

# AMERICAN RIVER MESSENGER

## Teacher of the Year



Page 6

## Katrina Relief



Page 7

## CHCMB Takes First Place



Page 8

## A Zest for Life



Page 13

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June 2007, First Edition

## Sunrise MarketPlace and City Kick-off Visioning Project

### SUNRISE MARKETPLACE



VISIONING PROJECT

Planning for a Bright Future  
www.visionsmp.net

In 2006, Sunrise MarketPlace Business Improvement District began the challenging process to more proactively define its future. Prior to the 1999 formation of the BID, there was no long term vision for this vibrant business district.

Sunrise MarketPlace initially focused on tangible benefits such as: public improvements, special events and promotions, advertising, maintenance and public safety. Having completed physical improvements and recognizing continued retail competition, the BID shifted gears to strategic planning.

Last year, it engaged the services of York Consulting to do an in-depth assessment of the

District's long-term viability. The first recommendation from that process was the implementation of a Visioning Project. The City was awarded a \$100,000 grant from SACOG last fall, which allowed for the bidding process and selection of EIP Associates to facilitate the project.

"The evolution of the Sunrise MarketPlace is an excellent opportunity to recast an important business center into a vital mixed use place—the economic, social, entertainment and cultural heart of Citrus Heights," said Woody Tescher, Director of Planning and Urban Design for EIP Associates. EIP has assembled a diverse and experienced team of professionals to facilitate the project. The team has expertise in areas of land use planning, environmental technical services, urban design and landscape architecture, transportation and mobility services. They have collaborated on many successful community revitalization programs.

"One of the main goals of the Visioning Project will be to maximize participation from the community. An aggressive outreach strategy will be implemented to get input from District property and business owners, residents, city staff and elected officials and other stakeholders in the area," noted Rhonda Sherman, Economic Development and City

Information Director for the City of Citrus Heights.

The most important mechanism for garnering community involvement will be three workshops. Sunrise MarketPlace business and property owners, as well as Citrus Heights residents, are highly encouraged to participate.

Public Workshop: June 21, 6:00 – 8:00 pm

Property Owner/Business Interests Workshop: July 16, 6:00 – 8:00 pm

Design Charrette (Prototype Models): August 18, 10:00 – 2:00 pm

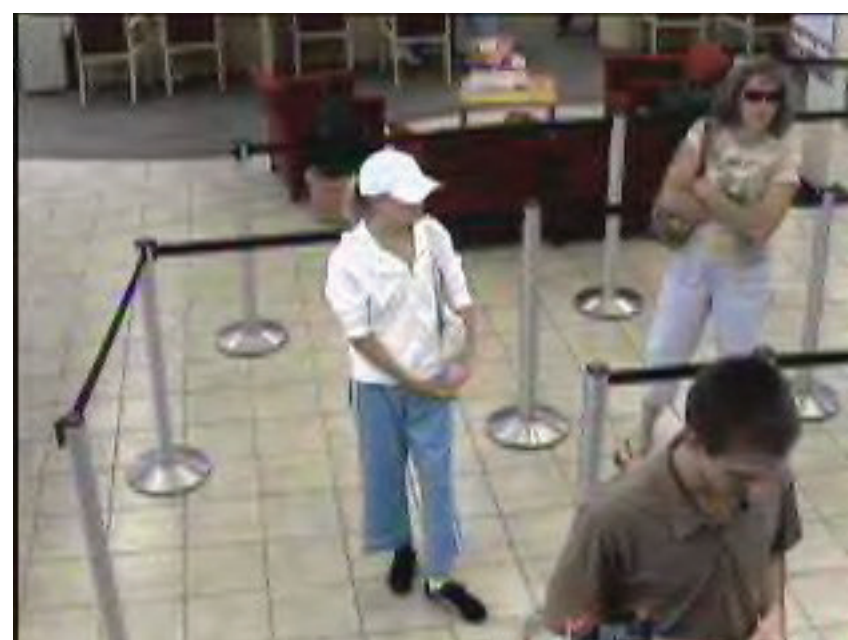
The workshops and charrette sessions will be held at the former RoomSource, (near Target) located in MarketPlace at Birdcage.

Sunrise MarketPlace Executive Director Kathlynn Carpenter feels this legacy project that will have a dramatic and positive impact for the District. "It is our opportunity to define our future, enhance the quality of life for our businesses, customers and residents and infuse a revitalizing dose of energy into Sunrise MarketPlace."

A new website (www.visionsmp.net) will be launched in early June. For more information, local residents and businesses may visit the website or contact the District at 726-6767 or City at 725-2448 to RSVP to the workshops or for more information.

## FBI and Police Seek Information on Interstate "Ponytail Bandit"

Sacramento, Calif.: The FBI's Sacramento Violent Crimes Task Force (SVCTF), the Roseville Police Department, the FBI in Austin, Texas, the Austin Police Department, Austin, Texas, and the FBI in Seattle, are seeking information on an unidentified female bank robber believed to be responsible for at least three May, 2007 bank robberies in Austin, Texas, Roseville, California and Lynwood, Washington. The individual in question is described as a white female, early to mid-20's, 5'3" to 5'5", 110 to 120lbs (thin build), blonde hair, with no visible scars, marks, or tattoos. The robber verbally demanded cash in all of the robberies. The robber has worn a white or blue baseball cap with her blonde hair in a ponytail in all three robberies. The robber is suspected in the 5/7/07 robbery of the Wachovia Bank, 8045 Mesa Drive, Austin, Texas, the 5/23/07 robbery of the Wells Fargo Bank, 2000 Douglas



Ponytail Bandit waits in line - FBI Photo

Blvd, Roseville, California and the 5/30/07 robbery of the First Heritage Bank, 19009 33rd Ave. W, Lynwood, Washington. Anyone with information regarding these bank robberies is asked to contact the FBI in Sacramento at (916) 481-9110, the FBI in San Antonio at (210) 225-6741 or the FBI in Seattle at (206) 622-0460.

## Red, White & Blue Parade Set for June 23rd

8:30 a.m. to 12 noon.)

The parade will feature close to 100 entries and more than 1,000 participants. Entries include the Wells Fargo Stage Coach, antique fire engines from Sac Metro Fire, vintage and classic cars, the Citrus Heights Police Department Mountain Bike team, and much more. Musical entries include the U.S. Army Reserve 59th Division Marching Band, as well as the award-winning Citrus Heights Community Marching Band. Local government officials, pageant winners, and other celebrities will also participate in the parade.

After the parade, the Rotary Club of Citrus Heights will serve an all-you-can-eat pancake breakfast in the northwest corner of the Sunrise Mall parking lot from 9:30 a.m. to

12noon (tickets are only \$5). In addition, all of the parade floats will be on display in the Sunrise Mall parking lot, as well as a vintage car show sponsored by Sunrise MarketPlace.

Sponsored by the City of Citrus Heights and other local businesses, the Red, White & Blue Parade celebrates the City's incorporation 10 years ago and the spirit of Citrus Heights' Dazzling Decade! Be sure to bring your family and friends out for a morning filled with fun activities, creative floats, and a celebration of the local Citrus Heights community. For additional information on the parade, please contact the City's Public Information Office at (916) 725-2448.

## 2007 Fire Camp is Coming



Fire Camp this year is from July 10th to July 14th, 2007. Fire Camp began in 1998 as a means to bring the youth of our district a summer experience that would last a lifetime. Each day of the day camp allows 80 junior high school age young people a chance to see and learn the varied disciplines of today's fire service. It is a once in a lifetime experience, which teaches skills, confidence, teamwork and self-reliance, all in a fun and exciting atmosphere.

Parents drop off and pick up their campers at Fire Station 21 on Greenback Lane every day. The kids are grouped in "strike teams" of eight campers each, and each strike team is mentored and supervised by a professional firefighter. Teams learn about the job of a firefighter and experience first hand such activities as:

- First Aid Training
- Fire Extinguisher Training
- Climbing a 105' aerial ladder
- Developing the skills of a bucket brigade
- Riding with the District's water rescue team
- Auto extrication
- Participating in a Kid's Fire Muster

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

Field trips to the fire training facilities, the river and to Golfland Sun Splash in Roseville, along with games and competitions, makes for a fun, educational, and memorable experience for our campers.



All of the training and experience culminates in a Family Fun Day on the last day of Fire Camp. The camper's families are encouraged to attend and participate as they watch the campers demonstrate the new skills they have acquired during Fire Camp.

To attend Metro Fire's Fire Camp, applicants must be between the ages of 11 and 13. Preference is given to applicants who live within the Metro Fire District boundaries. Applications can be found on our web site: [www.smfd.ca.gov](http://www.smfd.ca.gov) in the Community Services section, or you can call (916) 566-4000 to have an application faxed or mailed to you. Applications are processed in the order they are received, so the earlier you apply, the better the chance of securing a position in this year's Fire Camp. Fire Camp is free to all participants. Campers are provided with lunches, snacks, t-shirts, hats and water bottles.

## Doolittle Amendment Passes House Ends Mortgages for Illegal Aliens

WASHINGTON, DC - Today, the House of Representatives approved legislation by Rep. John T. Doolittle that will prevent financial lenders, such as Fannie Mae and Freddie Mac, from aiding illegal aliens with mortgages. Doolittle's proposal was passed as an amendment to H.R. 1427, a bill designed to reform the regulation of housing related government-

sponsored enterprises (GSEs). The amendment will prohibit GSEs from offering residential mortgages to anyone without a valid Social Security number, thus preventing illegal aliens from getting loans.

"Government-sponsored lenders should not be in the business of assisting illegal immigrants to purchase homes in the United

States," said Doolittle. "Allowing illegal immigrants to purchase a primary residence here is just another incentive that encourages illegal immigration. That needs to stop now and today's vote goes a long way towards making that happen."

Currently, people who use Individual Taxpayer Identification

Numbers, rather than Social Security numbers can qualify for home loans. However, there is no way of ensuring whether they are legal residents. Because the Social Security Administration does not verify legal residence status prior to issuing a number, a Social Security card would provide lenders the confidence of knowing that the people seeking mortgages have a legal right to be here.

"This amendment would not affect U.S. citizens or legal U.S. residents because they too can receive a work-authorized Social

Security number," stated Doolittle. "The only people who have to worry about this change are the very people who broke federal law to enter or stay in the country in the first place."

Doolittle's amendment would not discourage foreign investment in the United States. When a person applies for a mortgage, he is asked whether the loan is for a primary residence, a secondary home or an investment property. Under this legislation, only a person seeking to buy a primary residence would be required to have a legal Social

Security number. Should a foreign investor wish to obtain a mortgage for a real estate investment, he would be able to do so.

Doolittle's amendment passed by a margin of 217 to 205, with the support of 34 Democrats. H.R. 1427 itself also passed the House 313 to 104 and now goes to the Senate for consideration.

"I'm gratified that my colleagues on both sides of the aisle supported this common-sense approach to fighting illegal immigration," concluded Doolittle.



# DUTCH TREAT



By Dennis Packard

## Chateau Relaxo

Last year took us by surprise. It rained on our parade! Each year, sixteen family members and friends climb aboard a large houseboat at Lake Oroville the last weekend before summer begins. Many years ago we christened our ship, "Chateau Relaxo" and had a flag and T-shirts made to order. We were labeled, "A Crazy Bunch."

Since I cannot swim, water-ski or desire to bob around in the water inside a yellow plastic tube under the hot sun—I volunteer to put a chef's hat on and stay in the cool galley preparing meals while sipping on coconut rum over ice.

There had been no history of rain over Oroville during this time period—but last year dark skies appeared and spilled rain on us the first day—we were shocked—this was not scheduled in our plans. We all cried and moaned a bit but decided to be optimistic and were determined to have a good time and some laughs.

Generally, I prepare buffet meals and everyone fills a plate and scatters themselves around the boat in small groups. Unfortunately, all outside decks were drenched while the rain continued, leaving all sixteen guests to squeeze into my small kitchen quarters for cover. It was difficult to prepare meals. People were sitting directly in front of the refrigerator, the stove and on top of the counters. I placed a patch over one eye and a skull and bone bandana around my head. I began to wave a large butcher knife around like a sword to get people to move.

Rain or shine, we never stopped eating. It was my job to keep one table in the galley

full of food. Between breakfast, lunch and dinner—snacks and fresh fruit covered that space. My youngest daughter made the first batch of mocha's the first afternoon. There were two faucets above the sink. One is lake water and the other is fresh water. Neither was labeled. I stopped the first batch of mocha's going out just in time—yes—it was Lake Oroville flavored Mocha.

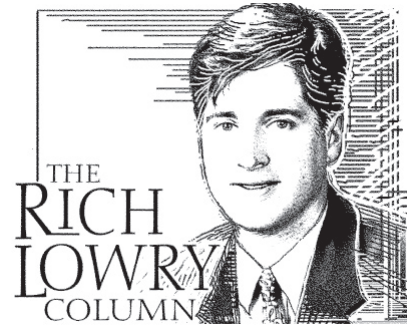
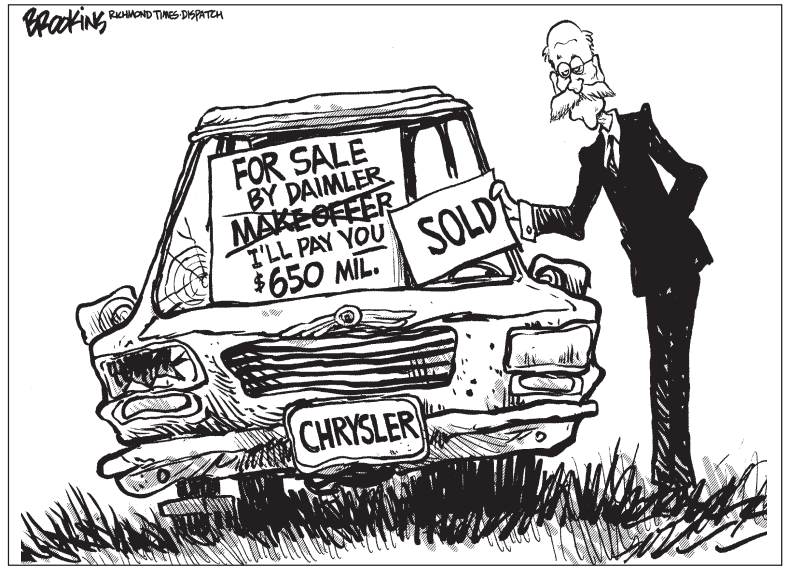
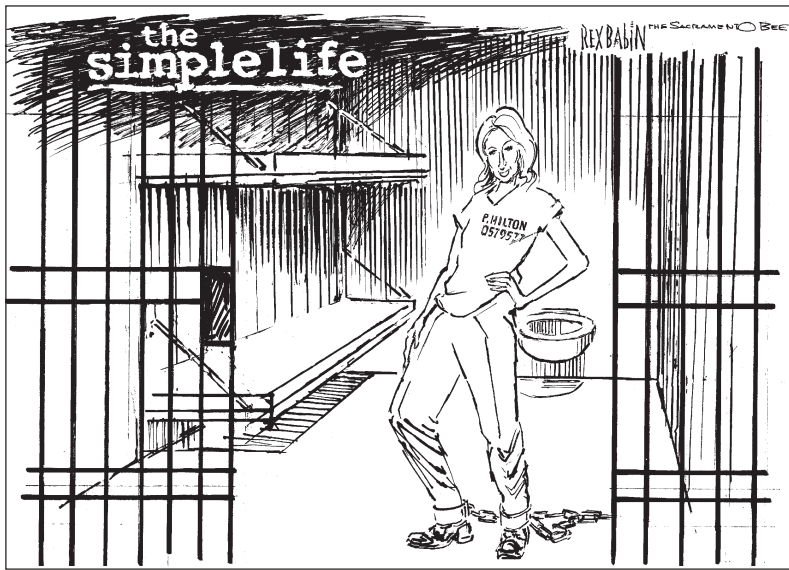
It was high noon, day two, when I discovered a varmint among us. It was apparent when I grabbed a fistful of Trail Mix and found no M&M's in my hand or even in the dish. Some thief had pulled all the candy out of the Trail Mix. I took the patch off my eye to keep a sharper look at the crowd. Although I never caught "her" sneaking out the M&M's—I did witness "her" picking all the cashews out of the mixed nuts! Next year—someone is walking the plank!

Games were played at night by the whole tribe. We rocked the boat with screams and laughter. My wife came close to knocking me out cold with her enthusiasm when she waved a large plastic game piece in her hand as we played, "Hot Potato." She had to pass the game piece to me before it started to beep. She slammed it into the side of my face forcing me to fall into the person on my left. Yes—the potato could be harmful to your health.

When midnight appeared, we all crawled into our sleeping quarters. My wife and I slept in what I called, "the bottom drawer," and my sister-in-law and her husband grabbed the "top drawer." My galley was transformed into a two-bedroom apartment and eight of the younger crowd slept in a large room on top of the boat that had a ceiling height of three feet. One son-in-law is 6'3" and had a hard time getting up on his knees.

We carried two jet-skis and in spite of the weather—most everyone played in the water at some time. Everyone claimed that the water was comfortable—once you got in. I took their word for it.

Quip for the Day: Trouble came knocking on our door—heard laughter—and walked away.



## The French Devolution

France has often, for better or worse, led the way during its history: in state-building, when Louis XIV created the modern French monarchy; in proto-totalitarian politics, with its revolution of 1789; in mass-mobilized warfare, in the wake of the revolution. Now, France is being reduced to a sad object lesson, a warning of the deadening effects of Big Government economics.

France might not be on the road to serfdom, in the phrase of free-market philosopher Friedrich Hayek. But it has traveled far down the road to stagnation. Newly elected president Nicolas Sarkozy

offers a glimmer of hope that the country will find a detour. Otherwise, this is how a great power ends, with a whimper.

Other European governments have reduced the burden of the state during the past decade, but France bucked the trend. Once associated with revolution, France now specializes in devolution, the steady descent of its economic indicators.

The old saw is that other poor Southern states always say, "Thank God for Mississippi," since it can be counted on to rank 50th in most state rankings. Europe can say, "Thank God for France," since it seems ready to take on from Germany or Italy -- both recovering smartly -- the title "The Sick Man of Europe."

The Heritage Foundation Index of Economic Freedom ranks France as only the 44th freest economy in the world, and it shows. It can't cope in a world characterized by free-market dynamism. It used to rank eighth in the world in terms of per capita GDP; now it has slipped to 19th. In

the late 1970s, France had a bigger economy than Britain's by a comfortable margin; now Britain has passed it. Fifteen years ago, France had a per capita GDP that was 83 percent of that of the United States; now it is 71 percent.

A 35-hour work week, mandates that make it expensive to hire new employees, liberal welfare payments and vacation policy -- all combine to make France the world's slacker. According to one economist, an average worker in America will work 30 percent more hours than the average worker in France during his career. That is, if the Frenchman works at all. Astonishingly, only 41 percent of French adults work, "one of the lowest labor-participation rates in the world," the Financial Times reports.

The perpetual French growth industry is government. At 54 percent of GDP, the state is large even by European standards. A quarter of French workers are employed by the government, double the rate of

1970. Not surprisingly, a nation of bureaucrats has not proven itself supple nor innovative. According to the Financial Times, "about half of the French electorate is dependent on the state for wages, benefits or pensions" -- a powerful voting bloc in favor of the state and of stasis.

There are recent examples of countries mired in decline breaking out of their funk -- foremost among them Margaret Thatcher's Britain. Sarkozy's reformist rhetoric has had critics calling him an "American neocon with a French passport" (would it were so), but he might be hard-pressed to deliver on promises of change.

In which case, France still will have something to recommend it: the museums.

Rich Lowry is editor of the National Review.

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# Terrorism, Global Warming and Fear

by L. K. Samuels

If politicians do anything well, it is to fan the flames of Chicken Little hysteria. They have an innate talent for scaring neurotic people who are prone to believe whatever government tells them about potential threats. Neither side of the political spectrum is above using propaganda to gain the upper hand in the cutthroat battle for public consciousness and votes.

For instance, according to right-wing neoconservatives, the evil menace plaguing mankind is hordes of Islamic militants who target civilians and fly aircraft into buildings. We are told that these terrorist madmen will descend upon our homeland with weapons of mass destruction, biological and chemical warheads, and ungodly violence to destroy Western civilization unless we act preemptively.

On the opposite side of the political aisle, the big threat to the world is global warming. The leftists' predictions are just as horrific as the rightists'. They contend that if mankind continues to pump out carbon dioxide (CO2), the world will suffer catastrophic flooding, severe droughts, rising sea levels, lasting hunger, and economic chaos. Some global warming alarmists actually predict the end of humanity within a couple of decades.

Both scenarios pander to the politics of fear. But how accurate are they?

In the struggle to rid the

world of terrorism, the Bush Administration launched a preemptive strike against Iraq in 2003. Two years later, instead of being "neutralized," Iraq has replaced Afghanistan as the most fertile training ground for the next generation of "professionalized" terrorist, according to a 2005 report released by the CIA's National Intelligence Council. NIC Chairman Robert L. Hutchings said Iraq "is a magnet for international terrorist activity." In a blowback of epic proportions, the U.S. government seems to be making enemies faster than they can kill them.

But how big of a threat are these terrorists? Do they have a lot of resources other than fear?

When the Japanese Imperial fleet launched a surprise attack on Pearl Harbor in 1941, it assembled the most powerful carrier force and the greatest air power in the history of naval warfare. During the Cold War, the world was staring down the barrel of 70,000 nuclear warheads and two sometimes trigger-happy nations. When the Islamic terrorists struck the World Trade Center, they had 19 hijackers armed with plastic knives and box-cutters. This is not to say that terrorists are impotent or pose no threat, but by historical standards, they possess far fewer military resources compared to enemies from past wars.

In the case of global warming,

the apocalyptic claims grow louder and shriller, especially in California, where Governor Arnold Schwarzenegger has imposed new laws to reduce greenhouse gasses. But the fundamental assertion that CO2 causes temperatures to rise has no scientific basis. A number of prominent scientists, including Prof. Ian Clark, a leading archaeological climatologist from Canada, have pointed to the analysis of ice core samples that go back more than 600,000 years. All ice core records, including those drilled at the Vostok site in Antarctica, show that CO2 increases lag after warming spells by an average of 800 years. This finding suggests that rising temperatures are responsible for the rise of CO2 levels in the atmosphere, not the reverse.

In the British documentary The Great Global Warming Swindle, Prof. Clark asserts, "You can't say that CO2 can drive climate, it certainly did not in the past.... CO2 clearly cannot be causing temperature changes, it is a product of temperature; it's following temperature changes."

To some extent, mankind's industrialization of the world must have an effect on climate. But CO2 is a minor component of the earth's atmosphere—approximately 0.054 percent. And of that infinitesimal amount, human-induced CO2 makes up less than 1/20th, depending on the data source. Many climatologists believe

that solar activity, combined with the activities of cosmic rays and cloud formation, is a more likely candidate for the cause of the earth's warming. After all, the sun accounts for 99.8 percent of the solar system's mass. In fact, NASA's Mars Global Surveyor and Odyssey missions recently reveal that the ice caps near Mars' South Pole have diminished for the last three summers, along with the heating up of other planets.

The ecological-political establishment is using normal climatic cycles as evidence that the world is coming to an end. Interestingly, experts made similar dire predictions of an impending ice age during the cooling trend from 1940 to 1975.

Whatever direction politician leaders take the issues of terrorism and global warming, it is almost assured that they will polarize the public, enrich the well-connected, increase the authority of government, and do little to mitigate any so-called crisis.

L.K. Samuels is a realtor from Carmel Valley. He is editor and contributing author of Facets of Liberty, an anthology of political, economic, and sociological essays (Freeland Press). Samuels managed the Future of Freedom Conference series for five years in Southern California.

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# AMERICAN RIVER MESSENGER



Publisher - Paul V. Scholl

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# Will You Give This to My Daddy?

*Sent to us via the internet. Our research led us to understand this has been on the internet for some time. We could not locate an originator of the story, but felt it sent a strong message we could all enjoy.*

Last week I was in Atlanta, Georgia attending a conference. While I was in the airport, returning home, I heard several people behind me beginning to clap and cheer. I immediately turned around and witnessed one of the greatest acts of patriotism I have ever seen.

Moving thru the terminal was a group of soldiers in their camos. As they began heading to their gate, everyone (well almost everyone) was abruptly to their feet with their hands waving and cheering. When I saw the soldiers, probably 30-40 of them, being applauded and cheer ed for, it hit me. I'm not alone. I'm not the only red-blooded American who still loves this country and supports our troops and their families.

Of course I immediately stopped and began clapping for these young

>>>unsung heroes who are putting their lives on the line everyday for us so we can go to school, work and home without fear or reprisal. Just when I thought I could not be more proud of my country or of our service men and women, a young girl, not more than 6 or 7 years old, ran up to one of the male soldiers. He knelt down and said "hi" The little girl then asked him if he would give something to her daddy for her. The young soldier, who didn't look any older than maybe 22 himself, said he would try and what did she want to give to her daddy. Then suddenly the little girl grabbed the neck of this soldier, gave him the biggest hug

she could muster and then kissed him on the cheek.

The mother of the little girl, who said her daughter's name was Courtney, told the young soldier that her husband was a Marine and had been in Iraq for 11 months now. As the mom was explaining how much her daughter Courtney missed her father, the young soldier began to tear up. When this temporarily single mom was done explaining her situation, all of the soldiers huddled together for a brief second. Then one of the other servicemen pulled out a military-looking walkie-talkie. They started playing with the device and talking back and forth on it.

After about 10-15 seconds of this, the young soldier walked back over to Courtney, bent down and said this to her, "I spoke to your daddy and he told me to give this to you." He then hugged this little girl that he had just met and gave her a kiss on the cheek. He finished by saying "your daddy told me to tell you that he loves you more than anything and he is coming home very soon."

The mom at this point was crying almost uncontrollably and as the young soldier stood to his feet, he saluted Courtney and her mom. I was standing no more than 6 feet away from this entire event. As the soldiers began to leave, heading towards their gate, people resumed their applause. As I stood there applauding and looked around, there were very few dry eyes, including my own. That young soldier in one last act of selflessness, turned around and blew a kiss to Courtney with a tear rolling down his cheek.

We need to remember everyday all of our soldiers and their families and thank God for them and their

sacrifices. At the end of the day, it's good to be an American. >

RED FRIDAYS ----- Very soon, you will see a great many people wearing Red every Friday. The reason? Americans who support our troops used to be called the "silent majority". We are no longer silent, and are voicing our love for God, country and home in record breaking numbers. We are not organized, boisterous or over-bearing. We get no liberal media coverage on TV, to reflect our message or our opinions. Many Americans, like you, me and all our friends, simply want to recognize that the vast majority of America supports our troops.

Our idea of showing solidarity and support for our troops with dignity and respect starts this Friday -and continues each and every Friday until the troops all come home, sending a deafening message that.. Every red-blooded American who supports our men and women afar will wear something red. By word of mouth, press, TV -- let's make the United States on every Friday a sea of red much like a homecoming football game in the bleachers.

If every one of us who loves this country will share this with acquaintances, co-workers, friends, and family. It will not be long before the USA is covered in RED and it will let our troops know the once "silent" majority is on their side more than ever; certainly more than the media lets on

The first thing a soldier says when asked "What can we do to make things better for you?" is... We need your support and your prayers. Let's get the word out and lead with class and dignity, by example; and wear something red every Friday.

## ★ VETERANS POST ★

by Freddy Groves

### To Blog or Not to Blog

In World War II, the news was reported days and weeks after the fact in newspapers or as a short during Saturday matinees. Now e-mail and blogs, complete with journal entries, comments and embedded videos, can go out with the tap of the send button. And it's there that the Army is drawing a line in the sand. Or is it? A 2005 directive outlined the restrictions on what service personnel could and could not do online. Army personnel were asked to "consult with their immediate supervisor" before they posted anything that might "contain sensitive and/or critical" information, and to register their blogs.

Staying safe was the main focus.

A new directive (Army Regulation 530-1) threatens to end nearly all online activity. Specifically, it requires an "OPSEC review prior to publishing." Period.

And it "is not limited to letters, resumes, articles for publication, electronic mail (e-mail), Web site postings, Web log (blog) postings, discussion in Internet information forums, discussion in Internet message boards or other forms of dissemination or documentation."

Sounds pretty clear: Everything done online needs prior review.

And yet a fact sheet issued later says, "In no way will every blog post/update a Soldier makes on his or her blog need to be monitored or

first approved by an immediate supervisor and Operations Security (OPSEC) officer." So which is it? The directive that says a soldier needs to get permission for everything, including e-mail? Or a fact sheet that says not so? In a crunch, which carries the most weight?

And where does that leave the OPSEC commander? Hanging from a very thin thread, considering that the new directive talks about the punishment for failing to comply. It doesn't take much to realize what's going to happen: Many commanders will flat out ban soldiers from blogging.

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.

## Defensive Driving Class for Military Retirees

MILITARY RETIREES/SPOUSES: The Retiree Activities Office is sponsoring an AARP Defensive Driving Class for Military Retirees and Spouses/Widows. It will be held on 20 and 21 Jun, starting promptly at 0900 hrs and finishes at 1300 hrs each day. The location of the course will be the Meeting Center, Bldg 5712, which is adjacent to the former

McClellan AFB Chapel. Cost is \$10 per person. Make checks payable to the Retired Activities Office. Please do not call our office to sign up for this class. You must come in person to the Retiree Office in the VA Clinic to sign up. Your compliance with this request is appreciated.

## Bingo Fundraiser for Veterans

The Sacramento Bingo Center, 3399 Arden Way, Sacramento CA 95825, has reopened as of 1 May 07. The number of charities include Disabled Sports USA on Monday, Tuesday, is the AF Security Police Association, "Sacramento Valley Chapter", Saddle Pals and United Cerebral Palsy of Greater Sacramento, Thursday and Fridays, Saturday is Society for the Blind, and Sunday is Hiram Johnson, Warriors (High School Boosters) The Sacramento Valley Chapter will support the Proud Warrior Endowment that Air Staff, Hq Air Force Security Police Association and the family members of Security Force members injured in combat or killed in action. The Tuesday night Session is in need of Volunteers to work; contact the Manager, Melvin Buzzard at home 916-635-6129 or email mbuzzard@comast.net.

## Military Photo Collection at VetFriends.com

(PRWEB) May 21, 2007 - VetFriends.com -- the largest Web site for reuniting U.S. veterans -- encourages the community to enjoy and appreciate an authentic collection of online military photos honoring the many brave men and women who have served or are serving in the U.S. Armed Forces. All photos were submitted by U.S. veterans, active military, family and friends -- with photos spanning from pre World War I to the present.

The VetFriends.com photo collection at [www.vetfriends.com/militarypics](http://www.vetfriends.com/militarypics) is made up of thousands of educational pictures in honor of U.S. military personnel. Visitors can search for images by specific military branch, year, war, state and country. Each picture contains background information along

with a brief message or description. To promote reuniting, an "e-mail reply option" is available with each photo, where users can send thank you comments, questions and information requests to the person who submitted the photo.

After finding a photo in the VetFriends.com photo collection, visitor S. Malanga writes: "What a surprise for me! The man on the right, is my father! Thank you for putting this picture online. I was just going from site to site trying to bring back memories and there he was on VetFriends.com!"

All photos, both color and black and white can be uploaded free at [http://www.vetfriends.com/MilitaryPics/image\\_upload.cfm](http://www.vetfriends.com/MilitaryPics/image_upload.cfm), where they are then edited, resized, approved for content and posted live for the world to see.

Visitors to VetFriends.com can further submit personal reunion stories, military jokes, lingo and cadences. Other features include: search over 768,000 veterans, active military, family and friends; information on how to receive your own or a family member's military records and medals; reunion postings; message boards; military discounts and more.

VetFriends.com was founded in 2000 by Marine Corps veteran of Desert Storm, Dale F. Sutcliffe. Since then, thousands of people have been reconnected through VetFriends.com, spanning from World War II through to Operation Desert Storm and the present. For further information and/or interview opportunities please contact [www.VetFriends.com](http://www.VetFriends.com).

## McClellan Commissary Seafood & Side Walk Sale



Seafood June 6, 7 & 8

Side Walk June 7, 8 & 9



Shop and Save \$\$\$\$\$

Check out our web page at [www.commissaries.com](http://www.commissaries.com) under the "locations" link for more details.

## Thank You for Protecting the Road towards Freedom

When you return home, we'll put you on the path to great health.

We are proud to support the men and women serving our country worldwide in the war against terror. Lest we forget, these brave soldiers protect freedoms to which we have become accustomed -- freedoms that were threatened more than five years ago by the attacks on American soil.

As a show of gratitude, we'd like to extend the offer of free chiropractic care for one year to our military personnel once they have completed their tour of duty.

We only ask one thing: *Get home safe.*

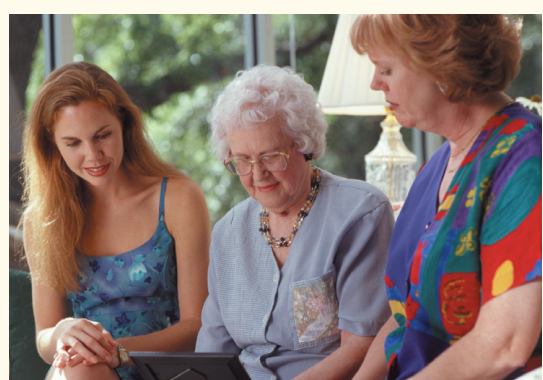
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## When someone you love has Alzheimer's, the whole family is affected. That's why we make sure the whole family is involved.

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Please Join us June 12 at 3:00 pm for learning, sharing and support.

Our topic will be  
**Legal Planning: Advance Directives**

*Everyone is Welcome!*



# The Sacramento Republican Women's Federated Luncheon

## "Spring Fling" Membership Tea

Athena Kline has been a resident of Sacramento California for over 35 years. She will be sharing her original music at the Sacramento Republican Women's Luncheon on Wednesday, June 13th, 2007 at 11:30 AM. Athena has sung for Republican events throughout California over the years. She will be sharing music from her New Cd Released Mystic Secret ( Live at Starbucks in Gold River Ca ) visit her website at [www.AthenasMusic.com](http://www.AthenasMusic.com)



## THE MORTGAGE MANAGER



In the last issue I raised the concern over a lack of written goals and dreams by those of us who claim to be adults. I. some cases, that adult thing can be a real stretch. Nonetheless, we do need to work toward our goals and dreams in order to make them a reality. I have never met the person who said: "My lifelong goal was to become destitute and live on the streets and beg for money and food." If that person exists, I apologize.

Making money is one things, saving it is entirely different. I'm sure you have heard it said that it's not how much money you make, it's how much you keep that counts. But in our present day America we have our priorities exactly backwards. We spend first and then pay some bills. Then we buy some food and then put some money in savings if there is any money left. But what if we were to turn that around entirely and began by paying ourselves first by putting some in savings, paying the bills, buying the food and spending what might be left? Now you're on your way to becoming wealthy if you have that kind of discipline.

If you have more month than money and you own a home, you might be able to pull some of the equity out of there and get yourself on that program I mentioned above. Building a financial nest egg is not as hard as it seems. It just takes a plan and the discipline to follow that plan.

If you don't have the discipline to follow that plan then you are going to need someone to help you come up with a plan. That plan should help you save enough money to pay off your debts, have enough money for investments or loss of your income, as well as being able to send you kids to college.

Did you know that 78% of parents think their kids qualify for a full ride scholarship? Did you know that only 24% of the kids actually get that full ride? In today's society that college degree is worth about \$750,000 of income over and above that of a person without that same degree.

The first step is making the decision to get your financial house in order. The second step is to call someone to help.

Don't forget to listen to "TheMmortgage Maestro" on KTKZ 1380AM/105.5FM Saturday mornings at 9:30.

You can contact Ed Wacaster, CMPS at 916-677-0996 or [www.EdWacaster.com](http://www.EdWacaster.com)

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- \*Countering effects of modern life anxieties and stresses
- \*Learn simple techniques to use anytime, anywhere
- \*How to re-energize Your Daily Life

Seminar is offered by Rev. Paul V. Scholl



Rev. Paul has been teaching stress reduction and meditation workshops since 1995 at many continuing education and spiritual centers. He is an ordained Interfaith minister, spiritual and grief counselor. He has also served in the fast-paced publishing industry for more than twenty years.

Workshop offered by:  
 Osher Lifelong Learning Institute~Sierra College  
 Classes to be held at Gateway Campus in Roseville  
 Tuesdays, June 12th, 19th, 26th and July 3rd  
 Classes are from 2 to 4 pm

To register for this free series call 916-781-6290



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## Carnival is Coming to Town



PLEASE COME!  
 To Sylvan Middle School  
 7137 Auburn Blvd, at Sylvan Corners  
 June 13 - 17  
 Wed & Thurs - 4:00 pm until 10:00 pm  
 Friday - 4:00 pm until 11:00 pm  
 Saturday - 12 Noon to 11:00 pm  
 Sunday - 12 Noon to 10:00 pm Saturday  
 Free Health Faire  
 12 Noon until 4:00 pm  
 Special Invitation

Enjoy the FUN!

For those who are physically disabled The Lions invite you to be at the carnival as their guest on Thursday when you will be able to enjoy the rides for free!! Carnival brought to us by the California Carnival Company

## Upcoming Reunions for San Juan High School:

### SAN JUAN-CLASS OF 1997(10 YEAR REUNION)

The Class of 1997 will be having their reunion on Saturday, August 4th in downtown Sacramento at CSAC Conference Center. It will be from 6:00 pm to 11:00 pm. There will be a no host bar, appetizers and entertainment. The ticket prices are \$40 a person. Please register at [www.sanjuanhigh.com](http://www.sanjuanhigh.com). For more details, please contact Nicole Steers-Punsalan at [dmp2103@hotmail.com](mailto:dmp2103@hotmail.com).

### SAN JUAN-CLASS OF 1987(20-YEAR REUNION)

The Class of 1987 Reunion has been set for Saturday, August 11th, 2007 at Embassy Suites from 7:00 pm to 12:00 am. Please contact Brandy Kuntz-Bier at (916)933-2677 or [brandibier@sbcglobal.net](mailto:brandibier@sbcglobal.net) for details.

### SAN JUAN-CLASS OF 1977(30-YEAR REUNION)

The Class of 1977 will hold their reunion on Saturday, October 6th, 2007 at the Lions Gate Hotel & Conference Center at McClellan. The reunion will be from 6:00 pm to 11:00 pm. The Class of 1977 would like to invite you to the Soiree of the season. Its a Cocktail Party! Which includes a No Host Bar, Heavy Hors D'oeuvres & Chocolate Silk (donated by Chocolate Architect). For details please contact Becki at (916)989-3223. To update your address, contact Barbara at (916)955-6494 or [vandyke@vandykefab.com](mailto:vandyke@vandykefab.com).

### SAN JUAN-CLASS OF 1972(35-YEAR REUNION)

The Class of 1972 will hold their reunion on Saturday, August 11th, 2007 at the Dante Club at 1234 Fair Oaks Blvd, Sacramento from 5:00 pm to 11:00 pm. for Details please contact Bernie at (916)487-0337 or [berniebob@sbcglobal.net](mailto:berniebob@sbcglobal.net).

### SAN JUAN HIGH - CLASS OF 1967 REUNION

Reunion Date: September 29, 2007  
 Location: Sacramento Hilton, 2200 Harvard Lane  
 Sacramento, CA 95815 7:00 pm to midnight  
 Class Encounters, P.O. Box 254678, Sacramento, CA 95865  
 916-489-1992 800-445-2527 916-489-5942 - Fax  
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[reunion@classencounters.com](mailto:reunion@classencounters.com)  
[www.classencounters.com](http://www.classencounters.com)

### SAN JUAN-CLASS OF 1962 REUNION-(45 YEAR)

The Class of 1962 will hold their 45th reunion on Saturday, July 21st, 2007 at the Red Lion Inn in Sacramento. They are in the planning stages and looking for their classmates. If any of you are in touch with any alumni from the class of 1962, please have them contact one of the below individuals. Please contact Joyce McDanniel-Ayres at (916)632-9500 or Gene Pope-Box at (530)878-4696 or Myrna Wolf-Skiff at (916)608-4019 or [myrna\\_wolf\\_skiff@comcast.net](mailto:myrna_wolf_skiff@comcast.net).

### SAN JUAN-CLASS OF 1957 REUNION(50 YR-)

The Class of 1957 Reunion will be held Saturday, September 15, 2007 at the Sierra View Country Club. For details and to confirm your class reps have your current address, please contact them at:  
 Lillian Kolbo-Perry (916)332-7647 [lgrammydolly@earthlink.net](mailto:lgrammydolly@earthlink.net)  
 Chuck Burden (916)782-2401 [triciadee@jps.net](mailto:triciadee@jps.net)  
 Gloria Russell-Moore (916)723-1071 [gmoore57@peoplepc.com](mailto:gmoore57@peoplepc.com)

### SAN JUAN-CLASS OF 1952 REUNION(55-YEAR)

The Class of 1952 will hold their reunion on Saturday, Sept. 8th, 2007 at Fair Oaks Park from 10 am - 3 pm. Please contact Louise Ennenga-Brown for details at (916) 784-0261 or [loubrown26@comcast.net](mailto:loubrown26@comcast.net) or Joann Fields-Allred.



# Summer Job Ideas for Local Teens

By Erica Jones

It's about that time. Summer vacation is just around the corner. Are you ready for a summer job? If you're like most teens, you'll definitely have some extra time on your hands this summer. Myspace and video games can only last for so long. Having a summer job can be a great opportunity to earn cash, meet new people, enhance your communication skills and become more responsible.

Besides earning your own money, you'll get an idea of what the workforce is like and be ready for the world you will face after graduation. Don't forget you can ask your school counselor if he or she knows of any interesting summer jobs. Counselors

are full of great information and resources. You just have to ask!

Don't forget - - You're never too young to start saving. Whether it's for a car, for college, your first apartment, or your dream trip to Europe, saving money is a very smart thing to do.

If you're ready to venture out into the working world, here are a few places that are eager to hire teenagers. There are others out there. This will give you some ideas to get you started.

1. Raley's - 7847 Lichen Drive, Citrus Heights, CA 95621 - Must be 16 and have a work permit. Apply at the JOBS kiosk in the store, or online at [www.raleys.com](http://www.raleys.com). Contact: (916) 722-4535.

2. Jamba Juice - 6061 Sunrise Blvd., Citrus Heights, CA 95610 - Must be 16 and have a work permit. Apply online at [www.jambajuice.com](http://www.jambajuice.com) and bring your completed application to the store. Contact: (916) 962-2134.

3. Bel Air - 4005 Manzanita Ave., Carmichael, CA 95608 - Apply at the JOBS kiosk in the store, or online at [www.raleys.com](http://www.raleys.com). Contact: (916) 483-2691.

4. Youth Job Readiness Workshops: Learn Resume preparation, interview techniques, dressing for success, etc. Sacramento Works Career Center - Contact: [seta.net/careercenters](http://seta.net/careercenters)

# SMUD - Tim Lewis Communities Sign Solar Homes Deal

Groundbreaking has begun and models are being constructed in three communities, which include 61 SolarSmart homes in the Madeira Ranch subdivision in Elk Grove, 34 homes in Brentwood Estates in Citrus Heights and 88 homes at Brentwood Villas also in Citrus Heights.

The deal is the latest SMUD has signed with homebuilders to construct SolarSmart homes in the area. In March, SMUD announced a partnership with Lennar Homes to build more than 1,200 SolarSmart homes, which represents the largest solar new homes partnership in the United States.

Residents may save as much as 60 percent annually on their electric bills by energy conservation measures and using the sun's power to generate electricity. An added feature allows homeowners to monitor their solar electricity production in real time.

The community benefits as well with solar home developments. Less electricity will be needed to serve the homes, especially at peak demand times, like hot summer days, when power is most expensive. The 183 homes are expected to shave nearly 276 kilowatts off the peak, and help keep power costs low for all customers.

In addition to the built-in solar panels, SolarSmart homes also boast several energy efficiency measures to help customers reduce their bills year-round. The energy efficiency measures include efficient HVAC systems, radiant barriers in attics, added insulation,

duct sealing and energy-efficient compact fluorescent lighting.

The homes also have a smaller "carbon footprint" than conventional new homes. Carbon footprint is the amount of greenhouse gas emissions produced. Cumulatively, the 183 SolarSmart homes could reduce carbon emissions that are equivalent to taking 90 cars off the road or planting 143 acres of trees.

As a partner, SMUD provides incentives to buy down the cost of the solar electric systems and provide rebates for energy efficiency upgrades. These rebates and incentives, along with attractive tax credits, make solar electric systems a more affordable option for more homeowners.

SMUD is also working with other builders to establish more solar partnerships in the near future, making solar homes available to even more customers in the SMUD service area, which includes all of Sacramento County and a small portion of Placer County.

SMUD has been a national leader in developing solar technology for more than 20 years. SMUD has helped customers install and own solar electric systems on existing homes. SMUD began partnering with homebuilders to install solar panels during construction in 2001 and prior to 2007 partnered on more than 200 solar-powered homes in the SMUD territory. For more information about SMUD and its solar and other renewable energy programs, visit [www.smud.org](http://www.smud.org).

## CELEBRATION TIME!

The Domestic Violence Intervention Center will be celebrating the opening of our Safehouse and our 7<sup>th</sup> birthday with an "Open House"

Saturday, June 23<sup>rd</sup>  
2:00pm - 4:00pm

7250 Auburn Blvd.  
Citrus Heights

PLEASE COME AND ENJOY THIS EXCITING TIME WITH US!

## Cohousing and Global Warming

Learn how you can fight global warming and strengthen your community.

Tim Frank, Sierra Club Advisor on Livable Communities

**Monday, June 25, 2007, 7 to 8:30 p.m.**

*Fair Oaks Community Library, 11601 Fair Oaks Boulevard, Fair Oaks*

Global Warming is a subject of great concern, and many people are looking for ways to reduce their "environmental footprint." Hybrid vehicles and compact fluorescent bulbs are only part of the solution. Join us for a discussion on the enormous impact that is made by architecture and urban planning. As we work to fight urban sprawl, well-designed infill projects can make a huge difference in reducing traffic, improving air quality, fighting global warming, and providing better housing and transportation choices for our neighborhoods. Tim Frank, a respected environmental advocate and public affairs consultant for over 18 years, has worked with the Nature Conservancy, NRDC, and the Sierra Club. He has extensive experience in land use policy development at local, state, and national levels.

**- Free Admission -**

*Sponsored by the Sierra Club (Sacramento Group) and ECOS (Environmental Council of Sacramento)*

For more information, visit [www.OrangevaleCohousing.org](http://www.OrangevaleCohousing.org) or call (916) 967-2472. Cohousing combines private homes with generous shared facilities, thus creating the feeling of a small village where neighbors know and care about each other.



**Peggy Boling**

*Daughter*

**858-1234**

[peggy@peggyboling.com](mailto:peggy@peggyboling.com)  
[peggyboling.com](http://peggyboling.com)



**Mary Ann Henrikson**

*Mother*

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\$699,000	<b>Gold River</b>	Mother Lode Village. 4 Bedroom + large bonus room. Butler yard pool, spa, waterfall. 4 car garage.
\$669,000	<b>Gold River</b>	Mother Lode Village. 4/5 bedroom, bonus room. Backyard paradise. Pool, spa, natural slide. Outdoor Kitchen
<del>\$699,000</del>	<b>Gold River</b>	Huntington Village. Single level. 2800+ sq ft. 3 br, 2 ba. 4 car garage. Gated village. Courtyard surrounded by french doors.
<del>\$599,000</del>	<b>Gold River</b>	Prospect Village. 5 br, 3 ba, 3100 sq ft. This model has not been available in many years. Quaint village 80+ homes, surrounded by walking trails.
\$538,000	<b>Curtis Park</b>	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
\$529,000	<b>Gold River</b>	Powell 3 bedroom + loft, 2500 sq ft.. Tucked away in a cul de sac within a cul de sac.
\$524,950	<b>Gold River</b>	The Classics, 4 bedrooms + loft, 2 1/2 bath, 2407 sq ft. model perfect, many upgrades, granite, American River Parkway lot.
\$517,000	<b>Gold River</b>	Marshall Village. Single level, 3 bedroom, 3 car garage. Beautiful private yard, pool, spa. Newer roof.
\$429,000	<b>Gold River</b>	Rare parkway pie shaped lot in The Classics, a gated Community. Newly renovated. A mUst See!

## Enjoy summer at Sunrise MarketPlace



### Sunfest

**May 23-July 4, Wednesday evenings, Sunrise Mall**  
Join us for FREE evenings of fun, family entertainment, arts & crafts, a special Kids Adventure Area and live music. Located in the Sears parking lot. ★

May 23....Dave Russell Band (country)  
May 30....Frankie Soul & No Control (blues/rock) ★  
June 6....Bayou Boys (Cajun)  
June 13...Kaylee Starr (today's hits)  
June 20...California Beach Band Trio (beach music)  
June 27...The Harmonics (steel drum)  
July 4.....Amigos (a salute to Santana)

### Red, White & Blue Parade on Sunrise Blvd.

**June 23, 9:00 am.** Enjoy floats, clowns, classic cars as well as festivities celebrating the 10th Anniversary of the City of Citrus Heights.

### FREE Fireworks & July 4th Concert\*

**7:30 pm.** Celebrate July 4th in style following the final evening of Sunfest. Don't miss the Shriners Children's Hospital carnival\*\* for kids, music by Amigos (a salute to Santana), 98 Rock appearance, fireworks simulcast and 3-D viewing glasses.

\* No cans, bottles, or personal fireworks allowed. \*\*Carnival - additional fee



For more information call 916.726.6767 or visit [www.sunrisemarketplace.com](http://www.sunrisemarketplace.com)





# Fair Oaks News & Views

## Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

business owners, we know that Fair Oaks is one of the very best places to live in the greater Sacramento area. We (Fair Oaks) have been this hidden gem, something that eludes being found, perhaps better described as a diamond in the ruff. When I think of Fair Oaks, I think of class, generous families, caring business people, the American River, and in general a relaxed yet steadfast community that is dedicated to making the world a better place.

Earlier this year we began a journey down the road of vitalization. Thanks to the dedication of the people involved we are quickly moving down a path that may prove fruitful to the business people, property owners and residents of Fair Oaks. What would happen if everyone knew we existed? If when

the Real Estate Market took a down turn we remained the hot spot and values continued to rise? When new businesses came to the area they wanted to base themselves in our community?

These are the goals of the Fair Oaks Vitalization Committee. You may have noticed a focus on the Village of Fair Oaks, which was designated as a great place to start. An anchor to our community, a place of history, the beginning of Fair Oaks as it is today. What does this mean to all of Fair Oaks? Well, it means we are starting here and expanding to the boundaries. This is no short-term project and it will take dedication and tenacity from the community, business owners, property owners and all that believe in Fair Oaks.

Imagine driving into Fair Oaks and knowing you are here, you have arrived. Whether you come up Hazel Avenue, down Madison Avenue, Sunrise Boulevard, Fair Oaks Boulevard or any other road that enters Fair Oaks. Imagine there is something obvious, something different, something that makes you want to stay.

As residents, property and

## Women's Thursday Club Awards

By Dorothy Huggett

Cassandra Franklin a Bella Vista Graduate received a \$1000.00 scholarship from the Women's Thursday Club of Fair Oaks. Cassandra's mother, Deann Calson, whom Cassi describes as a "superb care giver and staunch supporter of Cassi's education and athletic endeavors is her support system". Cassi's four years at Bella Vista she maintained an A average and has taken numerous honors and advanced placement classes. U. C. Santa Barbara is her designation and preparing to be come a mathematic teacher. Cassi has tutored math and science programs at Bella Vista and at Carnegie. Her hobbies include photography and film making, founding the Bella Vista's Film club. For the past eleven years she has played soccer, receiving many commendations that include receiving the Capital Athletic League Scholar Athlete

four times.

Social Science teacher Jane Yost says Cassi is "the epitome of dependability and quality. The most distinguishing quality Cassi possesses is her passion for learning and her exceptional commitment to service and athletes that set her apart for other student. Cassi is dedicated to excellence in all areas of her life."

Members of The Women's Thursday Club of Fair Oaks voted a third scholarship to Rebecca Snyder a San Juan High School Student who will be attending CSUS this fall. Becky says " Her parents in their dedication and love has shaped me and given me a reason for striving to achieve my best. I have accomplished so much more that I could ever have fathomed as I have been enrolled in GATE,HA, honors and AP courses in school." Becky holds

an editorial position of the San Juan Yearbook staff. Becky says " This has required more than any other class I have taken in high school demanding diligence, time management, efferent, and most of all an open mind."

Becky has a strong role in her church, Sunrise Community Church as leader Michelle Mayforth writes, "Becky helps lead music in high school band and has a wonderful singing voice helping with choir every Wednesday evening. Becky has spent summers in mission work in Mexico serving in all areas of service in crafts, music, Bible Study, games, and community service. San Juan's English teacher remarks, "Rebecca knows how to use her gifts and she has the personality to seize every opportunity in front of her". Becky says, "I will move ahead with bravery and optimism."



## Teacher of the Year

Congratulations to Naomi Harper (right) of Will Rogers Middle School as the 2007 Teacher of the Year. Mrs. Harper was honored at the May General Membership meeting. RoseAnne Lamb (left,) Education Committee Chair, presented a Fair Oaks Chamber plaque and Vanessa Olmstead (center) presented a Resolution from Senator Dave Cox and Assemblyman Roger Niello. Photo by Mary Proctor

## Concerts in the Park 2007



### Strike up the bands!

Yep, every Thursday evening at 7pm sharp, in Village Park, that is exactly what we do. This year we have the widest variety of music yet. There is something, sometime, for everyone. So come for your favorite style of music or come and sample them all. There is swing, blues, jazz, rock and roll, dance, and the list goes on and on. Bring your family and friends, blankets and chairs, food and drink. Or come alone and make new friends, sit on the grass and buy something there for your dining and sipping pleasure. You are invited. It's free. It's fun. It's for everyone. See you there! View the Concert schedule at [www.fairoakschamer.com](http://www.fairoakschamer.com).



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**Please Join Us for Our Grand Opening Open House**  
 To Celebrate the Opening of our New Assisted Living and Memory Care Wing

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Saturday, June 16th, 12-4 p.m.  
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 Tours of the community will be available.  
 Please call for more information.



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\*Offer is limited and subject to change. Contact Carmichael Oaks team for offer details.

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[www.carmichaeloaks.com](http://www.carmichaeloaks.com)



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Jennifer P.	Emilio G.	<b>6 Months</b>	Bill H.
Sharon L.	Manuel H.	Raymond E.	Matt A.
Chris C.	Mike M.	Bill W.	<b>1 Year</b>
James M.	Gina L.	Pam E.	Chris C.
<b>60 Days</b>	Craig L.	Brandon H.	Terry M.
Abel e.	Karen S.	Patrick D.	



# Gold River News & Views

## Sun River Church Offers Relief



Sun River Church Katrina Relief Team. Photo by Dave Cheek

I never used to believe people when they would say, "I got more out of it than what I gave." I now believe it. It took a Sun River Church Hurricane Katrina relief trip to Biloxi, Mississippi with five other men to understand the gift of volunteering.

The main function of the trip was helping people rebuild their homes. I was surprised I was going because I do not know

which end of a hammer to use, but God found a way to use me. We were able to help by cleaning up, tearing and hanging sheetrock, rebuilding walls and talking with the people of Biloxi.

The people of Biloxi are not too much different than us. They appreciated the work we did, but they appreciated the fact that someone cared enough to help. Despite their losses they were

helping each other rebuild their homes and lives.

What did I get out of it? Volunteering breaks down every day barriers such as race, and economics. This allowed me to see that people have more similarities than differences, and the differences are usually trivial. Volunteering reminded me how lucky and thankful I should be. Volunteering gives me hope that if I need help, someone would be there. Volunteering is a great behavior to model for my family and friends. My eight year old son wants to go on the next trip.

I believe you can get more out of volunteering than you give. That is one reason why we are trying to get another team to go back. (If you are interested call Sun River Church 916-635-9000). Another reason is: the people in Biloxi still need our help. Families are still living in FEMA trailers smaller than a large SUV. If you do not believe that you get more out of volunteering than you give, I dare you to try...what do you have to lose? You have a lot to gain if you try.

Submitted by  
Pastor Tom Tunicuff

## Gold River Racquet Club News

Fitness Profile - Reet Chahal



"My New Years resolution for 2007 was to do something about my constant knee pain/discomfort. I've had wear and tear arthritis in both knees for more than a decade. I was getting tired of the pain and the limitations it was causing my everyday activities. So I contacted Grant Robbins, certified personal trainer at GRRC. During our consultation I expressed that my main goal was to get my knees stronger and to tone my upper

arms. He was very upfront about the improvement that I could anticipate, but to keep in mind that it was going to take time and patience. I really appreciated the fact that he didn't make ANY false promises.

I have been working with Grant for the last few months and have noticed an increase in leg strength and definite decrease in knee pain/discomfort. His program design included specific exercises that gradually and safely strengthened the muscles surrounding the knee joint. These types of exercises make the knee joints less susceptible to pain. I am now able to do many different exercises that I wouldn't have dreamed of trying on my own because of the weakness in my knees. Along with that, there is a definite improvement in my overall stamina, fitness level and my arms look more toned! He has gently encouraged me along

the way and has been careful not to aggravate the knee pain. Grant has done wonders for my knee. I feel SO much better! In fact, I went on my first hike a few weeks ago. Thanks SO much Grant."

Reet started with Grant at two times per week. During the initial sessions, they worked to strengthen her knee with a "variety" of free motion movements, including lateral stability. They were able to make adjustments to the workouts with Reets feedback on how she and the knee were feeling during certain movements. They now meet once a week to add or adjust to her program accordingly. Reet is a perfect example of how one can make progress through dedication and hard work.

For your personal training needs, contact Gil Villarreal, Fitness Director @ 916-638-7001 ext. 34.

## Kick-off Party!

Relay For Life of Rancho Cordova invites you to come and join in the fun!

Find out how you can get involved in Relay for Life this year, again or for the first time.



June 16th, 2007 at 2:00 p.m.  
American River Grange Hall No. 172  
2720 Kilgore Rd.  
Rancho Cordova, CA 95670



For more information, please visit [www.acevents.org/relay/ca/ranchocordova](http://www.acevents.org/relay/ca/ranchocordova) or contact Susan at 916-369-0909 or [relayforliferc@yahoo.com](mailto:relayforliferc@yahoo.com)

## Crop Out Cancer

- Goodie Bags · Raffle Prizes · Dinner & Snacks
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- Tool Time (Sizzix, Circle Cutters, Paper Cutters, Eyelets Setters, and more to share)
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- Saturday, June 23rd, 3PM - 11PM
- 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](mailto:relayforliferc@yahoo.com)



## BUSINESS GROUP

The Gold River Business Group is comprised of business professionals in Gold River, Fair Oaks, Citrus Heights and the surrounding communities. GRBG members live and work in the local community and offer a wide range of services.

GRBG is a networking

group and more. GRBG members adhere to a strong code of ethics and work to the highest professional standards. Members pledge to treat customers with honesty and fairness and to promptly address any and all customer concerns.

GRBG members meet at the Amore Café in Gold River on the second and fourth Wednesdays each month at 7:00am for about an hour. Interested

professionals are invited to attend.

For information about goods and services offered by GRBG members and/or for information about becoming a member, please email [GRBGinfo@yahoo.com](mailto:GRBGinfo@yahoo.com).

## REVERSE MORTGAGE MEETINGS

FOR SENIOR (AGE 62) HOMEOWNERS IN CITRUS HEIGHTS, FAIR OAKS, GOLD RIVER, ORANGEVALE & CARMICHAEL

Wednesday June 13, 2007	Thursday June 14, 2007
Wednesday June 20, 2007	Thursday June 21, 2007
Wednesday June 27, 2007	Thursday June 28, 2007

All Meetings will be from 11:00 am to 1:00 pm  
Denny's Diner Banquet Room (916)-969-6242  
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ANY EXISTING MORTGAGE MUST BE LESS THAN \$225,000

IF YOU WOULD LIKE A REVERSE MORTGAGE QUOTE TO BE PRESENTED TO YOU AT THE MEETING, PLEASE PROVIDE THE FOLLOWING INFORMATION WHEN YOU MAKE YOUR RESERVATION

DATE OF BIRTH OF BOTH HUSBAND AND WIFE  
ESTIMATED VALUE OF YOUR HOME

BALANCE OF ANY MORTGAGES OR HOME EQUITY LOANS

WE WILL PROVIDE INFORMATION ABOUT CONVENTIONAL REFINANCE LOANS FOR PEOPLE WHO DO NOT QUALIFY FOR A REVERSE MORTGAGE DUE TO AGE OR MORTGAGE BALANCES THAT EXCEED \$225,000

IF YOU CANNOT ATTEND THE MEETINGS AND/OR HAVE QUESTIONS ABOUT REVERSE MORTGAGES AND REFINANCE LOANS, PLEASE CALL:

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# Orangevale News & Views

## CHC Marching Band Takes First Place at POW WOW Days



Photo provided by Ava Lamert

Kathy Cook and Linda Glover have started something amazing—the Citrus Heights Community Marching Band known affectionately as the “CHCMB”. It is the only marching band open to all ages, creeds and physicalities, and the community has begun to take notice. Last year, in its inaugural appearance, the CHCMB took away two trophies: Sweepstakes and First Place Musical Entrant. The band, only in its third year of existence, and only its second time in the Pow Wow Parade, is batting 1000 by winning the First Place trophy again.

“I am so proud to be part of the band. I credit Kathy, Linda and their creation, the CHCMB with bringing me back into my music” states Ava Lemert, a 35 year-old mother of a preschooler. “I missed marching band, I was in it in High School, and when

I saw the first ad to join, I couldn’t have dreamed I’d be marching in a parade again. I was so tickled!”

The band boasts members of all shapes, sizes and abilities, both physically and musically. The range is wide from an 81 year old cancer survivor to a 12 year old, who joined at the age of 10 originally! The band has entire families, there are several parents and their children in the band together as well as in the majorette (baton) team and color guard. It is a truly beautiful sight to see. One must see and hear the band, batons and flags on the street to really understand the inspirational feeling they impart to the beholder.

The band is always looking for musicians to come join the most rewarding and fun group around. If you have ever played and were in marching band, this is your group. If you haven’t been in

marching band and would like to play and march, the public is welcome to each band practice. They encourage you to come, bring your instrument and tennis shoes to have fun, every Monday night from 7:00 - 8:30 pm in the San Juan High School band room, 7551 Greenback Lane in Citrus Heights.

Next up for the band: the Citrus Heights Relay for Life opening ceremonies on Saturday, June 9th at 10 am in MacArthur Field (Mariposa Ave. and Greenback Lane), following that will be the Citrus Heights’ 8th Annual “Red, White and Blue” Parade, Saturday, June 23rd at 9:00 am on Sunrise Boulevard between Uplands Way and Greenback Lane. There are other performances planned and you can find out more on the band’s website at: <http://www.chcmb.com>

## Smart Financial Moves for College Graduates



Kirk Camunez

It’s that time of year when students from across the country graduate from college. If you’re one of them, you’ll be anticipating a new chapter in your life. And that means you’ll have to do your homework on a very important topic: your financial situation. It’s one subject in which you’ll definitely want to earn a passing grade.

Of course, if you’re like many recent graduates, the financial issue that might weigh heaviest on your mind is your student loans. To help pay for college, about two out of three students take out loans, with the average debt amounting to more than \$19,000, according to figures from the U.S. Department of Education.

Whatever the amount you have borrowed, you will need to make arrangements to pay for it. If your loans aren’t too large, your monthly payments may not be overly burdensome, but, in any case, it’s a very good idea to stay current on your payment schedule - falling behind can lead to big problems down the line.

Apart from paying back your loan, though, you’ll have other financial considerations upon graduating college. Unless you’re going to graduate school, you might be starting at a full-time job, which means you’ll have to quickly learn some money-management skills - and one of the most important of these skills is budgeting. At this stage of your life, you may not have a lot of disposable income - especially after paying for rent, which will probably take up a sizable portion of your paycheck - so you’ll want to track your expenses carefully and be as thrifty as possible.

Still, while you’re thinking about today, you’ll want to plan for tomorrow. If you want to save for a car, or perhaps later down the line, a house, you’ll want to get in the habit of investing something on a regular basis. Even if you can just put away \$50 or \$75 per month at first, you may see some accumulation after several months. And just as importantly, you’ll get in the “savings habit,” which, if continued throughout your working life, can pay off for you in many ways. Dollar cost averaging does not guarantee a profit, nor does it protect against a loss in a declining market. You should always consider your financial ability to continue investing through periods of low-price levels. If you don’t know how you should invest your money, consult with a financial advisor - and don’t be deterred from seeking out professional help because you’re “only” a “small” investor. Many highly qualified financial advisors will be more than willing to meet with you and help you out - you just have to find someone who’s right for you.

You might also get some investing help, in a way, from your employer. If you’ve landed a job with a company that offers a retirement plan, such as a 401(k), take advantage of it. While retirement may be quite far from your mind at the moment, an employer-sponsored retirement plan offers the chance to invest on a tax-deferred basis, which means your money will grow faster than it would if you invested it on an account in which you paid taxes every year. So, put away what you can afford - at least enough to earn your employer’s matching contribution, if one is offered - and increase your contributions as your salary rises over time.

By following these suggestions, you can start your life in the working world with a solid grasp on your finances - and that’s a grip you won’t want to relinquish.

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## Congressman Doolittle to Preserve WWII Internment Camp

WASHINGTON, DC - Today, Rep. John T. Doolittle (R-Roseville) introduced legislation aimed at preserving a remnant of World War II history - the largest camp used to intern Americans of Japanese descent. The bill would authorize the Secretary of the Interior to conduct a special resource study to determine the suitability and feasibility of making the site of the Tule Lake Internment Camp in Newell, California (Tule Lake) a unit of the National Park Service (NPS). The study process will include several opportunities for public comment and will feature the NPS putting forward a draft proposal to the local community for its consideration and review.

“The internment of Japanese Americans during the World War II is a dark chapter of American history, nonetheless, it needs to be remembered,” said

Doolittle. “This is an important step in preserving the experience endured by thousands of our fellow countrymen, including my friend, the late Congressman Bob Matsui.”

Tule Lake, located in rural Modoc County, was the largest and longest-lived of the ten camps built by the War Relocation Authority (WRA) to house the nearly 120,000 Japanese Americans relocated from the West Coast during World War II, pursuant to Executive Order 9066 signed by President Franklin Roosevelt on February 19, 1942. In 1943, the facility was converted to a maximum security segregation center for evacuees deemed by the WRA to be “disloyal.” Tule Lake imprisoned 29,490 men, women, and children or 25 percent of the 120,000 Americans of Japanese ancestry

who were unlawfully detained during World War II.

“One of the most powerful and moving symbols of Tule Lake is the stockade, a prison within a prison for those who dared to speak out against the violation of their civil liberties,” said Doolittle. “The stockade, however, has been rapidly deteriorating, so in 2005 I sponsored a congressional earmark which provided funding to preserve it.”

Currently, the site is recognized as a National Historic Landmark, an official recognition by the federal government of a historic property’s national significance. Today, fewer than 2,500 historic places bear this distinction.

The Modoc County Board of Supervisors approved a resolution on December 6, 2005, supporting the special resource study.

## Doolittle Announces New Chief of Staff

WASHINGTON, D.C. - Rep. John T. Doolittle (R-Roseville) announced today that Ron Rogers would become his new Chief of Staff beginning June 1st. Rogers will succeed long-time aide Richard Robinson who informed Doolittle last November that he would be leaving the organization.

In his nearly forty years of political and management experience, Rogers has held senior government positions in California State and local government. He served as Chief Deputy State Treasurer for California State Treasurer Matt Fong. Other posts have included Political Director for Senate Republican Leader Ken Maddy, Chief of Staff for an Orange County Supervisor,

and Chief of Staff for a State Assemblyman.

Rogers is widely considered to be one of the most respected political minds in California. His political expertise is in the organization and management of local and statewide Republican campaigns and includes directing the statewide volunteer efforts for the Republican Party in 1984, 1986, and 1992.

“I am excited to have Ron join us to manage our capital and district operations,” said Doolittle. “I am confident that his experience and leadership will enable our staff to continue to provide outstanding service to the residents of the fourth district. His local government background will be particularly

helpful to the communities throughout my diverse district.”

Robinson has worked for the congressman for close to 15 years, starting out as an intern and becoming his Chief of Staff in March of 2005. “I could not have asked for a better Chief of Staff,” said Doolittle. “He successfully led this organization through its most challenging time, and I am disappointed to see him go. Richard has been instrumental to virtually every success I have had as a congressman. His work to help address the infrastructure needs of this district has been especially invaluable to me and the communities I represent.”

## Nominations Accepted for Sacramento Home Repair Event

Nominate a friend or family member to receive home repairs, at no cost, during a home repair workday in Sacramento (Fruit ridge Pocket neighborhood) on September 29. During the one day event 15 homes will be repaired. All applicants MUST live within the Fruitridge Pocket neighborhood - boundaries are 14th Ave to the North, Stockton Blvd to the east, 23rd Ave to the South and 40th and MLK to the west. The event is coordinated by Rebuilding Together, a nonprofit organization that has repaired 1,300 homes in Sacramento and is now expanding to Yolo County. The event is a “barn-raising” type event where volunteers join together to improve the safety and independence of someone in need. The type of repairs include painting, landscaping, electrical, plumbing, carpentry and the installation of accessibility devices, such as grab bars and ramps.

Community members are encouraged to nominate a homeowner who is in need of home repairs. The homeowner must be low-income, elderly, disabled or a family with children and reside in their home.

Applications are available by calling (916) 455-1880 ext. 0 or on-line at [rebuildingtogethersacramento.org](http://rebuildingtogethersacramento.org). Nomination deadline is June 22.

The repairs on each home are sponsored by the Sacramento Housing and Redevelopment Agency, OPUS and various other organizations in Sacramento. Groups interested in joining this inspiring and life changing event can call Rebuilding Together to sign up.

Rebuilding Together is a nonprofit organization that preserves and revitalizes homes and communities to ensure that individuals live independently in comfort and safety.

**Chris Andis**

Communications and Media Municipal Services Agency, Sacramento County, 9700 Goethe Road-Suite A, Sacramento, CA 95827 (916) 875-4047 Internal Mail Code: 61-004

## New Sign Posting Ordinance Will Alert Neighbors to Development Projects

Sacramento, CA. - Sacramento County has launched a new customer-focused pilot program that will notify communities of development projects as early as possible. The goal is to make development information transparent and available early in the process.

The signs will be similar to real estate signs, be visible by adjacent traffic, and include information about the project and who to contact. The signs will be posted from the time the environmental documents are released until just after the final public hearing - an

average of three to four months for most projects.

This is one of many changes the County is making to the way it delivers development services to residents and building and construction customers. New improvements include 24/7 public access to the status of pending projects, reliable turnaround times for plan checks, a new map-based Planning Project Viewer, and many more.

Who: County of Sacramento Planning and Community Development Department

What: Sign installation under

the new sign posting ordinance and explain other changes to County development services.

Where: Loma Vista. Traveling north on Fulton (to Haggin Oaks), two blocks past Cottage, Loma Vista will be on your right. Loma Vista is a U-shaped street that parallels Fulton. If you reach El Camino you have gone too far. We will be at the vacant property on your west side of street. The proposal is for single family houses.

When: Thursday, May 31, 10 a.m.



# Welfare Reform: Building a Strong Workforce

by Roger Niello



Assemblyman Roger Niello

We Americans are, for the most part, a charitable people. However, as generous as we are, we also believe in personal responsibility as a path to achieving success. So while we want to give those in need a hand up, we don't like just giving a hand out. This was the very idea behind the bipartisan welfare reform of the mid-90's, which centered on the principle that welfare ought not be an aimless way of life, but a road to achieve self-sufficiency.

The "Personal Responsibility and Work Opportunity Reconciliation Act" that was signed into law by President Clinton in 1996, directed that in order to receive welfare, a recipient must be gaining job skills to prepare to move off of it, and this process was best begun sooner rather than later. The Act contained two major structural reforms: the first, a five-year time limit for aid, which had not existed before, and the second a "loosening of the reigns", allowing states greater freedom to experiment and tailor their own programs to their state's unique circumstances, provided that certain work participation

rates were met.

The reforms sent the message that, in a very fundamental way, there needs to be a safety net, but not one so soft that it causes potentially productive individuals to atrophy on the fringes of society. This was a key turning point in the national policy away from "welfare as we knew it" and has been quite successful in moving a lot of people off of welfare.

Fast forward ten years to 2007. Our great successes notwithstanding, there are people whose dependency is more ingrained and whose abilities to achieve self sufficiency are more challenging than others. These are the people with whom we have not been as successful as we'd like.

Confusion persists at the national as well as the state level on how best to channel this more challenging group out of welfare and into stable employment, and while there is the general agreement that we ought to "make work pay" and "make welfare hurt", ideas abound in the debate over what this actually means at the ground level. States are "graded" on their ability to move people off the roles, and are sanctioned along the way if their enrollees are not fulfilling the requisite number of "work credits" required by the federal statute.

Currently, California is not meeting the work participation rates required by the Federal government, and as such there is a scramble to make welfare-to-work programs more effective. If California does not increase its work participation rate it will face sanctions. Therefore, we need to do more to get people to work, and we need to structure our programs to ensure that people get relevant

job skills necessary to obtain stable employment. There are several examples of programs that have achieved success moving people into real jobs that they are able to keep, but surprisingly, Los Angeles County, with one of the highest welfare dependency rates in the nation, provides perhaps the best.

This year, I have introduced legislation to build on the success of the L.A. County program. Assembly Bill 98 will help by making it easier for counties to "create" job slots in the private sector in which real life job skills may be gained. In between those who will "never" be able to hold down a real job and those who are marketable, are those who need training at first, but if given the chance are able to stand on their own after a few months of close supervision. AB98 allows counties greater flexibility in partnering with the private sector to boost the number of welfare recipients who are able to gain "trial" job experience, and, ultimately, be offered full employment. In L.A. County, 70% of the participants in this trial program moved off welfare, earning more than minimum wage as a result of the initial "weaning" process.

As a nation, we will be strongest when we are able to lift up the weakest among us to become productive contributors to society. The best policy is not to give people a crutch so they can subsist in their failure, but to encourage and require a path toward self-sufficiency and away from government dependency. To do so is ultimately in service of the strong individual, a strong economy and a strong society.

# Letters to the Editor

## Déjà vu All Over Again

Dear Congressman,

What is this about another law "reforming" immigration ... (600-1,000?) pages never read...hours of talking...endless meetings... pictures of waves of people and contraband coming across the "border."

It seems to me, it's déjà vu all over again. All of this happened a

year ago: the people were aroused, Congress debated, and a law was passed which promised 600 miles of fencing. The President held a "signing" ceremony shortly before the election.

The opponents of border control were O.K. with that, because (wink-wink, nudge-nudge) it wasn't funded and never would be. Now...they're ba-ack with another "reform."

It doesn't matter how much lipstick they put on Peggy Sue, she's still a PIG. They may win this one but lose the nation!

Please, do NOT pass any new immigration laws. Just fund and enforce existing laws.

Sincerely,

Merrilyn Carson  
Fair Oaks, CA

## Fix Universal Healthcare

Fix California's health problem (crisis) with universal health care. California has always been a leader and we can create a solution others will follow.

Since insurance companies operate for optimal profit, it doesn't make sense for them to make our health decisions. We all should pay our premiums to a general fund and be able to choose our own healthcare providers. For those who cannot pay premiums, we must find a way to support them: from insurance

company profits; and taking away insurance profits we all will have lower insurance costs, as well. See below for a brief description of Senator Kuehl's bill.

"SB 840 will be money well spent that will return huge dividends in the future to all the people of California, a small cost for the health of everyone in California, with billions saved in year one and hundreds of billions saved in the first decade.

SB840 will eliminate the juggernaut of the health insurance industries perversity of placing

profits before people and will instead build a health care system that serves the health of the people and promises a human infrastructure that benefits the individual, the economy and opportunity for everyone."

It benefits all to have universal healthcare. Anyone who doesn't want to see universal healthcare should have to personally witness someone dying of their illness or wounds. I think they would soon change their mind.

Jeanne Amato, CCA, CMT

# Sacramento County Coroner Update

## 14-YEAR-OLD YOUTH IDENTIFIED AND CAUSE OF DEATH RELEASED

The 14-year-old male pronounced dead at the UCD Medical Center on Saturday, May 19, 2007 at 0719 hours has been identified as Jeremiah Davis (DOB: 05/05/1993).

An autopsy has been completed and the cause of death is Blunt Force Injury of Head. The cause of the head injury is still under investigation by the Sacramento Police Department and the Sacramento County Coroner's Office.



## CITRUS HEIGHTS POLICE DEPARTMENT



### MEDIA REPORT

Date & Time	Incident#	Location
5/25/07, 1:59pm	07-6035, Pedestrian Stop	6400 block of Antelope Rd

CHPD officers conducted a pedestrian stop on Kevin Fisk, 41yrs old, who was found to be on active parole. Subsequent to the parole search, officers located an undisclosed amount of Methamphetamine. Fisk was placed under arrest and transported to Sacramento County Jail for booking.

Date & Time	Incident #	Location
5/25/07, 12:53pm	07-6031, Disturbance Call	Van Maren and Greenback Ln

CHPD received calls that some type of disturbance was occurring inside a vehicle that was in the area of Van Maren and Greenback Lane. A sergeant located the vehicle and made contact with the two occupants inside. The male half was identified as Victor Taylor, 47yrs old, who was found to have an outstanding warrant for parole violation. Taylor was placed under arrest for the warrant, and there was no other crime determined that had occurred.

Date & Time	Incident#	Location
5/25/07, 10:09pm	07-6054, DUI Collision	7400 block of Rollingwood Dr.

Rebekah Codde, 27yrs old, was driving and crashed into a parked car on Rollingwood. Codde was arrested for DUI and transported to the Sacramento County Jail.

Date & Time	Incident #	Location
5/25/07, 12:12am	07-6058, DUI Collision	Sunrise Blvd and Sayonara

Sergey Potepalov was driving southbound on Sunrise when he failed to notice traffic ahead of him, stopped. Potepalov started a chain reaction collision with 5 vehicles total. Potepalov was arrested for Driving Under the Influence and transported to the station. Fire personnel were called to CHPD when Potepalov passed out from his level of intoxication. Potepalov was transported to the hospital for evaluation of injuries from the collision and for alcohol intoxication.

Date & Time	Incident#	Location
5/25/07, 12:40am	07-6059, Domestic Disturbance	6600 block of Tribby Ct

Officers responded to a reported domestic disturbance. After contacting the involved parties officers arrested Tamara Ingram, 27yrs old, for domestic battery.

Date & Time	Incident #	Location
5/25/07, 6:02am	07-6064, Traffic Collision	Rusch Dr and Grand Oaks

Neighbors reported hearing a collision and seeing two males flee the vehicle. A sergeant located the males nearby and they confessed to stealing the car from an unknown parking lot somewhere in Citrus Heights or North Highlands. Two juveniles were arrested.

Date & Time	Incident#	Location
5/26/07, 12:50am	07-6097, Vehicle Stop	Auburn and Antelope

Two officers stopped parolee Nick Griffin, 42yrs old, for a vehicle code violation and subsequently determined Griffin was under the influence of alcohol. Griffin was arrested and also found to be in possession of a usable quantity of methamphetamine.

Date & Time	Incident #	Location
5/27/07, 1:24pm	07-6115, Domestic Violence	5900 block of Sagitarius Way

An officer arrested Corey Luse, 22yrs old, after officers responded to the above location on a report of glass breaking that was called in by the neighbors. Upon their arrival, officers spotted Luse in the backyard. There was a valid Domestic Violence Restraining Order on file that restrained Luse from this address. Luse was arrested and transported to CJ where he was booked for violating that order.

Date & Time	Incident#	Location
5/27/07, 1:58am	07-6135, Driving Under the Influence	Shadow Ln.

An officer was dispatched to a private property accident on Shadow Ln. Paladin security was out with the driver, Heather Airheart, 33yrs old. The officer detained the driver who was DUI. Arrested and booked in to Sacramento County Jail.

Date & Time	Incident #	Location
5/28/07, 1:33pm	07-6151, Suspicious Person	Starbucks, Greenback and Birdceage

Officers responded to the above address regarding an individual possibly selling drugs in this area. Upon the officers arrival, he contacted Jonshey Williams, 22yrs old, sitting outside of the business. During a consent search, the officers located marijuana, cash, and packaging material on his person. He was arrested and transported to Sac CJ

Date & Time	Incident#	Location
5/28/07, 2:27pm	07-6152, Fatal Single Vehicle Collision	Madison Ave and Divot Dr

Officers responded to the above area regarding a solo vehicle into a pole. Upon their arrival, they encountered an older model Honda Civic that crashed head on into a power pole. There was a female driver in the driver seat who was pronounced deceased moments later by Sacramento County Fire Paramedics. There were no other occupants of the vehicle nor were there any other vehicles involved. The cause of the collision is still under investigation.

Date & Time	Incident #	Location
5/28/07, 12:53pm	07-6153, Warrant Arrest	7700 block of Mariposa Ave

Officers responded to the above address regarding a welfare check of the residence. Upon the officer's arrival, David D. Carson, 34yrs old, was contacted and it was determined he had three outstanding warrants. Two of the warrants were from Placer County. He was arrested and booked into the Sacramento County Jail for warrants only.

Date & Time	Incident#	Location
5/28/07, 2:18am	07-6177, Alarm Call	7300 block of Greenback Ln

Officers responded to an audible alarm call at the Fountain Square Market. Officers found the front window smashed. Officers found a few cigarette packs laying on Shupe Drive, just west of the business. Owner stated about an undisclosed amount of merchandise was stolen. There was a security camera which captured the suspects on tape. An officer processed the crime scene for fingerprints. Case currently under investigation.

Date & Time	Incident#	Location
5/28/07, 3:19am	07-6178, Alarm Call	12000 block of Fair Oaks Blvd

Officers responded to an audible alarm call at In and Out Market. Officers found the front window smashed. Owner stated an undisclosed amount of merchandise was stolen. Two officers processed the crime scene. They retrieved footprints, fingerprints, and blood at the scene. A security camera was able to capture the suspects on tape. They appear to be the same suspects from the Fountain Square Market. Case currently under investigation.

# Life is About Others

"Over the years, I have watched a number of people live out their lives in shallow water. In the shallows, life is all about yourself – your job, your money, your rights, your needs, your ideas, your comforts. In the deeper waters, life is about others – spouse, family, friends, faith, community, country. In the deep waters, there are challenging ideas, opposing opinions, protracted battles of consequence... Some of you will be tempted to stay near shore, where

there are no big breakers and where you will never make any waves. Others will push beyond the sandbar, pursuing new frontiers, exploring new ideas, driving to achieve, to learn, to influence, to contribute... You cross into the deep waters by serving in your church, in your community, in the military, in government or in volunteer service."

~Mitt Romney, Presidential Candidate

Regent University Commencement Address (May 5, 2007)

# CRIME REPORTS

## Fair Oaks

From The Sacramento County Sheriff

Thursday, May 17, 2007

Vehicle 2402 Vandalism 5/13/07 01:00 - 5/17/07 06:00 Molokai Way  
 Vehicle 2406 Narcotics 5/17/07 01:30 - 02:00 Fair Oaks Blvd  
 Residence/home 2402 Burglary Residential 5/17/07 08:00 - 10:00 Willowdale Way  
 Parking lot/garage 2412 Sexual Assault 5/17/07 16:05 - 16:15 Hazel Ave  
 Highway/road/alley 2418 Narcotics 5/17/07 18:21 - 18:30 Dewey Dr  
 Highway/road/alley 2409 Robbery 5/17/07 19:40 - 19:45 Sunset Ave  
 Total reports received 5/17/2007: 6

Friday, May 18, 2007

Restaurant/fast food 2405 Burglary Business 5/17/07 23:00 - 5/18/07 08:30 San Juan Ave  
 Residence/home 2410 Burglary Residential 5/18/07 10:05 - 10:45 Tucson Cir  
 Total reports received 5/18/2007: 2

Saturday, May 19, 2007

Vehicle 2406 Burglary From Vehicle 5/19/07 15:15 - 15:20 Park Ave  
 Sunday, May 20, 2007  
 Grocery/supermarket 2419 Larceny/Theft 5/20/07 14:10 - 14:15 Dewey Dr  
 Total reports received 5/20/2007: 1

Monday, May 21, 2007

Other/unknown 2410 Larceny/Theft 4/17/07 14:50 - 16:00 Skyway Dr  
 Public use area 2404 Larceny/Theft 5/17/07 17:00 - 18:00 Fair Oaks Blvd  
 Vehicle 2413 Vandalism 5/18/07 23:00 - 5/20/07 14:00 La Serena Dr  
 Other/unknown 2414 Larceny/Theft 5/19/07 11:00 - 13:30 Madison Ave  
 Vehicle 2402 Burglary From Vehicle 5/20/07 04:30 - 05:00 Shadowood Way  
 Vehicle 2413 Burglary From Vehicle 5/20/07 18:30 - 19:30 Hazel Ave  
 Vehicle 2411 Burglary From Vehicle 5/20/07 22:00 - 5/21/07 07:30 Winding Oak Dr  
 Total reports received 5/21/2007: 7

## Orangevale

Wednesday, May 16, 2007

Convenience store 2520 Vandalism 5/11/07 01:05 - 01:05 Madison Ave  
 Vehicle 2508 Burglary From Vehicle 5/14/07 20:00 - 5/15/07 13:00 Main Ave  
 Total reports received 5/16/2007: 2

Thursday, May 17, 2007

Other/unknown 2521 Vandalism 5/16/07 18:00 - 5/17/07 10:30 Lake Natoma Dr  
 Vehicle 2516 Burglary From Vehicle 5/16/07 22:00 - 5/17/07 05:30 Greenback Ln  
 Total reports received 5/17/2007: 2

Friday, May 18, 2007

Public use area 2515 Larceny/Theft 5/14/07 16:00 - 16:00 Almond Ave  
 Other/unknown 2516 Vandalism 5/18/07 12:15 - 14:00 Pecan Ave  
 Total reports received 5/18/2007: 2

Saturday, May 19, 2007

Parking lot/garage 2509 Aggravated Assault 5/19/07 22:25 - 22:35 Filbert Ave  
 Total reports received 5/19/2007: 1

Monday, May 21, 2007

Vehicle 2517 Burglary From Vehicle 5/21/07 07:45 - 10:15 Greenback Ln  
 Total reports received 5/21/2007: 1





**LIVING FOR GOD™**  
By Calvin and Lisa Wulf  
"Throw Away People"

"Each of you should look not only to your own interests, but also to the interests of others." Philippians 2:4 (NIV)  
She hops in her friend's car and they head for the park.  
"You know, I'm just not into spending time with Sue anymore," she complains. "She really hasn't done anything wrong, but this just isn't meeting my needs. It's time to move on and do what's right for me. She'll just have to accept it."  
Her friend gasps in amazement,

"But she's your sister!"  
We live in a disposable world. From razors to computers. People are disposable too. "What have you done for me lately," is our motto. Anyone is disposable for any reason, regardless of the length or closeness of the relationship. After all, pleasing ourselves is the most important thing. Or is it?  
Let's face it. Living in relationship with others can be messy and often hurts. But it's one of God's tools to prepare us to be with him forever. It's almost like he set up a special school here on earth just for us. The lessons are about humility and living in peace with those around us.  
Sometimes harmful relationships can't be reconciled and we must protect ourselves from toxic people. But in God's relationship school most of the tests are about reconciliation and serving others in love.  
Relationships require commitment. A committed person reconciles differences. A committed person looks out for the interests of the other. But both must be willing. By considering

only our interests, are we just using our friends? Does our selfishness show when we refuse to reconcile?  
Here's help to navigate God's curriculum:  
· Take stock of the people in your life. Make commitments.  
· Stop breaking off relationships. Make amends where you can.  
· Do something special for others. Perhaps they will see Jesus through you.  
Strong relationships give life. So why throw away perfectly good people? Consider signing up for a class or two at God's academy. The lessons are challenging but the rewards are endless. Just remember that God never forgets his friends. Can you do less?  
Living for God (TM) offers resources on Christian living. Readers may check out the ministry's latest workshop, Doing the Disciplines with Jesus and His Friends, at [www.livingforgod.net](http://www.livingforgod.net) or call (719) 578-8837.  
Copyright 2006, Calvin R. Wulf and Lisa Are Wulf



**Bouquet of Friendships**

Throughout the years of our life we enjoy many friendships. We hold the memory of some dear and close to our heart. Some friendships come and go, while others remain intact all the days of our life. Each friendship we have added to our bouquet is uniquely different from another, much like the variety of "beautifully designed flowers" of various shapes and colors. Our lifetime bouquet of friendships is one of breathtaking beauty. Each friendship/flower is precious in its own right and the fragrance and its beauty remain loved forever in our heart.  
Many people give or receive lovely floral arrangements during the year, but the nicest flower any one might receive is a "true" friend—one whose radiance and fragrance of pure love shines through when you are remembered as another birthday rolls around. After being a friend for a number of years they still remember to send a card and call to wish you blessings for another

year. Daddy used to say, "If you can count your friends on one hand, you are a rich person". Yes, truly rich in the things that really matter in life!  
It was not until I became a Christian that I had friends like this—ones who have been there for me through thick and thin, and continued to love me in the process. There is an old saying, "You have to be a friend to have a friend!" Scripture instructs us how to be a good friend and puts it this way. "Be completely humble and gentle; be patient, bearing with one another in love". (Ephesians 4:2) "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." (Ephesians 4:32) "Be devoted to one another in brotherly love. Honor one another above yourselves." (Romans 12:10) Let love and faithfulness never leave you; bind them around your neck, write them on the tablet of your heart.

Marlys Johnsen Norris  
LIFE MESSAGE WORKSHOPS  
"Intimacy Begins Going God's Way"  
[Marlys@sbglobal.net](mailto:Marlys@sbglobal.net)



**The Secret To Satisfaction**

King Solomon wrote about it. The Rolling Stones sang about it. People everywhere are seeking it, but "Can't get no

satisfaction!" What's the secret to happiness? That question was asked to thousands of Americans in a national poll, "What would it take to make you happy?" Their answer was money, sex, things, friendships, being in love, getting married, having kids, finding a better job, retiring, graduating, success, power, recognition.  
Now, is there anything wrong with any of those things? No. The problem is they don't ultimately satisfy you. We all know people that have those things...possessions, power, pleasure, prestige, popularity... but are they ultimately satisfied? No.

By popular opinion, happiness is based on having the right circumstances. It's what I call "when & then thinking". When I make more money... When I get out of debt... When I get the new job, or new house, or new car... When I get married, when I get unmarried! When I have kids...when my kids leave home! This is when and then thinking - circumstantial happiness. It's no wonder there are so many stressed-out, over-worked and dissatisfied people in society. God says, "You're looking for happiness in all the wrong places!"  
In the Bible, God says, "Why spend your money on something

that is not real food? Why work for something that doesn't really satisfy you? Listen closely to me, and you will eat what is good; your soul will enjoy the rich food that satisfies." Isa. 55:2  
The first step is to realize what you're really hungry for. Most people really don't understand what's missing. The Bible says that we were created spiritual beings. God made you to love you and for you love Him back and nothing will ever take the place of that. Nothing.  
When you were born, God created you with a physical appetite to keep you alive. If you didn't have an appetite, you would just waste away,

because you'd never know your need for food. Also when you were born, God also gave you a spiritual appetite. He's given you a spiritual appetite so you would get to know Him. Nothing else will truly satisfy that hunger. No situation, no person, no circumstance, no event. Nothing else will satisfy that spiritual hunger. Money can't, fame can't, prestige can't, possessions can't, power can't, drugs or alcohol can't. None of those things will ultimately satisfy you. They can't! What's missing is spiritual. You have a spiritual appetite that needs to be filled.  
You will never be happy in life

living for yourself. You can't, because God made you to live in relationship with Him. Get to know God this week, if you do not know him. If you do know Him, then get to know Him better by going to church, prayer and reading the Bible. Only a relationship with God through Jesus Christ can ultimately fill that void, because that's why you were created in the first place. That's why Jesus said, "I am the bread of life. No one who comes to me will ever be hungry again." Jn. 6:35a (NLT)

Pastor Ray Dare, *New Community Christian Church*  
[www.YourNewChurch.org](http://www.YourNewChurch.org)

**34th Annual Eppie's Great Race to be Held Saturday, July 21**

This year's 34th annual Eppie's Great Race—the World's Oldest Triathlon—is scheduled for Saturday, July 21, 2007. Both teams and/or individuals can compete in divisions from "Junior," to "Iron Person," 70 years and older. Continuing in 2007 is the "Kids" Duathlon, a 2.5 mile run, and a 6 mile bike ride; where children can train with their families, and compete in their own race. Great Race participants run, bike and paddle kayaks on a racecourse located on and alongside the American River Bike Trail. Race event volunteers, event sponsors and potential exhibitors, as well as race participants, are encouraged to check [www.thegreatrace.org](http://www.thegreatrace.org), to sign up for this year's event or receive more information.

**START TIMES:** 7:58 a.m. - Adaptive Divisions, 8:00 a.m. - Ironpersons & all other teams.

The event will be held at the American River Parkway, Rancho Cordova and Sacramento.  
· Begins at William Pond Recreation Area: Directions to William Pond Recreation Area: From Hwy. 50 exit Watt Avenue North, turn right on Fair Oaks Blvd., and then right on Arden Way to the park. From Business 80 (Capital City Freeway), exit Arden Way East and stay on Arden Way to the park.  
· Run to Bike transition: East end of the Guy West Bridge off University Ave., across from CSUS.  
· Bike to Boat transition: Lower Sunrise Parking Lot and Footbridge. Hwy. 50 East; Exit Sunrise north (left over the freeway); Right on S. Bridge Dr. (toward American River Raft Rentals; if you cross Sunrise Bridge you've gone too far); Go past American River Raft Rentals; Left at intersection—about ½ mile to the parking lot. The Great Race has been implemented each year as a fundraising event benefiting programs for the Sacramento County Therapeutic Recreation Services (SCTRS) that support mentally- and physically-challenged people. One hundred percent of The Great Race entry fees are donated to support SCTRS. To date, The Great Race has raised more than \$707,800 for SCTRS and now accounts for over 20 percent of the program's overall budget. For more information check the web site at: [www.thegreatrace.org](http://www.thegreatrace.org) or call (916) 381-0255.

**FREE! Community Seminars**

*Hosted by American River Community Church*

3300 Walnut Ave. Carmichael (Located next to DMV)

**483-3465**

**In home senior care**  
*Presented by indecare*  
Saturday, June 9th 10:00 am  
Seminars are informational, non-sales presentations

**Advent Lutheran Church**

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

[www.adventcitrusheights.org](http://www.adventcitrusheights.org)

**EXPERIENCE GOD 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 meditation 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](http://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](http://www.oakavefmc.org)

**BIBLE TRIVIA**  
by Wilson Casey

1. Is the book of Thyatira in the Old or New Testament or neither?
2. In Luke 3 who told Roman soldiers to avoid taking money by force? *John the Baptist, Paul, Mark, Matthew*
3. After Sodom and Gomorrah were destroyed, who lived in a cave with his daughters? *Job, Lot, Levi, Joel*
4. Who was David's oldest brother, who picked on him for coming to the battle lines? *Abner, Omri, Amasa, Eliab*
5. What Canaanite city was burned down by the men of Dan? *Tarsus, Antioch, Laish, Cana*
6. In what book is the phrase, "A drop in the bucket"? *None, Genesis, Isaiah, Romans*

ANSWERS: 1) Neither; 2) John the Baptist; 3) Lot; 4) Eliab; 5) Laish; 6) Isaiah  
*Wilson Casey's "Do You Know Your Bible? A Fun Quiz on the Good Book" (Sourcebooks, \$5.95) has just been published.*

**Join us in the fight against cancer.**



**Relay For Life of Citrus Heights June 9-10, 2007 10AM Sat. - 10AM Sun.**

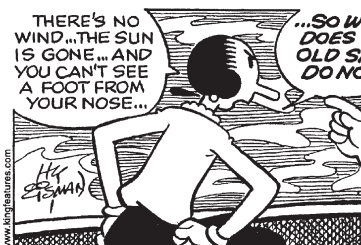
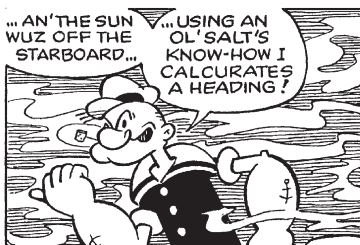
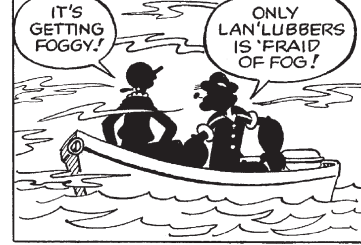
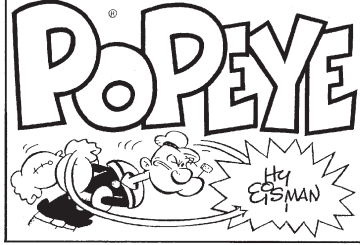
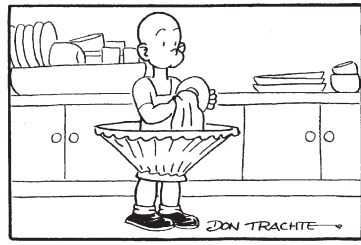
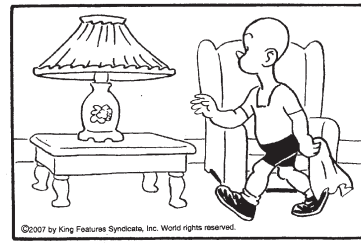
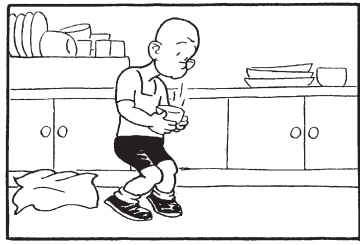
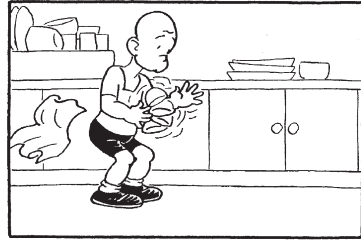
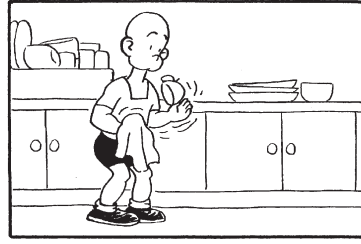
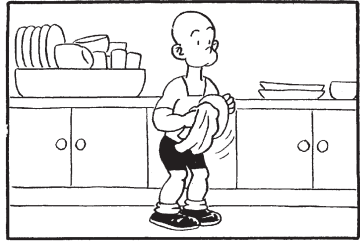
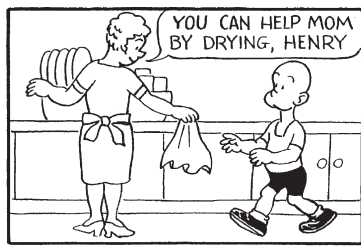
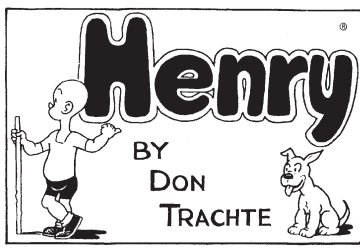
**San Juan High School**  
7551 Greenback Avenue

**Form your team today for this unforgettable event! Call Diane Pleines: 916.719.5341**



This is the American Cancer Society's Relay For Life, a 24-hour community event where people come together to remember loved ones, inspire others, and celebrate life. Join your community in walking the track and camping overnight to raise much-needed funds for cancer research, education, advocacy, and patient services.



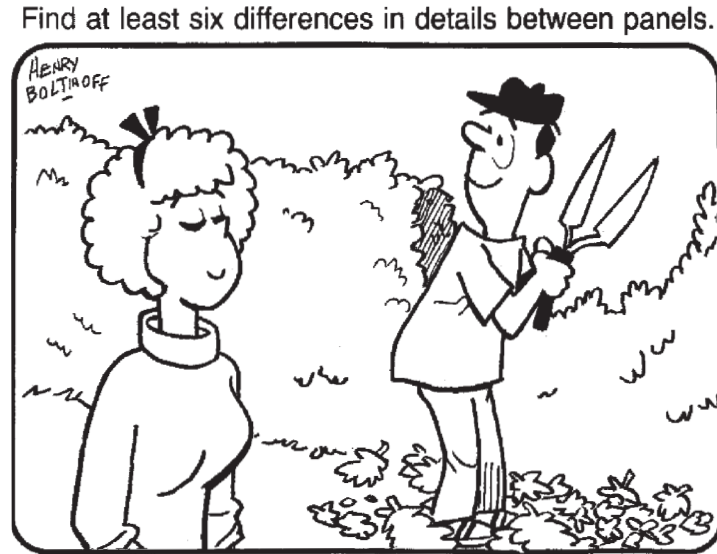


The Spats

by Jeff Pickering



**HOCUS-FOCUS** BY HENRY BOLTIHOFF



Differences: 1. Earring is missing. 2. Man's expression is different. 3. Tree is gone. 4. Shadow is cast on bush. 5. Blade handles are different. 6. Leaves are different.

**Trivia test** by Fifi Rodriguez

- GENERAL KNOWLEDGE: What is the term to describe someone who collects autographs?
- TELEVISION: Which actor played the character of "Fonzie" on "Happy Days"?
- LITERATURE: Who wrote the children's book "Matilda"?
- GEOGRAPHY: What tiny country, a principality only 120 kilometers square, lies between Spain and France?
- MYTHOLOGY: In Greek mythology, what was the Hydra?
- FOOD & DRINK: What is muesli?
- ART: Where is the Uffizi museum?
- MEASUREMENTS: What does a kelvin measure?
- MOVIES: What spell is used to disarm opponents in the "Harry Potter" movies?
- ANATOMY: Where is the latissimus dorsi muscle located on the human body?

## Weekly SUDOKU

by Linda Thistle

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

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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### Monthly Military Retiree/Spouses Meeting

Our next military retiree meeting will be held on 13 Jun 2007. The meeting will take place in the former McClellan AFB Enlisted Club, now the Garden Pavilion, and will start at 1030 hrs sharp. The topic for this meeting is Reverse Mortgages. Come on out and learn about this important subject. Our friendly Commissary Director will treat us to a cup of coffee. If you have any questions, call our volunteers at (916) 561-7476.

### VA Needs Volunteers

Students 14 years of age and older are invited to call the Sacramento VA Medical Center's Volunteer Office at 916-366-5372 to donate time to working with staff in providing a service to veterans. Assignments include, but are not limited to, Escort Service, clerical work, checking patients in for appointments and many others. The Summer Student Program runs from June 1-August 30, 2007.

### Neighborhood Emergency Training Class

According to the Sacramento Area Flood Control Agency website: "Sacramento's risk of flooding is the greatest of any major city in the country." Experts recommend that people be ready to provide for themselves for at least three days, possibly longer. This is especially true for seniors. In order to be prepared for an impending disaster of any type, RSVP is offering a two-hour NET class on June 5, 2007 or June 15, 2007, from 9:00AM to 11:00AM at 3727 Marconi Avenue, Sacramento. All age groups are welcome to attend.

RSVP Sacramento is a Senior Corps program grant funded by the Corporation for National and Community Service. The Sacramento County Department of Human Assistance sponsors RSVP Sacramento.

To make a reservation, please call, email or fax:  
 Disaster Readiness for Seniors Project  
 Contact: Gail Hoberman  
 (916) 875-4459 or (916) 875-3631  
 hobermang@sacounty.net  
 Fax: (916) 875-3799  
 3727 Marconi Avenue  
 Sacramento, CA 95821

### HASTY PUDDING WOMAN OF THE YEAR

**MAGIC MAZE**

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

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

Bacall	Channing	Hawn	Sarandon
Barrymore	Cher	Johansson	Streep
Berry	Fonda	K. Hepburn	Zeta-Jones
Bullock	Goldberg	Midler	

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### All Answers on Page 14

### Contract Bridge

AN ANTI-PERCENTAGE PLAY

East dealer.  
 North-South vulnerable.

<b>NORTH</b>			
♠	A 10 4	♠	K Q 9 5 2
♥	K 5	♥	A Q 7 3
♦	J 8 6 2	♦	4
♣	6 5 2	♣	K Q 4

<b>WEST</b>		<b>EAST</b>	
♠	J 8 6 3	♠	K Q 9 5 2
♥	J 9 6 4 2	♥	A Q 7 3
♦	5	♦	4
♣	10 7 3	♣	K Q 4

The bidding:  
 East 1♠ South 2♦ West Pass North 4♦  
 Pass 5♦

Opening lead — three of spades.

Assume that in a given case you have three low clubs in dummy and A-J-9-8 in your hand, and that your aim is to lose only one trick in the suit. When you lead a club from dummy and the next player follows low, are you better off in the long run to play the eight or the jack?  
 The answer is clear. The eight is a far better play than the jack because your right-hand opponent will be dealt Q-10-x or K-10-x twice as often as K-Q-x.

However, in a particular case — such as the present one — it may be better to play the jack than the eight. All rules have exceptions, and today's hand illustrates one of them.

West leads a spade against five diamonds, and South can tell from the bidding that East almost surely has the ace of hearts. Consequently, after taking the spade with the ace, drawing a round of trumps and leading a club from dummy, East following low, South should play the jack.

As it happens, the jack wins the trick, and when declarer then plays the ace and another club, he winds up making the contract because he is able to discard one of dummy's hearts on his fourth club. His only losers are a club and a heart.

The reason declarer abandons the usual percentage play is that he cannot afford to lose a club trick to West because he will then subject himself to a killing heart return through the king.

South's only real chance to avoid two heart losers is to assume that East has the K-Q of clubs, and he shapes his play to cater to that assumption.

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by Steve Becker

### "Celebration Time"

The Domestic Violence Intervention Center (DVIC) will be celebrating the opening of our safe house and our 7th birthday with an "Open House" on Saturday, June 23rd from 2:00pm to 4:00 pm. Please come and celebrate with our dedicated Volunteers and Board members. The festivities will be held at the DVIC office: 7250 Auburn Blvd. in Citrus Heights. The Domestic Violence Intervention Center is an all-volunteer agency assisting victims of domestic abuse and their children in their struggle to become survivors and break the tragic cycle of violence.

### Upcoming Events?

Do you have an upcoming event that you would like to see listed in the newspaper? Send us an email to publisher@americanrivermessenger.com, along with your telephone number and a contact person's name, as well as the full details of the event. We will do our best to have it listed for you.

## Bay Area Musicians to Make Sacramento Area Debut at Barnes & Noble Stores

The Quartet San Francisco, 2007 double Grammy nominees, will make their Sacramento area debut at four Barnes & Noble stores during Father's Day weekend (June 16-17). Since their concert debut in 2001, the Quartet has offered its unique fare of musical styles — from tango to jazz, classical to Latin, contemporary to world music — to international audiences in a variety of venues that include tango and concert halls, jazz festivals, museums, and classrooms.

The Quartet's standout virtuosic playing has earned them first place in the International Tango competition in New York in 2004, and two Grammy nominations in 2007 for their latest CD release, "Latigo." Based in the San

Francisco Bay Area, the Quartet is Jeremy Cohen and Kayo Miki, violinists, local artist Emily Onderdonk, violist, and Joel Cohen, cellist. Emily Onderdonk will be familiar to Sacramento music enthusiasts as the first chair violist for the Sacramento Philharmonic.

"Quartet San Francisco was born out of the desire to create a genre of string chamber literature," said Jeremy Cohen, "which gathers its material from popular music elements of recent decades while maintaining the integrity and spirit of traditional chamber music."

The Quarter San Francisco's performances will be held inside these Barnes & Noble stores:

- Citrus Heights (6111 Sunrise Blvd.): 11:00am – 2:00pm Saturday, June 16th
  - Roseville (1256 Galleria Blvd.) 3:30pm – 5:30pm Saturday, June 16th
  - Natomas (3561 N. Freeway Blvd.) 12:00pm – 3:00pm Sunday, June 17th
- For more information about the performances, please contact Barnes & Noble Community Relations Manager Mike Troyan at (916) 853-1389.

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# Mr Handyman Recognizes National Home Safety Month

Citrus Heights, CA (Grassroots Newswire) May 29, 2007 - Although people typically think of their homes as safe havens, many do not realize that within their home could lie a risk for dangerous situations. According to information on the Home Safety Council's Web site, "injury in the home is extremely common, accounting for approximately one-third of all injuries."

It is for that reason and in recognition of National Home Safety Month this June that , serving Northeast Sacramento County suggests residents have their homes checked for possible risk factors.

"It's better to be safe than to be sorry," said Marla Watkins of Mr. Handyman, serving Northeast Sacramento County. "We have heard many reports of unintentional injuries that take

place right in the home and we'd like to help prevent these injuries. Many people do not realize how hazardous their house is until a professional comes in to highlight the areas that need to be safeguarded."

Mr. Handyman offers Northeast Sacramento County area residents a professional handyman service. Watkins says customer satisfaction is the business' top priority. With technicians that have over 15 years experience and are fully insured, customers can feel carefree having them work in their homes.

With some helpful tips from the Home Safety Council and KidsHelp, Watkins says the following bullet points of advice could help you begin thinking about how to keep your home safeguarded for you and your family.

1. Stairs – If you have stairs in your home, be sure one hand rail is installed on each side of the staircase. In addition, Watkins says the banister/hand rail for the stairs should extend the full length of the stairs. Accidents could occur if your railings are loose, so make sure they are securely tightened.

2. Windows – It's good to have window guards installed with emergency release mechanisms to prevent falls from upper windows.

3. Electrical Chords – Make sure all electrical cords are properly insulated, with no broken or exposed wiring that could cause an electrical fire. It's also important that specific cords, such as those for lamps, are bound with twist-ties or special spools that will contain any extra cord. This will help to prevent trips and falls.

4. Outdoor Play – More children will be playing outside now that we are entering the summer season. If you have a swing set, Watkins says to make sure the surface underneath the set is soft enough to cushion a fall. Sand, mulch and wood chips are some of the kinds of materials people use to cover the ground.

While there are many things that can cause us harm and lead to serious accidents, it's nice to be able to prevent some of them from happening in your home, Watkins said. "Most of the accidents that occur in the home can be prevented by simply following a few simple precautions. We hope to help people in the Northeast Sacramento County area learn how to 'safe' proof their homes with our professional services.", Mr. Handyman serving Northeast Sacramento County stands by the motto: One Call Does it

All, No Job is Too Small! From maintenance to carpentry and repairs to odd jobs, can take care of all of your household needs.

For more information about , serving Northeast Sacramento County or to learn about more ways to safeguard your home, please contact Marla Watkins at 916-676-2602.

**About Mr. Handyman**  
Mr. Handyman is a network of independently owned and operated franchises with over 250 locations in 37 states that provide commercial and residential property maintenance and repair services. Founded in March 2000, Mr. Handyman is a member of Service Brands International, a group of service companies that provide a variety of timesaving services ideally suited for today's active customer.

# Black Light Mini Golf in Carmichael

Adventure Zone (formerly Laserforce) at Fair Oaks and El Camino in Carmichael is proud to announce the opening of a fun new sports venue, black light mini golf. Our 9 hole course features a mineshaft entrance which transports you to a forgotten world of glowing dinosaurs and fantastic landscapes. Fun for all ages, it offers a fantastic climate controlled experience.

A perfect addition to the laser tag and video games, the owners, Brian and Amber Barger, are thrilled to add this attraction in their tenth year of business in Carmichael.

For more information go to [www.lftag.com/minigolf.html](http://www.lftag.com/minigolf.html)

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## KING Crossword

Answers on Page 14

1	2	3	4	5	6	7	8	9	10	11
12			13				14			
15			16				17			
18						19	20			
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26	27	28			29			30		
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34			35				36			
37			38			39				
			40			41		42	43	44
45	46	47			48	49				
50				51				52		
53				54				55		

- ACROSS**
- 1 Track circuit
  - 4 Schleps
  - 8 Weak, as an excuse
  - 12 Noshed
  - 13 Freshly
  - 14 "American -"
  - 15 Estival pest
  - 17 Meat -
  - 18 Quantity
  - 19 Actress Thompson
  - 21 Lemieux milieue
  - 22 Grasshopper' cousin
  - 26 Stock
  - 29 Stillier or Stein
  - 30 - generis
  - 31 Theater box
  - 32 Oppositionist
  - 33 Requirement
  - 34 The whole enchilada
  - 35 Dance syllable
  - 36 Not wan
  - 37 Scarab, for one
  - 39 Allow
  - 40 Black-and-white diver
  - 41 Be there
  - 45 Philadelphia attraction
  - 48 Hive dweller
  - 50 Bread spread
  - 51 Exam format
  - 52 Scepter topper
  - 53 Portent
  - 54 Wedding-dress accessory
  - 55 Whether or -
- DOWN**
- 1 Tibetan monk
  - 2 Minuscule bit
  - 3 Mexican money
  - 4 Set off
  - 5 Become one
  - 6 Comprehend
  - 7 Distended
  - 8 Purple shade
  - 9 Commotion
  - 10 Extinct bird of New Zealand
  - 11 Ernie of Keebler ads
  - 16 Rather
  - 20 A long time
  - 23 Secondhand
  - 24 Sought restitution
  - 25 Spruced up
  - 26 Spill the beans
  - 27 Characterization
  - 28 Lecherous look
  - 29 Feathery neckwear
  - 32 "The Cherry Orchard"
  - 33 Eccentric
  - 35 Actor Gulager
  - 36 Narrate again
  - 38 Claw
  - 39 Veranda
  - 42 Black, in poetry
  - 43 Pianist Peter
  - 44 Creditor's concern
  - 45 Greet the villain
  - 46 Freddy's street
  - 47 Appomattox VIP
  - 49 Raw rock



# The Rising Tide Does Not Always Float All Boats

By Delia Fling

Do you get the bends every time you think about refinancing your mortgage at the current rates? Even though interest rates are at historically low levels, they are in fact, higher than a majority of loans that need to be refinanced. A way to ease the pain is to buy down the interest rate on your loan before the interest rate tide starts rising again. The process is simple; basically you pay the lender a lump sum, up front, to lower your interest rate.

Do you need monthly relief? Does your household suffer from "rising tide syndrome"? You know what I mean...your expenses magically raise to immediately match or surpass your monthly income. If you need to stem this tide, then this strategy may be made for you. In fact, a fairly inexpensive process is a temporary 2/1 buy down, which gives you 2 years worth of payment relief. This is how it works... Let's say you have a \$250,000 mortgage to refinance. For this example let's assume you have a fairly decent credit score (most credit scores will qualify), a 30 year fixed rate loan will run you about 6.25 % or \$1540

a month these days. Now let's say you do a 2/1 buydown. What you have now is a 4.25% rate on your loan for the first year or \$1230 payment. That's a cash flow savings of \$290 a month. Year two, your rate is 5.25% with a payment of \$1380 a month. You still have a \$160 a month cash flow savings. Year three of the loan, you start paying the regular \$1540 a month, which stays fixed for the life of the loan. Unlike other types of loans, here you are paying your full principle and interest payment. There is no shortfall of payments or negative amortization. To get this relief is fairly inexpensive. In this example you only pay the lender \$5400, all of which is tax deductible. This is a great loan maneuver. For people in cyclical industries like real estate, auto sales, construction to name a few, it is even more valuable. It allows your income to catch up with your house payments during these slower times, without getting you in trouble. Actually anyone with extra expenses for one or two



years should consider it.

Another group that would benefit from a 2/1 buydown is the first time homebuyer. This gives them the ability to qualify for a little more house (lenders qualify borrowers on the lower payment) while working into the regular payment.

If staying afloat is becoming more difficult monthly, a 2/1 buydown might plug up the leak in your boat.

Delia Fling is a mortgage planner with TransPac Financial in Fair Oaks. If you would like a complementary review of your mortgage and options available to you, contact Delia at deliaf@transpacllc.com or call 284-0066.

# Girl Scouts Hosting Harry Potter Event



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. For more information please call Erica Jones at 916-638-4475 x2790

# Living with a Zest for Life

An Interview by Marlys Johnsen Norris



Albert and Iola Biernesser - Photo by Paul V. Scholl

One of the senior women who stand out in the North Sacramento community of Citrus Heights is Iola Biernesser. Her enthusiasm and zest for living life indicates an example of a life well spent as she coordinates the many projects she is involved in her local church. If asked how she does it her reply is "I just keep going and I serve wherever the Lord needs me". Watching Iola tires out the younger crowd, as she tirelessly wears many hats.

Iola presently leads a weekly Bible study in her home about King David, other studies have included topical studies. Iola appears to have little spare time for herself and enjoys leading a study to help people recognize their spiritual gifts. She serves as Administrator for the many dinners, coordinating the use of the church kitchen facility as she lovingly delegates the necessary duties. She coordinates the socials and the women's retreats for her Sunday school class and serves as a second "Mother" figure to all of us, because she is so easy to talk to about the things that concern our lives. Plus she is an avid prayer warrior and holds a special prayer time in her home once a month. She loves to read for enjoyment and belongs to a book club. Iola lends her expertise to help other people's homes get organized. During the 1970's she began collecting Nativity scenes as a hobby and has an extra room filled with many of them. Christmastime her home displays them everywhere. How this amazing senior woman of eighty-three finds time and energy to do all of this is truly amazing.

Iola hails from the great state of Pennsylvania. When asked what her mother was like, she replied, "My most vivid memory of mother was watching her sit in an easy chair reading her Bible", she continued, "Mother was a rather quiet, yet hospitable person enjoying a lot of company. Our home was always the gathering place for all our young friends. She taught us children to be self sufficient and responsible. She taught us to have good manners and about cultural things by taking us to libraries and museums. Mother prepared us to live life."

Al, Iola's future husband was a neighbor and lived just up the road from them during her young years. One Sunday evening when she was a teenager, he waited in his car after church and asked if he might

drive her home. On the way home they stopped at the local ice cream parlor called "Maggies" and found out they had much in common and really enjoyed each other's company. When she got home Iola had such a good time with him she told her mother all about Al and said, "I'm going to marry him." They were married in 1947 some sixty years ago. They moved from Glenshaw, Pennsylvania to the San Gabriel Valley in Southern California in 1952 and to Sacramento, California in 1972. They have an amazing loving family started with one son and two daughters.

Through the years Iola has attended various denominations of churches where she served in various capacities. She said, "Since I was a young child my heart has been drawn to God. I had attended church all the time, but did not have a personal relationship with the Lord. One day when I was sixteen years old I realized that I was a sinner and repented of my sins. I decided that I wanted to commit my life and surrender my life to God and invite Jesus into my life. This was the most "defining moment" of my life and changed my life forever to be blessed of God. Today, Al and I are blessed beyond anything I could have ever dreamed possible. God's care and love have overshadowed my whole life. We have never wanted for anything and through the years the blessings have brought with them a sense total contentment. God's light and protection have been ours as we have followed in obedience the teachings of the Word of God all of our lives."

Asking Iola what was the desire of her heart today might be?, she answered, "My deepest desire and prayer would be to see all of our children serving the Lord. My passion would be that everyone would be serving the Lord as God has gifted them. And for those who are lost and still not saved, she said, "I have a deep sorrow in my heart for them and would love to share with them all that God has done in my life so they too might come to him and enjoy the blessings God would afford them."

When asked what Scriptures have eloquently guided her life that she would love to leave for all future generations, Iola quoted the following:

"Trust in the Lord with all thy heart and lean not on your own understanding. In all you ways acknowledge Him and He will direct your path. Be not wise in your own eyes: fear the Lord and depart from evil." (Proverbs 3:5-7)

Another she said is, "Let the words of my mouth and the meditation of my heart, be acceptable in thy sight O Lord, my strength and my redeemer". (Psalms 19:15)

I have observed and watched this delightful senior woman for nearly seven years. To know Iola is to love and enjoy her. Her devotion to God, her family and to the family of God is without reservation. Her sense of humor and forthright spirit instinctively draw you to her. Observe her serving the Lord with joy and ease, using every gift she has to honor and glorify God demands respect as she tirelessly is "on the move" to benefit others in every way possible. Iola, truly is a woman of God's own heart!

# "The Unstoppable Potato Farmer"

"You may never have heard of him, but for many years now, Cliff Young has been one of my heroes. In 1988 when he was 61 years old, Cliff showed up to compete in a 600 kilometer race between Sydney and Melbourne Australia. This five day racing event attracts only the best of the best, world class runners, the kind of athletes who know all there is to know about their sport and routinely break records to prove it.

Cliff Young had never run in a race like this before and, to make matters worse, he showed up that day in 1988 wearing overalls and work boots covered by galoshes. No one considered him a runner - but a joke.

When asked by the media what made him think he was qualified for such a race, and what he had done to condition himself for the run, Cliff answered honestly that he was a farmer, not an athlete. Chasing the cows and pigs on foot had gotten him in shape.

Cliff was too old and dressed inappropriately, he ran with a shuffle -and as the race began, people along the sidelines yelled to get the old man off the track

before he killed himself.

Living in the outback where televisions and newspapers were still a rarity, Cliff was unaware of how such races are run - for example, that runners go for eighteen hours and then sleep for six to rest for the next day - Cliff didn't realize it was impossible to do otherwise, and so, he just kept going. And going. And going.

Had Cliff finished the race in third or fourth, or even tenth place, his story would have been remarkable. But he didn't finish third or fourth - he finished first, stepping across the finish line far ahead of the second place runner, possibly because he wasn't aware of all the "facts" that said he couldn't. Cliff not only won the race, he cut a day and a half off the world record time!

What "insurmountable" tasks have you avoided because of conventional wisdom? What dream have you been afraid to tackle because others think you can't? The innocence of infinite expectation doesn't belong to the young, but to the young at heart. You too can do the "impossible," but only when you get in the game and give it your all.



Dr. Bill Bollinger, Discover Chiropractic, Family Wellness Center

It's been almost twenty years since Cliff ran that record-breaking race. And every once in a while, when I've got a mind to do the impossible, I think about Cliff and let his story motivate me into action."

Call Dr. Bollinger at Discover Chiropractic for your own wellness checkup. This will be my last contribution for a while, so call to find out if we can help you "win your game." 729.7733

# Singles Charity Ball for Blindness Cure

The leading singles organizations of Northern California are co-sponsoring The Singles Charity Ball, Friday, June 22, 2007, 7:30pm-Midnight, at the Hilton Arden West, 2200 Harvard St., Sacramento. 100% of the donations will go directly to the Sight Project of The Seva Foundation, located in Berkeley.

The Seva Foundation specializes in curing blindness by performing low-cost cataract eye surgeries in the poorer countries of the world, such as India, Nepal, Tibet, Cambodia, and East Africa. Eye surgeries in the USA typically cost thousands of dollars, but are now being performed for only \$50 in the Third World, due to

innovations created by Seva. More information is available at [www.seva.org](http://www.seva.org).

"Our last Singles Charity Ball, on March 24, 2007, in San Francisco, raised \$11,410, which will enable The Seva Foundation to restore sight to approximately 200 blind people," says Phil Seyer, Executive Director of The Professionals Guild, and organizer of the Ball. All of us are donating our time promoting and running this event, so that all of the money raised can go to charity. A donation of \$25 is requested, which is tax-deductible to the fullest extent allowed by law. The Ball features dancing to today's hottest hits and the greatest songs of yesteryear, an

art show, free chair massage, and many other interesting exhibit. Adults of all ages are welcome. Everyone is encouraged to dress in finest for this elegant soiree!"

The Ball is sponsored by Professionals Guild and co-sponsored by The Society of Single Professionals, Ccube.com, Singles of Solano, The Singles Travel Company, Singles Podcasting Network, ThePartyHotline.com, Great Expectations, Table for Six, and many other leading singles organizations. Anyone who wishes more information about this and many more events for singles may visit [www.PGuild.com](http://www.PGuild.com) or call 916/786-5858.



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Sunrise MarketPlace, a business improvement district located in Citrus Heights and its 500 retail stores, specialty services and restaurants welcome visitors to this seven-week event, now through July 4 (Wednesdays) 6-9PM at Sunrise Mall. Sunrise MarketPlace sponsors this family-oriented event featuring food, arts and crafts, commercial exhibitors, classic or luxury cars (cars change out weekly), selected grouping of Farmer's Market, a children's adventure area and live entertainment.

**Musical Line-up:**

- Bands play beginning 6:30 pm.
- July 4th begins at 7:30 pm.
- June 6th Bayou Boys (Cajun)
- June 13th: Kaylee Starr (Today's Hits)
- June 20th: California Beach Band Trio (Beach Music)
- June 27th: The Harmonics
- July 4th: Amigos (A Salute to Santana)

For more information go to [www.sunrisemarketplace.com](http://www.sunrisemarketplace.com), or call (916)726-6767.



**Bayou Boys** 916-294-0800

## The Fifth Annual Celebrity Chef Challenge

*A Benefit for InAlliance, submitted by Athena Kline*

The Food, Talent and Festivities were amazing as the night unfolded for the Fifth Annual Celebrity Chef Challenge at The Old Sugar Mill in Clarksburg Ca. As you walked in you could hear a beautiful Harpist named Pam Pamperin, [www.harplady.com](http://www.harplady.com). Several Wineries were serving and many other wonderful beverages and foods served. To see all participants go to [www.referachef.com](http://www.referachef.com). On the menu were Duck and Fish. Judges were served dishes based on theatrics, personality, presentation, taste and creative genius. The event was hosted by Refer a Chef Catering, The Old Sugar Mill & Carvalho Family of Wines. Masters of Ceremonies were Robert Fong & Sharon Gerber.



Winners were Jerry Moore – Arpeggio Wine & Bistro, Ramiro Alarcon – El Patron, and Oksung Kim – Taro's by Mikuni. Photo provided by Athena Kline

Celebrity Judges were Monica Lowe - Radio Zone 100.5, Kristen Simoes - Sacramento & Co., Mark Anderson - Sacramento Business Journal, Barry Prickett - Sacdine.com

The 2007 Celebrity Chef Challenge Line-up included Jerry Moore – Arpeggio, John Bays – Rio City Café, Oksung Kim – Taro's by Mikuni, Ramiro Alarcon – El Patron, David Bagley – Sequoia Inn, Mitch Davis – Il Fornaio, Charles Duldorf – Mayor Heather Fargo's Office – Amateur Challenger, Brian Shulse – Institute for Technology (assisting C. Duldorf).

InAlliance was established in Sacramento in 1952. They provide Employment Training, work and Life Skills as well as job placement for 380 adults. In Alliance now operates in Sacramento, Diamond Springs and Yuba City while employing 220 full and part-time staff.

For More information on This Event & Next Year Go To: <http://www.chefevent.com>. Find out more about InAlliance at [www.inallianceinc.com](http://www.inallianceinc.com).

## Rolling Through Amsterdam

*Submitted by Jeri Murphy*



Carrianna Hess and Jeri Murphy, on one of the canal bridges in Amsterdam, May 2007. Photo taken by Richard Hess.

Just back from eight days in Amsterdam with my 25-year old friend, who gets about primarily in a wheelchair . . . and with her dad, my boyfriend.

**Three essentials:**

1) Understand beforehand that Amsterdam is expensive . . . and worth it.

2) Plan and communicate with your hosts by email and telephone; let them know your needs, desires, limitations and capabilities. Planning includes reading Rick Steves' "Easy Access Europe."

3) Steps are everywhere and will limit access. If you can manage any steps at all, you will increase your access.

If you have not been to Amsterdam, you may not understand what a "world treasure" this gem of a city on canals truly is. The gem has many facets: canals, 17th

Century engineering and architecture, Van Gogh, Anne Frank House, Rembrandt, coffee shops and cafes, canal boats, diamonds, parks; light and water, reflections and shadows, great art and architecture. Be sure to bring your camera and extra batteries!

After experimenting, we quickly learned that the best place for the wheelchair was either in the bike lane or on a wide sidewalk. Understand that the bike lanes in Amsterdam are very special. The bikers know where they are going and the rules of the road, one of which is: no pedestrians in the bike lane, or suffer the consequences. Not once did we hear objection to a wheelchair in either a bike lane or a very narrow streets shared by all sorts of vehicles.

Carrianna used a foldable, manual wheelchair. It was easy to fold and store. We arranged to

rent it through our hotel. Early on she purchased a bicycle bell at Waterlooplein street market and attached it to her rental chair. You might be surprised at the number of people who are oblivious to their surroundings; people who cannot see either wheelchairs or their users. A bicycle bell helps these people orient.

Remember that preserving the old sometimes limits the new. Elevators are found in larger, more modern hotels, and in the major museums; lifts are available at Rembrandt Huis and at Concertgebouw. Check "Easy Access Europe" and the Internet for information about wheelchair accessible toilets; there are some spread around town, although not many.

One Must Do If At All Possible: canal boats. There are many options; we chose Canal Bus, which allows you to ride all day and half the next day, and to get off or on at many different spots around the city. Each boat will require you to negotiate four steps into the boat and usually a couple of steps at every dock. Carrianna had focused four full months of physical therapy on dealing with steps and with uneven surfaces; she did very well with all that we encountered in Amsterdam.

The trip was Carrianna's graduation present for earning her bachelor's degree from California State University – Monterey Bay, after being diagnosed with Multiple Sclerosis. She says, "Don't say it cannot be done until you have tried." So, go for Amsterdam, wheels . . . or not!

## Drowning Prevention Tips



Drowning is the leading cause of death for children under the age of 4. In the movies and on television, drowning is a noisy process. There is splashing and struggling that makes a lot of noise. In real life, however, drowning is usually a silent killer. Young children don't have the ability to right themselves or stand up, even in a few inches of water. As a result, they just "slip away" in silence.

Toddlers and preschoolers need constant adult supervision and life jackets that fit, each time they play near or in the water or on a dock. Most drownings happen during a brief lapse in supervision, when a parent becomes distracted or involved in some other activity. A life vest is no substitute for supervision, but it can buy time.

Even if you don't live around a pool or a lake, there are water hazards in and around every home. Toddlers have drowned in five-gallon buckets, garden ponds and toilet bowls. Children can drown in just a few inches of water.

Mishaps can happen just outside your door, so reduce your child's access to water. Children are attracted to water and will quickly wander toward it.

- Pools should be enclosed on all four sides with a fence at least four feet high and entrance only through a locking gate.
- Never leave toys in the pool – children may fall in the pool to retrieve them
- Keep buckets and garbage cans covered.
- Empty the wading pool when you're not using it.
- Cover hot tubs when not in use. Keep your child's hair away from suction drain covers in spas or in hot tubs.
- Fence garden ponds.
- Remember, PREVENTION is the only "cure" for drowning, and it's within every parent's grasp.

The little ring around this child will NOT protect her from drowning. She can easily slip out of the ring and drown. A correctly fitted life jacket can help to keep her safe.

## Free Summer Concerts in Citrus Heights Kick-off on June 10th

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, all of which are free-of-charge, kick-off on Sunday, June 10th and continue on various dates through August 26th. 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, June 10th: 30's-40's-50's dance band
- Sunday, June 24th: Sacramento Banjo Band
- 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>.

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Answer

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

**Magic maze**  
Answers

**HASTY PUDDING WOMAN OF THE YEAR**

**Trivia Test Answers**

1. Philographist
2. Henry Winkler
3. Roald Dahl
4. Andorra
5. A many-headed monster whose heads could grow back if they were cut off
6. Breakfast cereal with fruit and nuts
7. Florence, Italy
8. Temperature
9. Expelliarmus
10. Back

**King Crossword**  
Answers

Solution time: 27 mins.

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

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morning. -- Kelly H., Chestnut Hill, Mass.

A: You will probably have to sacrifice the morning jog for a little while as you train Sissy and acclimate Bunny to the new exercise regimen. This means slowing to a brisk walk for a few weeks and choosing a shorter distance so that Bunny can keep up and doesn't get exhausted. Each week, add another block or two to the walking route. Monitor Bunny's condition as you walk: Like a human, a dog needs to be fairly comfortable during exercise, not limping, lagging or panting excessively. With reasonable -- not exhausting -- exercise, Bunny will get in better shape much more quickly. Sissy, in the meantime, will still be impatiently tugging at the leash as you walk. Don't allow this -- use the walk

session as training time for both dogs to heel at your command. However, to help Sissy burn off that excess energy, consider ending your walk or setting the turnaround point at a park or safe open area. Let Sissy off the leash to run and play fetch while Bunny rests. Doing this consistently should improve Sissy's behavior on the leash, as there is a free run at the end of the walk. In addition, as Bunny's fitness level improves, she may want to join Sissy. When both dogs are accustomed to the morning walk, increase the speed to a light jog. Both should adapt to the pace much more easily.

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.

# Summertime Foxtails & Heatstroke

By Kay Burton



Toby Williams, a Golden Retriever, owners John & Barbara Williams, Gold River.

Foxtails are seedpods that grow at the end of grass common in California and other western state. They have serrated ends, like the quills of an arrow. Once Foxtail grasses dry out, the seed detaches easily and sticks readily to clothing and animal fur. Foxtail seeds can enter a dog's body in a variety of ways and once they enter, they act like an animated fishhook: the seed continues to move forward through the dog's body, and because of tiny barbs, cannot move backwards. It is most common for a foxtail seed to enter a dog's body through the skin, nose, ears, paws, genitals, and eyes. Foxtail seeds are tenacious, and can be deadly. Occasionally, Foxtails can be found in the lungs, abdomen, and even the spinal cord.

Did you know it is a felony to leave your dog in a car on a hot sunny day? Owners can be punished for leaving a dog in a car under California's anticruelty statutes or laws that specifically forbid leaving a dog in a parked vehicle. Never leave your pet in a parked car for any length of time! Even cracked windows will not protect your dog in hot weather.

On an average 80-degree day, the temperature inside your parked car can reach 120 degrees

within minutes. The heat can cause overheating causing heat stroke, irreversible damage and death within minutes.

Keep your pets indoors if possible. Exercise your dog in the early morning or evening hours, instead of during the middle of the day when it is the hottest. Avoid Foxtail infested areas -- especially during the dry season. We want your pets to stay safe and comfortable this summer!

Kay Burton is a Gold River resident and columnist. To share your family pet story with our readers, e-mail: Kayburton1@comcast.net

## Fast Dog, Slow Dog

Q: I have two dogs, "Sissy" and "Bunny," both chocolate Labs. Sissy is very energetic, while Bunny, a couple of years older, is more laid-back. She is also overweight. To help Bunny lose weight and to burn off some of Sissy's energy, I have tried to take them jogging with me each morning. But it's a struggle -- Bunny quickly slows to a walk while Sissy tugs the leash. I'm getting my arms pulled off and no jogging done. How can I resolve this? I have no time to exercise the dogs except early

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