

AMERICAN RIVER MESSENGER

Messenger Says Thanks



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Volume 2 Issue 12

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

June 2007, Second Edition

Fair Oaks Minor Red Sox Earn Championship in TOC



Red Sox Earn their Championship Medals. The Champion Red Sox Team includes; Brian Betts, Tyler Blakeney, Alex Bluemel, Russell Creson, Nicholas Ezerskis, Kyle Holmgren, Anthony Isola, Aaron Lee, Tristan Marks, Bennet McGrane, Keanan Paul, Christopher Reinhardt. Team Manager: Darold Holmgren, Coach: Chris Lee, Team Mom: Joanna Lee

The Fair Oaks Minor Red Sox completed a dramatic run to the District 5 Championship on June 16th by beating the Rancho Cordova Reds at Rosemont

Field in Rancho Cordova by a score of 6 to 3.

The Red Sox made an exciting run through their playoffs. They beat the Whitney

Yankees on June 14th in convincing fashion, 23-4, advancing to the District 5 Championship on Saturday against Rancho Cordova.

On Wednesday, June 13th, the Red Sox continued their roll by beating Northridge 6-3 to continue their way to the District Finals.

On Saturday, June 9th, they gave up 9 runs in the 2nd inning to fall behind 9-2 quickly in the opening game of Minor District Tournament of Champions. After some team discussions on the mound, the Red Sox still found a way to battle back and score 4 in the top of the 6th inning to win. The Red Sox gave up 1 run in the bottom of the sixth to hold on to the must win game.

Info and photo sent to us by Neil Reinhardt, with additional information gained from the Fair Oaks Little League website.

Local Fireworks Sales to Raise Funds for Non-Profit Organizations

CITRUS HEIGHTS and CARMICHAEL, CA, - When the young bowlers of the Fireside Lanes Youth Program go for strikes and spares at a national junior tournament next month in Buffalo, N.Y., they'll be representing the region thanks in part to patriotic citizens who made fireworks part of their Fourth of July celebration.

The Celtic Cross Presbyterian Youth Group of Citrus Heights has a similar story. The 20 or so high schoolers headed to Mexico this spring for missionary work will be south of the border thanks to hard-working volunteers who sold a slew of the new \$34.95 Super Nova fountains and perhaps a hernia-causing \$499 Big Bang assortment or two.

These two groups share a goal of making green out of red, white and blue with Antelope Little League, the Men's Ministry Trinity Life Center and thousands of other charities, religious groups, athletic organizations and service clubs statewide. These groups are preparing to sell state-approved fireworks to support programs and services for themselves and their community. Area non-profits will be open for business from June 28 through July 4 with the majority of stands carrying TNT Fireworks, the nation's top-selling distributor of fireworks.

For the 800 children of the Antelope Little League, which serves parts of Citrus Heights along with Antelope and North Highlands, fireworks sales keep registration fees low and help maintain six ball fields, according to Rick Davis, who is chairing this year's fund-raiser.

Also athletically minded is the youth program of Fireside Lanes in Citrus Heights. Besides travel expenses associated with tournaments, proceeds from fireworks subsidize league fees, uniforms and equipment for households a little light in their



Photo from David Dickstein, TNT

bowling bag.

"I try to give to as many kids as I can, but there are usually a handful of less fortunate families that we will help participate in the program," said group President Debbie Haggerty of Weimar.

The Men's Ministry Trinity Life Center has proceeds earmarked for such activities as counseling, computer classes and barbecues for such communities as the Logan Park affordable housing complex in North Highland, according to the non-profit's president Lee Wolfram of Citrus Heights.

Over in Carmichael, the young students of Congregation Beth Shalom's Tot Shabbat program learn about Jewish holidays and traditions thanks in part to the temple's fireworks fund-raiser. In addition to the Tot Shabbat program, funds support education programs for older congregants and help pay the salaries of the two rabbis and staff, according to Carmichael resident Jana Uslan, a synagogue board member and its fund-raiser chairwoman. The synagogue has included fireworks as part of its fund-raising program for 10 years.

Another house of worship in the

city, Carmichael Bible Church, has hard-working people and colorful sparks to thank for subsidizing youth summer camp scholarships. Video and audio equipment, sporting goods and curriculum and materials for ongoing programs are among what the Carmichael Bible Church has earmarked from profits since selling fireworks in 1998.

Stand locations of the aforementioned groups are: Congregation Beth Shalom, 2424 Mission Ave. and Carmichael Bible Church, 7100 Fair Oaks Blvd., both in Carmichael; the Fireside Lanes Youth Program at 7901 Auburn Blvd. and Celtic Cross at 7901 Greenback Lane, both in Citrus Heights; the Men's Ministry at 5225 Hillsdale Blvd. in Sacramento; and Antelope Little League, 8065 Watt Ave. in Antelope. Dozens of other non-profits will be operating stands throughout the American River Messenger readership area, including Fair Oaks and Orangevale.

A complete list of TNT stand locations, safety tips and product information are available at www.tntfireworks.com.



Live music plays weekly on the SunFest Stage. Photo by Paul V. Scholl



On July 4th, the final night of SunFest, the Shriners organization sponsors a children's carnival. The Shriners' benefit event will run June 30 - July 4 in the Sears

parking lot during normal mall hours. Amigos, a cover band tributing the works of Santana will entertain from 7:30-9:30 pm on Independence Day. 98 Rock makes an appearance and simulcasts music to the spectacular free eighteen-minute fireworks show. Free fireworks prism glasses will also be distributed while supplies last. There is no charge for parking on any night.

For more Info: www.sunrisemarketplace.com and (916)726-6767. Sunrise MarketPlace, a business improvement district located in Citrus Heights and its 500 retail stores, specialty services and restaurants will welcome visitors to this seven week event. Crafters and commercial booths will also be in attendance as well as some District businesses. Free admission and free parking.

Will Bullas shows at The Frame Stop & Gallery on June 23rd



Larry Shevlin, owner of The Frame Stop & Gallery, is seen here at the SunFest event in Citrus Heights showing the works of Will Bullas. Photo by Paul V. Scholl

FAIR OAKS - Meet acclaimed artist Will Bullas at The Frame Stop & Gallery on Saturday, June 23 from 12 noon to 4pm. Light refreshments will be

served. Music will be performed by Jon Merriman. The Frame Stop is located at 12417 Fair Oaks Blvd. # 350, Fair Oaks (corner of Fair Oaks and Greenback Lane).

Will Bullas was born in Ohio and raised in the southwest. He was majoring in art at Arizona State University when he was drafted and served in Vietnam. After returning from combat duty, Will took up his art studies at the Brooks Institute in Santa Barbara, California where he studied with Ray Strong. There he met his wife, Claudia, who also is an artist. He supported his family as a printer, until striking out on his own as an artist, and soon gained a growing audience of enthusiastic collectors. He lives and paints in San Francisco.

Will is a signature member of the American Watercolor Society, The National Watercolor Society and the Knickerbocker Artists of New York. He has exhibited twice with the National Academy of Design in New York City.

MBK Homes' "Camden Place" Community Opens for Viewing

CITRUS HEIGHTS, Calif. (June 12, 2007) - California-based builder and developer MBK Homes unveiled its first new home community in Northern California this past weekend for a special preview opening. Nestled in a quaint neighborhood setting in Citrus Heights, MBK Homes Northern California will offer 66 homes in the new home community development known as "Camden Place." The beautifully designed and fully decorated new home models opened on Saturday, June 16th. The five distinctive two-story floor plans range in size from 987 to 1,793 square feet with two to four bedroom offerings, and also include options such as a loft or den. With fantastic loan programs and great pricing, interested buyers could move in as early as August 2007 with zero down upon approval.

"Centrally located close to Sunrise Mall and Marketplace as well as easily accessible to the freeway, 'Camden Place' is located in a beautifully planned community perfect for local homebuyers who want to feel connected to the time-honored traditions of the Citrus Heights community," said Jon Tattersall, President of MBK Homes Northern California. "With longtime roots in the area, our local team is committed to providing interested homebuyers with uniquely designed neighborhoods that offer a lifestyle reflective of a local vision, but still honoring today's buyer's wants and desires in a home."

In addition to quality construction, unique floor plans and vibrant interior design concepts, special "Camden Place" features include the following: Energy Star rating for optimum energy efficiency;

Thoughtful standard features and amenities such as 12 x 12-inch tile in the entry, kitchens and all bath and utility areas, well appointed kitchens with GE appliances, and open and usable floor plans with cable, telephone and multimedia in useful and well-planned areas; Timeless Colonial and Cape Cod exterior home styles located in a private, tree lined community with a contemporary garden setting including paseo walks and a park area.

With Northern California headquarters located in nearby Roseville, MBK Homes Northern California also plans to start construction soon on "Talmont," an 89-new home development centrally located in Fair Oaks. For more information on these communities call (916) 783-1150 or visit www.mbkhomes.com for more information.

DUTCH TREAT



By Dennis Packard

MICKEY McGEE

Mickey had the best and largest comic book and "Big and Little" book collection on the south side of Chicago. Our apartments were only separated by two rooftops. McGee was my closest friend. We met in Mrs. Beulah's class in 2B.

We seldom traded books at his apartment because he had such an abundance of brothers and sisters living at home. Finding an empty corner was almost impossible. All of Mickey's Irish siblings looked alike, lots of freckles and curly hair. If anyone answered his door in a dress it was obvious that she was his sister—if someone answered wearing long pants and a T-shirt—identification was difficult. A simple "Hi, is Mickey home?" always sufficed.

My mom's bedroom window was often used by me to enter or leave our apartment. There was a small six by twelve foot deck to drop onto once I left the windowsill. It was covered with tar and black tarpaper because it also acted as a roof for the apartment below us. Mom put some lawn chairs and a couple of tables with ashtrays so we could use it as a rooftop patio. Some of my sisters would sun bath during the summer while they huffed and puffed on some fine tasting tobacco. "L.S.M.F.T." The commercials told us. "Lucky Strikes Means Fine Tobacco." But they could only catch the sunrays for about two hours around noon.

The deck was "C" shaped and opened up to the North facing Mickey's apartment. Most of the buildings on the street were attached to each other. A short red-bricked wall about three feet high separated our deck from two large rooftops resembling two large hills. Sometimes it was easier, closer and faster to climb over the rooftops and rap on my friend's window than to hit the sidewalks

and walk to his door.

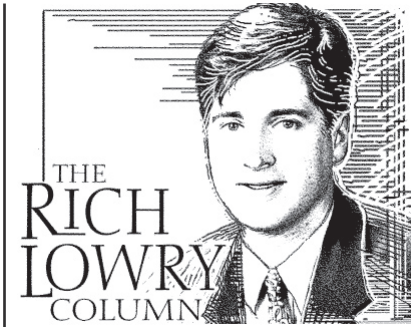
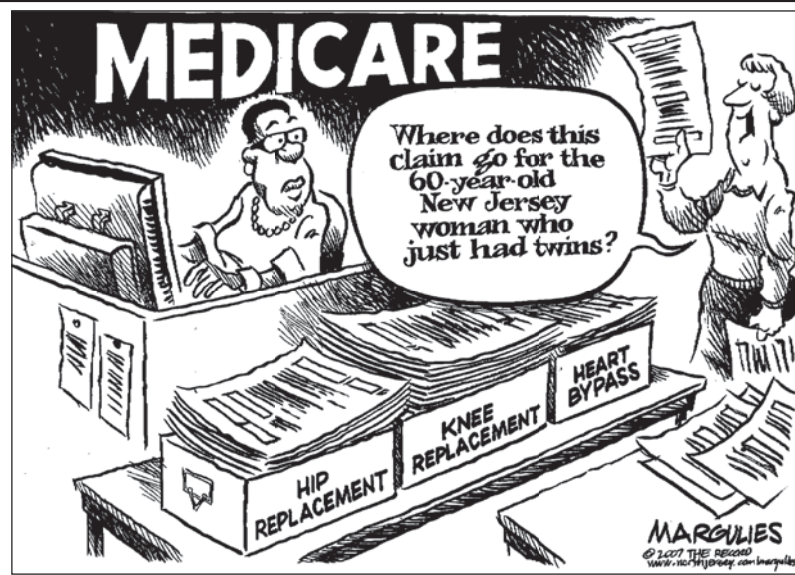
Since we had a three family party phone line it was difficult to call Mickey to see if he was home. You seldom knew the other families on the line, but you knew a lot about them. Everyone was very careful about what they said over the phone to each other and beyond careful in using their first or last names. We all eavesdropped.

Mickey was always kind enough to include my younger sister, Joy, to play with us, but we never invited her to play "cops and robbers." First of all, there were no female police that existed in the 40's and we never saw any real tough female robbers in any movie. And to top it off, no girl could even come close to making a great gunshot noise. If you bent the rule and let her try, it only became embarrassing and ridiculous when it came to the point when gunshots had to be exchanged. A silly high-pitched girly sounding shot was so stupid that Mickey or myself refused to drop dead and we just sent her home to cut out paper dolls.

After playing like we were James Cagney, Sidney Greenstreet or Humphrey Bogard, we would put our wooden guns away and sometimes decide to make a handcrafted skate board. Few people in the city owned a saw and if they did, they wouldn't loan it to a couple of young boys. We always had to search the neighborhood to find the perfect size 2X4 for the base. Once we had the base, we had to find an old pair of roller skates. Each skate was separated using a skate key. The front part of the skate was then secured to the front of the 2X4 with a handful of rusty nails and the other section of the skate to the rear of the board. A wooden orange crate from the A&P was then attached to the top of the skateboard and a tree branch was pounded with more nails across the top of the crate for handlebars.

A hot summer day, it was easy to chase the ice wagon to steal a junk of ice using our skateboards. It didn't require great speed since the ice truck was being pulled by an old workhorse—but in spite of the iceman screaming and waving his icepick at us—he could never catch us.

Quip for the Day: You are only young once. If you act foolish after that you'll have to find some other excuse.



Not a Poodle, But a Bulldog

It is the strange fate of retiring British Prime Minister Tony Blair to be called a lackey for adhering to his own deep-felt foreign-policy vision.

Long before President Bush arrived in the White House, Blair championed the idea that the West should intervene to stop human-rights abuses in other countries, putting morality above respect for the borders of sovereign countries. It wasn't until after 9/11 that Bush embraced a version of this expansive vision, essentially making him a convert to the Blair view rather than the other way around.

In the debate regarding the Iraq War, Blair merely applied his principles of liberal interventionism that had led him to support a war against another aggressive, human-rights-abusing dictator, Slobodan Milosevic, in the Balkans. In a 1999 speech, Blair linked Milosevic and Saddam Hussein as "dangerous and ruthless men" who had "brought calamity on their own peoples." Stopping one had been right, and so was stopping the other.

Many of Blair's fellow liberal interventionists, however, weren't going to let consistency get in the way of opposing "Bush's war." Their support for a robustly moralistic foreign policy ended as soon as it was picked up by a conservative Republican. There were a handful of liberal interventionists who backed the Iraq War, but they dropped off when it turned from an easy liberation to a grinding counterinsurgency. Recognizing the evil of our enemy and the humanitarian stakes of failure, Blair held

firm.

Blair has been nearly alone in keeping liberal-interventionist priorities throughout the Clinton and Bush years. Rather than "Bush's poodle," Blair has been a bulldog for his beliefs.

Those beliefs have meant that he took part in no less than four wars, and probably would have welcomed a fifth in Darfur. He supported humanitarian military action in Europe (Kosovo) and in Africa (Sierra Leone), with U.N. support (Afghanistan) and without (Iraq). President Bush once said, "When somebody hurts, government has got to move." Blair applies that (not the least bit conservative) insight internationally, with the government bringing along the paratroopers when it moves.

Since there is an overwhelming amount of "hurt" in our broken world, the question becomes how to discriminate among proposed interventions. Which are important enough to warrant force and which aren't? Blair argues that they are all important. In the new, interdependent global environment, old

distinctions between a foreign policy based on morality and national interest have collapsed. This is overstated, but it is true that threats to the international order come almost exclusively from regimes that also abuse human rights.

Blair acted on his liberal foreign-policy views - a throwback to William Gladstone in the British tradition and to Woodrow Wilson in the American -- with honor. He confronted American presidents when he thought they were wrong -- pushing Bill Clinton to send ground troops to Kosovo, for instance -- and stood by them when they were embattled on behalf of things he too believed.

Blair's foreign-policy vision might have overreached and he had other important failings as a leader, but he was never anyone's poodle.

Rich Lowry is editor of the National Review. (c) 2007 by King Features Synd., Inc.

Stop Pollution With Property Rights

by Fred Foldvary

We have the moral right to be free from the pollution of others. We can minimize pollution more effectively with property rights than with regulations, carbon taxes, or permit trading. A property-rights approach to pollution invokes the spiritual aspect of economics that policymakers ignore: the harmony between what is morally right and what is economically efficient.

When people pollute, they invade others' property, including the property of their own bodies. If cattle trample a neighbor's ranch, the rancher is entitled to compensation. Likewise, when pollution trespasses into our bodies and other property, we are morally owed restitution.

Federal and state laws have instead mostly handled pollution with prohibitions and regulations. Some California lawmakers seek to phase out incandescent light bulbs, replacing them with compact fluorescent bulbs. South Coast Air Quality Management District officials have proposed prohibiting wood-burning fireplaces in new homes in some southern California counties.

California has imposed a statewide cap on greenhouse gas emissions. The state requires car owners to have periodic smog tests, and the federal government requires gasoline additives and

regulates car engines. All these requirements and restrictions disregard wide differences in the costs of compliance.

One current fashion in handling pollution is to require permits to pollute. With a fixed number of permits, firms need to buy permits from other holders to increase production and pollution. Like trades in tax permits, this is an artificial market, increasing the costs on enterprise while showering windfall profits to permit holders who did not produce more but just hold claims to a privilege.

Instead of prohibiting and regulating, there are several ways that property rights can be used to deal with pollution. If a factory dumps pollution into a river that flows into a neighbor's farm, the two sides can negotiate. Nobel Prize-winning economist Ronald Coase explained how parties can achieve an efficient solution by negotiating a payment either for the damage or to prevent the damage, whichever costs less. That is, the factory owner would either pay compensation for damages or stop polluting. The payment would greatly reduce pollution, since it makes it costly to pollute.

If the factory owner refuses to pay, the farm owner should be able to sue the polluter in court to get restitution plus court costs. However, U.S.

laws and judges have hindered the ability of injured parties to sue for pollution damages. Government officials have regarded pollution as a public rather than a private nuisance.

When a resource such as a river is owned by the government instead of a private party, the ethics and economics of pollution don't change. The polluter should pay compensation to the owners—the people—possibly with government collecting the payments on our behalf.

Unfortunately, instead of directly charging polluters for their damage, governments tax proxies—activities and property that seem to be related to pollution. For example, some environmentalists propose "carbon taxes" on inputs that contain carbon.

But taxing inputs such as gasoline is inefficient, since cars differ in their amounts of pollution. Fireplaces don't pollute if they are not used or if the smoke can be captured. The problem is the output, or pollution, not the carbon inputs or the property such as a car or fireplace. It is both morally right and economically effective to focus the levies on the pollution, as doing so would cause the polluter to minimize the toxic emissions rather than the use of inputs.

Reducing pollution does not have to restrict liberty or impose an economic cost on

industry and consumers. We can have a win-win solution by using pollution levies to offset taxes on income and sales, so that the social costs of installing pollution-reducing equipment is offset by lower taxes on goods, wages, and profits. Californians would benefit greatly if we replaced government mandates, taxes, and restrictions with pollution charges plus the liberalization of tort law so that victims could effectively sue polluters or negotiate with them.

Many environmentalists confuse energy efficiency with pollution. It should be nobody else's business if a person uses a lot of energy with his own money. The only problem occurs when somebody's emissions trespass on others. Negotiation, lawsuits, and pollution charges can handle this situation well, so there is no good reason to have costly regulations and taxes on things that do not directly harm others.

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

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AMERICAN RIVER MESSENGER



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VetFriends.com Helps U.S. Veterans and Families Obtain Military Medals and Records of Service

(PRWEB) -- On Memorial Day, U.S. veterans will come together nationwide to honor their fallen military brothers and sisters who have sacrificed the ultimate for their country. Many veterans wear their medals, branch insignia and share their military records with family and friends. VetFriends.com -- the largest Web site for reuniting U.S. veterans -- provides the information needed to obtain military medals and records for U.S. veterans and their families, to preserve and share the memory of one's service.

Military medals -- symbols of service. Veterans wear their medals with pride on Memorial Day, as they take part in parades, memorials and ceremonies. For anyone who may have lost their medals or would like to reclaim a family member's medals, VetFriends.com provides information on how to replace them at www.vetfriends.com/military_record.cfm.

For both veterans and family members alike, military records are valuable documents to possess, signifying their own or a loved one's time of service. "Personally, historically and genealogically, these records hold great importance," says VetFriends.com founder Dale F. Sutcliffe. VetFriends.com provides detailed information for visitors on how to request and obtain their own or a family member's military records; complete forms are available on the site in a user-friendly manner for easy access, highlighting the necessary steps one needs to take. Additionally, information to request medical and separation papers is posted as well. For more information please visit www.vetfriends.com/military_record.cfm.

VetFriends.com member W. Walton states, "I recently received my father's military records. Now I can replace his service medals that were lost. Thanks VetFriends.com."

Additional Resources -- Visitors can search the database to make contact with old friends, set up reunions, post photos and messages, share military jokes and more. VetFriends.com currently has over 768,000 members, attracting over 150,000 visitors per month.

In support of the U.S. Army, Navy, Air Force, Marine Corps and Coast Guard, VetFriends.com encourages all Americans to honor our fallen soldiers, while thanking and supporting U.S. veterans and military personnel this Memorial Day, and all year long.

Founded in 2000 by Marine Corps veteran of Desert Storm, Dale F. Sutcliffe, 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.

Music For Troops Produces Free Music CDs for Those in Uniform

(PRWEB) June 8, 2007 - Music For Troops (MFT) recently announced the creation of a boxed set of CDs titled "All States All Stars" that will be sent free to men and women serving in the armed forces in the US and overseas.

To create the CD sets, bands from all across America donated songs representing each of the 50 states. Every boxed set includes 4 CDs and a poster featuring John Ondrasik of Five For Fighting who wrote the introduction for the project.

On the Fourth of July Music For Troops will send up to 20,000 copies - totaling a million songs -- of the "All States All Stars" boxed set to men and women serving in the armed forces. To help support the project people throughout USA have been donating \$1 and signing the CD box online at www.amillionsongs.org "Every \$1 donated sends 33 songs to our troops," says Tom Hughes, executive director, Music for Troops, headquartered in Lyons Station, PA.

is a 501(c)(3) non-profit organization dedicated to sending the gift of music to American troops. "Thanks to the generous support and music donations by artists including John Ondrasik, Tommy Cash and Deborah Allen and many others from around the country, MFT has sent over 250,000 songs to our troops. In times of uncertainty, music can be an outlet for the men and women who protect and serve our nation and Music For Troops is dedicated to providing that outlet," says Hughes, who founded the organization in 200X.

In addition to making a one-dollar donation, there are several ways to support Music for Troops. Artists may donate the use of some of their songs as downloads available to service people by logging on to the website www.musicfortroops.com. All music donated to MFT qualifies for a Federal tax deduction. The donated songs are uploaded on the site by MFT and only those in the US military who register with MFT

are able to download the music at MFT's safe and legal website environment. MFT tracks of the number of downloads for each artist and sends a detailed account and receipt to each artist at the end of the year for tax purposes. All ownership rights, copyrights, etc. remain with the artist or rightful owner.

Those in the military may simply register with MFT at www.musicfortroops.com to begin downloading their favorite songs. Song requests may be emailed at <http://www.musicfortroops.com/contact/> and MFT will seek donations from the artists.

To become a supporter, contact Music For Troops or make a charitable contribution online at <http://www.musicfortroops.com/donation/>. Donations are tax deductible.

Contact: Tom Hughes, tel: (617) 850-5967 Music For Troops www.musicfortroops.com
P.O. Box 295 Lyon Station, PA 19536

★ VETERANS POST ★

by Freddy Groves

Vietnam War Hero Exposed as Fake

There was a story in the news recently about a veteran in Rumford, Maine (population 6,500 or so) named Scott May, who had been in Vietnam at the infamous Hamburger Hill. May and a few others took it upon themselves to collect money for a Vietnam Veterans Memorial to be set up on the town square in memory of the 37 Rumford soldiers who lost their lives in Vietnam. May even wrote a series of articles for the local paper, trying to drum up donations, about some of them. He and the others did a great job, and at last count the money was more than \$22,000.

The dedication of the memorial was to be a big event, with bikers coming from far and wide, and the state governor, congressmen and other dignitaries present. May said he was especially looking forward to meeting again some of the guys he hadn't seen since Hamburger Hill.

At the last minute, at a planning meeting of local law enforcement, somebody did the math. When the fighting raged at Hamburger Hill, May was only 8 years old. When cornered, May said he was in the service later. The governor canceled, of course, as did the bikers, many of whom were Vietnam veterans. The event was postponed, with a much smaller ceremony to be held later.

Word in Rumford is that about half the people in the area have forgiven May, mostly because of the amount of money that's been raised. Someone who's not so eager to forgive and forget is the county sheriff, himself a Vietnam vet.

Best possible outcome: That there are photos of May wearing medals at some of the town meetings, and that the sheriff has a magnifying glass handy to see just which medals those are.

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.

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It's The Law

You Have The Right To Remain Suspicious

(NAPSA)-Akin to urban myths, legal myths also exist-tales that seem completely believable but are actually false.

In some cases, legal myths can affect important aspects of your life-so it's important to debunk them.

Here are a few common legal myths-and the real stories behind them-from the legal experts at lawyers.com:

1. If you've lived together for seven years, you're considered married under common law and have all the rights of a wedded couple.

FALSE. Most states do not recognize common-law marriages. In the states that do, requirements vary, but may include presenting yourselves as a married couple, intending to marry in the future and co-habiting. A specific number of years living together is not a requirement in any of those states.

2. You can establish

copyright of a work by mailing it to yourself and retaining the sealed, postmarked envelope.

FALSE. Copyright is the exclusive right to copy a creative work and allow someone else to do so- established the moment your work is created in a tangible form. It's only necessary to register your copyright if you want to bring lawsuit for enforcement of copyright infringement.

3. If I am not read my Miranda rights before being questioned by police, I cannot be found guilty of the crime, even if I confess.

FALSE. If you confess to police while in custody, and you were not given the famous "you have the right to remain silent..." speech first, your confession would likely be inadmissible in court. But other evidence may still prove you guilty. Also, statements you make to police before you're arrested, or ones you make voluntarily right after an arrest (such as "well, you

got me this time!"), can be used to prove your guilt, without any Miranda rights requirement.

4. If my spouse dies, I'm always liable for his or her credit card debt.

FALSE. Credit card debt doesn't necessarily pass on to heirs upon death. However, credit card companies will generally first try to collect from the deceased's estate. If there is not enough money in the estate, heirs may have to sell estate assets to cover the liabilities. If there is still not enough money in the estate to cover the debt, the credit card company will likely write off the debt. However, a joint account holder on a card is responsible for the debt if the other account holder dies.

For more information, visit www.lawyers.com.

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Home Fire Extinguisher Use Tips from Metro Fire Could Save Lives



A fire extinguisher is an absolute necessity in any home or office. While there's a good chance that the extinguisher will hang on the wall for years, collecting dust, it could

end up saving your property and even your life. Fire extinguishers are effective against small fires and can put them out before they get out of hand.

But remember, home fire extinguishers only last for about 8 to 10 seconds, and are therefore, only sufficient for small fires that have not spread from the point of origin.

Some important points about fire extinguisher use:

- A fire extinguisher must be the right type and size for the fire. Using the wrong type can be dangerous and ineffective.

- For home use, purchase an all-purpose extinguisher (type "A-B-C") and be sure that it is UL tested and approved.

- Store the extinguisher in plain view, but out of the reach of children and away from stoves and heating appliances. If you only have one extinguisher, it should be located in the kitchen.

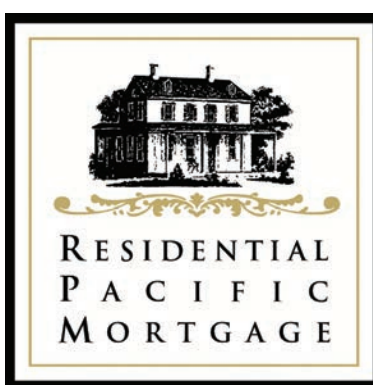
- When using the extinguisher on a fire, keep your back to a clear exit and stand six to eight feet from the fire. Do not put the fire between yourself and an exit!

- Use the P.A.S.S. system:

- P....Pull the pin**
- A....Aim the nozzle**
- S....Squeeze the handle**
- S....Sweep the fire**

- Only try one extinguisher – if it doesn't work – GET OUT! Call 9-1-1 from a neighbor's house.

Even if the extinguisher is effective and puts out the fire, call the fire department to come and inspect the area to make sure that the fire won't re-ignite. Aim at the base of the fire - you want to put the fire out at the source!



THE MORTGAGE MANAGER

Ed Wacaster



One of the phenomenon's that continues to make me shake my head is this: How much we will settle for in life. Somewhere along the way we lost sight of our goals and our dreams we had set for ourselves when we were making plans for who we wanted to be, and what we wanted to do in our lives. We set lofty goals and made beautiful dreams, but we are we right now? We settled for much less along the way to those goals and dreams and some nights they keep us awake

Why would we do that do ourselves? Because society says so? Basically yes. And we don't question it either. We are stuck in this rut all the way to our very being. Where are the ones who think outside the box? As you read this, you're going to realize one of two things: "I think outside the box," or "how do I get out of this stinking box?"

The answer is so simple; you're going to slap yourself in the forehead. By making a decision to do so. One simple decision will change your life and send you toward the dreams and goals you had as a kid. It can change your entire lifestyle, living situation, weight, hair color, career, marital status, (getting married that is), or anything you decide on. Now the question has changed to this: What dreams and goals are unfulfilled? The answer is on the tip of your brain. And your brain is saying: "Go for

it!" So what are you waiting for, go for it! Are you where you want to be socially? Spiritually? Financially? Emotionally? Is your career choice the correct one for you?

It is advised that you make a goal that will pull you towards it. In other words, make a lofty goal that will stretch you to the core, and get there. Don't worry about the details, they will work themselves out, you just move yourself in that direction. Ask for help when you need to. Study whatever it is and become an expert on it.

Don't let those goals and dreams keep you awake for one more night without putting action to them. Go for it! Don't let life keep you in that rut! You can do it! I believe in you! Now just get it done!

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

Listen to his radio program every Saturday morning at 9:30 on KTKZ 1380 AM & 105.5 FM

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Enjoy summer at Sunrise MarketPlace

Sunfest
 May 23-July 4, Wednesday evenings, 6-9 pm, 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*
 Sunrise Mall. Celebrate July 4th in style following the final evening of Sunfest. Don't miss the Shriners Children's Hospital carnival** for kids, music starts at 7:30 pm with Amigos (a salute to Santana), 98 Rock appearance, fireworks simulcast and 3-D viewing glasses. *No cans, bottles, or personal fireworks allowed. **Carnival runs from June 30-July 4, daily from 12 pm-10 pm for an additional fee

For more information call 916.726.6767 or visit www.sunrisemarketplace.com

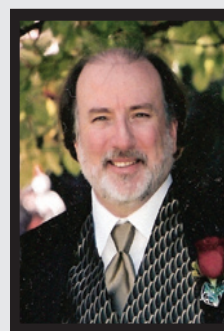
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- *How to re-energize Your Daily Life

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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.

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The Messenger Gives Thanks to All Those Who Supported Our Team



Patricia Scholl, Team Captain

We received a great deal of support for both the Fair Oaks and Citrus Heights Relay for Life events in June. We want to give everyone a special thank you.

Patrick Lynch from Grocery Outlet provided hundreds of

dollars of donations as raffle prizes, and raised hundreds more while promoting the event in his Citrus Heights store. Patrick Hoogin donated many free car washes at Bauer's San Juan Car Wash as raffle prizes. Ralph Drewitz of It's a Grind Coffee House on Sunrise in Roseville donated coffee all weekend for everyone at our booth, and for those new friends who stopped by.

Franklin High School Key Club sent over five willing volunteers, (see their picture on the back page), each of whom walked many laps and helped with the set-up and take-down of our booth. Alpha Graphics of Roseville donated free water bottles as a give-away at our booths. The family of Debra Roake raised over \$1000, and came to help out at our Fair Oaks booth. Todd Wagner of Sunburst

Landscape Services, one of our advertisers, donated \$100. Our friends at The Sacramento Choral Society and Orchestra donated \$100. The ever-sweet and supportive Carmelita Lopez raised nearly \$800 from friends and family, and gave much needed set-up help at our Fair Oaks booth.

We appreciate all the caring and support.



Help create a new day at Sunrise MarketPlace

Sunrise MarketPlace, a group of 500 businesses along the Greenback and Sunrise corridors banded together in 1999 to form a business improvement district (BID).

If you have ideas and opinions on what you'd like to see for the future of the Sunrise MarketPlace, join our workshop and design forum where you can give your input on the direction of shopping, services and housing to meet the area's needs. You may see your ideas come to life.

PUBLIC WORKSHOP
June 21, 2007, 6:00 pm - 8 pm

DESIGN CHARRETTE (Prototype Models)
August 18, 2007, 10:00 am - 2 pm

Light refreshments will be served.
For more information call 725-2448, email visionsmp@citrusheights.net or visit www.visionsmp.net.

Please RSVP to the City of Citrus Heights at 725-2448

All meetings are at MarketPlace at Birdcage in the building formerly occupied by RoomSource next to Target.



www.visionsmp.net

CELEBRATION TIME!

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

Saturday, June 23rd
2:00pm - 4:00pm

7250 Auburn Blvd.
Citrus Heights

PLEASE COME AND ENJOY THIS EXCITING TIME WITH US!

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\$669,000	Gold River	Mother Lode Village. 4/5 bedroom, bonus room. Backyard paradise. Pool, spa, natural slide. Outdoor Kitchen
\$689,000	Gold River	Huntington Village. Single level. 2800+ sq ft. 3 br, 2 ba. 4 car garage. Gated village. Courtyard surrounded by french doors.
\$589,000	Gold River	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	Curtis Park	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
\$529,000	Gold River	Powell 3 bedroom + loft, 2500 sq ft.. Tucked away in a cul de sac within a cul de sac.
\$524,950	Gold River	The Classics, 4 bedrooms + loft, 2 1/2 bath, 2407 sq ft. model perfect, many upgrades, granite, American River Parkway lot.
\$517,000	Gold River	Marshall Village. Single level, 3 bedroom, 3 car garage. Beautiful private yard, pool, spa. Newer roof.
\$429,000	Gold River	Rare parkway pie shaped lot in The Classics, a gated Community. Newly renovated. A mUst See!



Fair Oaks News & Views

Barry Brown Wants Happy Feet

Hello Friends-
I write this note to share a project with you and provide an opportunity for you to participate. The project is a fun experience involving raising funds to construct a permanent facility for kids in the Fair Oaks Village Park.

The Chamber runs an annual "Honorary Mayor" contest that determines the "winner" as the person who raises the most money for a specified project. My project is a dance pad in the park for kids that also will include games painted on the surface. It will augment the already available children's play area and provide a safe area dedicated specifically to kids. The estimated cost of the project is \$11,000 (half goes to the Fair Oaks Chamber to support other community projects) and approval has already been granted by the Fair Oaks Recreational and Park Board.

I hope you will share in the satisfaction of enhancing the Fair Oaks Park and in making it a more enjoyable place for kids. You can do this by attending our fundraising events and/or by donating tax deductible funds; items for raffles, silent auction and events; or services to the project. Any help you can provide will be greatly appreciated. Checks should be made out to Barry Brown for Honorary

Mayor. Please contact Pat Stilwell, Treasurer, at 916-961-6659 for instructions on where to send checks or to donate raffle items and needed products and services. You may also make donations through the website and purchase event tickets

Our first event is a Mexican dinner on June 23rd from 6-8 pm in the lower level of the Fair Oaks Community Clubhouse. The clubhouse is located in the Fair Oaks Village Park a block east of Fair Oaks Boulevard on California Avenue. It promises to be delicious eating experience with Carmelitos providing a major portion of the meal. Beer and Sangrias will be available. Tickets may be ordered from Pat. Also, a Brunch (July 22nd) and a Wine and Hors D'oeuvre plus olive oil tasting event (August 25th) will be held at my home.

If you have any questions, please call me at 916-802-7510. Information may be found on my web site at www.honorarymayor.votebarrybrown.com.

Thanks in advance for any consideration you are able to give to the "Happy Feet Experience".

Sincerely,
Barry Brown



Relay for Life Thanks Participants

On behalf of the 2007 Relay Committee, I'd like to extend my gratitude to everyone who participated this year as we continue together to work towards eliminating cancer.

In addition to the dedicated Committee, we were fortunate to have very motivated Team Captains and Teams. This year we had 31 teams, almost doubling the total number of teams from last year. Nearly every team was able to register online and their fundraising efforts have been nothing short of awe-inspiring. So far we've netted roughly \$45,000, all of which is donated to the American Cancer Society to eradicate cancer through research, education, advocacy and patient services right here in Fair Oaks.

This past weekend those teams of families, friends, and co-workers surrounded the track to watch as their hard work in achieving the American Cancer Society's 2015 goal of diminishing cancer pays off. The only thing

more popular than the chocolate fountain at midnight was the free massages given by Skyline Back/Body from sun-up to sun-down. There were live bands that preformed throughout the day, a surprise performance from the Madrigal Choir at Bella Vista H.S., and a 24-hour Survivor Tent that was the best I've ever seen at a Relay.

Relay For Life is not only a fundraising event, but also a time for all of us to honor our survivors. Our survivors bring hope to Relay; moreover, they are our confirmation of why we Relay. Whether it was a strength or weakness, one of my main goals this year when I decided to become Chair was to create an event where people will take the time out of their busy lives to just stop and think for a minute. When we realize that cancer affects one of two men and one of three females in the world right now, it makes you think. This disease is not racist. This disease will not

just go away.

This has been a success. I am very lucky to have had the opportunity to help put together an event like this with such a great cause. I have been honored to have had the Committee that has come together and volunteered their time to help see this to fruition. The Relay is definitely not over -- it's just beginning for next year. Please visit our website at www.acevents.org/relay/ca/fairoaks to get information about volunteering for next year's event or to donate money to help us continue to fundraise. You can also get more information about the American Cancer Society by calling 1-800-ACS-2345.

Remember, there is no finish line until we find a cure.

With much gratitude,
Dustin G. Buck
Event Chair

See Relay for Life Photos on the back page.

Fair Oaks Water District Raises Over \$4,000 During Relay for Life



Fair Oaks Water District (FOWD) General Manager Tom Gray and FOWD Community Relations Coordinator and Volunteer Team Captain Sandy Doyle were among the many FOWD volunteers to run and walk over 24 hours -- raising over \$4,000 in donations for their efforts -- during the American Cancer Society's "Relay for Life" event. (Photo courtesy of the Fair Oaks Water District).

Volunteers representing the Fair Oaks Water District (FOWD) and Fair Oaks Recreation and Park District teamed-up to raise over \$4,000 in funds for the American Cancer Society, by participating in the Fifth Annual American Cancer Society's "Relay for Life" event. The "Relay for Life" is a local race that takes place over

a 24-hour period, while raising funds for cancer research. The event took place June 2 & 3, 2007 at Bella Vista High School in Fair Oaks.

The Fair Oaks Water District volunteers took shifts, running and walking around the school's track nonstop for a full 24-hours, ultimately raising over \$4,000 in

donations and pledges for their efforts.

"As the Fair Oaks Water District is dedicated to its employees and the community, we were proud to assemble a team to participate and raise money for the cause, and a cure for cancer," reported Tom Gray, General Manager of the Fair Oaks Water District. "This was a fun way to make a big contribution towards the ongoing fight against cancer. Our volunteers were dedicated and terrific, and we look forward to fielding an even bigger team next year!"

For further information regarding the Fair Oaks Water District's employee volunteerism and community outreach efforts, please check the website at: www.fowd.com.



Dianda's Opens in Fair Oaks Village



Sharise Dianda-Guiod, Brittany Dianda, Melissa Webb, Tina Mendez, Sandi Dianda, Armando Dianda, and Marvin Mongalo (in back), all welcome you to come by and enjoy the great Italian foods and baked goods at their newly opened restaurant in the Village. ~ photo by Paul V. Scholl

Dianda's Italian Bakery & Cafe of Fair Oaks is the latest edition of their family owned restaurants. They have been in the business for over forty-three years in San Francisco, where Armando began with his brothers Fred and Pat. The family has also owned restaurants for generations in Italy. Armando's expertise now comes through the menu of delightful lunch choices and baked goods. Sharise tells us that the favorites so far from those enjoying lunch are

the tortellini with asparagus salad, the caprese salad, grilled sandwiches of chicken breast with brie, salami with fontina, and the verdura.

Dianda's also offers baked goods for your special occasions. You can pre-order your lunch by calling ahead to 966-3757. They will be happy to fax you their complete menu. This is a great place to meet with friends, co-workers or clients. Come and enjoy the special coffees by Vaneli!



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Gold River News & Views

Protecting Your Valuable Windows, Part 3 *By Doug Lent*



Gold River
BUSINESS GROUP

Water spots and/or stains on your windows seem to be a fact of life. I'm often asked about the best way to remove water spots from windows and glass shower

doors & walls. Sorry, but there is no simple solution. Once the glass is damaged, you will have a very tough time getting the stains and spots out, if you can do it at all.

The best way to avoid stains and spots is to be careful about the type and amount of water that gets onto your glass. On exterior windows, sprinklers are the biggest problem. Sprinklers spray your windows day in and day out which eventually causes a breakdown in the glass itself. The glass gets etched beyond repair. Do yourself a favor and adjust your sprinklers so that a minimum of water hits your windows.

Some mild acids will remove minor calcium buildup but won't do anything for the silicates.

Having your glass polished to a near new condition is an option but an expensive one. Minor shower spot buildup can usually be removed by using a white nylon pad and a fine abrasive such as Soft Scrub by the Clorox Company. Don't use blue or green scrub pads (the ones you often use in your kitchen), as they are too abrasive and can scratch your glass.

Feel free to call me with questions about your glass cleaning challenges. Doug Lent, the Professional Solution window cleaner & member of the Gold River Business Group. 916-203-4038 or douglent@yahoo.com

Gold River 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.

Plan Ahead to Grow Your Business

Achieving steady, sustainable growth in a small business is one of today's more difficult challenges. General economic ups and downs get in the way, as do regional issues, government policies, tax laws—and even the weather.

But it also may be your internal approach to generating and managing growth that's producing slower sales than you expected, even in the face of what seem to be bright opportunities. Your approach to fostering growth may simply be too hit-and-miss. Perhaps you had a detailed business plan when you first started, but what type of plan does your small business have now for moving into the future?

The everyday marketplace tends to be a chaotic universe where things rarely go according to your original design. A growth plan that acts like an internal compass can be a helpful tool.

Start with your day-to-day actions. If you want your business to grow, it should be the focal point of everything you do. Gather the financial details about

what's happening internally. Then put your plan in writing. It does not need to be lengthy and ultra-detailed. Just the basic points will do. For example, how has your business done in fulfilling your original mission? Did you start with a bang only to see things flatten out? Perhaps you aren't delivering what you first promised to your customers. Fix any problems or shortfalls quickly.

Keeping up with changes in your marketplace is crucial, so you might have to conduct some new research to stay up to date. This doesn't have to be formal research. You might start with a simple customer survey, for example, or check for available research online. Make adjustments as needed in your approach.

Communicate your growth vision to others involved with your business, including outside vendors and contractors as well as partners, investors and employees. Don't just dream—delegate specific actions to reach those goals.

Find out what objections customers are raising to your sales effort—why they have purchased or declined your product or service. Adjust your sales process to place greater emphasis on closing.

Two helpful books on small business growth planning are Strategic Planning for Small Business Made Easy for \$19.95, the latest in the "Made Easy" series from Entrepreneur Press, and The 7 Irrefutable Rules of Small Business Growth for \$18.95 by small business growth expert Steven S. Little.

For more ideas of growing your small business, contact SCORE "Counselors to America's Small Business." SCORE is a nonprofit organization of more than 10,500 volunteer business counselors who provide free, confidential business counseling and training workshops to small business owners. Call 1-800/634-0245 for the SCORE chapter nearest you, or find a counselor online at www.score.org.

Crop Out Cancer

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

- Saturday, 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



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Cool Roof Energy Savings Now Available

SMUD offers rebates on reflective roofs regardless of steepness of the roof slope

Summer is almost here and one way homeowners could see immediate savings on their electric bills is to install "cool" roofs atop their homes. The Sacramento Municipal Utility District (SMUD) is now offering rebates of 20-cents per square foot for flat roof surfaces and 10-cents per square foot for steep slope roof surfaces for SMUD customers who install cool roofs on an existing home that meet SMUD standards. Most customers will save about 20 percent on future air conditioning costs.

These cool roofs are highly reflective and have substantial thermal emittance so the cool roof helps block heat from being absorbed through the roof and into a building. Roof surface temperatures can be reduced by up to 50 degrees. The flat cool roofs are white, while steep slope

cool roof can be in any traditional roof top color.

Another benefit is longer roof life because the cool roofs are protected from ultraviolet and thermal degradation. Also, cooling equipment may work more efficiently and there is even the potential for installing smaller cooling equipment. On a much larger scale, all SMUD customers benefit as these reflective cool roofs help reduce electricity usage during peak periods, hot summer afternoons.

To qualify for the rebate, the customer must own the single-family home, multi-family building or mobile home and it must have an electrical central air conditioning system. Customers whose homes use evaporative cooling systems or wall or window AC units are not eligible for the rebates.

The new residential energy efficiency program follows SMUD's commercial cool roof program that began in 2001.

From 2001 through 2005, SMUD, working with the California Energy Commission (CEC), helped customers install more than 8 million square feet of cool roofs on commercial buildings. These roofs saved more than one million kilowatt hours annually, enough power to serve about 900 homes. Last year, SMUD made the technology available to residential customers, but only those with flat roofs. This year the program has been expanded to include cool roof products for the steep slope roofs.

Residential customers can choose any licensed roofing contractor (C-39) or general contractor license.) and participate in SMUD rebate and financing programs. To learn more about residential cool roof products, find a list of participating roofing contractors and learn about SMUD financing, visit www.smud.org and follow the links to the Cool Roof page or call 1-888-742-SMUD.

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Orangevale News & Views

Doolittle and House GOP Earn Victory on Earmark Reforms



WASHINGTON, D.C. — Rep. John T. Doolittle (R-Roseville) and House Republicans declared victory today as Democrats were forced to surrender to GOP demands for accountability and openness in the appropriations earmark process. Democrats relinquished their hidden slush funds which were set up to stifle floor debate on earmarks, and Republican reforms on the appropriations bills were restored.

Doolittle played a key role in bringing attention to the hypocrisy of the Democrats on this issue which helped cause their reversal.

“They ran their campaigns last November on the idea that the earmarks are going to be open and accountable, and the first thing they did was to go way back in time and do something where they are completely shielded from public view until the last minute when they get dropped in. That is wrong,” said Doolittle during floor debate.

“I am not here to lead a crusade against earmarks. The Constitution clearly specifies that the legislative branch is in control of spending for the government. We are entitled to set our priorities, and we would not be doing our jobs as Representatives if we did not indeed set those priorities. But, to campaign about openness and transparency for earmarks, and then to go in exactly the opposite direction, have no openness and no transparency and no accountability is completely unacceptable,” Doolittle added.

Republican Leader John Boehner (R-OH) made the following statement earlier today marking the GOP success:

Democratic leaders finally surrendered to our demands because supporting secret earmarks in appropriations bills is indefensible and the American people won't stand for it. House Republicans worked together to demand an end to slush funds for secret earmarks and the right to challenge wasteful spending on the House floor — and we won.

Doolittle touted the Democratic reversal as a victory for American families who have a right to know where and how Congress is spending their hard-earned tax money. “I am very proud of the Republican team effort,” said Doolittle. “We won by sticking together and exposing the deceptive tactics of our counterparts across the aisle. It doesn't end here. Now we plan on getting back to work derailing wasteful and excessive spending.”

Republicans have pledged to fight in the coming weeks to ensure these concessions are applied to authorization and tax bills as well.

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

Terms Of Democrats' Surrender On Slush Funds For Secret Earmarks

(As Released by Republican Leader John Boehner)

A tentative agreement has been reached between Republican and Democratic leaders — an agreement that represents a victory for House Republicans. The terms of the agreement are as follows:

Democrats will abandon their plans to pass appropriations bills with slush

funds for secret earmarks. The plan announced last month by Chairman Obey to keep all earmarks secret until “air-dropping” them into conference reports will be dropped, effective immediately. Two appropriations bills (Homeland Security, Military Quality) that include little or no earmarks will move forward. Following consideration of these two bills, all 10 remaining appropriations bills will come to the floor with their earmarks fully disclosed and subject to challenge by any Member. In the unique case of the Energy & Water bill, the earmarks will move to the floor in a package separate from the non-earmark portion of the bill, but (again) the earmarks will be fully disclosed and subject to challenge by any Member. In short: the Democrats' slush funds for secret earmarks are dead.

Democrats will restore the 2006 House Republican earmark reforms for appropriations bills. This rules change will go into effect immediately after the House completes action on the Homeland Security and Military Quality appropriations bills, which include little or no earmarks. This aspect of the agreement will restore a key element of the 2006 GOP reforms repealed by the Democratic leadership in 2007.

The agreement does NOT include specific time limits on debate for any appropriations bills. Democrats earlier today demanded that Republicans accept unprecedented time limits that would arbitrarily minimize debate on spending bills involving hundreds of billions of dollars in taxpayer funds. House Republican leaders refused this demand. Instead, we indicated to Democratic leaders that if the earmark reforms outlined above are complied with both letter and spirit, and adequate time is provided to debate substantive issues, Republicans do not anticipate that we will need to engage in extraordinary parliamentary tactics that will again bring the appropriations process to a halt.

Why Should You Invest? Here are Five Good Reasons



Kirk Camunez

We love lists. We want to know the 10 best pizza places in town and the 10 worst dressed celebrities at the Oscars. We long to find the top 10 movies of the year and the 10 most popular songs of the century. We want to know about the richest people in the country and the cheapest brunches in our city. In short, the list of lists could go on for a long time, but there's always room for one more - so let's look at the Top Five Reasons to Invest.

Here they are, in no particular order of importance:

1. Investing can help you enjoy a comfortable retirement. Most people need at least 80 percent of their pre-retirement income to maintain a similar lifestyle during retirement. You'll get some of your retirement income from Social Security, but it almost certainly won't be enough. To help meet your retirement income needs, you'll need to invest regularly, both through your employer-sponsored plan, such as a 401(k), and through an IRA and other individual investments.

2. Investing can keep you ahead of inflation. Over time, even a low rate of inflation can severely erode your purchasing power. For example, suppose you currently earn \$50,000 per year, and you assume a 4.0 percent inflation rate for the next 30 years. At that point, you would need to earn the equivalent of more than \$162,000 per year just to keep the standard of living you have today. If you want to stay ahead of inflation, you will unquestionably need to invest. And you'll need to keep in mind that, when it comes to battling inflation, not all investments are created equal. Fixed-income vehicles, such as Certificates of Deposit (CDs) and bonds may be excellent choices for providing you with stability of principal and current income, but, over time, only stocks have significantly outperformed inflation. Consequently, you will need at least some stock holdings in your portfolio if you want to protect your long-term purchasing power.

3. Investing can help you prepare for emergencies. If need a new car, or you face an unexpected - and large - medical bill, where will you get the money? By setting up an emergency fund of six to 12 months' worth of living expenses, and investing the money in a liquid vehicle with strong protection of principal, you can help prepare yourself for life's bumps in the road.

4. Investing can help you realize your dreams. If you want to someday travel the world, own a vacation home or even open your own business, you'll need sufficient financial resources - and that means you have to save and invest throughout your working life. By following a disciplined investment strategy and working with a professional financial advisor, you may be able to someday turn your hopes into reality.

5. Investing can help you leave a legacy. You work hard all your life - but you're not doing it all for yourself. If you have a family, you want to be able to leave something behind. You may also want to support a favorite charitable organization. To be able to leave a financial legacy when you're gone, you'll need to invest - while you're here.

So, there you have them - five very good reasons to be a lifetime investor. And the sooner you start, the better.

Tips to Keep Hands Safe on Fourth of July

(PRWEB) --Although many people incorporate fireworks into celebrations such as weddings, birthday parties and backyard cook-outs, fireworks and Independence Day go hand-in-hand. Each year, thousands experience hand injuries in accidents caused by fireworks. The U.S. Consumer Product Safety Commission (CPSC) conducted a study that noted that a majority of the injuries from the “consumer” or “backyard”-type fireworks resulted from misuse rather than malfunction.

Fireworks of some kind are legal in 44 states, from firecrackers to ground-launched types. The most common backyard fireworks--firecrackers, bottle rockets and sparklers--cause 57 percent of all fireworks injuries. Sparklers have the reputation as being the “safe” alternative to backyard fireworks. That reputation could not be further from the truth. While legal in most states, sparklers may reach temperatures as hot as 2,000 degrees. All fireworks can become dangerous if used improperly.

“Many families celebrate with backyard fireworks, but it's important to understand the risks involved. More than a third of fireworks-related injuries include burns, lacerations, fractures and traumatic amputation to the fingers, hands or arms,” says David M. Lichtman, MD, past president of the American Society for Surgery of the Hand. “We encourage people to enjoy firework displays put on by their city or other organizations--to leave fireworks to the professionals. But for those who want to use fireworks of their own, we hope we can remind adults to create a fun, safe environment.”

For those that will be setting off fireworks on their own, the American Society for Surgery of the Hand and the National Council of Fireworks Safety offer the following tips:

- Follow all warning labels and read precautionary information (if any) included in fireworks package.
- Do not smoke when handling any type of “live” firecracker, rocket, or aerial display. Intoxicated people should also never light fireworks.
- Keep all fireworks away from any flammable liquids, dry grassy areas, or open bonfires.
- Take note of any sudden wind change that could cause sparks or debris to fall on a car, house or spectator.
- Be sure other people--especially children--and pets are out of range before lighting fireworks. Keep everyone away from falling debris as well. The debris will still be hot or on fire.
- Do not use any aluminum or metal soda can or glass bottle to stage or hold fireworks before lighting.
- One person - clearly identified - should be responsible for fireworks.
- When setting off fireworks, always have a bucket of water and a running hose nearby.
- Only ignite one firework at a time.
- Never attempt to relight a “dud.” If a firework doesn't ignite, wait 15 minutes and soak the firework in a bucket of water.
- Dispose of spent fireworks by soaking them in water and then placing them in an outdoor trash can
- Should an accident occur, pressure should be applied to control bleeding, and an ambulance should be called immediately.

For more information about the American Society for Surgery of the Hand and its free “Find a Hand Surgeon” service offered to the general public, please visit: www.handcare.org.

Doolittle Helps Pass Rural Schools Funding

One-year extension of Secure Rural Schools law enacted

WASHINGTON, D.C. - Last Thursday, Rep. John T. Doolittle (R-Roseville) voted to pass out of the House of Representatives \$425 million in funding for schools and roads in rural counties across America. The provision was part of the emergency supplemental appropriations bill signed into law by President Bush on Friday. This one-year extension of the Secure Rural Schools and Communities Self Determination Act will direct approximately \$23 million this year to communities in the Fourth Congressional District to keep teachers in the classroom and road maintenance on schedule.

“Making good on the federal government's commitment to students in Northeastern California has been my single highest priority this year,” said Doolittle. “Securing this funding is a huge relief for the school administrators struggling to make ends meet.”

Beginning in 1908, 25 percent of all revenues generated from the multiple-use management of our national forests were shared with the local counties to support public schools and roads. This compensated rural counties for lost economic development opportunities and ensured that children in such areas could receive a quality education. However, the dramatic decline in timber sales on national forests during the late 1980s and 1990s created a fiscal crisis for rural communities. The enactment of the Secure Rural Schools and Communities Self Determination Act in 2000 restored much-needed funding stability to rural communities until the law lapsed at the end of 2006. Doolittle and other Members of Congress from the West

are pushing to guarantee funding on a long-term basis.

“Massive teacher layoffs have already impacted our rural school districts due to the delay in passing this needed law,” stated Doolittle. “We can't afford to go through this again. That is why I have co-sponsored legislation that would stabilize funding through 2011. Furthermore, I am currently formulating a proposal for a permanent funding fix.”

Counties in the Fourth Congressional District are expected to receive funding at the following levels for Fiscal Year 2007:

Butte	\$895,320
El Dorado	\$4,041,450
Lassen	\$3,876,372
Modoc	\$3,343,868
Nevada	\$770,856
Placer	\$1,647,126
Plumas	\$7,258,972
Sierra	\$1,848,005

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



Travel with Judy

Beautiful Angel Island - “Ellis Island of the West”

By Judy M. Zimmerman

Only a short ferry ride from the city, Angel Island is one of the best ways to spend an unforgettable day on San Francisco Bay. It offers breathtaking views of the entire San Francisco skyline.

This gem of the California State Park system played a major role in the settlement of the West and as an immigration station, the “Ellis Island of the West”. More than 13 miles of hiking trails and nine miles of biking trails crisscross the land to many of the historic sites. You can also hop aboard a guided historical tram tour or book a tour offered on Segways--electric, self-balancing personal transportation devices.

In addition to the superb recreational opportunities that include picnicking and camping, Angel Island is a fascinating microcosm of U. S. History, from the Miwok Indian times about 2,000 years ago through the Civil War, World Wars I and II, to the Cold War era.

In 1863 the U.S. Army established Camp Reynolds on Angel Island to protect San Francisco Bay. The island later became a garrison for infantry serving in campaigns against the American Indians in the West.

During World War I, it was a recruitment depot and discharge point for troops returning from the war. In World War II, Angel Island was the embarkation site for troops headed toward the Pacific, as well as a processing facility for prisoners of war.

Although the Army abandoned the island in 1946, it returned during the Cold War to build a Nike missile battery.

One fascinating aspect of Angel Island's history is when it served as the “Ellis Island of the West” From 1910 to 1940, it was the entry point for about 175,000 Chinese and Japanese immigrants. Most were detained on Angel Island from two weeks to six months, until their applications were approved. Many were denied entry. Chinese were specifically targeted for exclusion from immigration. Some Chinese detainees expressed their anxiety and despair in poetry carved on the wooden walls of the detention center. Many of these poems are still legible today.

Getting to the Island

- o Angel Island is reached by ferry from San Francisco, Tiburon, Oakland and Alameda.
- o Angel Island-Tiburon Ferry, 415-435-2121, www.angelislandferry.com
- o Blue and Gold Fleet, 415-773-1188, www.blueandgoldfleet.com
- o To reserve group picnic areas or campsites, call 800-444-7275, www.reserveamerica.com
- o Visit www.angelisland.com or call 415-897-0715 for information about bicycle rentals, guided historical tram and Segway tours.
- o Angel Island's Cove Cantina sells barbecued oysters and other light refreshments.

Assemblyman Roger Niello is Appointed Metro Fire Safety House Trailer to Budget Conference Committee Undergoes Renovation



SACRAMENTO - Assemblyman Roger Niello (R-Fair Oaks) has been appointed to the Budget Conference Committee that is set to begin work on the final budget package on Friday, June 1. The committee is charged with reconciling the differences between the Senate and Assembly versions of the 2007-08 State Budget Bill.

"I look forward to beginning work on the final budget package in the conference committee. As a member of this committee, my priorities are to ensure that progress is made on our structural

deficit. California continues to face ongoing structural deficits and now is not the time for lavish new spending." Said Assemblyman Niello.

Since January, the Governor's budget outlook has worsened by nearly \$2 billion in combined revenue declines and increased expenditures. At the same time, the non-partisan Legislative Analyst has estimated that state expenditures would exceed revenues by more than \$3 billion in 2007-08 and more than \$5 billion in 2008-09.

The Community Services Division of Sacramento Metropolitan Fire District was pleasantly surprised last week when we went out to Fleet Services to see the changes and alterations made to the District's Safety House Trailer.

The Safety House was originally purchased by American River Fire District approximately 8 years ago. It is used to demonstrate Fire Safety in the Home for children in the 8 to 11 year old age group. The trailer has many useful features to educate children on Exit Drills In The Home (E.D.I.T.H.).



After a brief orientation lecture and video, children are put in the 'bedroom' of the trailer. The smoke alarm is activated and 'smoke' fills the room. Children are taught to "Get low and Crawl" to the door, feel the door for heat and how to exit out the window of the room. They are then taught to go to the 'meeting place' and how to place a 911 call.

The Safety House trailer had been at the Fleet Division for several months to have repairs made and to get it in shape for upcoming use by the District. During the trailer's stay at Fleet, the shop employees were assigned to make the necessary repairs. Instead of just doing the bare necessities, this innovative and dedicated group of employees went above and beyond to come up with some amazingly creative ideas to make the trailer not only more effective as a teaching tool, but to make it a great deal more user-friendly for the operators.

The changes and improvements made by this team are too numerous to list here, and we encourage the public employees to stop by and see the trailer when it is out being used by the Metro Fire Community Services Division.

The end result of all of their efforts is a Public Education Safety Trailer that the public will enjoy and of which Sacramento Metro Fire can be extremely proud.

Spay/Neuter Debate Continues

AB 1634 will fail to reduce shelter intake and euthanasia because the basic premise of the bill is faulty. The fundamental premise of AB 1634 is that there is "pet overpopulation" as a result of "excess breeding", so by cutting down on breeding you should be able to reduce the numbers entering shelters and being euthanized.

That fundamental premise is simple and appealing, but very wrong. The shelter numbers for dogs are not caused by "excess breeding" or by any kind of breeding at all - not even puppy mills. They are caused by people who get pets, and then get rid of them for reasons identified by the National Council on Pet Population Study and Policy" and NONE of which have anything to do with breeding, but are instead personal problems. There is actually a shortage of puppies in CA and they are being imported from off-shore and out of state and smuggled in from Mexico to meet demand. Demand driven markets do not respond to "supply side" controls as a thriving import trade, both legal and illegal proves. The shelter population for cats is largely free-roaming and/or feral cats and their offspring, who will not be affected by AB 1634 in any way since they are unowned.

AB 1634 will not reduce the numbers of pets in shelters - they

will just be less well-bred, less healthy and less well-socialized. AB 1634 will reduce the numbers of working dogs, stock dogs, police dogs, assistance dogs or guide dogs. Those are all the product of small breeding programs most of which will be shut down by AB 1634, raising the cost of suitable animals from out-of-state sources. Levine says these dogs will be exempt, but service and working dogs do not provide the next generation, it is their siblings and cousins, and AB 1634 requires they must be altered at four months of age.

The wording of the law is designed to deceive the unwary into believing that "legitimate" dogs, including purebreds, show animals and working stock will be able to remain intact. This is false, because none of the supposed qualifications can be met by puppies less than four months of age. Working dogs not registered with certain registries can never qualify, nor can cats who are not eligible to be shown, but must remain in the gene pool to assure healthy stock. The public is led to believe breeders only need a business license, breeding permit and intact permit. Breeders are not businesses, they do not qualify under IRS rules and virtually no hobby breeders could qualify for a commercial breeding permit.

Municipalities have no requirement to grant these licenses and permits and can charge outrageous fees. This bill is essentially promoted by a special interest group backed by PETA and HSUS who want to eliminate breeding in California.

AB 1634 is an unwarranted intrusion into the lives of private citizens. In a violation of property rights in that it requires citizens to irreparably damage their property and put their pets at risk of death at their own expense. It can only be enforced by invasion of privacy (door to door searches), and self-incrimination. With only 4% of California's pets ever seeing the inside of a shelter and only 1.5% euthanized, and with over 75% of dog owners and over 90% of cat owners VOLUNTARILY altering their pets, is this an expense and intrusion the public is willing to bear?

Info on Margaret:
Margaret A. Cleek, Ph.D. is a Professor of Management in the College of Business Administration at CSUS. She is a longtime member of the Alaskan Malamute Club of America and has authored several published articles on the demographics of pet population and has been an invited lecturer on the topic at UC Davis.

Soft Pedaling Coercion

by Tibor R. Machan

All of us who travel by air have probably come across those announcements in airports about how smoking is forbidden. If airports were private facilities, I would have no problem with this. And, in fact, since I don't smoke, I am not personally put out by those bans, either.

What is, however, irksome is that most of the announcements pretend to be requests. This is evident from how they end, namely, with "Your cooperation is much appreciated," "We thank you for your cooperation," or some such thing. And this clearly is a ruse, since when something is a government mandate, cooperation is not relevant. Compliance is.

When people cooperate, they do so voluntarily. They freely take part in an endeavor with others who also do it of their own free will. That's what cooperation involves. When, however, one is ordered by the police or some other government agency that has the legal option to back its order with force, one has no option but to go along. Otherwise one will be fined and if one resists, one can even be shot. Instead of refusal or cooperation, what one faces is a choice of resistance or compliance. And the former can come at a high price.

At commercial airports, for example, one may not even voice one's negative opinions about, say, the conduct of the TSA personnel. Not long ago I mumbled something under my breath as one of the more eager-beaver uniformed TSA officials ordered me to remove my sandals—I was annoyed since TSA demands this in some

but not in other airports. Sure enough, the official heard my indistinct utterance and wanted to have me repeat it so as to learn whether it was anything critical of TSA. I refused to repeat myself and, fortunately, wasn't bothered further. But had I said anything at which the TSA official took offense, I could have been barred from boarding my flight.

In any case, why don't those announcements come right out and order people and stop pretending to be making a civilized request of passengers? Why the "Thank you for your cooperation" when, in fact, the officials care not a whit about our cooperation, only about our compliance?

Mysuspicionisthatthispretense at dealing with passengers as if their cooperation mattered comes from the TSA's and similar agencies' awareness that all this ordering us about is a bit odd in what is often proclaimed to be a free country. (This is also why some people who support taxation keep insisting that in some convoluted fashion paying taxes is done voluntarily.) I do not have the resources for it but I would be willing to bet a sizable sum that a systematic study of this kind of behavior on the part of government officials would show that they want it both ways, issuing their orders and pretending that those aren't orders but requests.

To disguise that they are involved in regimenting millions of supposedly sovereign citizens, these officials and their spin doctors sugarcoat the policy with euphemisms and outright linguistic distortions.

Maybe I am making too much of this, but my impression is that it fits the picture of a society slowly but surely transforming itself from being relatively free to being one where the population will pretty much be regimented around in most realms of life. If we can be convinced that following orders at the point of the gun amounts to cooperation, then the police state implications of these policies might be successfully hidden from us. Never mind that in the process the English language itself is being corrupted.

One reason I tend to be on alert about this kind of government behavior is that where I lived in my childhood, in a communist state, the practice of Orwellian language corruption was rampant. Slavery was called "freedom," one-party rule was called "democracy," coerced marches were called "parades," and so forth. I suppose when you have been through that, you become rather skilled at perceiving similar tendencies even while others may simply dismiss them as innocent misuses of words. I suspect they are anything but.

Machan is RC Hoiles Professor of business ethics & free enterprise at the Argyros School of Business & Economics, Chapman University, and a research fellow at the Hoover Institution, Stanford University. He also advises Freedom Communications, Inc., on public policy issues.

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



CITRUS HEIGHTS POLICE DEPARTMENT



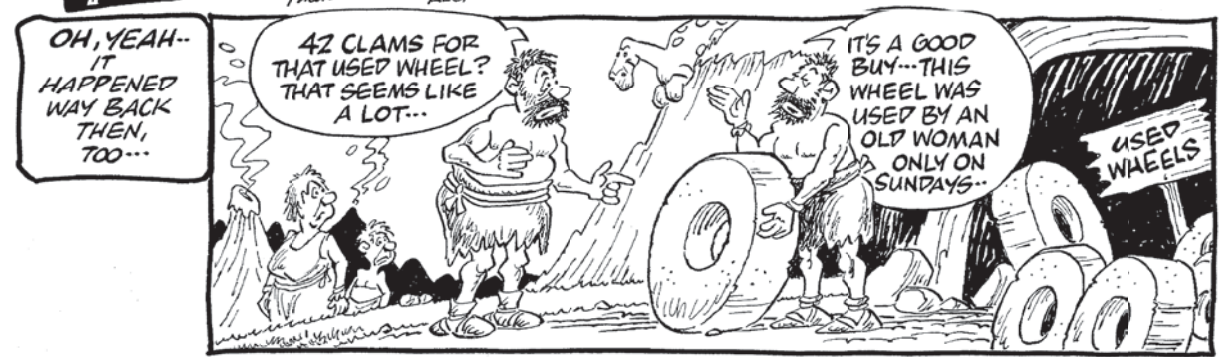
MEDIA REPORT

Date & Time	Incident#	Location
5/29/07, 11:47am	07-6198, Traffic Collision	Auburn/Sunrise Blvd
Officers responded to the above location regarding a traffic collision that knocked the traffic lights out of working order. Upon the officer's arrival, it was determined the driver, David L. Morrison, 45yrs old, was under the influence. The suspect was transported to CHPD where he blew a .15 BAC. He was arrested and booked into Sac CJ. The motor officers spent approximately four to five hours directing traffic and keeping the flow of traffic running smoothly.		
5/29/07, 1:29pm	07-6201, Warrant Arrest	Bonham Cir/Sun Hill Dr.
An officer initiated a traffic stop in the above area. Upon contacting the driver, Hector G. Salcedo, 25yrs old, it was determined he had an outstanding misdemeanor warrant. He was arrested and booked into Sac CJ.		
5/29/07, 2:18pm	07-6205, Warrant Arrest	8100 block of Glen Creek Wy
An officer responded to the above address in regards to the reporting party wanting to turn himself in for an outstanding warrant. Upon officer's arrival, he contacted Robert Cunningham, 42yrs old, and a county warrant which was confirmed. He was arrested and booked at the Sacramento County Jail.		
5/29/07, 4:36pm	07-6209, Warrant Arrest	CHPD Lobby
An officer responded to the above location regarding a subject wanting to turn himself in for an outstanding warrant. Upon the officer's arrival, they contacted Edward B. Williams, 28yrs old, for a probation violation. He was arrested and booked at the Sacramento County Jail.		
5/29/07, 4:25pm	07-6211, Warrant Arrest	6200 block of Longford
Officers responded to the above address regarding a domestic violence situation in progress. The victim was hiding in the bathroom with her small child. Upon the officer's arrival, the aggressor, Aaron D. Antopia, 22yrs old, left the scene. The officer managed to call Aaron and convince him to return to the scene where he was arrested for an outstanding warrant. He was booked at the Sacramento County Jail.		
5/29/07, 11:34pm	07-6227, Possession of Drugs	6700 block of Auburn Blvd
Three subjects were detained by private security for being in the park after hours. The subjects were found to be in possession of drugs and drug paraphernalia. Two officers responded to the scene. During a pat search on suspect, Justin Dockery, 20yrs old, a small clear plastic baggie containing a white powdery substance. The substance tested positive for methamphetamine. Suspect was arrested and booked at the Sacramento County Jail.		
5/29/07, 3:33am	07-6229, Felony Warrant	7200 Greenback Ln
An officer initiated a traffic stop on a vehicle with a broken windshield. Suspect, Nathan Sprague, 24yrs old, had a felony warrant out for his arrest. Suspect was arrested and booked at the Sacramento County Jail.		

THEY'LL DO IT EVERY TIME



BY AL SCADUTO





LIVING FOR GOD™
By Calvin and Lisa Wulf

“Professional Paralysis”

“May the favor of the Lord our God rest upon us; establish the work of our hands for us – yes, establish the work of our hands.” Psalm 90:17 (NIV)
“Going to work isn’t like it used to be,” he laments peering into the horizon, fishing pole in hand.
“What gives?” asks his buddy, baiting his hook.
“I’ve just got this gnawing feeling that I should be doing something else. But what?” he

ponders, casting his line. “I’m afraid to leave what I already have.”

Professional paralysis is an uncomfortable feeling. Hanging on to a job we know isn’t right for us, but afraid to do something else. There are tons of reasons to stay – some even legitimate. We feel stuck. So we plod along, going through the motions. But something is lacking. Is this all there is?

Perhaps you chose your occupation before you were aware of God’s plan for you. Or maybe he gave you your current job only for a season. All you know is that you feel unsettled. Filled with a restless yearning. Could God be ringing your doorbell?

OK – you know he’s at the door. But your fears keep you mired in indecision. Moving on is never easy. In fact, there can be real personal and financial challenges to following God’s leading.

But let’s face reality. If God isn’t selecting our vocation, the workplace frustration will continue. Here’s the divine plan. The Lord picks the job. We do

it. He blesses it. It’s that simple. Unless God prospers our work, we can’t succeed on our own. Setting our own agenda is useless.

Are you working where God has called you? If not, explore these paths:

- Prayerfully evaluate your unrest. Where is God leading you?
- Face your fears. Be strong and courageous.
- Assemble your team. Call in family, friends, and Jesus, your life coach.

In Christ we’re free to enjoy the work he has given us. Following his career plan is an exciting adventure. Are you living life “flat-footed” or flowing in God’s will? Put some spring in your step and pursue God’s vision.

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 or call (719) 578-8837.

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Little Things Mean A Lot

When our focus is only on the big things in life, we miss the many many blessings that touch our lives from day to day. It is actually the little things in our every day life where God is showing us how much He loves us. It can be the morning sunshine, a cool breeze, a bird singing, a butterfly flitting through the air, a rainbow, a smile from a stranger, a note from a friend, a kiss, a hug or a beautiful white cloud.

Not too long ago I received a card from a friend. She had spelled my name wrong which sometimes occurs even if someone has known me for years. The first time it happened was after I became acquainted with God; it was Christmastime and both my parents spelled my name wrong on the gift tags. This is just one of those funny “little things” God has allowed in my life to let me know “He has everything in control.” To me it was like having a permanent seal placed on my life, I was His child and that I belonged to the Lord!

God does have a sense of humor! One of my

first “arrow prayers” was, please God send by a Termite man today. That morning my kitchen was full of the little flying things crawling all over my counters. It seemed within minutes there was a knock on the door. A man from a Termite Company was canvassing our neighborhood for business. He went right to work and never again did I wake up to little bugs all over my kitchen counters.

God is in control of everything, from the rising of the sun to the going down of the same.

These things are little glimpses that His hand is always working behind the scenes of every life to bring all of us into a more intimate knowledge of His personal love, grace and mercy. There is nothing insignificant and meaningless about anything that occurs in our lives. We can find great joy in taking our focus off the big things and centering on the many things each day where we find His favor as He grants us little blessings of His love.

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



Coping With Daily Frustrations

I was read this week that miners, coal miners, have two

big fears. One, of course, is the fear of a cave-in. There could be an explosion and they could be trapped underground. The greatest fear that miners experience is the fear of black lung, which is the fear that they inhale carbons and coal dust into their lungs and finally the stuff accumulates so much that it suffocates them. Minors say, “What we fear the most and what kills us is the small stuff.”

Most of us would agree that part of our biggest problems is the little things in life that get us down. Have you ever had “One Of Those Days”? A dozen minor problems equal one bad attitude. They just all add up. It gets to you. The frustrations.

The acid test of your Christianity

is how you handle the little things in life. That’s the bottom line. How you handle the little, insignificant irritations and frustrations of life. The Bible says in Philippians 2 that what makes a Christian different from anybody else is his attitude, his attitude toward the little things in life. Philippians 2:14, “Do everything without complaining or arguing so that you may become blameless and pure children of God without fault in a crooked and depraved generation in which you shine like stars in the universe.” The Bible says that if you have an attitude of being a grateful person, a positive person, not being a complainer, you will be so unique that you stand out like a star in a dark night. You will

be one in a million.

Life is largely made up of little things. Your faith is not so much determined on how you act on Sunday, but how you act on Monday. It’s the real issues of life and your attitude that make the difference. So how do you handle the daily frustrations of life?

Ask God to fill you with His love. The difference is what’s inside of you. That’s what makes the difference, not the situation. The difference is how you choose to respond. I squeeze a tube of toothpaste, what comes out? Not necessarily Aqua-fresh. Whatever that tube is filled with is going to come out. If by mistake they had filled that toothpaste tube with Crest, then when you squeeze it,

Crest is going to come out. If they filled it with Silly Putty, then Silly Putty’s going to come out. What I’m saying is, whatever is inside the tube when it gets squeezed and put under pressure, that’s what comes out.

When the world puts the squeeze on you, what comes out of your life? If you’re filled with love, when the world puts pressure on you, love is going to come out. 1 Corinthians 13 says “Love is never irritable.” Love is self-giving, not self-serving. We get irritated, frustrated, mad, uptight because we think everyone and everything has to revolve around us. When it doesn’t, we get irritated. Love concentrates on the other person. A loving person would realize that

the clerk has probably had a tough day and already had fifteen people griping at her. She has a right to be a little edgy. Love says, “I make your needs, my needs.” That’s the type of people we want to be.

Make this your prayer, “Jesus, I need Your help with daily frustrations. Help me not to be negative. I don’t want to be a complainer. Help me to realize when I’ve brought it on myself. Help me to see how You would respond to every situation. Lord, fill me with Your love so that I see the needs of others and not just my own.”

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

Fatherhood: An interview with Clay Rasmussen by Marlys Johnsen Norris



Clay Rasmussen

Asked about his thoughts on being a father, Clay Rasmussen answers, “To me, fatherhood has been the greatest privilege of my life.”

Clay was born of Danish ancestry in Ensley, Michigan, where his father was the pastor of America’s first English-speaking Danish Baptist Church. After high school Clay moved to California and attended college, graduating as an Electrical Engineer in Physics. He worked for Arnold O. Beckman, world-renowned scientist and owner of Beckman Instruments. They worked on the “Manhattan Project,” developing the atomic bombs which brought the successful conclusion of World War

II. “The most memorable event of my lifetime is when I was honored by receiving a Certificate from the Secretary of War for my help on the Manhattan Project.”

When the project was complete, Clay enlisted in the Navy and was sent to war. While overseas, he received a letter from Cora, the daughter of family friends. They faithfully corresponded, finding they had close Christian ties. “Love blossomed more with each letter I received.” When the war ended and Clay returned home, he traveled to Cora’s home in Wisconsin to visit. Within ten days Clay realized he was in love, and he proposed marriage. Two and a half years later, in 1948, Cora and Clay were married in the same Danish Baptist church where his father had been the pastor years before.

Speaking about Cora brings a sparkle to Clay’s eyes; his adoration for her is evident in his voice. Clay and Cora were married for 41 years and raised three children: Gary, who lives in Roseville; David, of Atascadero; and Cheryl, living in Colorado Springs.

Asked about his parents’ teachings, Clay says, “My loving mother taught me ... to love others the way the Lord loves them, unconditionally. My father taught me about faith, that God would supply our every need, we need not worry about anything.”

“Cora and I believed in living as an example and doing what was right. We encouraged our children to study the Word of God, have good work ethics, get a college education, marry a Christian, and serve the Lord all the days of their lives.”

“Every one of our children has expressed how they appreciated [their upbringing]. They have observed our genuine Christian life and it has meant so much to all of them! What more could any parent hope for?”

THE OBSERVATION DECK

Who can believe that there is no soul behind those luminous eyes!

THEOPHILE GAUTIER

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BIBBLE TRIVIA
by Wilson Casey

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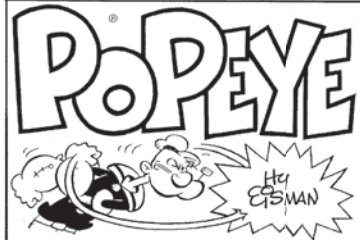
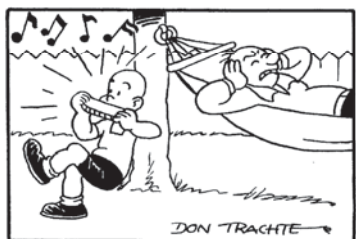
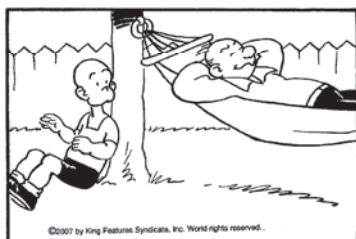
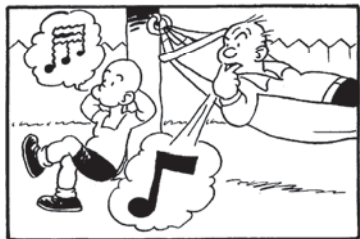
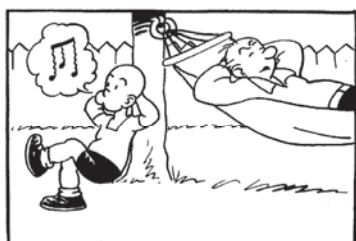
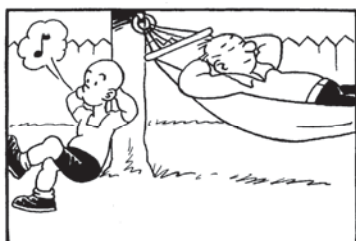
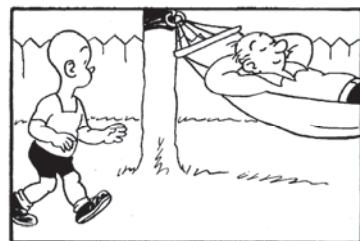
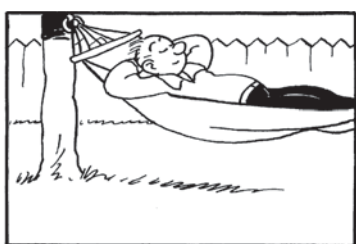
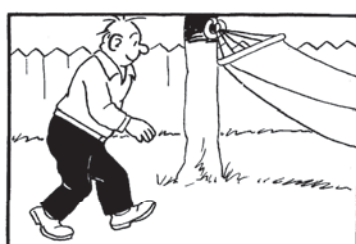
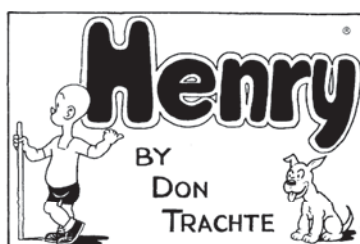
THE ILLUSTRATED BIBLE

God created the great creatures of the sea and every living and moving thing with which the water teems, according to their kinds...And God saw that it was good.

GENESIS 1:21

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1. Is the book of Philippians in the Old or New Testament or neither?
 2. From Mark 8, Jesus healed a blind man by putting what into his eyes? *Sand, Wind, Blood, Spit*
 3. What elderly cousin of Mary was the mother of John the Baptist? *Jael, Rahab, Sarah, Elisabeth*
 4. Who wrote the letter to the Hebrews? *Unknown, Paul, David, Solomon*
 5. What book foretold the virgin birth? *Joel, Isaiah, Jonah, Malachi*
 6. Who was Shamgar the son of? *Ehud, Samson, Anath, Tola*
- ANSWERS: 1) New; 2) Spit; 3) Elisabeth; 4) Unknown; 5) Isaiah; 6) Anath
Wilson Casey’s “Do You Know Your Bible? A Fun Quiz on the Good Book” (Sourcebooks, \$5.95) has just been published.
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The Spats

by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Bat is missing. 2. Falling is different. 3. Player's pants are longer. 4. Crowd is larger. 5. Ball stitching is different. 6. Neckline is changed.

Trivia test by Fifi Rodriguez

- ANIMAL KINGDOM: What is the scientific name for an ant nest?
- ASTRONOMY: Titania and Oberon are the two largest satellites circling which planet in our solar system?
- GAMES: What is the color of the square for St. James Place in the game "Monopoly"?
- LANGUAGE: What does the Greek word "platypus" mean?
- MEDICINE: If you have a high level of low-density lipoprotein, medically speaking what do you have?
- GEOGRAPHY: The island nation of Madagascar lies off the coast of which continent?
- INVENTIONS: Who invented the modern ballpoint pen?
- MEASUREMENTS: How many gallons are contained in a firkin, often used to store beer?
- LEGENDS: Where did the outlaw Robin Hood live?
- MOVIES: What was the name of the women's baseball team in "A League of Their Own"?

Weekly SUDOKU

by Linda Thistle

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

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

Wills & Trusts

Attorney Joel S. Primes, from the Senior Legal Hotline, will speak on "Wills & Trusts" Thursday, June 28th, from 1:00 - 2:30 pm. Mr. Primes will answer your questions regarding setting up or amending a trust or will. You don't want to miss this very informative presentation! Ethel Hart Center, 915 27th St Sacramento, 808-5462.

Certainty in Uncertain Times

Benjamin Franklin said it best, "Certainty? There are but two things we all can be certain of...death and taxes." While the government will eventually take care of your tax issues, YOU have a choice in deciding on your final arrangements before leaving this world. Suzanne Leonard, our forms specialist, will give an informal presentation addressing your questions regarding funeral and burial arrangements. Please join us for this very special, presentation on Monday, June 25th at 1:00 pm. Bring a friend! Ethel Hart Center, 915 27th St Sacramento, 808-5462.

Writing as Healing

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

MAGIC MAZE ● — GROVE

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

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

Apple	Eagle	Lemon	Orange
Ash	Elk	Maple	Pleasant
Cedar	Forest	Oak	Walnut
Cherry	Garden	Olive	

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All Answers on Page 14

Contract Bridge

A DIFFICULT DECISION

North dealer.
Both sides vulnerable.

NORTH			
♠	A Q J 9 5	♠	10 2
♥	A	♥	K Q 10 9 2
♦	10 9	♦	J 6 5
♣	A J 10 9 6	♣	Q 8 2

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

The bidding:
North Pass East Pass South Pass West Pass
4♣ Pass 6♣ Pass

Opening lead — four of hearts.

Some of the most bothersome hands to play are those where you are sure to make the contract, provided you guess the right way to take a two-way finesse for a missing queen.

Take this case where six spades is a cinch to make if declarer knows which defender has the queen of clubs. But if he finesesses against the wrong opponent, he goes down, since the diamond finesse also loses.

Guesses of this type are extremely aggravating when you come up with the wrong answer and go down as a result. They are also embarrassing because partner always seems to find a reason why you should have finessed the other way.

The actual declarer found a way to improve significantly on his chances of getting the clubs right. After winning the ace of hearts, he led a spade to the king, ruffed the jack of hearts in dummy and played another round of trumps.

He then cashed the ace of clubs and led the jack of clubs, playing low after East followed low. When the jack held, the slam was home, and South now tried for seven by taking the diamond finesse. Although this lost, declarer had the rest of the tricks.

Why did South decide to play the clubs the way he did rather than finesse West for the queen? The answer is that he would not only make the slam whenever East had started with any number of clubs including the queen — essentially a 50 percent chance — but also whenever West started with the doubleton queen, roughly an additional 14 percent chance. In this latter case, West would be endplayed after winning the queen, since either a diamond return into the A-Q or a heart return, yielding a ruff-and-discard, would hand South the contract.

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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.

Barnes & Noble Celebrates the release of Harry Potter and the Deathly Hallows

Citrus Heights, CA, June 4, 2007 – To celebrate the upcoming release of the new Harry Potter and the Deathly Hallows, the Citrus Heights Barnes & Noble store is offering an advance contest and a special opportunity to local educators.

All Harry Potter fans (age ten and up) are invited to write a one-page essay describing what they think happens to Harry Potter in Harry Potter and the Deathly

Hallows. All entries must be submitted to the store by June 31, 2007. Four winners, one for each of the four Houses of Hogwarts school (Gryffindor, Ravenclaw, Hufflepuff, and Slytherin), will receive a free copy of the book.

Attention teachers, librarians, and school administrators: Make your classroom or school purchases between June 5 and July 20 and receive 20%

off most book purchases. You will also be entered in a raffle for free copies of Harry Potter and the Deathly Hallows as well as "Harry Potter Fast Passes." These special passes will expedite customers' ability to pick up their copy of Deathly Hallows during the book's Magic Midnight release party on Friday, July 20.

As part of the store's current "Buy 2 get the 3rd Free" DVD promotion,

if customers buy any two Harry Potter DVDs, they will also be entered in the raffle to win "Harry Potter Fast Passes" and free books. The DVD promotion lasts from May 30 through June 26th, 2007.

For more information about these events, please contact Barnes & Noble Community Relations Manager Mike Troyan at (916) 853-1389.

Free Summer Concerts in Citrus Heights

The City of Citrus Heights and the Sunrise Recreation and Park District are proud to once again launch the Summer Concerts in the Park series. The concerts take place from 5:00 p.m. to 7:00 p.m. at Rusch Park, 7801 Auburn Blvd., in Citrus Heights (at the corner of Auburn & Antelope). Scheduled performers include:

- Sunday, 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>.

Metro Fire Says Thanks to the AR Messenger

Hi Paul,

I just wanted to let you know about the response to the Fire Camp article that was in the American River Messenger last week. If you ever wonder if people are reading your paper, let me tell you that they certainly are! Starting at about 2:00 in the afternoon last Friday, I had over 26 voicemail messages in a 4 hour span! And that was just on Friday! There were even more over the weekend and on Monday.

I wanted to thank you and the American River Messenger for helping Metro Fire to get our messages out there to the readers. Our tips on drowning prevention and senior safety are definitely being read and hopefully, maybe even saving lives. That is a great service that you are providing to the community and we at Metro Fire appreciate it very much!

Thank you,

Jill Conner
Public Education Technician
Community Services Division



The Do's and Don'ts of Selecting a Pet Sitter

Out of concern for their pet's health, well-being and safety, more people are avoiding kennel, boarding and daycare facilities, and even family members or the neighbor's kids, in favor of home-based pet care. However, the difficulty of finding reliable, at-home service providers has spawned the need for firm guidelines on selecting the right professional.

"Selecting a sitter to care for a pet and home is a very personal decision that should not be taken lightly," cautions Paul Mann, founder and CEO of FETCH! Pet Care - America's premier pet care franchise offering professional at-home pet sitting and dog walking services. "Despite conventional thinking, all

at-home pet care service providers are not alike. A touch of due diligence is key to ensure you find a highly trained, reliable and well-screened animal caretaker to best meet each pet's unique needs - and your appropriately high expectations.

FETCH! Pet Care offers this advice:

- DO:
 - Ensure the company is fully bonded and insured and offers a satisfaction guarantee
 - Confirm that your sitter has undergone a criminal background check and has received proper training
 - Verify the company can accommodate your desired vacation schedule, especially during busy holidays
 - Make sure backup sitters are available in

case your primary sitter has an emergency

· Confirm the company offers a free in-home consultation for you to pre-interview your sitter and establish a "comfort level" for you, the pet(s) and your sitter

· Ensure the company offers 7-day per week telephone and email availability and rapid response

DON'T:

- Shop for a pet care provider on price alone. Often, the lowest-cost providers lack insurance, bonding, professional training and the backup staff required to properly handle problems or emergencies that arise
- Unnecessarily subject your pets to crowded kennels, boarding or daycare facilities - primary

breeding grounds for airborne diseases such as kennel cough and canine influenza. Also often a cause of psychological trauma including separation anxiety and depression

· Leave your pet care to the local neighbor's kid, who might be forgetful and shirk their full pet care responsibilities. Even those with good intentions can still fall far short relative to proper pet care

· Assume that you can leave your pets home alone and unattended with a large supply of food and water while you're away. Pets can knock over their food and water bowls or feeders, lock themselves in rooms, get their claws caught in soft materials, choke on food or hairballs,

cause unforeseen damage to items in your home, and could be trapped should a fire or other unforeseen emergency occur in or near your home or apartment

To find a reliable pet sitter near you, call FETCH! Pet Care's toll-free consumer help line at 1-866-FETCH-ME or use its online pet sitter locator at www.FetchPetCare.com.

Company founder and CEO Paul Mann available for interview. Access the company's complete press kit online at www.fetchpetcare.com/pressroom. Contact Merilee Kern at merilee@kerncommunications.com or 858-577-0206 for more information.

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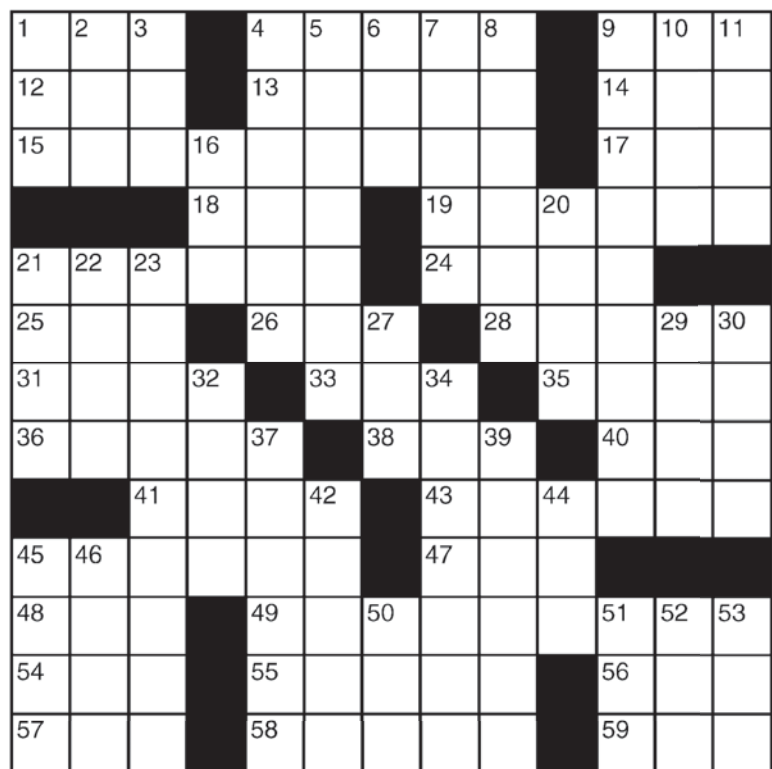
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KING Crossword



ACROSS

- 1 Kreskin's claim, brief
- 4 Wanders
- 9 Aware
- 12 Boudreau o baseball
- 13 Otherwise
- 14 Can. neighb
- 15 1957 Astair movie
- 17 Crafty
- 18 Corn spike
- 19 Chops into small bits
- 21 Reflective power
- 24 Grad
- 25 Romanian money
- 26 Overactor
- 28 Flounder
- 31 Token of defiance
- 33 Papa
- 35 Elbow counterpart
- 36 Examine ore
- 38 Affirmative
- 40 Blunder
- 41 Support group'
- 43 Game participant
- 45 Sunday mea
- 47 Science workplace
- 48 Thither
- 49 Bees' structure
- 54 A billion years

- 55 Hackneyed
- 56 Retainer
- 57 Firmament
- 58 Handle the helm
- 59 Adipose tissue

DOWN

- 1 Sprite
- 2 Old French coin
- 3 Bit of wordplay
- 4 Capital of Saudi Arabia
- 5 On unpaved areas
- 6 Literary collection

- 7 Starbucks flavor
- 8 Piffers
- 9 Bribe of a sort
- 10 Gilligan's home
- 11 Picks up the check
- 16 Born
- 20 Pout
- 21 Plankton component
- 22 Meadows
- 23 Thorn in Elmer Fudd's side
- 27 Spring time
- 29 Withered
- 30 Munich
- 32 Deserve
- 34 Use up
- 37 America's Cup
- 39 Buffy, to vampires
- 42 Concise
- 44 Regis' network
- 45 Tournament situations
- 46 Chess piece
- 50 Never, in Nuremberg
- 51 Vacationing
- 52 — culpa
- 53 Wager

Answers on Page 14

Has Your Financial Future Become Self Service?

By Delia Fling

A funny thing happened last week while gassing up my car at my local service station. Incidentally, why do they still call it a service station? When's the last time you were served at one? Not only do we fuel our own cars, clean our own windshields, check our own tires but we even go into a store to pay for it in advance! I digress... So I am filling my gas tank and started to chat with a fellow fueller. As you can imagine with fuel prices surpassing rates in the 1970's (for our younger readers we actually had gas shortages) our conversation went something like "I wonder what kind of a mortgage loan I need to take out for filling my tank"? Never letting a business opportunity slip away, I immediately volunteered my services. To my shock his response was "you aren't one of those mortgage people, are you?" Needless to say, every industry has their rotten apples that tarnish the rest of us. Not sure where this was going, I asked him to explain. "The last time I got a mortgage I had an awful experience. I thought I was getting one loan when I went to sign my loan

papers; it was a completely different loan. Plus, it included a 3-year prepayment penalty!

Furthermore, my loan guy was nowhere to be found. I had no choice; we had to close on the house. Boy was I mad and frankly still am"! Unfortunately, a rising number of people have had that type of experience with loan officers. They focus only on price not on what they should be focusing on...namely you the customer. The bulk of mortgage professionals are just that, professionals, whose only interest is serving their clients' best interest. Now is the time for my shameless promoting... As for mortgage planners, we not only tailor-make mortgage loans for our clients, but we make sure those loans fit our client's lifetime values and saving goals. And if clients don't have those goals, we help them establish them. We extend "full service" effort in order to create "clients for life". Personally, I offer you my financial expertise generated



from 25+ years of involvement in the financial markets. My team spends as much time as our client needs warrant, accomplishing their goals. We do NOT charge by the hour, we are compensated the same as any loan professional, only, if and when you do a loan with us.

If you are only getting a mortgage loan from your lender, you are settling for self-service when for the same price, full service is around the corner.

Delia Fling is a Mortgage Planner with Trans Pac Financial in Fair Oaks. If you would like a complementary mortgage review please contact Delia at deliaf@transpacfl.com or phone 916-284-0066.

Safety Advocates Encourage Boaters to Wear Life Jackets During July 4th Week

Television Star Promotes National Life Jacket Contest

Washington, DC- As the July 4th holiday remains one of the busiest boating weekends of the year, safety advocates say life jackets could play a pivotal role in keeping boaters out of harm's way this holiday.

Research conducted by the U.S. Coast Guard continues to indicate that wearing a life jacket is the number one safety precaution boaters can take on the water: in 2005, 87 percent of boating fatality victims who drowned were not wearing life jackets. "When you are heading out to the water for a day of relaxation on your boat, the last thing you usually think about is the possibility of running into trouble," says Virgil Chambers, Executive Director of the National Safe Boating Council, the organization that produces the annual "Wear It!" campaign. "But accidents happen in an instant, and if you aren't wearing your life jacket, the reality is that you probably won't have time to reach for a stowed one."

This year, Christa Miller, star on the hit comedy "Scrubs" and mother of three, is joining the effort, by lending her voice to encourage the women and moms of families in communities across America to be proactive about making sure their family members and friends wear - and don't just stow - their life jackets. Known as the safety "gatekeepers" in the family, women, Christa says, can play a huge role in making sure their loved ones make a habit out of staying safe. "It should just be second nature to put on your life jacket before getting on a boat. It only takes a second - but that second could save

your life or the life of someone you love."

Although life jackets have received more visibility in recent years, a major obstacle to wearing them, says Chambers, is that boaters often think, "It can't happen to me." In order to ensure a national dialogue about life jackets and to remind boaters that accidents can indeed happen when least expected, Miller is using her celebrity to promote the national "Be a Survivor!" contest - a summer-long initiative that encourages recreational boaters of all ages to submit their personal stories on how the life jacket has made a difference in their boating experiences. Boaters can enter online at www.SafeBoatingCampaign.com, or by obtaining an entry form at all 385 West Marine®



stores nationwide.

As last year's "Be a Survivor!" entries are compiled in a recently published book entitled "Saved By the Jacket", Chambers says it helps for boaters to be exposed to survival stories shared by people just like them - people who never would have thought that they could face a life or death situation on the water. "It's important that we create an environment where not only the safety advocates are promoting life jacket wear, but boaters are encouraging boaters to wear life jackets. We are grateful for partners like West Marine® and Christa Miller, who are making these opportunities possible," says Chambers. For More Information: Becky Gordner, 703-823-1600

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.

"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 or call 916/786-5858.

Red, White and Blue Parade Seeks Volunteers

The Red, White and Blue Parade is seeking volunteers for their event, to be held June 23rd in Citrus Heights. The event is to celebrate the 10th Anniversary of Citrus Heights becoming a city. If you can help out as a volunteer for this event, or any of the planned city events throughout the year call the city offices at 727-4703, or Mary Purvis at 721-3824.

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.

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CH Chamber Past President's Golf Tournament Comes to Northridge Country Club

Monday, July 16th, 2007, 9:30am Shotgun Start

Come and play the delightful greens at NorthRidgeCountry Club designed by legendary golf course designer William Francis Bell. Golfers are sure to enjoy the many amenities of this course including its frequent changes in elevation, the over two dozen varieties of trees strategically planted throughout the property, the pristine course conditions, the sculpted bunkers and the wonderful sloping greens that challenge even the best putters.



Register Now to reserve your spot – Space is limited. Format is a Four-Player Scramble \$175.00 per player or \$700.00 per foursome – all inclusive. A registration form is included in the newsletter or available online at www.chchamber.com.

Sponsorship and Raffle Donations are still being accepted. Sponsorships are still available at a variety of levels and categories, and/or donate a raffle prize or items for our gift bags.

We will provide you with name recognition in our newsletter and during the event.

If golf is not your game, join us for the Luncheon Awards Banquet. From 2:00 to 3:30 pm we'll be enjoying a delicious luncheon banquet with awards and raffle prizes. Price for luncheon only is \$35.00. Please register for lunch on the golf registration form included in this newsletter or call the chamber office.

Contact Bettie Cosby at 722-4545 or Bettie@ChChamber.com for any additional information.

River Cats Unveil Two New Promotions in Return to Raley Field

West Sacramento, Calif. – The Sacramento River Cats return home to Raley Field on Thursday to begin a nine-game homestand at Raley Field (June 14 – June 22) featuring two new promotions at the ballpark: The River Cats Talent Search and Smug Mug – River Cats Fan of the Game.

The River Cats Talent Search allows kids ages 5 - 12 the chance to be the next local child star. Talented kids can audition for free in front of the Coca Cola Kids' Corner during every Sunday home game through August 5, with three finalists being selected on each day. Then, the three finalists from each Sunday will have their audition tapes posted on www.rivercats.com, where fans can vote for their favorite. The fan favorite from each Sunday will move into the final competition, where a winner will be determined by in-stadium River Cats fans on Sunday, August 26. Auditions consist of an on-camera

reading of a pre-written script, which can be downloaded and reviewed at www.rivercatstalentsearch.com prior to each Sunday home game.

The winner of the contest will earn a guaranteed one-year modeling contract and acting class scholarship from Take Two Talent, a one-year

The Smug Mug – River Cats Fan of the Game promotion will give River Cats fans the opportunity to see pictures of themselves online after every Thursday through Sunday River Cats home game. Smug Mug Fan Photographers will be roaming throughout the crowd, taking photos of the most energetic, enthusiastic fans at Raley Field. Photos will be available for viewing and purchase on The River Cats Connection (my.rivercats.com) individually, on mugs, calendars, t-shirts and more.

Each game, a "Fan of the Game" will be selected by the River Cats and that photo will be posted prominently on The River Cats Connection.

Visit www.rivercats.com for a complete listing of River Cats and Raley Field promotions. To purchase tickets for the upcoming homestand at Raley Field, visit the Raley Field ticket office, call (916) 371-HITS or visit www.rivercats.com.

by Gabe Ross



contract as official "spokes-kid" of the Sacramento River Cats U.S. Bank Kids Days and 2008 River Cats season tickets. The contest runner-up will earn a photo shoot and acting classes from Take Two Talent while the third place finisher will earn a free photo shoot.

River Cats Announce Emmett Ashford Award

West Sacramento, Calif. – The Sacramento River Cats have announced the creation of the first annual Emmett Ashford Award to honor a local amateur umpire for sportsmanship and community involvement. Ashford, the award's namesake, was the first African American umpire in both the Pacific Coast League and Major League Baseball. A pre-game assembly to educate nearly 4,000 elementary and middle school students about Emmett Ashford's life and accomplishments took place at on Tuesday, June 5 at Raley Field.

The inaugural winner of the award is Mike DiMiceli from Sacramento. Mike is the current President of the Northern California Officials' Association (NCOA) and has been an amateur umpire for nearly 30 years. He has officiated games at the youth, high school, collegiate

and professional levels during his time as an umpire. Mike's full-time career is in law enforcement, and he is currently Assistant Executive Director for the California State Commission on Peace Officers Standards and Training. A pre-game ceremony to present the award to DiMiceli will take place behind home plate at 11:15 a.m. on Tuesday.

"We are proud to announce the forming of the Emmett Ashford Award to honor local umpires who, as Mr. Ashford did throughout his life and career, achieve self-excellence and help others," said Bob Hemond, River Cats Executive Vice-President. "Mike DiMiceli is a perfect example of not only someone who shows passion and dedication for the game, but commitment to his family and community as well – all traits that were extremely important

to Emmett Ashford."

Emmett Ashford was born in 1914 in Los Angeles, California. In 1951, he became the first African American umpire in organized professional baseball when he umpired in the Southwest International League. In 1954, he joined the Pacific Coast League as an umpire, the first ever African American to do so, and rose to the rank of Umpire-in-Chief one year later. After 12 years of umpiring in the Pacific Coast League he was signed to a contract by the American League. On April 1, 1966, he became the first African American umpire in the history of Major League Baseball. Ashford passed away due to a heart attack in March, 1980 at the age of 65.

By Gabe Ross, Assistant GM

Dusty Baker Int'l Baseball Academy



Dusty Baker

Future Major League Hopefuls Learn from Past Pros

The Dusty Baker International Baseball Academy returns for its 24th year, beginning July 22nd.

Dusty Baker and Gene Frechette founded the School of Baseball in 1982. It has grown from 45 students in its first year to 320 students in 2006. The five-day baseball camp is held at Capital Christian Center.

The camp emphasizes scholastics, athletics and citizenship, as they align closely with Dusty's

belief in the importance of education and the Academy's core values.

Twelve of the fifteen instructors are former Major League players. Instructors include Dave Stewart, Bob Oliver, Jim Barr, Lloyd Moseby, Hal Steinback, Shawon Dunston, Rich Murray, Clint Brill, "Shooty" Babbit, Tony Brewer, Rowland Office and Bruce Carmichael. Guy Anderson, Baseball Coach at Rancho Cordova High School also serves as a Field Director. Many Major League guest instructors have also appeared over the years. A number of students come from outside the United States for the specialized instruction they receive at the academy. In 2006 seven students from

Australia enrolled.

Daily field activities include group, team and individual training to enhance each student's ability to perform with greater skill and confidence. Special attention is paid to the six areas that scouts and coaches look for in every player. Students are divided into age appropriate sessions, including an advanced level.

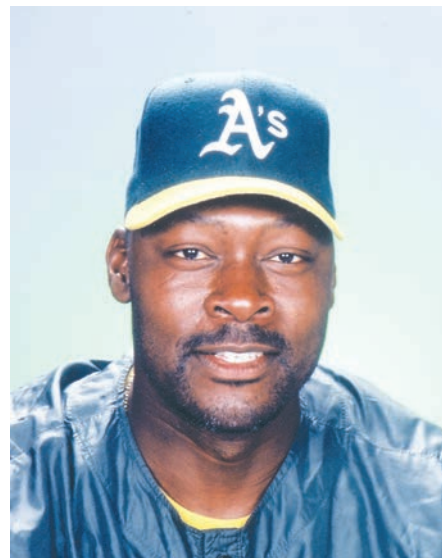
Graduates from the academy include Derrick Lee, Geoff Jenkins, CC Sabathia and Darren Oliver.

Dusty became the sole owner and President in 2002 and elevated Bruce Carmichael, an instructor since the school's inception, to General Manager and Director of Operations. Gene assumed the duties as CEO.

Enrollment is limited. Find out more at www.DustyBaker.com. You may also contact Gene Frechette at (916) 768-2255 or Bruce Carmichael, General Manager, at (530) 644-3067.

Groups interested in becoming Alliance Sponsors should call Bruce Carmichael for program details.

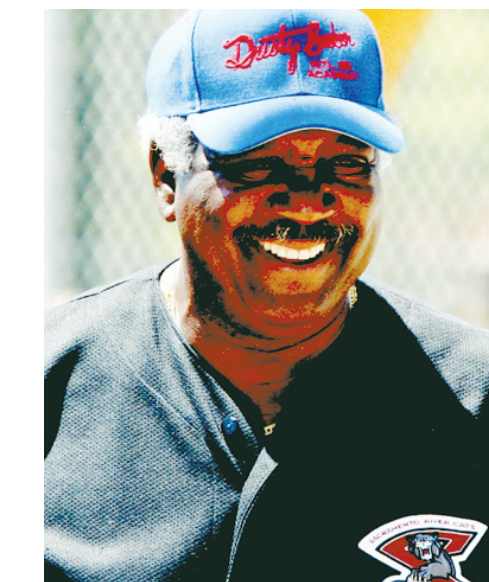
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Weekly SUDOKU
 Answer

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

Magic maze
 Answers

- Trivia Test Answers**
1. Fornicary
 2. Uranus
 3. Orange
 4. Flat-footed
 5. Too much LDL, or bad cholesterol
 6. Africa
 7. Laszlo Biro
 8. 9 gallons
 9. Sherwood Forest
 10. Rockford Peaches

King Crossword
 Answers
 Solution time: 21 mins.

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



A: This type of behavior is very common and, even though Sally is not aggressive, is one trait of a dominant dog. Sally can be taught to stay calm when visitors arrive. Colin Tennant, in "Breaking Bad Habits in Dogs," explains that consistency and patience are key to resolving this issue.

First, note the "triggers" that get Sally barking: a knock at the door, your tone of voice, a pat from the visitor or you, and so on. Dogs bark to get attention, and they are keenly tuned in to your tone of voice and habits. In short, Sally knows which buttons to push. Tennant's "hook" method of training may help. Install a strong hook in the baseboard in the common room. At the same time each day, place Sally on a leash and secure the end of the leash on the wall hook. Place

a favorite toy with her. Now, ignore her for about 20 minutes. If she barks or gets overexcited when you approach, walk away for a couple minutes until she calms down.

When a visitor comes over, place Sally on the leash-hook assembly, with her toy, before the doorbell rings. Instruct your visitor not to acknowledge or pet Sally. If Sally gets excited, remove her from the room.

This won't be easy at first, but be patient. Don't give in, and don't get angry at Sally. Condition her to the hook and leash, and release her from it when she becomes calm. In time, the hook should not be needed.

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com. (c) 2007 King Features Synd., Inc.

Doorbell Sets Off Barking Frenzy

Q: We adopted a dog from the local shelter six years ago. We estimate that "Sally" is around 8 to 10 years old now. Although her general obedience is good -- she'll sit and stay -- when the doorbell rings, she barks nonstop. Sally is anxious to greet whoever it is (she's not aggressive at all). Her behavior is an excellent deterrent, but it's annoying when I have friends over. How do I get her to stay calm when I answer the door? -- Debbie M., via e-mail

Eppie's Great Race 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, 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 1/2 mile to the parking lot. The Great Race has been implemented each year as a fundraising event benefitting 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 or call (916) 381-0255.

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Annual Relay for Life Events Support the Search for a Cure



Cancer survivors begin the opening lap of the Relay for Life event held in Fair Oaks at Bella Vista High School on June 2nd and 3rd. This was the fifth annual Relay for Life for Fair Oaks. This year's event raised well over \$40,000 for cancer research and support.



Walking for Mom; Rich Hale completed well over 300 laps (75 miles), with the strong support of his wife and family. Christine Hale completed 23 miles, son Christopher Hale completed 12 miles, and daughter Jenna completed 8 miles.



Rich Pike, a cancer survivor from Citrus Heights, pauses just long enough for a photo while completing one of his many laps around the track at the Relay for Life event at San Juan High School.



The Citrus Heights Police Department SWAT Team was out in full-force at the event, often being seen running their laps around the track. Pictured here are (front row) Ryan Kennan, Kris Frey, Ken Lewis and Chad Rothwell, (back row) Alex Turcot, Doug Fletcher, Dave Jore and Paul Tomase.



Rio Americano High School Cheerleaders raised the most money of anyone for the Relay for Life in Fair Oaks, topping \$6,500 as a group. They have participated each year, consistently raising a large amount for cancer research. Their energy and presence at the event is appreciated by everyone involved.



Making friends at the Relay. Sedona McNeerney, Hailey Smiley and Skye McNeerney became fast friends at the kids booth. They showed how new friends can be made on all levels at the Relay. They also all made several trips around the track and helped out at sponsor booths.



Doug Harmon from Music on the Move played the wonderful music all weekend long, providing the motivation for many to keep it going around the track. The music was enjoyed by all, as was Doug's great sense of humor! Ken Habbstad from San Juan High School, and a cancer survivor, gives Doug moral support.



Franklin High School students came to volunteer at the American River Messenger booth. Peter Lao, Vincent Ya, Laron Law, Rodney Ly and Jack Ng helped us out for the entire event, even eventually figuring out how to set up our tent! Trish Scholl, our team captain gives them a big "Thank You".



Dustin Buck, Event Chairman, places a medal on Connie Harrison of St. Francis Episcopal Church, and a cancer survivor, as she completes the final lap of the weekend-long event. A big hug from Dustin and friend Penny Howard was forthcoming.



The final lap was begun by the entire group at the event on Sunday morning. All those on hand walked the last lap together, showing a solidarity in the search for a cure.



Special Thanks go to Patrick Lynch from the Grocery Outlet, seen here with Trish Scholl, and Diane Plienias from Roseville Bank of Commerce and her husband Ken. Patrick donated hundreds of dollars worth of goods for our raffle and raised hundreds more by helping to promote the event in his store in Citrus Heights.



Jessica Mang, Dr. Scott Nygard, Event Chairs, and Vita Sarginson from the American Cancer Society praise everyone for their support of this year's event. We did not have the total at press time, but it was estimated that the event raised approximately \$150,000 for cancer research.

Bicycle Stunt Team to Perform in Red White and Blue Parade

The Wheels of Balance Bicycle Stunt Team will be performing in the Red White and Blue parade in Citrus Heights on 06/23/2007. The performers in Wheels of Balance have been performing for other stunt teams such as Perfection on Wheels, Wheels of Freestyle and the BMX Flatlanders Organization.

This sport is of interest to all ages, men and women, boys and girls. Many action sports announcers and sportscasters agree "BMX flatland is the toughest form of bicycle riding and one of the most skill intensive sports in the world today". Wheels of Balance will be at the Cali Summer Kickoff to entertain all, and introduce this sport to those who are unfamiliar with it. BMX flatland freestyle came out of the 80's action sports scene and has grown from who does the longest wheelie to stringing several different much more difficult tricks together in a non stop routine that can last as long as 10 minutes. This form of bicycle riding does not require any ramps or special equipment other than a BMX bicycle with axel pegs and a flat surface to ride on, making it fairly easy to get into.

Featured riders will be Rick De Laney, 5 times XGames veteran Wayne Seigmund, and

introducing Chase Macaluso. Wayne Seigmund who has been doing BMX shows and competitions all over the USA for the past 21 years has been seen in competitions on ESPN as well as made several television appearances on news programs throughout the United States. Rick De Laney competed from 2001 to 2003 and over the last 4 he has concentrated on performing in bicycle stunt shows with a variety of companies and has now started his own company the Wheels of Balance Bicycle Stunt Team. Chase Macaluso nicknamed "The Machine" has been riding for less than 1 year and is already competing in expert class and performing in BMX stunt shows for Wheels of Balance. Chase is by far one of the most progressive and amazing riders the sport has seen in years and was recently invited to Japan by one of Japan's top riders.

Wheels of Balance performs at schools and fairs all over California with a personal health, bicycle safety, antidrug, alcohol and smoking program. They also perform bicycle safety demonstrations at community events, bicycle shops and retail outlets. For more info contact: Rick De Lane, E-mail: wheelsofbalance@yahoo.com, Myspace: www.myspace.com/wheelsofbalance

Join Citrus Heights for the 8th Annual...

Red, White & Blue PARADE

Saturday, June 23rd
9:00 a.m.
Sunrise Blvd.

(Parade route: North of Madison at Uplands Way to northwest corner of Sunrise Mall parking lot at Greenback)

CELEBRATING 10 YEARS OF CITYHOOD!

Parade Theme:
"Citrus Heights Dazzling Decade: Progress in Motion"

PARADE ATTRACTIONS:

Floats, Clowns, Vintage Cars, live animals, Marching Bands, Giveaways, and more!

All-You-Can-Eat Pancake Brunch (\$5)
Sunrise Mall Parking Lot, 9:30 a.m. to Noon

Float & Vintage Car Display: Sunrise Mall until Noon



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