach your own personal Financial Independence Day. So put it on your calendar of the future - and then do what it takes to reach that happy date.

Join Us in the Fight Against Cancer

Saturday, October 6th – Sunday, October 7th
10:00 a.m. – 10:00 a.m. Louis Pasteur Middle School, Orangevale. There are MANY ways you can support Orangevale's 1st Relay for Life and assure its success:

1. **CANCER SURVIVORS:** Register by contacting us! We wish to HONOR YOU at our Opening Ceremony, October 6th!
2. **FORM A RELAY TEAM:** encourage friends, family and co-workers to take turns walking/running around the relay track to raise money for cancer research, cancer education and patient services. Experience the inspiration, unity and fun of this up-lifting community event!
3. **SPONSORSHIPS BY LOCAL BUSINESSES:** Money, products and services donated by Orangevale businesses and individuals are crucial to the success of our Relay for Life. Food, beverages, equipment, decorations, raffle prizes, a Bounce House... call us to discuss our many needs and what you are able to donate. Sponsors are recognized and thanked in many ways throughout the Relay!!
4. **JOIN OUR RELAY COMMITTEE** and help us plan this very worthwhile event. Areas needing chairs are: food, entertainment, Kids Camp, data/accounting + publicity.

CONTACT ORANGEVALE'S RELAY CO-CHAIRS TODAY!
ANN HIVELEY: 425-2406
KIRK CAMUNEZ: 989-0920
ahively1310@sbcglobal.net
Kirk.Camunez@sbcglobal.net



From Our Readers

Dear Sir,

I found a copy of your paper in my driveway. I started to toss it in the trash as a throw-away. However, I decided to read it and found it a refreshing departure from the articles I find in most newspapers. Please find the enclosed check for a subscription to your newspaper.

-A New Subscriber in Orangevale

Hi Paul,

Thanks for the coverage about Cohousing & Global Warming. I appreciate your newspaper. Keep up the good work. I may not agree with everything you print, but the articles make me think. I thought the article by Roger Niello was particularly good.

-Marty, Orangevale

Californians and Their Government: Time To Get Tough With Trade Enforcement *by Stephen Koplan*

By Assemblyman Roger Niello



distrustful of how their government spends money and seeks greater accountability measures to make sure the money is being spent wisely. We look to voters to make informed choices about bonding, yet according to the PPIC conclusions, an overwhelming majority of those surveyed have no idea about how bonds are financed or the nature of the state's current spending obligations. In light of this reality, how do we do a better job of informing the public about the fiscal state-of-the-State?

Such a high level of voter disengagement can seem alarming when looked at in the isolated context of a survey. However, when we consider other factors, these results are somewhat less concerning. For instance, the fact that we have a representative form of government informs the survey results to the extent that people have elected representatives to worry about the day-to-day functions of the government. People are busier and busier these days, and while they demand that their representatives get along and work cooperatively on the issues of the day, they aren't terribly concerned with the "minutiae".

This is understandable. Most people do not want to micromanage the everyday operations of their government anymore than they want to micromanage the everyday operations of others they hire to perform various functions (gardener, dry cleaner, health care provider, etc.). However, people rightly call for accountability and they would prefer that this accountability be delivered in digestible, relevant portions containing information pertinent to their daily existence. They would like to have the tools to monitor the progress of their government, even if they aren't intimately concerned with the details.

To provide such a resource, those of us in government must do a better job of contextualizing the budget for California taxpayers. One of the reasons Californians are disengaged in issues surrounding the budget and bonding is that these things are not tangible items to the average person. While most Californians are not directly affected by the budget as a whole, they are impacted by key parts of the budget, such as investment in roads, streets, and schools. To communicate the nuts and bolts of such items effectively, we must do so in a form that is relevant and accessible to the everyday person. We can't expect people to be watching the "California Channel" twenty-four hours a day, but we ought to provide straightforward information to the voters to ensure a level of fiscal accountability.

On this point, the voters agree: 83% percent declared support for greater accountability through a public information system that would update them on how the bond funds are being spent. In this vein, the Department of Finance will soon be unveiling a website to assist the public in following the progress of the bonds that they approved last fall. My office is also developing a web site designed to inform and educate on these issues - stay tuned. Once this information is made broadly available, the public will enjoy the benefit of real-time access to how the bonds are impacting Californians at the local level.

This type of service strikes at the heart of the gap between Californians and their Government. Truly, the real issue to most people is how the budget affects their everyday lives, in their communities. It is our task to present these issues in a relevant way that brings the process "home".



(NAPSA)-Since the year 2000, the United States has lost 3 million manufacturing jobs. Last year, the U.S. trade deficit set a new record at \$764 billion and this has been happening year after year. China alone accounts for nearly 30 percent of that deficit.

Some free trade ideologues argue that we should basically dismantle our nation's trade laws

to give foreign products greater access to our markets. They argue that the consumer will be better off.

With the size of our trade deficit, it's hard to argue with a straight face that products have trouble getting into our market. And while it's true that there may be some short-term benefit to consumers from allowing illegally dumped and subsidized imports into our market, a new study commissioned by the Alliance for American Manufacturing (www.americanmanufacturing.org) shows that the long-term negative impact on our economy, our jobs, our producers and our communities vastly outweighs any small, short-term benefit.

The new study, "Enforcing the Rules," proves that our trade laws are vital to the health and success of our nation. For example, in the steel sector, lost profits and income between 1996 and 1998 amounted to \$2.66 billion. In the shrimp industry, the authors of the study computed that the negative impact

was \$210 million between 2000 and 2003. And in furniture, the impact was \$333 million between 2001 and 2003. Other sectors of our economy, from agriculture to high technology, faced similar results.

Enforcing U.S. trade laws to prohibit unfair practices such as dumping and subsidies shouldn't be a question for our nation's leaders, it should be virtually automatic. People who work hard and play by the rules deserve to know that the government will stand by them and stand up for their interests when foreign countries try to cheat in the world trading system.

The message from this study is clear: Without vigorous enforcement of our U.S. trade laws, our domestic industries will suffer crippling losses and workers' jobs will be irretrievably lost.

Stephen Koplan is the former chairman of the U.S. International Trade Commission.

Assemblyman Niello Community Meeting Calendar

All meetings are held at 7:30 a.m.

Speaker: Joyce Hayhoe, Assistant Secretary of the Department of Corrections and Rehabilitation to discuss the recent enactment of AB 900 to reform our prison system.

Citrus Heights
Friday, July 6, 2007
Denny's Restaurant
6215 Sunrise Boulevard
Citrus Heights

Folsom/Granite Bay
Tuesday, July 24, 2007
My Brother Vinny's Restaurant
718 Sutter Street, #218
Folsom

Orangevale
Friday, July 20, 2007
Denny's Restaurant
8841 Greenback Lane
Orangevale

Fair Oaks/Carmichael
Wednesday, July 25, 2007
Dianda's Italian Bakery and Café (Formerly Village Café)
10131 Fair Oaks Blvd
Fair Oaks

FBI Task Forces Arrest 22 Gang Members in "Operation Valley Star" *by SA Karen Ernst*

Stockton, Calif.: McGregor W. Scott, United States Attorney, Eastern District of California, Drew S. Parenti, Special Agent in Charge, Federal Bureau of Investigation, Chief Wayne Hose, Stockton Police Department, and Sheriff Steve Moore, San Joaquin County Sheriff's Office, announce the arrests on June 27, 2007, of 22 known Nuestra Familia/Nuestra Raza/Northern Structure/Norteno gang members and associates as a result of a nearly two year investigation by the Stockton Violent Crimes Task Force (SVCTF), a FBI-led Safe Streets Task Force which consists of agents from the FBI and officers from the Stockton Police Department and the California Department of Corrections and Rehabilitation, with assistance from the San Joaquin County Metro Narcotics Task Force comprised of officers from the San Joaquin County Sheriff's Office, California Bureau of Narcotics Enforcement and the Manteca Police Department. Other agencies assisting include the Merced County Sheriff's Office, Los Banos Police Department, the Central Valley Gang Impact Task Force, and the Sacramento County Sheriff's Office.

Merced, Los Banos, Orangevale, Dos Palos and Manteca. Additional investigation and arrests of Nuestra Familia/Nuestra Raza/Northern Structure/Norteno gang members and associates were made in San Francisco, Castroville, Salinas, Greenfield, Petaluma, and Fremont by the North Central Coast Gang Task Force with assistance from the Monterey County Sheriff's Office, Salinas Police Department, Santa Cruz County Sheriff's Office, Watsonville Police Department, San Francisco Police Department, Fremont Police Department, Petaluma Police Department, Capitola Police Department and Marina Police Department. One individual was arrested by the Los Angeles Division of the FBI in Moreno Valley. Federal search warrants were executed in eight locations within the Eastern District of California, nine within the Northern District of California and one within the Central District of California.

The investigation focused on the Mario Diaz drug trafficking organization whose members are presently involved in the distribution of large amounts of illegal narcotics, including methamphetamine, cocaine, marijuana and ecstasy, throughout the Eastern and Northern Districts of California with supply lines from Mexico and

distribution channels reaching to eastern cities, to include Warren, Ohio, and Atlanta, Georgia. The Diaz organization operates under the umbrella of Nuestra Familia, a violent Hispanic prison gang based within the California prison system whose members exert control over street-level Norteno gang members engaged in drug trafficking and violent crime. Diaz and Manuel Gauna were arrested in Stockton on 5/26/07 in possession of approximately 11.5 pounds of crystal methamphetamine and have since been formally charged in a federal indictment.

The individuals arrested based on federal criminal complaints and indictments were charged with conspiracy to distribute and possession with the intent to distribute methamphetamine, cocaine, marijuana and ecstasy.

In partnership with local, State and Federal law enforcement agencies, the FBI maintains 134 Safe Streets task forces to address the violent gang problem throughout the United States by aggressively investigating, disrupting and dismantling violent street gangs, criminal motorcycle gangs, and prison gangs.

The defendants will make their initial appearance today at the United States federal courthouse in Fresno and Sacramento.

CRIME REPORTS

From The Sacramento County Sheriff

Fair Oaks

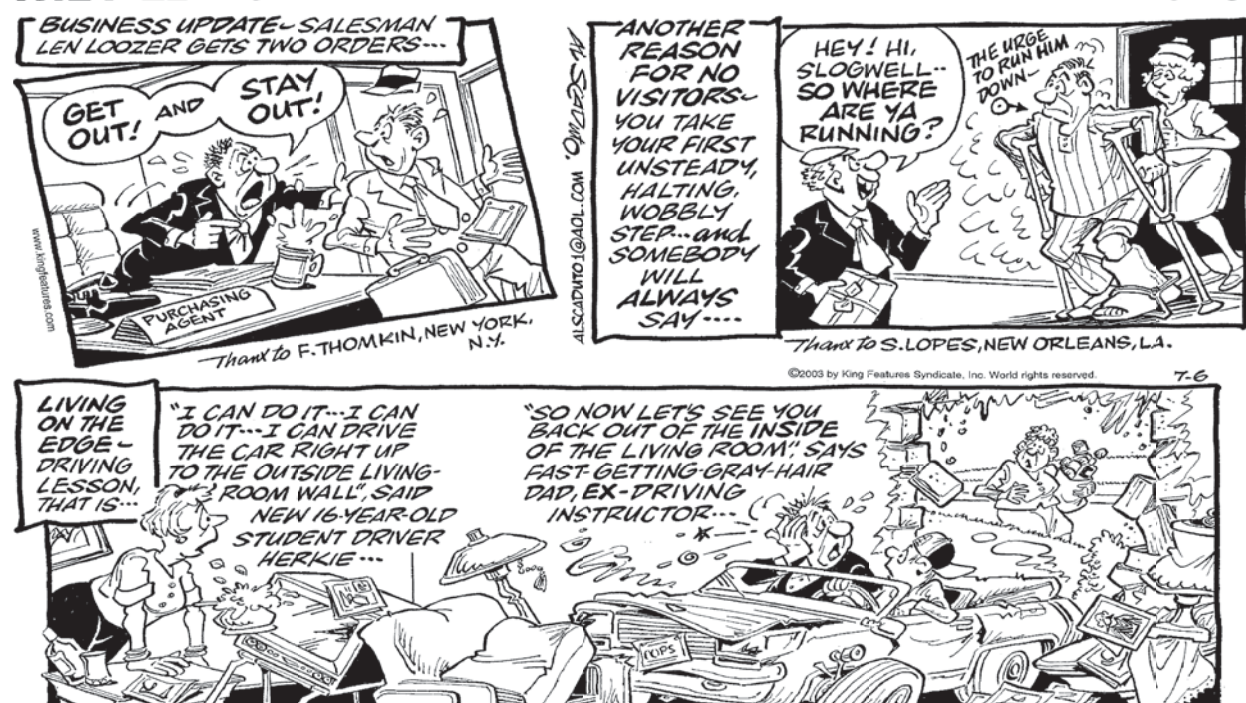
- East
- Monday, June 11, 2007
- Vehicle 2416 Burglary From Vehicle 6/08/07 18:30 - 6/09/07 09:30 Mohawk Way
- Wednesday, June 13, 2007
- Vehicle 2408 Burglary From Vehicle 6/13/07 19:00 - 19:00 Madison Ave
- North
- Monday, June 11, 2007
- Vehicle 2414 Vandalism 6/07/07 16:00 - 6/09/07 06:30 Kenneth Ave
- Parking lot/garage 2414 Burglary Business 6/10/07 21:50 - 22:00 Greenback Ln
- Convenience store 2414 Burglary Business 6/11/07 00:00 - 07:00 Madison Ave
- Tuesday, June 12, 2007
- Commercial/office building 2414 Vandalism 6/09/07 00:00 - 6/10/07 00:00 Madison Ave
- Vehicle 2402 Burglary From Vehicle 6/11/07 15:00 - 16:00 Chicago Ave
- 06/20/2007 10:09 AM Printed By: SSD/swaugh Page 2 of 3
- Wednesday, June 13, 2007
- Parking lot/garage 2402 Weapons Violation 6/13/07 17:19 - 17:19 Fair Oaks Blvd
- Old Town
- Sunday, June 3, 2007
- Other/unknown 2404 Larceny/Theft 5/28/07 08:00 - 6/03/07 10:30 Fair Oaks Blvd
- Wednesday, June 13, 2007
- Other/unknown 2404 Vandalism 6/13/07 02:30 - 03:00 Fair Oaks Blvd
- South East
- Saturday, June 9, 2007
- Commercial/office building 2409 Burglary Business 6/09/07 00:32 - 01:24 Hazel Ave
- Monday, June 11, 2007
- Vehicle 2409 Burglary From Vehicle 6/07/07 18:00 - 6/08/07 07:00 Martsmith Way
- Vehicle 2412 Burglary From Vehicle 6/09/07 08:00 - 6/10/07 20:00 Winding Way
- West
- Monday, June 11, 2007
- Highway/road/alley 2418 Robbery 6/11/07 20:10 - 20:22 Madison Ave
- Tuesday, June 12, 2007
- Vehicle 2418 Vandalism 6/09/07 22:00 - 22:00 Elsinore Way

Orangevale

- Central
- Thursday, June 7, 2007
- Public use area 2516 Robbery 6/06/07 16:55 - 17:03 Greenback Ln
- Saturday, June 9, 2007
- Vehicle 2515 Narcotics 6/09/07 23:50 - 23:50 Greenback Ln
- Lake Natoma
- Thursday, June 7, 2007
- Residence/home 2521 Vandalism 6/07/07 08:15 - 23:30 Walnut Ave
- Friday, June 8, 2007
- Residence/home 2521 Larceny/Theft 6/07/07 23:00 - 6/08/07 11:05 Woodminster Cir
- Pershing Area
- Wednesday, June 6, 2007
- Residence/home 2504 Vandalism 3/01/06 00:00 - 5/20/07 00:00 Hickory Ave
- Rual
- Tuesday, June 5, 2007
- Residence/home 2505 Larceny/Theft 5/23/07 18:00 - 5/28/07 08:00 Cherry Ave
- Wednesday, June 6, 2007
- Residence/home 2504 Vandalism 3/01/06 00:00 - 5/20/07 00:00 Hickory Ave
- Woodmore Oaks
- Wednesday, June 6, 2007
- Residence/home 2501 Burglary Residential 6/06/07 09:15 - 15:15 Highwood Way
- Friday, June 8, 2007
- Convenience store 2501 Robbery 6/08/07 23:25 - 23:30 Woodmore Oaks Dr

THEY'LL DO IT EVERY TIME

BY AL SCADUTO



Doing Our Very Best

When you wake up in the morning and the first thought on your mind is that you will do your very best in the tasks set before you on that day, you have given pleasure to the Master/Creator of your soul.

Whether you are a child still in school, a homemaker, a laborer, a salesman or a scholar, a positive resolve to do your best most probably will mean you will have a sense of accomplishment for that day. It all goes back to the rule of sowing and reaping that is a basic principle for all of life. Looking on the bright side of life will always bring sunshine into your life. Optimism is one hundred percent better than being negative.

Trying to teach a person who is negative the benefits of being optimistic is like hanging a noose around one's neck. It is nearly impossible. Years ago I had a friend who tried to do this and it took her down into such a level of darkness, she almost lost everything.

Then, thanks to the media of television she was

watching Charles Stanley one evening who was talking about the power of negative words and how they can destroy everything one cherishes in life. He challenged those listening to make a decision to change the atmosphere around them and become a co-creator with God giving more guidelines.

Another words if they could not say something positive and affirming, they were to remain quiet and not respond. That is until they could respond better with a loving positive spirit. It took my friend a few failures, but eventually she was victorious and the whole atmosphere of their home and relationship changed. She did her very best to cooperate with the words of inspiration she had received--believing she was a co-creator with God and He was helping her.

And isn't that what we need to do when we hear words of inspiration that can be productive in our lives to make each day one of the best days of our lives?

*Marlys Johnsen Norris
LIFE MESSAGE WORKSHOPS
"Intimacy Begins Going God's Way"
Marlysj@sbglobal.net*

Significant Supreme Court Victory

(Washington, DC) -- June 25, 2007, The American Center for Law and Justice (ACLJ), which specializes in constitutional law, praised today's Supreme Court's decision turning away church-state separationists' federal lawsuit challenging the use of taxpayer dollars to fund a program of President Bush's faith-based initiative. The Court ruled that the separationists had no legal standing to bring the suit.

The Supreme Court vote was 5-4 in the case of Hein v. Freedom From Religion Foundation (U.S. No. 06-157). The ACLJ filed an amicus brief with the high court in support of the federal government's position which prevailed today.

"This is a very significant victory that sends a powerful message that atheists and others antagonistic to religion do not get an automatic free pass to bring Establishment Clause lawsuits," said Jay Sekulow, Chief Counsel of the ACLJ. "The Supreme Court got it right in determining that the plaintiffs

who challenged the President's faith-based initiative had no legal standing to do so. This decision will have serious ramifications for separationist attempts to claim special privileges to sue as taxpayers without showing that a law or government activity actually injured them in any way. This is an important victory for the judicial system and for the President's faith-based initiative. By rejecting a claim to special treatment for atheists and other separationists, the high court took an important step toward restoring equity to the legal system with respect to federal challenges in the Establishment Clause arena."

In the Hein case, separationist taxpayers challenged a federal faith-based initiatives program. The federal district court in Wisconsin dismissed the case, ruling that taxpayers had no "standing" -- capacity to sue -- because there was no federal grant at issue. But a federal appeals court reinstated the suit ruling that

the separationists had standing to challenge the use of federal funds to run the challenged program. The federal government appealed to the Supreme Court.

In its friend-of-the-court brief in support of the federal government, the ACLJ points out that no federal taxpayer suits are allowed in any other context aside from Establishment Clause suits challenging federal spending. That exception, the ACLJ brief notes, rests on the 1968 decision of *Flast v. Cohen*. Subsequent to *Flast*, however, the Supreme Court has refused to expand *Flast* and has rejected each and every argument the Court made in support of the *Flast* decision. Today's decision continues the trend to rebuff efforts to build upon the questionable *Flast* precedent.

Led by Chief Counsel Jay Sekulow, the American Center for Law and Justice specializes in constitutional law and focuses on religious liberty litigation. The ACLJ is based in Washington, D.C. Read Jay's notebook at www.ACLJ.org.



Speed Dialing God

Jesus had some very specific things to say about prayer. Often what He said is different than some of the things we've been

raised thinking about prayer and some of the ways we pray. In Luke chapter 11, Jesus tackles our biggest frustration with prayer and that is: Why is it that I declare His greatness, surrender my will, ask Him for stuff—and it doesn't happen?

If you've ever had that frustration in prayer, God knows about it. There's not something wrong with you. Jesus says, "It's a common occurrence. It's a common experience, and I want to tell you what to do about it." In Luke 11:5-9 (NLT) Jesus said, "Suppose you went to a friend's house at midnight, wanting to borrow three loaves of bread. You would say to him, 'A friend of mine has just arrived for a visit,

and I have nothing for him to eat.' He would call out from his bedroom, 'Don't bother me. The door is locked for the night, and we are all in bed. I can't help you this time.' But I tell you this—though he won't do it as a friend, if you keep knocking long enough, he will get up and give you what you want.... And so I tell you, keep on asking, and you will be given what you ask for. Keep on looking, and you will find. Keep on knocking, and the door will be opened."

What is Jesus saying? "Be persistent!" God is not irritated by the fact that you keep asking and asking—nothing happens, nothing happens, nothing happens—and you ask

and ask and ask and ask. It looks impossible, but you keep coming back, coming back, coming back. God's honored by that. And He does something every time, because Jesus said if you ask you're going to hear something, and if you seek you're going to find something, and if you knock, a door is going to be opened.

When you latch hold of something and say 'I'm not going to give up, I'm not going to give up!', do you know what you're saying to God? You're saying: God, you are the great God who is able to do this. God, I think it's your will, and because I'm surrendered to your will, I'm going to keep on asking. I'm acknowledging my dependence

on You, because if you don't do this, it isn't going to happen. And God says: "I'm honored by your faith, I'm moved by your persistence and I want to do something about that!"

So here's my question for you: What are you that diligent about in your prayers? Be honest with yourself. Is there anything you are so locked onto, that you are so burdened by, that you're so concerned with? Is there anything you are that consumed about in your prayers? Is there anything you are honoring God with by of the magnitude of your request? And is there anything you are so passionate about that you refuse to give up? Is there anything that BIG going on in

your life? If not, you're missing out on an opportunity to see God do something great in this world! And you're missing out on an opportunity to see God do something great through you!

When you pray, don't give up. When you ask, you keep asking. Just because heaven is silent means nothing. You keep asking. Just because nobody has come to the door, you keep knocking. Just because you haven't found it yet, you keep seeking, because God honors persistent prayer, and something's going to happen every single time!

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

AVALANCHE RANCH

A WILD RIDE THROUGH GOD'S WORD

Monday, July 9 - Friday, July 13
8:45 to 11:45

Cost: \$35.00 per child
Kindergarten through 5th grade

The most fun west of the Mississippi!

Join us for a week of fun. There will be water games, water slides, skits, great story telling and wonderful crafts. We are now taking registrations.



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Corner Sunrise and Klamath River Dr.
(916) 635-9000
www.sunriverchurch.com

THE OBSERVATION DECK

The world is not respectable; it is mortal, tormented, confused... but it is shot through with beauty, with love, with glints of courage and laughter...



GEORGE SANTAYANA

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Happiness is ours when we delight in the Lord.

- Our Daily Bread

Advent Lutheran Church

5901 San Juan Ave.
Citrus Heights, CA 95610
Pastor Raymond Olsen
916 966-7242

www.adventcitrusheights.org

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Through the Torn Veil

Advent Lutheran Church announces a new concept in Bible based meditation. No sermons, no start or end time. You can Experience God through Meditation, a Healing Station and Communion for all who desire. Gather in the coffee shop for conversation – begin your own mediation when you are ready – art and music provided to aid in your experience. Experiencing God on your own spiritual journey will be available every Sunday evening running continuously from 7:00 pm – 9:00 pm. Check us out at: www.adventcitrusheights.org

Oak Avenue Free Methodist Church

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

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:
9 am to Noon ~ Tuesday - Friday

Wednesdays:
Senior's Bible Study: 1st & 3rd.
10 am - 11 am

Evening Adult Study: 7 pm - 8:30 pm

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

BIBLIE TRIVIA

by Wilson Casey

Little Methodist Preschool

registering for fall

Tues/Thurs or Mon/Wed/Fri classes & Summer School Classes also

Located at FAIR OAKS UNITED METHODIST CHURCH
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We are a parent participation preschool with emphasis placed on creative activities which will provide each child with the greatest possibility to develop physically, socially, emotionally, and intellectually.

The children's school day includes:

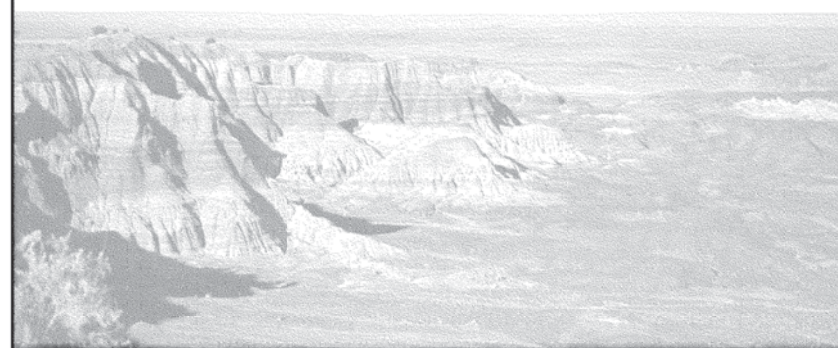
- A caring nurturing environment
- Stimulating curriculum
- Kindergarten readiness
- Creative play
- Hands-on art & cooking projects
- Music & movement
- Activities on a large shaded playground



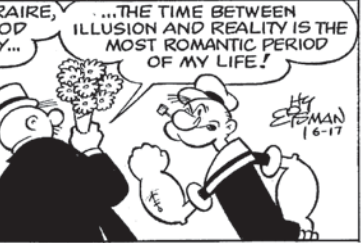
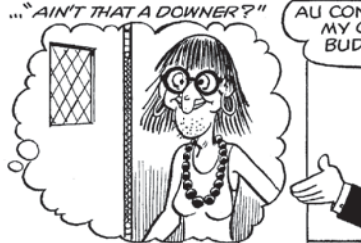
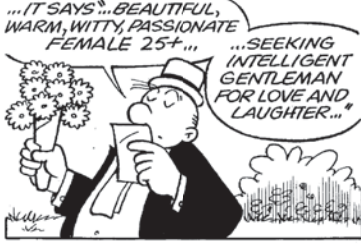
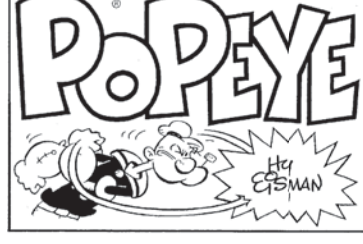
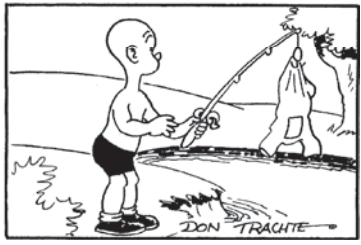
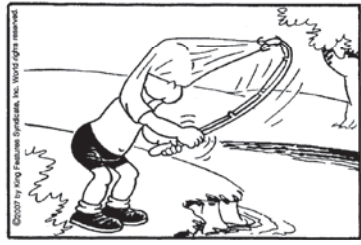
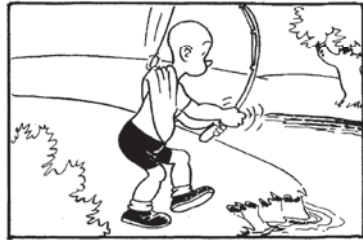
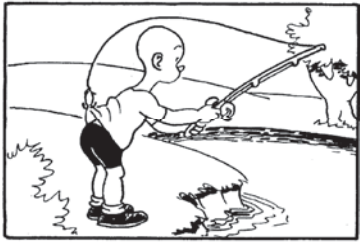
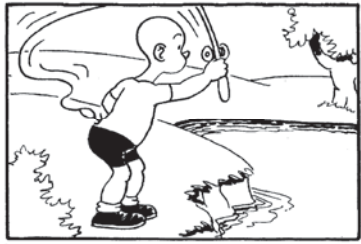
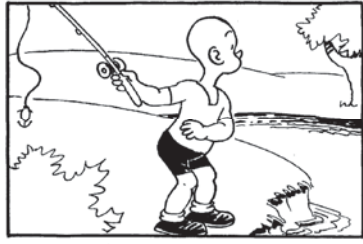
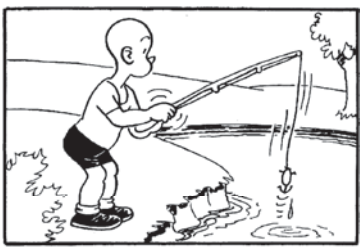
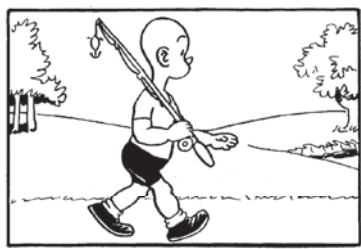
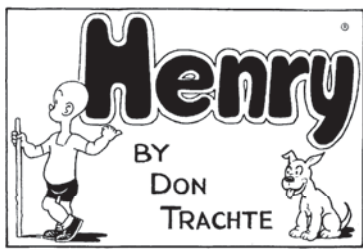
THE ILLUSTRATED BIBLE

The sea is His, for He made it,
and His hands formed the dry land.

PSALM 95:5



1. Is the book of Deuteronomy in the Old or New Testament or neither?
 2. From Numbers 12:3, who was the most humble man on earth? *Jacob, Elijah, Noah, Moses*
 3. The designation Deutero-Isaiah means "which" Isaiah? *First, Second, Holy, Sinful*
 4. "Here am I; send me" comes from which book? *Genesis, Exodus, Isaiah, Malachi*
 5. How many times does the word "Eternity" occur in the KJV Bible? *0, 1, 74, 212*
 6. What's the longest book of the Old Testament? *Esther, Job, Psalms, Proverbs*
- ANSWERS: 1) Old; 2) Moses; 3) Second; 4) Isaiah; 5) 1; 6) Psalms
Wilson Casey's "Do You Know Your Bible? A Fun Quiz on the Good Book" (Sourcebooks, \$5.95) has just been published.



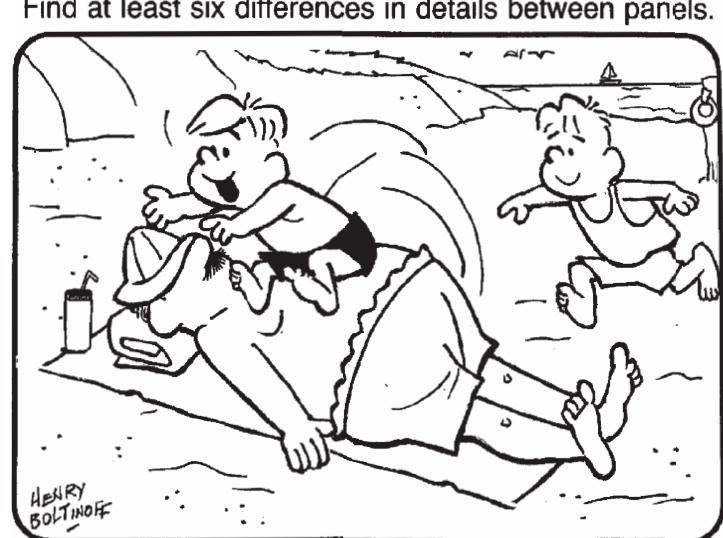
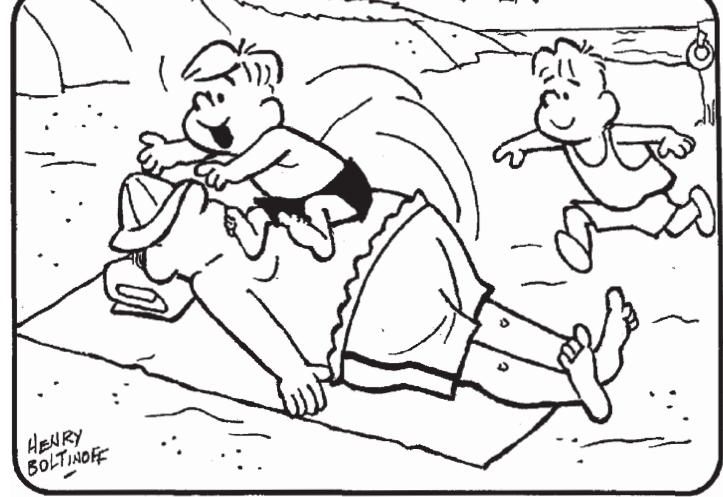
The Spats

by Jeff Pickering



HOCUS-FOCUS

BY HENRY BOLTINOFF



Differences: 1. Boy is barefoot. 2. Blanket is narrower. 3. Man has mustache. 4. Water bottle has been added. 5. Swim trunks have no stripe. 6. Boat is on horizon.

Trivia test by Piff

- LANGUAGE: What is the meaning of the Latin prefix "demi"?
- HISTORY: Who wrote the political book "The Prince" during the Renaissance?
- ASTRONOMY: What phase of the moon is opposite of crescent?
- LITERATURE: What was the real name of the author who assumed the pen name of George Orwell?
- ART: What are the three primary colors?
- MUSIC: What is indicated by the musical notation "estinto"?
- GEOGRAPHY: What state lies directly east of Utah?
- GENERAL KNOWLEDGE: What is the traditional birthstone for June?
- MEASUREMENTS: The watt, a unit of electrical power, was named for what famous inventor?
- ETIQUETTE: Properly speaking, who should host a wedding shower?

Weekly SUDOKU

by Linda Thistle

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

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 — CYCLE

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

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

- Business Duty Life Uni
- Carbon Economic Motor Vicious
- Cash Four Trade Weather
- Development Hamiltonian Tri

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All Answers on Page 14

Contract Bridge

TRIUMPH OF MIND OVER MATTER
North dealer.
Both sides vulnerable.

NORTH
♦K
♥AKJ3
♠K974
♣9754

WEST
♦AQ1073
♥987
♠852
♣J10

EAST
♦—
♥10642
♠QJ63
♣K8632

SOUTH
♦J986542
♥Q5
♠A10
♣AQ

The bidding:
North East South West
1♦ Pass 1♠ Pass
1NT Pass 4♣
Opening lead — jack of clubs.

Declarer sometimes runs into a totally unexpected distribution of the missing cards. There is nothing he can do about rearranging the adverse cards, but if he keeps his cool, he can occasionally overcome unfortunate distribution and demonstrate that bad luck is not always fatal.

Consider this deal where South got to four spades and West led the club jack. Declarer won with the queen, and the only question seemed to be whether he'd make four spades or five.

But when he led a trump to dummy's king at trick two, West went up with the ace, and East surprisingly showed out. It now appeared that West would score four natural trump tricks to defeat the contract, but South thought the matter over carefully and found a way to salvage his game.

He took West's ten-of-clubs return at trick three with the ace, cashed the Q-J of hearts, then played dummy's ace of hearts and trumped it! Now, pursuing his aim to reduce his trump length to equal West's, declarer cashed the A-K of diamonds and ruffed a diamond.

By this time nine tricks had been played, and declarer was down to the J-9-8-6 of trumps while West had the Q-10-7-3. South had already won eight tricks — two hearts, two diamonds, two clubs and two ruffs — and West had taken only one.

Declarer now led the spade nine, and whether West won with the ten or not, there was no way he could prevent South from scoring two trump tricks to make the contract. The two ruffs declarer had carefully maneuvered while reducing himself to the same number of trumps as West turned out to be the ideal medicine to overcome the 5-0 trump division. Never give up!

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Writing as Healing

Self-expression through writing has a measurable positive effect on both healthy people and patients suffering from illness. Expressive writing can reduce stress and increase healing. No writing experience necessary! Every Tuesday night from June 5th-July 31st, 6:30-8:30 pm. Free! Facilitated by John Crandall, author of Poet Healed, and a member of Sutterwriters. Ethel Hart Center, 915 27th St Sacramento, 808-5462.

How to Save Energy While Staying Cool During the Hot Summer Days

SMUD energy specialists will share information on inexpensive techniques to improve air-conditioner efficiency, ventilation, air-conditioning replacement options, code requirements, low-cost cooling options, and all types of fans, as well as techniques for better pool and spa efficiency. A free Home Energy Audit DVD is included.

When: Saturday, August 11
Time: 9 a.m. to Noon
Where: SMUD Customer Service Center, 6301 S Street, Sacramento
The workshop is free. Reservations are required. Customers can register online at www.smud.org/etc, e-mail etcmal@smud.org, fax 916-732-6229 or call 916-732-6738.

ACS Roseville Events

July 13-15 You're "Sew" Crafty Event: huge collection of great craft supplies, designer fabrics and trims, books, lace, buttons, beads, scrapbooking supplies and much more!!!! Friday 10-8pm, Saturday 10-5pm, and Sunday 11-4pm American Cancer Society Discovery Shop 1813 Douglas Blvd (next door to Mervyn's) 916 786-7773. July 27-29 Wedding Event: everything for the perfect special day!!! Beautiful wedding gowns, bridesmaid and mother of the bride dresses, veils, accessories and more. (Same hours and address as mentioned in first listing) August 3-5 Semi Annual Sale: 50% OFF ENTIRE STORE!!!! All furniture, clothing, home decor, purses, shoes, household, and books, etc. (Same hours and address as mentioned in the first listing.)

Free Summer Concerts in Citrus Heights

The City of Citrus Heights and the Sunrise Recreation and Park District are proud to once again launch the Summer Concerts in the Park series. The concerts take place from 5:00 p.m. to 7:00 p.m. at Rusch Park, 7801 Auburn Blvd., in Citrus Heights (at the corner of Auburn & Antelope). Scheduled performers include: Sunday, July 8th: Capitol Pops Concert Band. Sunday, July 29th: The Swing Masters. Saturday, August 4th: City's 10th Anniversary Concert, featuring Mumbo Gumbo! (special time 6:00 p.m. to 9:00 p.m.). Sunday, August 12th: Club House Jazz Band. Sunday, August 26th. Performer to-be-announced

Bring your own chairs and blankets and come out to enjoy some festive music in the scenic Rusch Park surroundings. If you have any questions, please call the Sunrise Recreation and Park District at 725-1585 or the City of Citrus Heights at 725-2448. You can also visit the City's Web site for more information: <http://www.citrusheights.net>.

Intergenerational Story Swap

Have you ever wanted someone to write your biography? Now is your chance to get your life history on paper! Teenagers from the YMCA will be here Tuesday, July 17th at 10:00 am. to interview seniors. Be part of this extraordinary inter-generational activity while you assist teens in perfecting their writing skills. On Thursday, July 19th at 10:00 am the teenagers will return to the center and share their stories about you with you. You don't want to miss out on this once-in-a-lifetime experience to share your life history. Sign up at the reception desk in advance. Free.

Exhale
a therapeutic massage & skincare retreat

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New Client Special
Call today & mention this ad

\$45.00
1 hour Swedish Massage reg. \$60.00

\$50.00
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Karen Taylor
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212 Estates Drive Roseville (916) 768-4199

Rich Eisen to Speak at NCPA Meeting

Northern California Publishers and Authors would like to invite anyone interested in learning the craft of writing to attend their regular monthly meeting, Saturday, July 14th at 10:00 A.M at Merrill Gardens Retirement Home (located just off San Juan near Greenback Lane)

The speaker will be Rich Eisen who will discuss the mechanics of freelance writing and how to break in. Mr. Eisen has more than 17 years experience as an editor, columnist, journalist and writer. During that time he has published hundreds to stories of local, regional and national publications, covering a broad spectrum of topics and issues. Those publications include Sacramento Magazine, Comstock's Prosper, Sunset, California Journal and Government Technology. In recent years, his focus has been on business, education, the arts and politics.

Ehisen is also currently the editor of the State Net Capitol Journal, an online public policy newsletter that covers legislative trends in all 50 states. The SNCJ is directly distributed to numerous Fortune 500 companies, state and national advocacy groups and more than 7,000 state lawmakers. During his almost four years at SNJC editor, Ehisen has written extensively on such issues as immigration, stem cell research, education and homeland security.

Eihsen is a board member of the Sacramento Press Club, where he chairs the freelance committee. He holds a Master of Arts degree in Public and Political Communication from California State University, Sacramento.

Editorial - Healthy Pets Bill? Not!

AB 1634, is named The Healthy Pet Bill and this may be the cruelest part of this Bill. It has nothing to do with improving any pet's health. It is designed to eliminate all dogs and cats in California. In the first unamended version, consideration was not given to some very important animals in our lives such as K-9 dogs, Service Animals such as dogs trained to help the blind or disabled, Search and Rescue Dogs and dogs used in the vast California farming industry. Another aspect of this bill was the severe restriction on all breeders of purebred dogs and pedigreed cats in the name of reducing the euthanasia of shelter animals.

The facts and figures have been distorted by the proposers of the bill to justify its passage. Similar bills have not worked, many have been enacted and met with failure. No extra revenue has materialized for the communities.

Actually, often the opposite occurs as more animal are surrendered to the shelters. Fewer animals are

licensed. Most of the animals in the shelters are feral cats, unweaned kittens and puppies. Even the unfortunate euthanasia count is often misrepresented by counting even unborn kittens and puppies. A new shelter is being built in Sacramento costing over 27,000,000 dollars. Much of that will be spent on administration costs. Their concern is euthanasia, not save and re-home.

Shelter numbers have been dropping for years. One homeless dog or cat is one too many. The spay and neuter policy of all legitimate animal associations such as AKC, CFA and TICA have produced wonderful results.

There is now a shortage of adoptable pets in many shelters. Dogs and cats are being smuggled into the US from Mexico, as seen on a recent TV special.

These mandatory bills have failed to produce the desired results. For example: LA County in 2000-Licensing compliance declined. Animal Control Budget increased

269%. In San Mateo, CA 1991, Dog deaths increased 126%, cat deaths increased 86%, license declined 35%.

The bottom line for many of the hobby breeders, for people who love their animals and the associated events, is that this Draconian measure being proposed will impinge on every aspect of their lives. It is not the business of government to determine what an individual will pursue in their private life.

This bill will not produce 'Healthy Pets', it will not produce extra revenue. It may jeopardize public safety by the loss of K-9 and service dogs.

And very many of us will have our lives saddened without the animals and friends who are part of our lives and happiness.

Jean Grimm
Cat Fanciers Association,
All Breed Judge Smartville, CA

CHP Start Smart Program

The California Highway Patrol North Sacramento Area invites parents and their young children ages 15-19 yrs old to attend a Start Smart class. The Start Smart program is geared towards the reduction of senseless collisions and injuries involving teen drivers. Start Smart traffic safety issues

directly affect new drivers in a way no other program does. Start Smart speaks directly to those with a permit and to the newly licensed driver. This program discusses with the drivers accident avoidance techniques, accident causing elements, driver responsibilities, and it discusses local area traffic

collision trends. Laws pertaining to provisional licenses, driving under the influence and Zero tolerance will be discussed. You will also hear a live testimony from a parent who lost her own child.

To make reservations to attend upcoming classes, please contact Officer Dutton at (916)338-6710.

No More Car Sickness

(NAPSA)-As any parent can tell you, a family road trip usually involves one or more kids saying, "Are we there yet?" or "Can we stop? I feel sick."

While you may have to find a good answer for the first question, a new wristband may provide the answer to preventing the second.

The FDA has approved an acupressure wristband from Sea-Band for the relief of nausea that is a drug-free solution for travel sickness. No drugs means there are none of the side effects associated with anti-nausea products, such as drowsiness.

The knitted, elasticized wristbands apply pressure on the acupressure point of each wrist. Clinically tested and reusable, the bands work immediately and can be worn at the onset of nausea.

In kid-friendly colors of orange, green and yellow,

the bands are packed in an easily accessible small plastic case and are available in major drugstores. For more information, visit www.sea-band.com.

If you're taking your kids on vacation in the car, there's no need for medication. Brightly colored wristbands have been approved for nausea relief.



Business Directory

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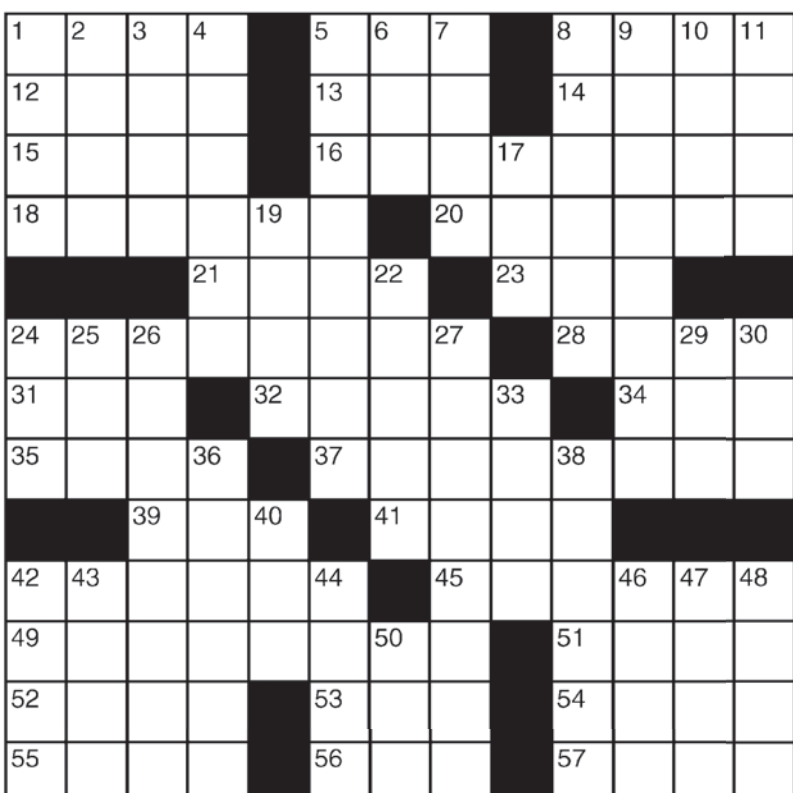
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KING Crossword



ACROSS

- 1 Venomous snakes
- 5 "The A-Team" actor
- 8 Borders
- 12 Beehive State
- 13 — de cologne
- 14 Sandwich cookie
- 15 Easy gait
- 16 Clever plan
- 18 Snow White's allies
- 20 Melee
- 21 Land map
- 23 Set of parts
- 24 Poker hand
- 28 Prevalent

- 31 Have bills
- 32 Prepare to drive
- 34 Neither's mate
- 35 Luxurious
- 37 Alien
- 39 Also
- 41 Opposed
- 42 Handy
- 45 Vessel for boiling
- 49 Noncommittal position
- 51 Teeny amount
- 52 Noble
- 53 Festive
- 54 Pressing

- 55 Argument
- 56 Type units
- 57 Albacore, e.g.

DOWN

- 1 "— Lang Syne"
- 2 Pack cargo
- 3 One of the Three Bears
- 4 Himalayan guide
- 5 Some notes
- 6 Snitch
- 7 Surf and —

- 8 Pompous talk
- 9 Putting up
- 10 Grand-scale prefix
- 11 Beans used in miso
- 17 Noah's boat
- 19 Move like a moth
- 22 Eighth Greek letter
- 24 Bribe
- 25 Pair
- 26 Roadside stop
- 27 Jailers
- 29 Enemy
- 30 Blunder
- 33 Liver spread
- 36 Capital of Tasmania
- 38 Fool
- 40 Ancient
- 42 Mail-truck abbr.
- 43 Dance lesson
- 44 Rim
- 46 From one end to t'other
- 47 "The — King"
- 48 Sicilian volcano
- 50 Fugitive's flight

Answers on Page 14

Is Your Financial GPS Sending You in Circles?

By Delia Fling



TRANSPAC FINANCIAL



Financial Freedom is most definitely a dominate dream for Americans. How each of us defines it varies. It may be the ability to be so financially secure you can walk away from your job, at will. To some, the satisfaction of seeing their children graduate from college is their freedom point. Often parental tears of pride at graduation include tears of relief from years of financial burden. To a majority however, financial freedom represents a totally paid for house.

Whatever your definition, it is a goal that is more obtainable than you think.

It's not just about saving, but rather it's about understanding how to use debt to your advantage.

First, make decisions based on the cost of the debt over time. It is best to calculate this over intervals of 3, 5, 7, 15 and 30 years. This allows you to evaluate where you will be at critical stages in your life. Critical stages can include college education expenses, or that vacation home you've always wanted, or possibly early

retirement. What ever your needs, this gives you a framework or map to help you achieve the big goals without letting the day to day financial distractions eat away at your dreams.

If the average person would take this approach the multi-trillion dollar credit card industry would not be thriving. It is no secret that it takes 20 years to payoff the average credit card balance by just making minimum payments. With the average credit card balance being \$8500, well you do the math!

Here's another example - Do you have a car payment? If so, you most assuredly have mis-consumed debt. Equifax Credit Data reports 39.2 million homeowners have a mortgage and an auto loan. Most often there is a more cost effective solution that includes tax benefits and enhanced cash flow. Next time you want to buy car, call your mortgage lender first, then go shopping. You will be in

a position to pay cash for that car purchase. The old saying "Cash is King" is still valid, it will give you better bargaining power and often result in substantial cost saving. The incrementally increased mortgage payment will be less than any auto payment and it's tax deductible!

Simple things like this add up to creating enhanced cash flow which you can dedicate to saving in an asset building account.

Don't forfeit your dreams by ending up on a dead end street.

Delia Fling is a Mortgage Planner with Trans Pac Financial in Fair Oaks. For a mortgage review contact Delia at delia@transpacflc.com or call 916-284-0066.

SMUD General Manager Receives Top National Public Power Award



Jan Schori received the American Public Power Association's Alex Radin Distinguished Service Award, APPA's top honor. John Twitty, chair of the APPA Board of Directors, and general manager of City Utilities of Springfield, Mo., presented the award on June 27 during APPA's National Conference in San Antonio.

WASHINGTON, D.C., June 27, 2007 - Jan Schori, general manager, Sacramento, Calif., Municipal Utility District (SMUD), received the American Public Power Association's (APPA) Alex Radin Distinguished Service Award at the association's National Conference in San

Antonio, Texas. It is the highest award granted by the Association and is bestowed in recognition of exceptional leadership in and dedication to public power.

During Schori's 28-year career at SMUD, she has demonstrated extraordinary dedication to public power and APPA. Since 1994, she has been SMUD's general manager, leading one of the largest public power systems in the nation and one that is renowned as a leader in renewable energy and energy efficiency. Schori's involvement in APPA began when she was SMUD's general counsel. She was active with APPA's Legal Section, serving as vice chair and chair. After her appointment as SMUD's general manager, Schori was elected to APPA's Board of Directors, and also served on the Board's executive committee, before becoming vice chair and subsequently chair in 2004-2005.

Schori has contributed to APPA in a number of capacities, serving

on task forces, presenting at section and annual meetings, and testifying before Congress and the Federal Energy Regulatory Commission (FERC). As a vocal proponent of public power's value to customers and communities, she initiated APPA's Public Power is Good for Business campaign during her time as Board chair. She helped forge APPA consensus in crafting the influential "Restructuring at the Crossroads" white paper. Schori also dedicated resources from SMUD's talented staff to develop a "tree benefits estimator" to enhance public power's ability to quantify the value of community tree-planting programs through the APPA TREE POWER program. She has chaired the Large Public Power Council and the national Business Council for Sustainable Energy. She is past chair and a member of the board of the California Municipal Utilities Association, and a board member of the national Alliance to Save Energy.

The American Public Power Association is the national service organization representing the nation's more than 2,000 community- and state-owned electric utilities.

Sacramento Employment Trends

Falling home sales, rising gasoline costs and regional wages continue to drive job & hiring trends for local companies in the 3rd Quarter of 2007

Every single company planning staff reductions surveyed this June attributes slow business as the reason for cutting workers in July, August and September. In polling 72 of 100 top regional companies Pacific Staffing discovered eleven percent (11%) of them plan to layoff workers in Q3. Layoffs, or workforce reductions, were anticipated across all sectors including Service, Manufacturing, Construction and Retail. Companies included personal services, residential construction, home improvement & construction supply, title & escrow, property development, products manufacturing and vehicle sales firms.

Thirty-two percent (32%) of Sacramento companies contacted

by telephone say they won't hire anybody in the next three months. Forty-nine percent (49%) of those companies who will hire in the third Quarter say they are primarily motivated only by the need for replacements. Another fourteen percent (14%) of Sacramento regional companies report seeking workers for seasonal needs.

100 Sacramento Regional Top Companies By Industry: 38% are Service, 32% are Manufacturers, 20% are Construction and 10% are Retail Workforce Challenge? Retention, particularly of entry-level workers and those with specialized skills, remains a 'headache' or top concern for local human resource professionals.

Who? What? When? Where? Customer service, sales, accounting and shipping experience is in demand among Sacramento area employers this July, August and September.

Deciding Factors? Special Report:

Wages, Home Sales and Gasoline Costs: When asked if wages were too low compared to Sacramento regional home prices, forty-seven percent (47%) of the HR contacts polled said yes. Fifty percent (50%) said no, and three percent (3%) didn't know or didn't answer. When asked if falling homes sales affected their business thirty-one percent (31%) said yes while sixty-six percent (66%) of companies polled said no. Three percent (3%) didn't know or didn't answer. When asked if rising gasoline costs affected their company sixty-four percent (64%) said yes while thirty-three percent (33%) said no. Three percent (3%) didn't know or didn't answer.

For more information & previous workplace hiring and trend surveys go to www.pacificstaffing.com.

Researched by Rick Reed Public Relations and Pacific Staffing.

Housing Predictor Reports U.S. Real Estate Turn Around

(PRWEB) -- More than half of the nation's housing markets are appreciating or have at least stabilized, according to a Special report by Housing Predictor, an information driven web site, which forecasts housing markets in all 50 U.S. states.

Some 56% of the nation's markets are appreciating or have stabilized. Improving markets are scattered from the east coast to the south and include the Pacific Northwest. Most are experiencing higher sales volume than in 2006 due to lower prices. At least 18 states have housing markets that are appreciating, which includes Washington and Oregon. Texas, which had lagged behind much of the nation in appreciation during the national boom has seen its markets take a direct turn around. Houston, Dallas, Austin and other markets in Texas are even reporting buyers paying full price for some properties. New Mexico markets

are experiencing similar results.

The sub-prime loan problem has led to the nation's second all-time high level of foreclosures behind the U.S. Savings and Loan Crisis in the late 1980's. But eager investors are beginning to make a dent in the foreclosure market buying many properties for lower prices. Housing Predictor expects foreclosures to continue to increase throughout the remainder of the year, and level off toward the end of 2007 as more investors purchase properties.

The sub-prime problem has quietly already spread into the conventional lending market, which lowered mortgage borrowers qualifying standards with a variety of aggressive exotic loan programs. However, economic forecasts indicate the damage in the conventional lending markets should be limited. Raw undeveloped land, however, and newly developed subdivision lots in many areas of the country are

expected to be the next casualty of the growing sub-prime problem. Foreclosures in newly developed subdivision lots are forecast to increase through the year, but economists are unsure of what the impact will be on the national real estate market, according to the report on Housing Predictor.

However, with increasing inflationary pressures on the Federal Reserve Board to cut interest rates in order to stave-off an economic crisis, Housing Predictor now expects the Fed to cut interest rates before the end of 2007 to help the U.S. housing market avert a worsening national real estate slow down. After 17 rate increases the Fed has left the prime lending rate unchanged for more than a half year. To see more details on how the "Worst May Be Over in National Housing Market Slowdown," check your local markets housing forecast and search real estate listings visit <http://www.housingpredictor.com>



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Sacramento Capitals Return



Billie Jean King, one of tennis' all time greats, co-founded World TeamTennis (WTT) in 1970. Her goal was to further the sport of tennis while increasing the accessibility of tennis' major stars to the general public. The Sacramento Capitals have been a member of the WTT League for twenty years and have brought numerous tennis stars to Sacramento, including Andre Agassi, Martina Navratilova, Jimmy Connors, Bjorn Borg, John McEnroe, Lindsay Davenport, Jana Novotna, Venus Williams, Martina Hingis, Andy Roddick and Pete Sampras. King notes, "WTT is the only league that features men and women on the same team competing together for a title."

2007 will again provide tennis fans the opportunity to watch world class professionals competing in

an exciting and action packed co-ed format unique to WTT. The season will take place between July 5th and the 25th. The Capitals play fourteen matches, including seven home matches at Allstate Stadium located at Sunrise Mall in Sunrise MarketPlace. The 2007 WTT Championship match will be contested between the top teams in the Eastern and Western Conferences, and will be played in Sacramento on July 27-29.

The WTT Pro League consists of 11 teams, each comprised of two men and two women. A match consists of five sets: women's singles and doubles, men's singles and doubles, and mixed doubles. Each game in a set is worth one point. The winner for the evening is based on the total number of games won during the match. This no-ad scoring system ensures action packed tennis from beginning to end because both teams have a chance to win the match until the last point, even if they have lost the first four sets. The entire match normally takes two and a half hours.

The Sacramento Capitals have not only been successful on the court, but off the court as well. They have



Anna Kournikova

contributed over one million dollars back to the community during their tenure in WTT. The Capitals are proud to give back to the community, and with the assistance of sponsors and season ticket holders, the charitable donations go further. The Capitals hope to make 2007 a record-breaking year for donations and would like to extend the opportunity to others in the community to help them make a difference.

Article and Photo from gocaps.net

Lindsay Davenport Returns to Play in World Team Tennis Pro League



NEW YORK, N.Y.

Lindsay Davenport returns to tennis action for the first time since giving birth earlier this month when she plays for the Sacramento Capitals of the World TeamTennis Pro League on Saturday, July 21.

Davenport, who has been off the WTA Tour since the end of 2006, and her husband Jon Leach became parents when their son Jagger was born on June 10. The July 21 match against Sacramento's rival, the Newport Beach Breakers, will also be Davenport's first WTT match since 2003 when she played for the Breakers. Tickets for the Davenport match are on sale at www.gocaps.net or by calling (916) 638-4001 x. 121.

The last time Davenport played for the Sacramento Capitals, the team captured the World

TeamTennis championship. Nine years later, Davenport is returning to Sacramento on July 21 to help the Capitals in their drive for a record sixth League title.

Davenport made her WTT debut in 1993 with the Sacramento Capitals and helped the team to the League Championship in 1997 and 1998. "We're thrilled to have Lindsay back with the Caps," said team owner Lonnie Nielson. "She's a great champion and we've always considered her part of the Caps family."

Davenport is a three-time Grand Slam singles champion who also won 51 career singles titles and 36 doubles titles on the WTA Tour. The former world No. 1 won the 2000 Australian Open, 1999 Wimbledon and the 1998 U.S. Open singles championships, along with the gold medal in singles at the 1996 Olympic Games.

The 2007 WTT regular season runs July 5-25 with the top two

teams from both the Eastern and Western Conference advancing to the WTT Championship Weekend, July 27-29, in Roseville, Calif., home of the Capitals. The Capitals are in the Western Conference along with the Houston Wranglers, Kansas City Explorers, Newport Beach Breakers, St. Louis Aces and Springfield Lasers. Eastern Conference teams are Delaware Smash, New York Buzz, New York Sportimes and Philadelphia Freedoms.

For more information on the 2007 WTT Pro League season, visit www.WTT.com. Advanta is the presenting sponsor of the WTT Pro League and the official business credit card of World TeamTennis. Official WTT Pro League sponsors also include Balle de Match, FirmGreen, Gatorade, Geico and Wilson Racquet Sports. For more information on WTT including team rosters, visit www.WTT.com.

DeFrancesco Selected Coach for '07 All-Star Game

By Gabe Ross, Asst. GM

West Sacramento, Calif. — Sacramento River Cats Manager Tony DeFrancesco has been invited to be a coach for the World team at the 2007 All-Star Futures Game, to be played on Sunday, July 8 at AT&T Park in San Francisco, Calif.

The game, which features many of Minor League Baseball's top prospects, is set up in a United States vs. World format and will be broadcast live on ESPN2 (1:00 p.m. PDT). Each roster consists of 25 prospects selected by Major League Baseball, in conjunction with all 30 Major League clubs, MLB.com and Baseball

America. DeFrancesco will serve as one of six coaches for the World Team.

Each Major League

Players from all full-season Minor League teams were eligible to participate.

2007 marks DeFrancesco's 5th season at the helm of the River Cats, having guided the club to back-to-back Pacific Coast League championships in each of his first two years in Sacramento (2003 and 2004). In '03, his first year with the Cats, DeFrancesco was named PCL Manager of the Year and The Sporting News Minor League Manager of the Year. Under his watch, the River Cats have made the playoffs in the 3 of the past 4 seasons.

The only thing that goes faster than the 100 mph serves, are the tickets.

Family Nights with the Sacramento Capitals

Bring the family and catch the fast-paced action of professional World TeamTennis with the Sacramento Capitals. They hold court at the new Allstate Stadium at Westfield Galleria at Roseville. There's no argument, it's 100% fun.

<p>Saturday, July 14 St. Louis Aces</p> <p>Kids under 13 get in FREE, enjoy fun activities for the whole family.</p>	<p>Fri, July 20 Delaware Smash</p> <p>Groups of 10 get a discount ticket to the match.</p>	<p>Monday, July 23 Philly Freedoms</p> <p>\$1 hot dogs and ice cream</p>
--	--	--

July 5-25
Don't miss the WTT Championship Weekend July 27-29 hosted by the Caps

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www.gocaps.net or call 916.638.4001

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Dusty Baker Int'l Baseball Academy

its 24th year, beginning July 22nd. Dusty Baker and Gene Frechette founded the School of Baseball in 1982. It has grown from 45 students in its first year to 320 students in 2006. The five-day baseball camp is held at Capital Christian Center. The camp emphasizes scholastics, athletics and citizenship, as they align closely with Dusty's belief in the importance of education and the Academy's core values. Enrollment is limited. Find out more at www.DustyBaker.com. You may also contact Gene Frechette at (916) 768-2255 or Bruce Carmichael, General Manager, at (530) 644-3067. Groups interested in becoming Alliance Sponsors should call Bruce Carmichael for program details.

Photo compliments of Dusty Baker Baseball Academy

Weekly SUDOKU

Answer

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

Magic maze
Answers

Trivia Test Answers

- Half
- Niccolo Machiavelli
- Gibbons
- Eric Arthur Blair
- Red, yellow and blue
- So soft that it can hardly be heard
- Colorado
- Pearl
- James Watt
- A friend of the bride

King Crossword
Answers

Solution time: 21 mins.

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



breathe? Thanks. -- Jeri G., Atlanta

A: Will do, Jeri! According to Jamie Wolf of HealthyDogsUSA (www.healthydogsusa.com), when humans feel discomfort from heat and poor air quality outside, dogs are affected 10 times more. So, during the height of summer heat, watch the weather forecasts daily, note the predicted air quality and gauge you and your dog's activities accordingly. Take pets for walks earlier in the mornings, when air quality is better and the heat is not so intense. Monitor them closely, particularly senior dogs and small dogs, who are most affected by poor conditions. Make sure pets have plenty of water throughout the day. Small dogs should not go outside on particularly bad days. You might even consider

setting up pee pads or a litter pan during prolonged periods of poor air quality. Set up some indoor exercise for them, such as climbing up and down the stairs or other creative ways to help them work off excess energy. If a pet is having trouble breathing--excessively panting, drooling, heaving or wheezing--take it to the vet immediately. Sometimes, it is simply a result of poor air quality, but breathing difficulties can also signal more serious conditions. A vet can recommend supportive treatments for affected dogs, such as a nebulizer treatment after a walk, or homeopathic therapy with herbs like slippery elm (check with the vet or a pet naturopath for safe dosage). 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.

Tips On Taking Your Pets Along While Traveling

by Jack Hanna



(NAPSA)-The next time you're planning a vacation, one challenge may be what to do with family pets. Here's a simple solution: take them along. These 11 tips can help everyone have a fun, safe vacation:

- **Preparing for Your Trip**
 - Start small. Do a few day trips first. Next, try an overnight trip-even if you just stay with a friend. If that goes well, take a couple of weekend trips closer to home before planning a full week or more of vacation.
 - Plan pet-friendly activities. If your pet cannot have some quality recreation time with you every day, he may be happier at home.
 - Acclimate your animal to strangers, crowds and noise. Start by finding pet-friendly activities near home. Visit an off-leash dog park or take short hikes in nearby parks.
 - Do your research. Look for pet-friendly hotels before your trip. Many families may be surprised at the number of places where well-behaved pets on leashes are welcome. You can then look up activities for your pet near your hotel.

- **Settle On Your Itinerary**
 - Plan for all the small stops on your travel route. Give yourself extra time for plenty of bathroom and exercise breaks along the way. You and your pet will enjoy the trip more if you're not in a rush.
 - Use a trip planner such as the one at www.motel6.com to pick hotels for overnight stays. That way, you can plan ahead for each night at a pet-friendly property.
 - **Pet-Friendly Accommodations**
 - Book your accommodations well in advance at a pet-friendly hotel such as Motel 6 or Studio 6. You do not want to get stranded with a pet and no place to stay.
 - Ask for a first-floor room with the door leading directly to the outdoors. These rooms are easier for you and quieter for other guests when you're taking late night or early morning walks.
 - **Packing For Your Pet**
 - Bring your pet's regular food to avoid stomach upsets.
 - Carry food and water in the car so you can feed your pet at his regular time, even if you're out late.
 - Pack some favorite toys to provide activity and comfort.
 - Mr. Hanna, known to the animal world and the general public as "Jungle Jack," is one of America's most popular naturalists and adventurers. In addition to hosting the series "Jack Hanna's Animal Adventures," he is also a regular guest on "Good Morning America," "Larry King Live" and "The Late Show With David Letterman."

Jack Hanna advises planning ahead can make for an enjoyable trip-for you and your beloved pet.

Heat, Air Pollution Take Toll on Pets

Q: I read your column about the person who was concerned about the bird that lived in a home with a smoker. While I don't smoke, my 11-year-old golden retriever, "Blaze," has occasional breathing trouble, especially on very hot days when there is a lot of smog. Her vet prescribed a nebulizer, which helps greatly. Can you let readers know that pets are affected by unhealthy air just as we are, and to make sure they don't have to struggle to

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- The American River Messenger** is seeking independent sales agents to offer advertising to businesses in Citrus Heights, Fair Oaks and Gold River. We have received a great response about our newspaper and its support of the community. Work from home just a few hours each week to develop new accounts. We offer a strong commission plan and a simple sales presentation. Previous sales experience required. Fax your resume to 773-2999 or call 773-1111.
- Cold Stone Creamery** Are You Passionate about Ice Cream? Cold Stone is now seeking a franchisee for Citrus Heights! For more information please contact Mark Andrew at mark@av-inc.com, or call 916-600-2823. www.coldstonecreamery.com.
- Landscaping Service**
Gardening, Yard Maintenance - Mowing, Cleanups, Trimming, Hauling, Relandscaping. Local, Reliable & Affordable. Call Sunny 206-8172. Free Estimates!

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\$13,000 OBO 5 Speed V6 3.8 Liter 59,000 Miles 40th Anniversary Edition, Power Steering, Power Windows, Power Door Locks, Tilt Wheel, CD Player/Radio, Dual Front Air Bags, 4-Wheel ABS, Rear Wheel Drive, Alloy Wheels. Contact Emily at Big Valley Federal Credit Union for Information 916-383-0691 ext 1128 FINANCING AVAILABLE

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THE OXYBOOSTH2O! DIFFERENCE

Whether you're hiking, biking, snowboarding, running a triathlon or simply recovering from a long weekend, water is essential to your body's recovery. Considering our bodies are composed of approximately 63 percent water, shouldn't you be giving yours the very best?

With today's society becoming more and more health conscious, people are more outgoing and making healthier choices than ever before. As a result, healthy people are looking for a viable substitute to caffeinated and sugar saturated energy drinks.

That's why we are happy to introduce a healthy alternative known as OxyboostH2O. First we start with 100% natural Artesian Spring Water from protected sources in Oak Creek Canyon - Sedona, Arizona. Then it is ran through a process known as Ozonation: The infusion of O3, an unstable molecule arrangement utilized to kill any bacteria and purify the water.

Next is OxyboostH2O's proprietary technology that restructures the water into bio-molecular clusters, providing superior cellular absorption and oxygenation.

Independent studies have confirmed that with proper cell hydration you will notice improved reaction and boost of energy. OxyboostH2O's structured energy water will give you peak performance.

Because of the boost of energy you get when you drink this water, OxyboostH2O seems to be the only applicable name to call this water. So you owe it to yourself to drink OxyboostH2O, the healthy alternative, and feel invigorated.

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\$5.00 off Oil Change

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Discount off regular price. Plus taxes where applicable. Most cars, light trucks and SUV's. Coupon must be presented at the time of purchase. Not good with any other offer. At participating shops only. Void if copied or transferred and where prohibited by law. Any other use constitutes fraud.

Epires 7-31-07

SMUD Awards \$25,000 to Area Students with Solar Power Dreams



shade structure with solar panels built over one of the school's large rooftop air-conditioning units. The energy collected from the solar panels will power one or more banks of classroom lights. The students will test if a shaded air conditioner operates more efficiently in hotter weather. The classroom lighting will be replaced with energy-efficient LED lighting and powered by the solar panels.

Three schools earned the remaining \$15,000 for various projects:

- Rancho Cordova High School will design and develop a solar electric vehicle, which will be raced in the Portland Electrathon America Races next year.

- Bella Vista High School will establish a school-wide solar club to help educate students and install solar panels to power some school facilities like fountains.

- San Juan High School will purchase solar panels to power fans and lighting in a campus greenhouse. The funding will also support a newsletter reporting on the school's renewable energy and energy efficiency activities.

In 2006, the first year of the grant program, SMUD awarded \$30,000 to three schools: Sheldon

High School, American River College and Will Rogers Middle School. Sheldon High School students designed solar-powered, super energy-efficient model homes with one "test house" being built with removable walls and other features. At American River College, students designed

and built various solar-powered projects such as pumps for fountains, luminescent maps that can be read in darkness, a portable food cooler and water purifier. At Will Rogers Middle School, communication was the focus with grant money being used to build a solar-powered broadcasting studio for English as a Second Language students.

SMUD works with the National Energy Education Development Project (NEED) on the grant program. A panel of SMUD renewable energy experts, a member of the California Energy Commission, and advisors from NEED review all the applications and award the grants.

SMUD has been a pioneer in energy efficiency and renewable energy for over 25 years. In the 1970s, SMUD started Peak Corps, a program designed to lower peak demand, along with an aggressive energy efficiency program. In the 1980s, SMUD built one of the world's first solar plants and in the 1990s established popular solar programs for residential and commercial customers. SMUD was one of the first utilities to establish renewable energy goals and plans to have 20 percent of its energy portfolio renewable by 2011. For more information about SMUD, visit www.smud.org.

SMUD will be awarding more grant money in 2008 to students and teachers who apply. For more information about Energize Minds for Solar Design call 916-732-6930.



THE MORTGAGE MANAGER

Ed Wacaster



In recent weeks we have been witness to an increase in our mortgage interest rates. This happens as a result of economic news and reports, as well how our mortgage backed securities are traded.

Recently New Zealand raised the rates they pay on their bonds and England did the same thing in a few days of New Zealand. Not long after those two countries took of their business, Japan did so as well. When this happens foreign investors begin to look at those other countries bond prices, and if they are good enough to buy, they take money out of our bonds and buy those from the other countries. So now we have a global competition going on for our bonds.

Did you know that China and Japan are the two largest foreign investors in our bonds? They do this for several reasons, one of which is actually propping up the American Dollar to keep their economy going the way they want it to.

Several weeks ago china's stock market took a dive and our stock market responded in kind.

Why? Because we have a global economy and the fact that China is having problems will effect the entire world. China has been getting a lot of money from around the world as they have opened up their economy to the rest of the world. But this does come with a price. Some of the government officials were recently found out of be stealing money from the countries retirement and social programs. This will make foreign countries less

likely to invest in China now.

Why am I telling you all this junk? Because, this is the news that moves interest rates. And if I am watching this type of information on a regular basis, I can anticipate what is going to happen with interest rates in the short term. That in turn will help my clients save money by locking in an interest rate before an increase in rates. Or conversely, it can save them money when I lower their interest rate as the rates go down. Making sure I lock that rate as we go down, so it doesn't pop back up and catch someone by surprise.

It makes me wonder why we don't seek out a professional to walk us through the biggest investment of our lives. At what level of risk are we willing to save \$10? Just call me okay.

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

Catch my show, the MortgageMaestro on KTKZ 1380 AM and 105.5 FM every Saturday morning at 9:30

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