

# AMERICAN RIVER

## M E S S E N G E R

**Memorial Day Events**



Page 3

**Bodacious Book Sale**



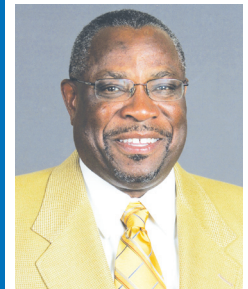
Page 8

**Smell the Roses**



Page 13

**Dusty Baker Baseball Academy**



Page 14

PRESORTED STD.  
US POSTAGE  
**PAID**  
PERMIT 32  
Rancho Cordova, CA

Volume 2 Issue 10 **Serving Citrus Heights, Fair Oaks, Gold River, Orangevale & Carmichael** May 2007, Second Edition



### Bel Air Donates to SPCA

Gold River Bel Air Store #522 raised \$400 in just four hours of selling hot dogs at the Bow Wow Beauties event, held May 5th in the Gold River Towne Center as a fundraiser for the SPCA. Over 200 people attended the fun.

Kay Burton receives the \$400 donation. Karen Graham, Store Director, is pictured along with Pam Morell, Greg Howes, Evelyn Merker, Amy Orens, Melissa Holden, Dorothea Tyson and Cheryl Farebrother. Photo by Paul Scholl, ARM

### New Rotary Club of Gold River Celebrates Charter Night

The new Rotary Club of Gold River is the 38th club in the district to join Rotary International. Their Charter Night was April 30 at the Marriott in Rancho Cordova. Rotary is the oldest and largest service organization in the world, formed in 1905 in Chicago. It consists of 1.2 million members worldwide, with approximately 32,600 Clubs in 168 countries. There are approximately 30 Clubs in the greater Sacramento area, with the Gold River Club being the newest. They are currently seeking active professional men and women who are looking for the opportunity to engage in community service projects and network with fellow business associates. To find out more about joining the Gold River Chapter of rotary, Contact Trisha Cole 967-2098



Left to Right back row- Martin Witter - Membership Chair, Club Greeter; Sam Miller - Secretary, Barry Kalar - District Governor nominee, Scott Cole - Community Service Chair, Tarl Yarber - Vice President, Public Relations Chair; Greg Voetsch - Sergeant at Arms, International Service Chair  
Left to Right front row - Dru Torvend - Secretary, Trisha Cole - President, George Abraham - President-elect  
Photography Tia Gemmill

### Kiwanis Help Bring the Music Back to New Orleans Schools

The Kiwanis Club of Carmichael has accepted over one hundred instruments donated to them to be sent to schools affected by Hurricane Katrina. They included \$1000 in their Spiritual Aims Committee budget for 2007 to be used in the Katrina Hurricane area of Louisiana. Kiwanis officials in Metarie suburb of New Orleans responded immediately to request used band instruments for their middle school young people; although some high schools had received grant money for instruments, neither the middle school nor the parents had money for this important part of a young person's life.



Sarge Wright and Suzanne Leonard. Photo by Carmichael Kiwanis

Committee Chair, Chaplain Sarge Wright, went to work with his committee members. Targeting the greater Sacramento area with this story resulted in the donation of the band instruments, some of which were in need of repair. An instrument repairperson in New Orleans is volunteering his time and expertise to get them in working order.

ASF Freight Systems in Sacramento is donating the transportation of the instruments to New Orleans after June 1. Chaplain Wright will arrive for the presentation to school officials and Kiwanians of Metarie, who are planning a gala reception for the arrival of this important gift.

Sizable cash donations from Kiwanis clubs and others have made it possible to purchase more instruments. If you would like to send a donation, it may be sent to Kiwanis Club of Carmichael, Box 680, Carmichael, CA 95608. If you would like to donate a musical instrument, call Sarge Wright at (916) 300-7448.



Bonnie Garcia

### Congresswoman Bonnie Garcia will Speak at SRWF Luncheon

Congresswoman Bonnie Garcia will be the speaker at the Sacramento Republican Women's Federated membership Tea at 11:30 am on June 13, 2007 at the North Ridge Country Club, 7600 Madison Ave., Fair Oaks. Ms. Garcia's legislative priorities include among other things,

healthcare, childhood obesity, diabetes and protecting children from sexual predators.

For more information, please call Barbara McCarthy at (916) 852-8855. Guests are welcomed, for reservations call 733-1623.

### High School Students Select Favorite Teachers for Crystal Apple Award



Lauren Villaroman, '07 Casa Roble to: Mike Stathem



Alisha Campbell, '08 San Juan to: Karen DeFoe



Ben Clark, '08 Casa Roble to: Jim Grove



Jessica Warren & Alex Lammi, '07 Mesa Verde to: Michael Peoples

**By Tim Jackson**  
Citrus Heights- On Friday evening April 27, 2007 over 30 students with their family and friends gathered to present a Crystal Apple to their favorite teacher. The students attend San Juan, Mesa Verde and Casa Roble High School's of the San Juan Unified School District. The award is the fourth annual "crystal apple" presented by high school students that also are members of the Church of Jesus Christ of Latter-day Saints who sponsors the event. "We

attend an early morning religious education course all four years of high school," explained Lauren Villaroman a senior honors student from Casa Roble and a keynote speaker at the evening's presentations. "My attendance at the early morning seminary class helped me to be a better student, not to mention getting to school on time," said Lauren. The faculty members selected from the three high schools are Mike Stathem a math teacher and Jim Grove a science teacher from Casa Roble; Karen DeFoe an

English and Drama teacher from San Juan and Michael Peoples a math teacher from Mesa Verde. Each teacher was introduced by one of the students that voted for them and had these comments about why they selected this teacher. Lauren Villaroman said about Mike Stathem, "He always made sure every student understood the concepts and made his classroom fun and safe." Ben Clark, a junior from Casa Roble said about Jim Grove, "His teaching ethics are amazing! He helps you and is the best teacher

I ever had." Alisha Campbell a junior from San Juan said about Karen DeFoe. "You can tell she loves what she does by how she teaches. She is amazing how much she can get out of her students to do better and be a better person. She wants us to achieve great things in life and helps us believe we can." Jessica Warren and Alex Lammi both seniors at Mesa Verde had this to say about Michael Peoples. "Mr. Peoples is not only a fabulous teacher but an amazing example to everyone. He puts all

his effort into his students and makes sure they understand it." Alex said, "Mr. Peoples is always enthusiastic about class. He has very high standards and is always encouraging us to do good. He enjoys helping others." Highlights of the evening were a dessert reception featuring a favorite liquid chocolate fountain followed by 20 of the high school students performing a musical skit with song and dance. Dave Terwilliger, principal at San Juan High was in attendance the last three years of the

annual event and was pleased to see the recognition for the teachers continue. "These hard working and dedicated teachers don't always get much positive recognition," said Terwilliger. "We appreciate the Church's continued acknowledgement of their efforts in our community." For Information Contact: Tim Jackson, Public Affairs Director Citrus Heights Stake Church of Jesus Christ of Latter-day Saints 916-729-7675 drtjackson@attglobal.net

# DUTCH TREAT



By Dennis Packard

## The Skunk Train

"You can smell 'em before you can see 'em." For twenty years I've been anxious to drive from Sacramento to Fort Bragg along the Mendocino Coast in Northern California, home of the Skunk Train. Now that our two daughters have vacated the premises—we are discovering a free weekend now and then. A decision was made a couple of years ago. We had the time and the inclination to go for a train ride. We made it a foursome and invited two close married friends.

A few hotels dropped their rates the first week of October—it was still warm and inviting—although we still chose a lodge that had an indoor pool and spa. After we arrived—and since we were no longer the bathing beauties we once were, all four of us slid along the walls of the hotel and crept into the pool area when no one was around. We had a great time playing with some yellow plastic duckies and splashing in the water.

Taking my camera along, I shot many pictures of my wife and our friends along the coastline. It was the next day when I discovered there was no film in the camera and no brains in my head. Remember 35mm? I was voted the biggest fool until our friend, Kathy, accidentally filled my tennis shoe with coffee the following morning in our hotel room. She claimed that it was a faulty coffee pot. She sopped up the mess in my shoe with a dirty white sock that belonged to her husband. I gave her my "fool's hat."

The big event was getting closer and soon we would board the 1924 locomotive "Skunk Train" to transport us back in time and slowly pull us through the Redwood Forest.

"All aboard!" cried the conductor, and it finally came to be. The engine blew off some steam

and to thrill the children and myself the engineer pulled a few shrilling train whistles. The engine and its cars reminded me of the old Lionel that circled our Christmas tree each year, and now I was finally small enough to climb inside the little train and ride around in circles.

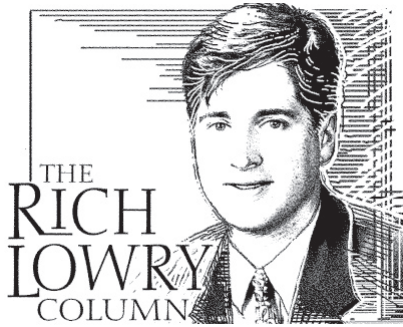
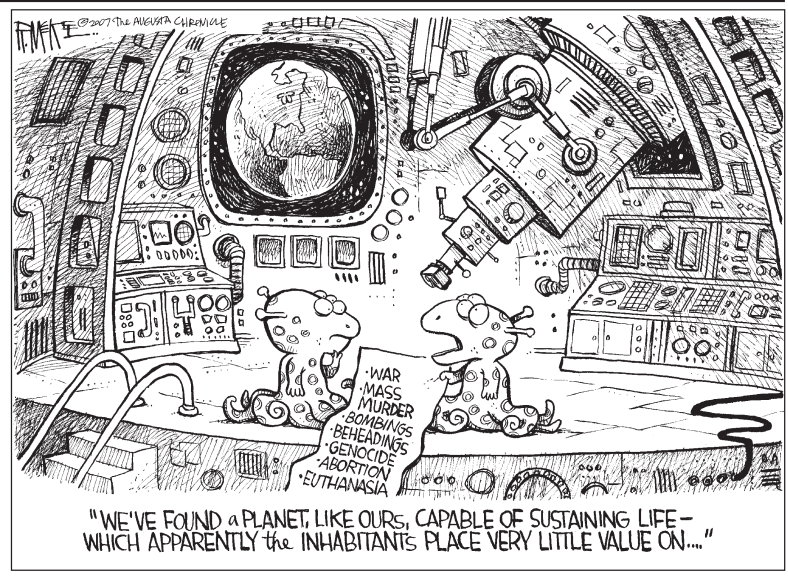
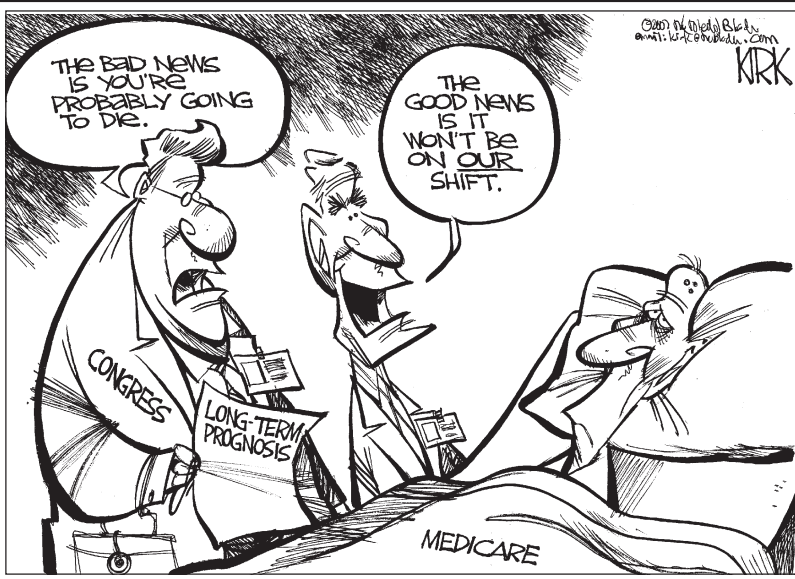
As we inched our way out of town you could hear and feel the clicking of iron wheels rolling across the steel tracks. An older man dressed in vintage clothing came bellowing through each passenger car announcing that he was the railroad police. He soon stopped and pulled a banjo out of his shoulder case and began plucking and singing some old tunes.

The "True Skunks" were 1925 and 1935 Vintage Motorcars which were originally gasoline-powered. The locals used to say; "You can smell 'em before you can see 'em." Thus, the name "Skunk Train."

Always hungry, we all agreed to be ocean fed after our ride and went down to the Noyo Fishing Village inside a small bay north of Fort Bragg. A big tourist town, you couldn't help but notice that restaurants became "Grottos" and "Bistros."

The smell of fish and chips guided us into Carine's Fish Grotto. It was small and had a lot of character. An elderly lady greeted us and guided us past an old bar and onto a glass enclosed porch built above the water. All tables lined themselves up against sea-splattered windows. Seagulls were screaming and fishing boats were blasting their horns each time they announced themselves in and out of the harbor. One abundantly large seagull dropped from the sky and perched itself on a railing next to our window. The bird specifically looked at me as his neck moved up and down with every bite I brought to my mouth. He began to get on my nerves. After the gull flew off we began to get entertained by a family of three sea lions as they played and swam in circles around our windows. Periodically, they broke their heads threw the waters surface to see if we were watching. They smiled each time we applauded. I recommend this trip for anyone that can still find adventure and romance in their heart. And don't give me any excuses.

Quip for the Day: A vacation is what you take if you can't take what you've been taking.



## Paranoia and the U.S. Attorney Controversy

In "A Beautiful Mind," her bestselling biography of mathematician John Nash, Sylvia Nasar describes the process whereby he went mad. He spun coincidences and unrelated incidents into a pattern utterly detached from reality.

Nash's example suggests that if Attorney General Alberto Gonzales is at risk of losing his job in the flap over the firings of U.S. attorneys, New York Sen. Chuck Schumer might be at risk of losing his mind. He and his fellow Democrats leap from one hypothesis of wrongdoing to another, all

in the service of their grand paranoid theory: that Karl Rove orchestrated the firings for nefarious reasons yet to be determined.

Former Secretary of Defense Don Rumsfeld liked to say that the absence of evidence isn't evidence of absence. Democrats have a simpler axiom -- the absence of evidence is evidence. With every Justice Department document drop that shows no evidence of anything illegal or unethical, Democrats seem more convinced that there is a cover-up of some ill-defined wrongdoing.

Last month, Schumer was on TV -- when is he not? -- saying that the firing of Carol Lam, the U.S. attorney for the Southern District of California, was the "most notorious" of the eight firings. Lam had prosecuted corrupt Republican Rep. Randy "Duke" Cunningham, who now is in jail. Schumer said that it was known Lam was going to prosecute more Republicans, so the Justice Department shut her down.

Put aside for the moment that the firing of a U.S. attorney alone won't shut down a particular corruption prosecution, which will be carried on by career prosecutors. As National Review reporter Byron York relates, in all the thousands of e-mails released by the Justice Department, there is no mention of Cunningham in connection to Lam, and the concerns about her performance centered on lax immigration prosecutions, which pre-dated the Cunningham case.

So much for the "most notorious" firing. Schumer has shifted of late to saying that the shifting explanations of the firings by Gonzales imply that he is "hiding something." From what we know of Gonzales' incompetent operation at the Justice Department, however, we can be certain that if he were actually trying to hide something, he would have revealed it by now.

The U.S. attorneys inherently are political positions. They serve at the pleasure of the president and often are

recommended by senators. This obviously doesn't mean that they should be partisan in their administration of justice, but they must share the administration's law-enforcement agenda.

The most troubling firing is that of New Mexico U.S. Attorney David Iglesias, whom Republican Sen. Pete Domenici complained prior to the election wasn't pursuing a corruption case against Democrats quickly enough. If his termination was for explicitly partisan reasons, that would be inappropriate, but a senator complaining about a U.S. attorney is not in itself a scandal.

Whatever the wrongdoing is supposed to be at this particular moment in the U.S. attorney controversy, it no doubt will change. As he maneuvers to keep the story alive, let's just hope Chuck Schumer keeps his hold on reality.

Rich Lowry is editor of the National Review.

# Can't Afford a House? Pay for Someone Else's!

by Thomas M. Sipos

If home prices are too high for your budget, don't feel bad. You can still enjoy the vicarious thrill of paying for a stranger's house, thanks to pending state legislation.

Maybe you've wanted to buy a house for many years now, but you've seen prices skyrocket. Especially in California. You might have gotten a zero-down, subprime mortgage, but mortgages must be repaid. And although you're on a tight budget, you're a responsible person. You don't want to buy property only to default on the loan, much less declare bankruptcy. You're an ant, not a grasshopper. You work hard and save for tomorrow. You don't borrow money you can't repay.

Instead, you've waited for prices to come down. Everyone said they would. All that easy mortgage money was driving up home prices to artificial levels. The houses weren't worth all that. Bad loans were distorting the market. A market correction was inevitable. It's not like current homeowners have any right to complain when reality hits.

And reality has hit. On April 2, 2007, the Associated Press reported: "More than two dozen subprime lenders have shut down in recent months and others are scrambling to stay in business as a spike in defaults caused by borrowers

unable to make payments has rocked the mortgage industry. Now, as lenders tighten credit standards, the housing market will likely see further declines in price and output, senior economist David Shulman wrote in the quarterly [UCLA] Anderson Report."

Did he say "further declines in price"? That means houses will become more affordable—good news for responsible lower- and middle-income people who don't borrow more than they can repay. Nice to see the market works for them too.

Here's more good news. Alex Spillius reports in the London Telegraph (April 6, 2007): "The mortgage crisis in America has deepened so much that family homes can now be bought for less than £15,200—the price of a new car. A four-bedroom home near the original Motown recording studio in Detroit recently sold for £3,700 (\$7,000), less than most used cars. A boarded-up bungalow fetched £685, and a three-bedroom house listed for £276,000 attracted just £69,000. ... Up to 1.5 million Americans could lose their homes in the next two years, while repossessions rose by 42 per cent in 2006."

In other words, up to 1.5 million homes will suddenly become available to new homebuyers at sharply reduced

prices. Since when is affordable housing a bad thing?

Of course, there are losers. Among them are irresponsible mortgage lenders who threw money at irresponsible homebuyers. Wealthy homeowners not in default will also see their artificially inflated home prices fall to true market levels. (Easy come, easy go.) But the winners will be the responsible lower- and middle-income people who've waited patiently for the free market to provide affordable housing.

Yet just as the ants are about to reap the rewards of their patience and thrift, state governments are stepping in to bail out the grasshoppers—with the ants' tax money—and keep home prices artificially high. Gilbert Le Gras reports for Reuters (March 27, 2007): "A growing number of state housing agencies are developing or considering issuing bonds to assist subprime mortgage holders to refinance their obligations at fixed rates." That is, they will issue taxpayer-subsidized loans to people already proven to be a bad risk. Le Gras cites Ohio, Maryland, Rhode Island, Massachusetts and Virginia as states that already have or are developing mortgage refinancing programs. Colorado, Washington, Wisconsin and California are

considering such programs.

The political pressure comes from homeowners in risk of default and from those in no such danger but who would like to keep their home prices artificially high. Helping the first group is welfare for the irresponsible. Helping the second is welfare for the rich, because market interventions to keep home prices high benefit those who "have" houses at the expense of those who "have-not" houses.

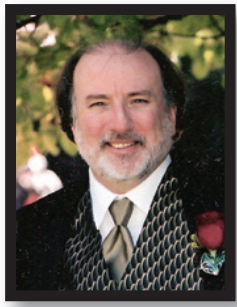
Think about it. The free market was all set to make houses more affordable for greater numbers of responsible lower- and middle-income people. Instead, government will distort the market to keep prices artificially high for the rich and irresponsible.

So if you can't afford a house, don't blame the free market.

Thomas M. Sipos has written articles on self-publishing and book marketing and has taught a course on Book Promotion for Authors at UCLA Extension. To date, he's used the new print-on-demand technology to publish three books. He's written about politics and film for Liberty, American Outlook, FrontpageMagazine.com and LewRockwell.com.

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

# AMERICAN RIVER MESSENGER



Publisher - Paul V. Scholl

**Publisher's Statement: It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the**

**opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.**

**The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.**

**Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$20 per year within Sacramento county, or call 916-773-1111. The ARM is published twice monthly.**

- Graphics & Layout - *Christina Whedbee*
- Distribution Assistant - *Gabriel Scholl*
- Advertising Sales - *Perry Hartline*
- Editorial Support - *Jeri Murphy*
- Accounting - *Laura Just, LRJ Company*
- Web Master - *RJ at thesitebarn.com*

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: publisher@americanrivermessenger.com.

Be sure to place in the subject field "Attention to Publisher".

If you do not have email access, please call us at 773-1111.

*Don't put off until tomorrow what I can do for you TODAY!!*

## DEBBIE DOES ORGANIZING

*Improve the Quality of Your Life!*

- Closets • Kitchens • Kids Rooms • Home Offices • Garages • Entire Homes
- Time Management • System Designing • Clutter Control • Maintenance
- Packing & Unpacking • Staging • Personal Shopper • E-bay Selling
- Gift Certificates • Handyman Available ★★★★★

**916.743.4320**

www.Debbiedoesorganizing.com



Debbie Brucker

10 Years Experience • NAPO Member • Insured & Bonded • License #298685



## Veterans Ready for "Opportunity's Knock"

By Rich Dryden, Executive Director, Disabled Veterans Business Enterprise (DVBE) Alliance

With 225,000 service-disabled veterans, the largest group in America, and home to tens of thousands of other veterans California is leading the nation in preparing for the latest wave of warriors returning from the Global War on Terror. With an estimated 20,000+ permanently disabled veterans returning to civilian life in the next few years they will need our support, understanding and opportunity.

When opportunity knocks, disabled-veteran-owned businesses are ready, willing and, yes, able to answer. Anticipation of the opportunity to grow their companies by meeting the needs for good and services of private industry, regulated utilities, State and Federal government contracts is rising each week as the annual "Keeping the Promise 2007" gets closer on the calendar.

The 16th annual business symposium "Keeping the Promise 2007" brings veteran and disabled veteran entrepreneurs face-to-face with corporate and government business leaders. In two days, hundreds of veteran-owned, and certified DVBE vendor companies will meet with procurement and supplier diversity professionals seeking contract participation for vendor goods and services.

Sprint Nextel leads a growing number of corporate America's

largest business sponsors for the KTP 2007 that include PG&E, AT&T, SoCal Edison, Apple, Caremark Rx, McKesson, American Airlines, Lockheed Martin, SMA Global and Sempra Energy. Visit [www.KTP2007.org](http://www.KTP2007.org) to learn more

DVBE Alliance President Don Gonneville says, "The KTP 2007 has taken on new significance in light of national concern over the medical treatment reports affecting our wounded men and women. Keeping the Promise means providing quality medical treatment, community support, jobs and opportunities for those who have served their nation." California's non-profit Disabled Veterans Business Alliance (DVBE) is the nation's leading veteran's group specifically dedicated to securing business growth opportunities for these military men and women. Former Green Beret and current DVBE President Gonneville noted, "This conference will open a great many doors for a great many deserving companies, but especially disabled-veteran owned firms."

Certified disabled veterans interested in creating companies, or those currently in business, can become DVBE Alliance members at no cost. The "KTP 2007" also invites those veterans to attend the conference free. Discounted accommodations at the Anaheim Hilton, site of the symposium, are also available.

"Keeping the Promise 2007" presented by Sprint/Nextel begins with training and leadership sessions

on Wednesday June 13, from 9:00 a.m. until 4:30 p.m. at the Anaheim Hilton, 7777 Convention Way. Over 100 Expo exhibitors will be featured while workshops provide answers to many of the tough questions facing our disabled veteran and veteran business professionals.

Thursday, June 14 begins with breakfast at 7:30 a.m. and an Introduction to Business Matchmaking facilitated by SMA Global. The non-profit DVBE Alliance Annual meeting begins at 8:30 a.m. Current rising numbers of wounded, many permanently service-disabled, will be one item of discussion.

"KeepingthePromise2007" major sponsor Lockheed Martin provides over 1000 one-to-one sessions between government, corporate and utility companies, private industry and veteran businesses beginning at 10 a.m. While the business Expo continues following a lunch break, the Lockheed Martin sponsored business-to-buyer matchmaking sessions and Expo activities conclude the day, 1-4 p.m.

As these former and current American military heroes gather in Anaheim to seek opportunity members of the DVBE Alliance will elect new officers and begin planning for the next annual meeting almost immediately. For more information on the DVBE Alliance, KTP and other events visit [www.cadvbe.org](http://www.cadvbe.org) or call 916-446-3510. Attend "Keeping the Promise 2007" or plan now to attend in 2008!

## Military Spouse Talk Radio

(PRWEB) Military Spouse Talk Radio is an upbeat, information packed, 30 minute talk show podcast, covering topics that are timely and relevant to all military spouses. Guests of the popular show include: Mrs. Alma Powell, Army wife of former Secretary of State, (Retired) General Colin Powell, Mrs. Maxine Composto, Marine Corps wife of (Retired) Brigadier General Joseph Composto, Army Spouse Author and Journalist, Tanya Biank, Chief of Staff of the United States Army, General George W. Casey, Jr. and Mrs. Sheila Casey,

Delores Johnson, Director, Family Programs, Headquarters U.S. Army Community and Family Support Center.

According to Victoria Parham, host of the popular podcast, "This show is really all about empowering spouses personally and professionally with information and resources that help to enhance their overall quality of life as military spouses and military families. We are inundated with information, it's everywhere, here at Military Spouse Talk Radio, we try hard to provide spouses with the information and resources

that really do matter and impact positive change. The best way to achieve this is hearing firsthand from the military spouses themselves, who live the military spouse lifestyle, everyday."

To listen in to this very special Military Spouse Appreciation Day podcast with Chief of Staff of the United States Army, General George W. Casey, Jr. and his wife Mrs. Sheila Casey, logon to [www.militaryspousetalkradio.com](http://www.militaryspousetalkradio.com). The show is available as an mp3 download for your computer or iPod.

## 9th Annual Memorial Day Celebration

This year's memorial day celebration will include the dedication of our new development known as "the oak knoll". The oak knoll consists of 440 preinstalled double burial vaults, 580 medium cremation niches and the veterans memorial wall. The veterans memorial wall will be unveiled to the public showing 1295 names etched in granite of those buried in the fair oaks cemetery. During this year's ceremony, we will be honoring prisoners of war and missing in action. Never forgotten, inc. Will be showcasing a 1955 chevy dragster with the names of pow's/mia's. This car was built as a tribute to the 2,211 men who were unaccounted for in 1995 when the car was built, but in 2003 more names were added of pow's including civilian pow's

totaling 3,578 as prisoners of war/missing in action during the vietnam war from 1952 to 1975. Owner/driver max loffgren is an americal division combat infantry veteran of the vietnam war. Max retired from the napa valley fire department in 2002 and is a former california state "fire fighter of the year award" recipient. T-shirts, bracelets, flags and other miscellaneous items will be available for sale benefitting our pow's/mia's. Speakers from our local and state government, patriotic music performed by the oldest performing american veterans band, vocals by gayiel von accompanied by pianist, jim jordan are included in our program of events. The flag presentation will be a flag flown over the nation's capitol in honor

of our pow's/mia's and will continue to fly over the fair oaks veterans monument for the next year. All veterans graves will be defined by flags and crosses. Our "avenue of flags" display will line the streets inside the cemetery and are flown on memorial day and veterans day. These flags are also available for \$75 and will have a brass name tag affixed to the flagpole indicating the name of the person(s) for whom the flag has been purchased. A special presentation to those responsible for the purchase, design and development of our oak knoll will also be included in the program. Please join us in our memorial day celebration to be held on saturday, may 26, 2007 at 10 a.m. At the fair oaks cemetery district 7780 olive st., Fair oaks, ca

# ★ VETERANS POST ★

by Freddy Groves

## Memorial Day: More Than a Moment

Those of us who are old enough can remember when Memorial Day was May 30 -- period. It was a day for remembering the sacrifices made, and it had been that way since 1868. Then, 100 years later, with the passage of the National Holiday Act of 1971, Memorial Day became the last Monday of May, a three-day weekend as part of a federal employee holiday benefit package.

It's these three-day weekends I have a problem with. They've become more of a time to do outdoor projects, take a short trip or laze around the house -- a Gallup poll showed that

only 28 percent of Americans know the meaning of the holiday, and only 3 percent plan to attend events to mark the day.

Starting in 1989, Sen. Dan Inouye of Hawaii introduced a bill to restore the Memorial Day holiday back to where it was, May 30. Every year he's reintroduced the bill, and every year it gets shuffled off to committee, where it languishes.

Yes, I know we have the National Moment of Remembrance at 3 p.m., as designed by law in 2000. (Did you know there's a Moment committee? And that it has a budget? And a theme song? And pens with the committee logo? And raised-eyebrow audits?)

But a moment is not enough,

too easily skipped on a busy three-day weekend. ("Jason, get out of the pool. Where's your sister? Hurry up, we have to do the Moment.")

We owe it to our deceased veterans to not dilute the purpose of their day by fitting it into a three-day weekend, where recognition and remembrance almost become an afterthought.

Your mission: Call your senators and ask them to act on S. 70. If Senator Inouye is ever not re-elected, there won't be a single soul in Congress to pick up the banner in his place.

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.

## Memorial Day Celebration at Advent Lutheran Church

You are invited to bring your kids, parents and grandparents to our 6th annual FREE event on Memorial Day, May 28th from 11:00 am to 3:00pm.

This event is a free gift to the community, providing family friendly activities, such as community booths, food, a petting zoo, games and inflatable jumpers for kid's of

all ages, a classic car show, magician, Revolutionary War re-enactment, plus continuous live musical entertainment.

The Welcoming Ceremony will include an Honor Guard and City Council Member Jeannie Bruins at noon.

This event draws over 2000 people to celebrate together our shared history. Join us as

we celebrate our freedom by honoring those who have died to protect it, and those continuing to serve on our behalf.

The event is hosted by Advent Lutheran Church, located on San Juan Avenue between Madison Avenue and Greenback Lane in Citrus Heights. Call 966-7242 for more information.

## Mount Vernon Memorial Day Event

Mount Vernon Memorial Park will hold its 40th Annual Memorial Day Tribute on Monday, May 28th beginning at 11:00am.

This special tribute will honor all veterans, both past and present, who have given us the special privileges that we enjoy today.

This event is the largest in the

Sacramento area and includes over 460 large American flags, military color and honor guards, musical salutes by the 59th Army Band, patriotic messages, a flag folding ceremony, the missing soldiers table, a skydiver holding the American Flag, a jet flyover, and much more. Our keynote speaker will be Brig. Gen. Mary

Knight, Asst. Adjutant General, California National Guard.

The public is invited to this free event. Mount Vernon Memorial Park is located at 8201 Greenback Lane in Fair Oaks, one block east of Fair Oaks Blvd.

For additional information call 969-1251.



Thank You for Protecting the Road towards Freedom

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

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

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

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

Discover Chiropractic Family Wellness Center

7777 Sunrise Blvd. • Citrus Heights

[www.DrBollinger.net](http://www.DrBollinger.net) • 916.729.7733



## Fair Oaks Cemetery District

2007 Memorial Day Celebration

Honoring POW/MIA Veterans

Where: 7780 Olive Street Fair Oaks, CA 95628

When: Saturday May 26th, 2007

Time: 10:00 am

Join us in celebrating the event with Speakers, Music, Ceremonial Hot Rod Avenue of Flags Display and Dedication of Veteran's Memorial Wall

For more information call 916-966-1613

Visit us on the web at [www.fairoakscemetery.com](http://www.fairoakscemetery.com)

# Allstate Announces Property Insurance Changes

RANCHO CORDOVA, Calif., May 10, 2007 – While continuing to provide coverage to existing property insurance customers in the state, Allstate announced today that as of July 1, 2007, the company will stop offering new Allstate homeowners and landlord package policies (LPP) in California.

“Allstate is taking responsible action now so that the company will continue to be in a strong position to help protect customers in California and across the country,” said Robert H. Barge, III, field vice president for Allstate in California. “This new strategy helps protect our existing customers and provides an alternative to California consumers looking for new property insurance policies.”

Today’s announcement does not affect existing Allstate property insurance customers in California. Allstate will continue to renew the homeowners and LPP policies of existing insurance customers that continue to own the property currently insured by Allstate, subject to applicable Allstate underwriting guidelines.

To help Californians seeking new property insurance policies, a program has been developed in California through which Allstate’s more than 1,200 California agencies may be able to assist customers looking for new property policies in obtaining coverage from Pacific Specialty Insurance Company, a

third-party insurance company not affiliated with Allstate.

“Allstate agents in California will continue to offer a broad range of high-quality Allstate insurance products to help meet customer needs, including auto, renters, life and other types of insurance,” Barge continued. “And, through the program that has been created, Californians will continue to enjoy the convenience of working with their local Allstate agency to help them obtain new property insurance policies.”

Allstate’s announcement is the latest in a series of actions the company has taken to responsibly manage the risk associated with offering property insurance in catastrophe-prone California.

- Over the past two years, Allstate introduced new business requirements designed to reduce risk and make customers’ homes safer by:

- o Increasing the amount of “defensible space” required around homes in wildfire areas to a minimum of 200 feet.

- o Requiring automatic gas shutoff valves on homes near known, active earthquake faults, to reduce the risk of a fire following an earthquake.

- The company purchased reinsurance contracts to help spread the financial risk posed by potential catastrophes in California.

- In September 2006, Allstate filed a 12% increase homeowners

insurance rating plan now pending with the California Department of Insurance to help Allstate better prepare for natural disasters in California.

- The Allstate Foundation donated more than \$250,000 over the past two years to non-profit organizations in California dedicated to reducing the threat of wildfires and helping Californians prepare for disasters.

The Allstate Corporation (NYSE: ALL) is the nation’s largest publicly held personal lines insurer. Widely known through the “You’re In Good Hands With Allstate®” slogan, Allstate helps individuals in approximately 17 million households protect what they have today and better prepare for tomorrow through approximately 14,800 exclusive agencies and financial representatives in the U.S. and Canada. Customers can access Allstate products and services such as auto insurance and homeowners insurance through Allstate agencies, or in select states at [allstate.com](http://allstate.com) and 1-800-Allstate®. The Allstate Financial Group provides life insurance, supplemental accident and health insurance, annuity, banking and retirement products designed for individual, institutional and worksite customers that are distributed through Allstate agencies, independent agencies, financial institutions and broker-dealers.



## THE MORTGAGE MANAGER



We in America have this love hate relationship with our future. We have lofty dreams and goals, but we don’t do anything about making them a reality but talk about them. Doing that and a couple bucks will get you a really lousy cup of coffee and a disposition to match.

Great hours and tremendous effort has shown us that if we don’t write down our goals and dreams and put a specific deadline date to them, they will become nothing more than a fantasy. Taking that even further, if we continue on in life without taking action on these goals and dreams, we become a very frustrated person.

Our education system does very little to instruct our society in this area. They do not teach us how to manage our money, or how to make goals with specific deadlines (with the exception of Mesa Verde High school where I actually taught this to one class last month). But does that responsibility belong to our school system? I think it really falls to parents. But if parents don’t know this stuff, they are not equipped to teach their children about such things. This means someone needs to teach the parents.

If we want to become wealthy and have no idea how to get there we have two choices. We can settle for what we have now, or wait for someone to come along and offer to help us achieve those goals and dreams. Fortunately for these people I know this big bald dude that

actually offers to help anyone who would care to call him and ask for his help.

As a mortgage planner this guy can show people how to achieve the wealth that they have talked about for years. Although this is not a get rich quick type of program, it is definitely one that works for everyone. This program isn’t difficult but it does take discipline and a change in the way one thinks about saving their money. If you can discipline your self to save a specific amount of money each month with out exception, you will begin a truly successful process to achieve your financial dreams. You need to start this program as soon as possible.

Don’t forget to listen to my radio program “The Mortgage Maestro” on KTKZ 1380AM/105.5FM every Saturday morning.

You can contact Ed Wacaster, CMPS at 916-677-0996 or at [ewacaster@rpmortgage.com](mailto:ewacaster@rpmortgage.com)

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

direct 916.677.0996  
 cell 530.798.1400  
 fax 866.646.8638  
 toll free 877.536.3219  
[ewacaster@rpm-mortgage.com](mailto:ewacaster@rpm-mortgage.com)  
[www.EdWacaster.com](http://www.EdWacaster.com)  
 license# 01085766

1677 Eureka Road, Suite 201 • Roseville, CA 95661

### OUR STAND

WHEN YOU INSURE MORE, YOU SHOULD  
**PAY LESS.**



**Jeff Kleeschulte**  
Insurance Agent

6118 Hazel Ave  
 Orangevale  
[jeffkleeschulte@allstate.com](mailto:jeffkleeschulte@allstate.com)  
 CA Lic: 0F29800  
[www.allstate.com/jeffkleeschulte](http://www.allstate.com/jeffkleeschulte)  
**Come and compare your current policy with one from Allstate**

Call me today to see how much you could save with Allstate’s home & auto discounts.

**916-987-2041**



**Allstate**  
You’re in good hands.

Discount and insurance offered only with select companies and subject to availability and qualifications. Discount amount may be lower. Allstate Insurance Company and Allstate Indemnity Company, Northbrook, IL © 2007 Allstate Insurance Company.

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

- Around The Clock Assistance
- Respite / Short-term Care
- Mobility Assistance

**Citrus Heights Terrace**  
Assisted Living Community

**(916) 727-4400**

7952 Old Auburn Road  
 (between Sunrise and Antelope)

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



License # 347001498

**14th Annual**

*SHRINERS HOSPITALS*  
**CONCOURS d’Elegance**

**SCHEDULE OF EVENTS**

---

**SHRINERS HOSPITALS CONCOURS d’ELEGANCE**  
*Classic Automobiles, Hot Rods & Customs, Car Clubs and Vintage Bicycles*

**Entertainment, Food, and Family Fun**  
**Sunday, June, 3, 2007 10:00 am**  
*Mather Field Rancho Cordova*

*Adults \$10 • 16 years and younger - free*  
**(916) 933-4056 • [www.sbrinersconcours.com](http://www.sbrinersconcours.com)**

---

**Coupé d’ Passé, Wine Tasting**  
 Wednesday, May 23 • Towce Auto Museum  
 (916) 933-4056

**The Race of the Century**  
**Harness Racing, Turf Club Buffet**  
 Saturday, June 2 • Cal Expo Race Track • (916) 885-4722

**SCCA Autocross**  
 Mather Field • Police & Sheriff Training Facility  
 (Mather Alert Pad) • Sat. & Sun., June 2-3  
 (916) 726-5833

**Sports & Collectors Car Tour**  
 Saturday, June 2 • 9:00 am - 3:00 pm  
 Entry Fee \$25 (2 riders) • (916) 774-4666

**Giselle's TRAVEL**  
A Global Travel Company

**SAIL THE MEDITERRANEAN**  
**2 FOR 1 CRUISE FARES**

PRICED FROM \$1799\* PER PERSON BASED ON DBL. OCC.  
 FREE AIRFARE FROM SFO  
 PRE-PAID GRATUITIES  
 PLUS \$100 PER CABIN SHIPBOARD CREDIT

**OCEANIA CRUISES®**  
Your World. Your Way.®

**Venice - Barcelona**  
14 Days • October 30th  
~ Regatta ~

**Athens - Rome**  
10 Days • November 5th  
~ Nautica ~

**Giselle’s Travel, A Virtuoso Agency**  
 5252 Sunrise Blvd., between Madison & Wildridge  
**(916) 961-5500 or 1 (800) 433-1554**  
\*Gov’t fees, taxes, and air tax not included

# Summer Fun Returns to Citrus Heights

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, from May 23 through July 4 (Wednesdays) 6-9PM at Sunrise Mall. Crafters and commercial booths will also be in attendance as well as some District businesses.

This family-oriented event featuring food, arts and crafts, commercial exhibitors, classic or luxury cars (cars change out weekly), selected grouping of Farmer's Market, a children's adventure area and live entertainment.

This is the second year of Citrus Heights night festival. Last year's TuesdayFest was held as a four-week trial in July. This year, the event

moves to Wednesdays with a new name...Sunfest.

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.

**Musical Line-up:**  
Bands play beginning 6:30 pm. July 4th begins at 7:30 pm.

May 23rd: Dave Russell Band (Country)

May 30th: Frankie Soul & No Control (Blues/Rock)

June 6th Bayou Boys (Cajun)  
June 13th: Kaylee Starr (Today's Hits)

June 20th: California Beach Band Trio (Beach Music)

June 27th: TBD

July 4th: Amigos (A Salute to Santana)

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



## Enjoy summer at Sunrise MarketPlace

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

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

**Red, White & Blue Parade on Sunrise Blvd.**  
June 23, 9:00 am. Enjoy floats, clowns, classic cars as well as festivities celebrating the 10th Anniversary of the City of Citrus Heights.

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

**SUNRISE MARKETPLACE**

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

### Upcoming Reunions for San Juan High School:

**SAN JUAN-CLASS OF 1997(10 YEAR REUNION)**  
The Class of 1997 will be having their reunion on Saturday, August 4th in downtown Sacramento at CSAC Conference Center. It will be from 6:00 pm to 11:00 pm. There will be a no host bar, appetizers and entertainment. The ticket prices are \$40 a person. Please register at [www.sanjuanhigh.com](http://www.sanjuanhigh.com). For more details, please contact Nicole Steers-Punsalan at [dmp2103@hotmail.com](mailto:dmp2103@hotmail.com).

**SAN JUAN-CLASS OF 1987(20-YEAR REUNION)**  
The Class of 1987 Reunion has been set for Saturday, August 11th, 2007 at Embassy Suites from 7:00 pm to 12:00 am. Please contact Brandy Kuntz-Bier at (916)933-2677 or [brandibier@sbcglobal.net](mailto:brandibier@sbcglobal.net) for details.

**SAN JUAN-CLASS OF 1977(30-YEAR REUNION)**  
The Class of 1977 will hold their reunion on Saturday, October 6th, 2007 at the Lions Gate Hotel & Conference Center at McClellan. The reunion will be from 6:00 pm to 11:00 pm. The Class of 1977 would like to invite you to the Soiree of the season. Its a Cocktail Party! Which includes a No Host Bar, Heavy Hors D'oeuvres & Chocolate Silk(donated by Chocolate Architect). For details please contact Becki at (916)989-3223. To update your address, contact Barbara at (916)955-6494 or [vandyke@vandykefab.com](mailto:vandyke@vandykefab.com).

**SAN JUAN-CLASS OF 1972(35-YEAR REUNION)**  
The Class of 1972 will hold their reunion on Saturday, August 11th, 2007 at the Dante Club at 1234 Fair Oaks Blvd, Sacramento from 5:00 pm to 11:00 pm. for Details please contact Bernie at (916)487-0337 or [berniebob@sbcglobal.net](mailto:berniebob@sbcglobal.net).

**SAN JUAN HIGH - CLASS OF 1967 REUNION**  
Reunion Date: September 29, 2007  
Location: Sacramento Hilton, 2200 Harvard Lane  
Sacramento, CA 95815 7:00 pm to midnight  
Class Encounters, P.O. Box 254678, Sacramento, CA 95865  
916-489-1992 800-445-2527 916-489-5942 - Fax  
Organizing Reunions since 1988  
[reunion@classencounters.com](mailto:reunion@classencounters.com)  
[www.classencounters.com](http://www.classencounters.com)

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

**SAN JUAN-CLASS OF 1957 REUNION(50 YR)-**  
The Class of 1957 Reunion will be held Saturday, September 15, 2007 at the Sierra View Country Club. For details and to confirm your class reps have your current address, please contact them at:  
Lillian Kolbo-Perry (916)332-7647 [lgrammydolly@earthlink.net](mailto:lgrammydolly@earthlink.net)  
Chuck Burden (916)782-2401 [triciadee@jps.net](mailto:triciadee@jps.net)  
Gloria Russell-Moore (916)723-1071 [gmoore57@peoplepc.com](mailto:gmoore57@peoplepc.com)

**SAN JUAN-CLASS OF 1952 REUNION(55-YEAR)**  
The Class of 1952 will hold their reunion on Saturday, Sept. 8th, 2007 at Fair Oaks Park from 10 am - 3 pm. Please contact Louise Ennenga-Brown for details at (916) 784-0261 or [loubrown26@comcast.net](mailto:loubrown26@comcast.net) or Joann Fields-Allred.

**New Assisted Living & Memory Care Community Opening Soon**




Discover the joy of living at Carmichael Oaks. Enriching activities, fine dining, entertainment center, fitness center, luxurious accommodations and much more are part of the fulfilling senior lifestyle.

**Models Now Open • Tours Daily**  
Grand Opening Savings!  
Reserve your apartment by June 30<sup>th</sup> 2007, move in by July 31<sup>st</sup> 2007 and receive 1/2 off community fee and 1/2 off 1st months rent\*

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

Saturday, June 16th, 12-4 p.m.

Tropical Paradise Fare and Live Entertainment

Tours of the community will be available.  
Please call for more information.

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

**ASSISTED LIVING & MEMORY CARE  
NEW WING OPENING SPRING 2007  
ACTIVE SENIOR LIVING SINCE 1978**



**8350 Fair Oaks Blvd.  
Carmichael, CA  
(916) 944-2323**

License # 347003685 Pending

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





**Peggy Boling**  
Daughter  
**858-1234**  
[peggy@peggyboling.com](mailto:peggy@peggyboling.com)  
[peggyboling.com](http://peggyboling.com)



**Mary Ann Henrikson**  
Mother  
**247-7070**  
[maryann@goldriverhomes.net](mailto:maryann@goldriverhomes.net)  
[maryannsrealestate.com](http://maryannsrealestate.com)

**Let Our Family . . .  
Serve Your Family's  
Real Estate Needs**

**We founded Gold River Realtors® in 1986**  
To receive our continued dedicated service,  
be sure to ask for us by name.  
**Gold River Realtors® now Re/Max Gold River Realtors®**

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



# Fair Oaks News & Views

## Chamber of Commerce President's Message



Angela Talent - President,  
Fair Oaks Chamber of Commerce

May 5th was the Fair Oaks Chamber's 58th Fair Oaks Spring Fest. The activities began with Channel 31 & 13 at a Toilet Bowl Race held right before the Parade. We cannot thank the Fair Oaks Water District enough for working

so diligently to have the press cover the event!

We were also excited to have the Bicycle air show sponsored by Bob's Bicycles, what a turnout!!

Those of you that had a chance to make it out to the Spring Fest most likely noticed the abundance of families taking advantage of Park Plaza and the Village Park. Many spectators stayed for hours on end enjoying all of the activities available.

I would also like to make sure to thank our Event Sponsors:

### Platinum Sponsors

Fair Oaks Chamber of Commerce, Fair Oaks Recreation & Park District, Fair Oaks Water District,

Fair Oaks Cemetery District, Sheriff's Dept. - Northeast Division, California Highway Patrol, Pennysaver, Future Ford, Clark & Christopher, AT & T, Clipper Magazine, Bob's Cycle Center, KHITS 92.1

### Gold Sponsors

Ober Design Studio, Thomas B. Hammond Assoc., American River Messenger, R.K. Jacobs Insurance Services

### Silver Sponsors

Freecess, LLC

### Bronze Sponsors

Learning A.R.T.S., Clean & Sober Living, B & J Body Shop

### Chamber Sponsors

Fair Oaks Coffee House & Deli

## Families Enjoy Spring Fest Weekend



Volunteers of the Fair Oaks Water District tested the race course at this year's "Fair Oaks Spring Fest Toilet Bowl Challenge," by pushing their commode cars through an obstacle course, before the girls' team crossed the finish line first near Plaza Park in the Old Fair Oaks Village. The volunteers included (pictured from left to right) Meghan Huckaby, Jessica Palacios, Tommy Gray, Teagan Seman, Katye Palacios, Christina Huckaby (facing back), and twin Julia Huckaby. The "Fair Oaks Spring Fest Toilet Bowl Challenge" (sponsored by the Fair Oaks Water District) is a favorite event included in the annual "Fair Oaks Spring Fest," which took place this year on May 5-6, 2007. Other "Spring Fest" activities included entertainment, children's rides and games, a classic car show, "Sun Run," and a dance and classic rock and roll star impersonator contests. (Photo Courtesy of the Fair Oaks Water District).



Rand K. Jacobs

## R.K. Jacobs Insurance Services Home • Auto • Business

Office (916) 966-3733  
Fax (916) 966-0177  
4777 Sunrise Blvd., Ste. B  
Fair Oaks, CA 95628  
rjacobs@pacbell.net  
Lic. #0535940

CLEAN & SOBER  
LIVING  
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH  
THE ALCOHOL AND DRUG PROBLEM!

18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

## Help the Chamber Save Lives

On June 2-3rd the American Cancer Society is hosting their annual Relay for Life at Bella Vista High School. Relay for Life is a 24-hour walk to raise money for cancer research. Tom Askins was appointed Team Captain for the Fair Oaks Chamber of Commerce Walking Team and he needs YOUR help. This is one of those events where 'WE' can do it but 'I' can't. Will you join Tom in the fight against this terrible disease? Email Tom

at tom@opentheid.org.

It will take 24 individuals or groups to commit to each walk one (1) hour. That way, there will be 24 walkers which will eliminate any pressure on any one individual to carry more than their fair share. Last year we were the only team to have walkers on the track for every hour of the 24.

We need to raise \$25,000 from our Fair Oaks Chamber team. When this number is divided

by the 24 walkers, each hour needs to raise approximately \$1,000. So there are some of you who can write \$500 checks to the American Cancer Society. And, there are some of you who can ask for checks from your Corporate Employers, friends, neighbors and colleagues in the amounts of \$10, \$25, or \$100 in order to make up \$1000. Either way, your help is needed to reach our goal.

## Volunteers from Clean & Sober Living Help at Spring Fest Event

By Don Troutman

Sixty-three volunteers from Clean & Sober Living stepped up and volunteered, providing approximately 150 hours to help put on and monitor the Fair Oaks Spring Fest (formally called Fiesta Days) on May 5th and 6th. This was a great benefit to the Fair Oaks Chamber of Commerce that puts on this event. Traditionally, even though it is an event that is really appreciated by the community it has been difficult to get the required volunteers.

Clean & Sober Residents helped setting-up, monitor barricades, drive the shuttle, sold raffle tickets, assisted in facilitating some of the events and helped with the tear down and clean-up afterwards. The residents were all proud to participate. Among the superstars from Clean & Sober Living who went above and beyond was Bunny Troutman, Executive Director of Clean & Sober Detox, Kevin Hall, Ernst Fuentes and Todd Wilson. These individuals spent countless hours each day.

"This is the biggest and best event we have had," said Rand Jacobs the Event Chairman. "I was very impressed. The Clean & Sober residents were very

willing to do anything they were asked and they did it well." Mr. Jacobs went on to say "It went smoother than it ever has in the past. I hope we can get them back next year."

Clean & Sober Living is residential living for people who have been through a recovery program or have been clean and sober for a while. Clean & Sober Living, has recently been shown on the A & E Television program in the series called "Jacob" (Unrelated to Rand Jacobs) and is fundamental in many people's recovery. Clean & Sober Living has enjoyed tremendous success with alcoholics and drug addicts maintaining continuous sobriety. Mostly, the residents are people who do not want to go back to their old environment or do not have a place to stay that is conducive to recovery. They are people aggressively seeking a lifestyle change. Residents are encouraged to be employed, going to school or doing something conducive with recovery. If they are not employed when they move in, it is recommended that seek employment and/or make productive use of their time.

Clean & Sober Residents are "participants" in their recovery versus "spectators". They take ownership and responsibility for their addiction and recovery and there see hope.

Clean & Sober Living is an important part of the community that is making a successful contribution to the alcohol and drug problem. It is important that folk's find a way to get back and a community that is willing to let them work their way back. Crimes, illnesses, broken families are symptoms of the problem, which is addiction. No one starts out to become addicted on purpose. Sons, daughters, moms, dads and grandchildren who are addicted touch almost every family and most people think it is a hopeless situation. It is not hopeless and it is important to have resources available to address the problem.

Mr. Jacobs' message was taken back to the Clean & Sober Residents and was received with vibrant and gracious applause. You could see the smiles on their faces and tears in some their eyes and their expressions showing they were proud to serve.

## Edward Jones Financial Advisor Announces Grand Opening

Melanie Collins of the financial services firm of Edward Jones invites the public to join her at the grand opening of her new office in Fair Oaks. The event is scheduled from 3:00 p.m. to 6:00 p.m. on Wednesday, May 23, 2007 at the Branch Office located at 5480 Dewey Drive, Suite 160 in Fair Oaks, at the Safeway Shopping Center.

In support of the Arts and

Education, Ms. Collins will host an Art Show the day of the event, featuring the art works of local students from Will Rogers and Winston Churchill Middle Schools.

"I am excited to be opening an Edward Jones office in Fair Oaks, because I really see a need for the type of service we provide", Ms. Collins said. "This firm concerns itself exclusively with the needs of

individual investors and small business owners and I am happy to be bringing that kind of personalized service to the community."

Edward Jones provides financial services for individual investors in the United States and through its affiliates in Canada and the United Kingdom.

Join us in the fight against cancer.



## Relay For Life of Fair Oaks June 2-3, 2007

10AM Sat. - 10AM Sun.

Bella Vista High School  
8301 Madison Avenue

Form your team today for  
this unforgettable event!

Call Dustin Buck: 916.965.1469



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

1.800.ACS.2345 / www.cancer.org

# Gold River News & Views

## GRRC Offers Summer Kids Camp



The time is here for parents to think about what their active kid(s) will be doing this summer. Why not make GRRC Summer Camp the place to be? There will be fun and exciting themes, field trips and free lunches on Fridays. Each session will be \$145 per child (yes this is a lower price than last year), and \$125 a session for each additional child. Half-day sessions will also be available for \$95. Sign up for all sessions and receive a 20% discount! Also, Grandparents with out of town grandchildren are welcome to sign up those active kid(s) with no extra guest fees. So get those 5-12 year olds and that summer gear ready, and we'll see you at summer camp! Not a member of GRRC. Call us today and find out how easy it is to join. Camp starts on June 11th.

## Protect Your Valuable Windows, II



The seasons are changing. Again. One day you have your lawn sprinklers going, and the next day it rains. There is no doubt, however, that you're going to have to water your lawn and garden this summer.

Consider what happens when your sprinklers hit your windows. On a hot day, the sprinklers cool the outside pane of glass and cause a

temperature differential between the outside and inside panes. Guess what happens? The air space between panes starts to expand and contract. This causes the window to attempt to "breathe" by either pushing or pulling air into the area between sheets

of glass. This action will put stress on the seals in your insulated glass windows, and if the seals fail, your windows will become clouded and stained.

Another problem with spraying your windows is water spots and/or stains. Window glass is quite porous, and once it is stained and deeply spotted, you'll have a very tough time removing the stains. Prevention is the best path to take. Keeping your windows clean will delay the onset of spots and stains.

Doug Lent is a professional window cleaner who will gladly answer your questions about window care and cleaning. Call him at 916-203-4038 or email: douglent@yahoo.com. Doug is a member of the Master Window Cleaners of America, the Association of United Window Cleaners and the Gold River Business Group. Look for Doug's ad in the business directory at GoldRiver.com

## Twirl Club Hosts Open House



Acceleration Twirl Club will be hosting an open house and team exhibition at 6:45pm, Wednesday, May 30 at Gold River Discovery Center. This is a great opportunity for anyone interested in the sport of baton twirling to see what this local team offers.

Acceleration practices on a weekly basis to build its' skill base. The team enjoys competing in contests during the spring and early summer months. Being a part of the team is a year-long commitment, with sign-ups in July. In the words of coach Lindsay Howe, "If you're a kid that likes to twirl yardsticks, brooms, or pencils, drop by and enjoy a performance by our team, and learn more about baton twirling and the experiences it can bring to your life!"

Coach Howe knows what

she's talking about. She has a long resume of experience qualifying her to coach this team, including eleven years of twirling, and five years of coaching Acceleration.

During the time Howe was a twirler, she won countless State, Regional and National titles. She was the first ever at a National competition to win consecutive Jr. Grand Strut and Jr. Grand Dance Twirl Championship titles. She was also a member of the USA World Team and there earned a bronze medal.

Howe emphasizes that even someone who's never picked up a baton can be a part of the team. "We welcome any level twirler and create routines to best highlight our twirler's abilities and strengths. Those kids on the advanced teams had to start somewhere!"

Acceleration Twirl Club got its start with the Starlettes, a popular parks and recreation baton twirling class. During the

past seven years it has made a name for itself at a wide array of contests and events. The twirlers are committed to their team, not just for the sake of performing well, but also as friends. The parents have fun, too. "It's a great social atmosphere for twirlers and parents," states Howe, pointing out all the opportunities the families have to get to know each other: at practice, at local and out-of-town contests, and at fun events such as the Disneyland Baton Spectacular. She firmly believes "twirling on a team gives the twirler a chance to have a unique talent, develop confidence, and make new friends. I try to make the team environment a fun and happy learning place while challenging each individual to their full potential."

Gold River Discovery Center is located at 2200 Roaring Camp Drive in Gold River, just east of the intersection of Gold Country Blvd and Coloma Road. Look for the open house in the school's gymnasium, located near both parking lots. Anyone with questions regarding the open house or the twirl team in general is encouraged to call coach Lindsay Howe at 834-4957.

## Junior Tennis Players of the Month – Rio Americano Boy's High School Tennis Team



Pictured are Ted Burchett and Nick Monroy Semi Finalist Sectionals Doubles and Robert Rugen Semi Finalist Sectional Singles.

Rio had a great season behind 1st year Head Coach Greg Howard. The team was 10-0 in league play this year and as of press time they were semi-finalist in the Sac-Joaquin Sectional Team Championships. Not all the players of this team were from Gold River but GRRC was well represented in Robert Rugen, Ted Burchett, Ryan Kaupe and Zach Bertsch. Together they had a 24-1 league match record. The Rio boys finished there season as the second best team in the Sac-Joaquin Section of Division 2. Their only loss of the year came in the Sectional finals at the hands of Granite Bay. Additionally Robert Rugen in singles and Ted Burchett in doubles were Semi Finalists in the Sac-Joaquin Sectional Individual Championships. Congratulations on a great season!

## Bow Wow Beauties



Cheryl Lee, with her dog Jake, Jenniene Cheng, with her dog Rally, a guide dog in training, Cammie Hottinger, babysitting BeBe Burton Lucy Norton, with her dog Samosa, a guide dog in training.

Beverlee Gross, of Gold River; Kay Burton, Fundraiser; Chairman, Kitty O'Neal, KFBK Anchi Both Photos by Tia Gemmell

Photography by Tia Gemmell

Bow Wow Beauties Pet Fashion Show, a Benefit Fundraiser for the SPCA, was held at the Gold River Shopping Center, Saturday, May 5, at 1:00 p.m. A Special Guest Appearance from KFBK'S News Anchor, Kitty O'Neal helped to raise a large crowd of dog lovers. Over fifty dogs came to the event, with thirty participating in the fashion show. Those dogs not participating in the fashion event enthusiastically supported those breeds brave enough to lead their owners through the show. More than two hundred people attended the annual fundraising event, with volunteers selling raffle tickets for door prizes to raise funds for the SPCA.

Sponsorships and Raffle Prize Donations were made by Bel Air Market, Big Valley Federal Credit Union, Jimboy's Taco's, Applebee's Restaurant, Fat's Bistro, Folsom, Mane Attraction Spa Salon, Hazel Ridge Veterinarian Clinic, Morningside Florist, StarBucks of Gold River, Bellissima Nail Spa, Gold River Veterinarian Hospital, Sun Oaks Dental, Fats Bistro of Folsom, Mary Kay Skincare, Spataro Restaurant, McCormick & Schmick's Seafood Restaurant, Amore Café & Bakery, American River Messenger and Tia Gemmell Photography.

## 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

- Sunday, May 27th 3PM - 11PM
- 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



PERSONAL ATTENTION (to serve you locally)

+

ACCIDENT REPAIR GUARANTEE (through Blue Ribbon Service)

+

HOME AND AUTO DISCOUNTS (for your lifestyle)

## REAL INSURANCE VALUE



Fred Simmons Insurance Agency

FRED SIMMONS, PH.D.

11294 Coloma Rd. STE D

Gold River, CA 95670

(916) 638-0585

askfred@fredsimmons.com

0C17932 (CA)

Call me today and find out how real value adds up.



Nationwide Insurance Company of America

To Advertise in the American River Messenger

Call 773-1111



Nationwide Insurance Company of America. Nationwide Mutual Insurance Company and Affiliated Companies. Home Office: Columbus, Ohio 43215-2220. Nationwide, the Nationwide Framemark and On Your Side are federally registered service marks of Nationwide Mutual Insurance Company.

# Orangevale News & Views

## Bodacious Book Sale 2007



Bodacious Book Sale May 31, June 1 and 2, 2007 at Divine Savior Parish Hall, 9079 Greenback Lane, in Orangevale. Doors will open at 8:30 a.m. all three days and close at 5:00 p.m. on Thursday and Friday, at noon on Saturday. To make the event truly bodacious, Mae West look-alikes will be especially welcome. Easy

enough, since Mae had many looks—a belle of the 90's, a sister honky tonk, a shimmy Mae, Mademoiselle Fifi, and, of course, "I've got a style of my own." Veterans might even decide to appear with their yellow "Mae Wests," inflatable vest-like life preserver jackets worn by Allied soldiers during World War II, so named because of the resemblance to her curvaceous silhouette.

The sale will feature fantastic bargains, with well over 10,000 books priced from 50 cents to \$5.00. Shoppers can choose from bestsellers in hardback and paperback, mysteries, romances, cooking

and crafts books, inspirational and religious offerings, self-improvement and diet/fitness books, videos, DVDs, CDs, and a great selection of children's books. Teachers can augment their classroom libraries for a special price of \$5.00 for a bag of books.

Back by popular demand, Tory Swim, co-author of the new book Orangevale will make a personal appearance to autograph her book on Saturday, June 2, from 9:00 – 10:00 a.m. The book will be on sale all three days at the book sale for \$20.00.

Customers who join Friends of the Orangevale Library can choose a gift from the Bodacious Boutique, which provided the incentive for 21 new members at the 2006 sale. All proceeds from the sale will benefit the Orangevale Library, which will be expanding later this year, a small step towards the ultimate goal of building the permanent library in Orangevale.

The Bodacious Book Sale is co-sponsored by several local Girl Scout troops, Boy Scout Troop 624, Orangevale Rotary's 49 community service-minded members, and the Casa Roble Interact Club.

## Extreme Makeovers by East Valley Church Outreach Ministry

This year's Extreme Makeover School Edition was another huge success. This year's project included 2 schools in the Orangevale / Fair Oaks area and they were Pershing Elementary on Pershing Ave and Pasteur Middle School on Elm Ave. This year also brought over 400 volunteers making the three-day makeover possible. The projects started Friday afternoon and went all weekend finishing up Sunday night. Both campuses were cleaned and ready for school on Monday morning. Pasteur consisted of replacing existing dirt stairs with concrete, complete renovation of the front and side of the campus. There were new sod and irrigation, plants, mow strips and bark in all areas. Pershing consisted of a lot of the same with renovating the front of the campus, grading the center section of the school and installing drains to eliminate flooding in the winter. Pershing also included new hydro seed and irrigation, alternative walkways and planter areas throughout the campus.

These projects totaled over 40 yards of concrete, 700 plants, 120 yards of black bark, 2700 Sq. feet of sod and over 9000 Sq. feet of hydro seed, not to mention all the new irrigation lines and heads. Both of these projects combined had an estimated value of \$300,000.00 and without the \$30,000.00 in donations and the monies from East Valley and local organizations it would not have been possible. We would like to thank the following: Volvo Rents, United Rentals, Orangevale Grange, Normac, Tom Digmocomo reality, Descor construction, Central Concrete, Livingston's Concrete, AAA Hydro Seeding and all the



other vendors who worked with us on pricing. We would also like to thank San Juan Unified School Districts Self Help program and the people of East Valley and the local communities for making this all possible.....

Jason Beck, Pastor

East Valley Church Outreach

## Financial Tips for Newlyweds



Kirk Camunee

It's June - a popular month for weddings. If you're getting married this month, you have a lot to think about: a rehearsal, a ceremony, a reception, possibly a honeymoon. But most important of all, you've got the anticipation of starting a new life together. To help make that life a happy one, you and your new spouse will need to communicate with each other on all types of issues - and one of the most important of those issues is your joint

financial situation.

So, once the wedding festivities are behind you, take some steps that relate to your future financial well being. Here are a few suggestions:

Establish financial goals. You and your spouse can become disciplined money managers if you're both working toward some joint long-term financial objectives, such as a new home. If you eventually have children, your goals may expand to include college. And throughout your working life, you'll want to put money away for retirement. No matter what your goals are, you'll have a better chance of achieving them if you set out a strategy - and stick to it.

Don't put off investing. How much money you have available to invest depends on your income and expenses. When you're just married and establishing a household, you may not feel that you have a lot of cash to spare, but make it a priority to put away something each month, even if it's only a small amount. If you can get into the investment "habit" right away, it will serve you well throughout your married life.

Take advantage of retirement plans. If you and your spouse are both working, you may each have access to a 401(k) or other employer-sponsored retirement plan. Contribute as much as you can afford to each plan - at least enough to earn the employer's match, if one is offered. Also, look closely at how you are each allocating your dollars within your respective plans. Try to avoid duplicating each other's investment choices. By spreading your money around a range of investments, the two of you can potentially reduce the effects of market volatility and give yourselves more chances for success. A financial advisor can help you identify the investment choices that are appropriate for your risk tolerance, goals and time horizon.

Get control of your debts. Your debts, and those of your new spouse, are now of concern to both of you. While some debts - such as a mortgage - may be inevitable, it's generally a good idea to keep your debt load as low as possible. That's because the more money you spend on debts, the less you'll have available to invest for your future. By going over your student loans, car loans, credit cards, etc., you may be able to develop a strategy to reduce your overall debt load.

By following these suggestions, you can start married life off on the right foot, at least in regard to your financial situation. As for who gets to write the thank-you notes for the wedding presents - well, that's another matter.

## Smoke Kills Without A Sound



Fire Chief Don Mette installs a smoke alarm for a senior citizen

Tragically, in the early morning hours of Saturday, April 29th, two people in Orangevale died in a house fire. The survivor of this fire lost his wife and his father in the blaze.

Unfortunately, this was not the first fatal fire in Sacramento

County this year, and the one thing that all of these fatal fires had in common, was the lack of a working smoke alarm in these homes.

Smoke is the biggest killer in home fires and smoke is a silent killer. Most home fires happen during the night when the family is sleeping and smoke creeps through the home, without making a sound. Without any early warning, the fire continues to grow and the smoke becomes worse until the opportunity to escape is gone.

One of the easiest, least expensive ways to protect your family, your property and your possessions, is to have a working smoke alarm in your home. Smoke alarms will provide you and your family with much needed early warning of the danger from the smoke and fire.

Smoke alarms are inexpensive and readily available at any hardware or home store. They run on a 9-volt battery. The batteries should be tested

monthly and replaced every six months. Smoke alarms are easy to test. They usually have a button on the outside that can be pushed to make sure the alarm is working.

If you know someone, a senior citizen or a neighbor, who cannot check or install their own alarm, please be a good neighbor and help them to do it. If you have any doubts about whether or not your smoke alarm is working, and you are unable to check it yourself, call Sacramento Metropolitan Fire District and we will come to your home and check your smoke alarm for you. If you do not have a smoke alarm and you are physically unable to install one, call Metro Fire and we will come to your home and install a smoke alarm for you.

There is no charge for this service. Call (916) 566-4000 and ask for the Community Services Division and we will schedule one of our crews to come out and help you with your smoke alarm.

## Pygmy Goats to the Rescue



Photograph by Evan Taylor

There is no greater joy than sharing or getting others involved with ones hobby. Raising pygmy goats is just one of Orangevale's Sharon Taylor's hobbies, which she likes to share. She is looking to serve others in the area by offering a free lease of the goats for a natural solution to weeding fenced acreage.

Managing acreage in an

area prone to weeds is a difficult task and often there is a concern for fire hazards. Mowing can be a substantial investment in time and money, a challenge that some land owners neglect to do. Keeping grazing animals help control weeds through the flowering and seeding periods.

Sharon gives free consultation to land owner's looking to use her goats through the free lease. "I realize most folks do not understand the particularities of managing grazing animals on acreage, when they are new to acreage ownership. Like, what animals are best suited for their land and what fixtures will best suit the animals they chose?"

Pygmy goats consume nearly half of the amount of food,

and require lesser fencing, as standard goat's need. Pygmy goats are cute pets that require consent companionship and do best in a herd. Not everyone wish to invest in a whole herd of grazing animals, so the free lease is an appealing alternative to some.

Sharon Taylor has been seen at the Fair Oaks Parade and the Vernon Cable Memorial Parade with her Llama, Comico, as a participating member of Orangevale Grange #354. Comico is a guardian companion to her pygmy goats at home. Sharon currently is also the Master of Rio Linda Grange #403. She strongly promotes urban agriculture in it's many forms. You can contact Sharon at (916) 563-4449 or Email at staylor.rose@gmail.com.

### Sheriff's Department Community Meeting

Orangevale Residents  
May 30th • 6:00 to 7:15PM  
Orangevale Recreation and Park District  
6826 Hazel Ave, Orangevale

Call Today With Your Local News,  
Events and Announcements 773-1111

### FINDING THE RIGHT FINANCIAL ADVISOR IS AS IMPORTANT AS FINDING THE RIGHT BOND.

The service you'll get from my office makes these bonds look even better.

#### 1. U.S. Government

Guaranteed bonds  
4.43% to 4.64% \*

Guaranteed applies only to the payment of principal and interest

#### 2. Insured Federal Income

Tax-Free Bonds  
3.49% to 4.57% \*

Interest may be subject to state and local taxes and Alternative Minimum Tax. Insured as to timely payment of principal and interest. Insurance does not eliminate market risk.

#### 3. Investment-Grade

Corporate Bonds  
5.17% to 6.00% \*

\*Yield effective 05/17/07, subject to availability and price change. Yield and market value may fluctuate if sold prior to maturity, and the amount you receive from the sale of these securities may be more than, less than or equal to the amount originally invested. Any bonds called prior to maturity result in reinvestment risk for the bond owner. Bond prices may fall in a rising interest rate environment. Contact your local Edward Jones Financial Advisor for more information about maturity dates and applicable call provisions. Bond investments are subject to interest rate risk such that when interest rates rise, the price of bonds can decrease and the investor can lose principal value.

Call or stop by today.

Kirk M. Camunee  
Financial Advisor

8920 Greenback Lane, Ste D  
Orangevale, CA 95662  
916-989-0920

www.edwardjones.com Member SIPC

Edward Jones  
MAKING SENSE OF INVESTING



# Legislation Approved to Expedite Sacramento Airport Expansion

SACRAMENTO - The Assembly Local Government Committee has approved Legislation today by Assemblyman Roger Niello (R-Fair Oaks) that will allow Sacramento County to expedite construction of the largest expansion of the Sacramento International Airport in its history. Specifically, AB 916 will allow Sacramento County to use a contracting method known as "construction manager at risk" that will allow the airport to be built more efficiently and faster than traditional contracting methods typically allow.

"The International Airport expansion project is one that is critical to the economic vitality and competitiveness of the Sacramento region. Fortunately, the Assembly Local Government Committee has agreed that getting

this project completed as soon as possible while allowing the County to save precious taxpayer dollars is the right thing to do," said Assemblyman Niello.

Scheduled to open in the Summer of 2011, the new Terminal Modernization Program at Sacramento International Airport will allow for the anticipated growth in passengers that is expected within the next 20-30 years. The \$1 billion expansion plan will not only include a new terminal B, but will also include additional parking, restaurants, and hotels. Construction on the project will not interfere with existing airport operations.

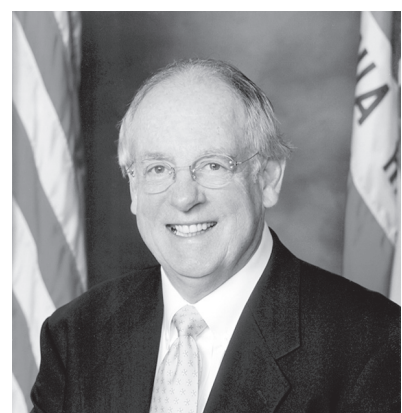
Construction Manager at Risk (CMR) is a contracting method that will allow the County to select a contractor for the project that will be able to "fast-track"

the project by starting work on elements of the construction before the design of the entire project is even complete. In addition, guarantees from the contractor for cost, coordination, and schedule are also included in the contract which result in time and cost savings and predictability. CMR has been used successfully on expansion plans in Phoenix and Dallas-Fort Worth International.

"We appreciate the vote by the committee today that puts us one step closer to seeing our plan for the construction of the Terminal Modernization Program become a reality," said Rob Leonard, Chief Operating Officer of the Sacramento County Airport System.

AB 916 will now move to the Assembly Floor.

# Senator Cox Responds to Governor's Budget Revision



Sacramento - Senator Dave Cox (R-Fair Oaks) issued the following statement regarding the release of Governor Arnold Schwarzenegger's May Budget Revision:

"The May Revision to the budget delivers on Governor Schwarzenegger's commitment to taxpayers not raise taxes on the people of California. This basic principle of economics will help keep California's businesses competitive.

"I am disappointed; however, that Governor Schwarzenegger missed the opportunity to reign in the state's spending. The state anticipates \$243 Million less than expected in the January budget proposal yet the May Revise projects spending to increase by \$1.9 Billion. As I have stated previously, we do not have a revenue problem. We have a spending problem. We must pay down debt and stop using the State's credit card.

"A particularly troubling proposal unveiled in today's press conference is the plan to eliminate the Williamson Act incentives to local governments. The Williamson Act provides for lowered property taxes for lands maintained in agricultural and certain open space uses. The landowner enters into a contract with the county or city to restrict land uses to those

compatible with agriculture, wildlife habitat, scenic corridors, recreational use, or open space. In return, the local authorities calculate the property tax assessment based on the actual use of the land instead of its potential value assuming full commercial development. To be eligible, the land must be designated by a city or county as agricultural preserve, scenic highway corridor, or wildlife habitat area; or it must be actively used for the three years immediately preceding the beginning of the contract as a saltpond, managed wetland, or recreational or open space area. Elimination of funding for the Williamson Act is simply short-sighted. This will cause tractors and hay bailers to be replaced with bulldozers, earthmovers and graders resulting in unnecessary urban and suburban sprawl."

# "A" for Amnesty?

## Responses to the Immigration Deal

The deal, struck by about 10 Democrats and Republicans working with the Bush administration, heads to the Senate floor this week.

The Senate deal would: 1) Grant the nation's estimated 12 million illegal immigrants legal status with an indefinitely renewable "Z" visa, and allow many to eventually apply for citizenship. They would have to pay \$5,000 in fines to get the visa, and those seeking legal permanent residence would have to return to their home country to apply. 2) Establish a temporary worker program admitting 400,000 workers yearly for a two-year visa after which they would be required to return home for a year and then re-apply. The vast majority of the temporary workers would not be eligible to stay in the U.S. permanently. 3) Add 6,000 more Border Patrol agents, establish an employment verification system mandatory for employers to check the status of new hires, and toughen interior enforcement. 4) Reward high-skilled, educated immigrants, though it also would continue to allow U.S. residents to bring in relatives.

Mitt Romney, presidential candidate and Governor on the immigration deal:

"I strongly oppose today's bill going through the Senate. It is the wrong approach. Any legislation that allows illegal immigrants to stay in the country indefinitely, as the new 'Z-Visa' does, is a form of amnesty. That is unfair to the millions of people who have applied to legally immigrate to the U.S.

"Today's Senate agreement falls short of the actions needed to both solve our country's illegal immigration problem and also strengthen our legal immigration system. Border security and a reliable employment verification system must be our first priority." (from MittRomney.com)

Congressman Steve King, called a deal struck by a group of Senators "AMNESTY- a pardon and reward for lawbreakers."

"Many Senators claim that their deal renews respect for the Rule of Law. Let me respond to that absurd statement by stating clearly, you cannot simultaneously tear down and rebuild one of our Constitutional principles. I took an oath to uphold the Constitution and the Rule of Law. The price for amnesty is the sacrifice of the Rule of Law," stated King.

King concluded, "Each one of these Senators should wear a scarlet letter 'A' for amnesty."

Congressman Steve King (Iowa-5) is Ranking Republican on the Immigration Subcommittee of the U.S. House Judiciary Committee. (from house.gov/steveking)

## Letters to the Editor

### In regard to Muzzle Talk Radio

In regard to Muzzle Talk Radio: This kind of journalism gives conservatives a bad name. Kuhner sloppily connected everyone that he disagrees. I resent very much his placing FDR on the same level as bloody Stalin and Trotsky. I guess he forgot the Great Depression and WWII and what FDR did. He fails to tell us what is in the "Media Ownership Reform Act." He did not give us a bill number so we could see for ourselves. He gives his own conclusions without any supporting information. This column is more to incite than to inform. The last time I looked the President is still Republican. The Supreme Court is not Democrat and really real liberals will fight to give you the right to speak. Look at the local News and Review. You can read some of the Sacramento Union in that liberal rag. So stop the fear mongering. You can do better. This kind of yellow journalism does not serve conservatives well and I am disappointed to find this article in what was a very good local community newspaper.

Thank you, Charles Donaldson

### Right-Wing Drivel?

Your "paper" is mediocre right-wing drivel. It is not even worthy of my recycle bin. I am sick of your kind of journalism, and it's divisive purpose. Please remove my address from your route...How I came to be on that

route is disturbing to me. (Comments about advertisers deleted). I am furious that you choose to place this filth in my driveway. I hesitate to give you my address, as I wonder what the consequences might be. What's next, a list of those neighbors who don't like your idea of "freedom of the press"? Remove me from your delivery list immediately.

(from a resident on San Juan Ave, Fair Oaks).

### Liberal Totalitarianism

Dear Editor,

Thank you for the great article titled "Liberal Totalitarianism" written by Jeffrey T. Kuhner, Editor of Insight. It is about time we see the "TRUTH of what is happening to our country" in printed form. We have been so tired of reading only the liberal point of view we have quite taking the local newspaper. Thank you for the great job you are doing to bring us local news and also expanding information such as this.

Keep up the good work.  
Sincerely, R and M.Norris

### And from the Message Machine

Thank you for the wonderful articles you have been running in your newspaper. I even switched my bank account to Big Valley Credit Union, and I told the teller so, because they support and advertise with you. Please keep it up.  
(A female caller from Gold River)

# Let's Lookout For One Another

## By Officer Lizz Dutton

May is Motorcycle Safety Awareness Month in California. Its goal is raising awareness about the importance of drivers and motorcyclists sharing the road.

The California Highway Patrol (CHP) knows that sharing the road with many types of vehicles is necessary for safe highways. Because motorcycles are unlike any other vehicle on the road, they require special considerations.

CHP Commissioner Mike Brown encourages all riders and drivers to practice safe behaviors and share the road.

"Drivers of other vehicles should be courteous and aware of motorcycles around them, especially at intersections. It's equally important for vehicles to keep a safe distance from motorcycles on the roadway. This allows the operator room to maneuver the motorcycle and avoid road hazards or adverse traffic conditions,"

says Commissioner Brown.

There are more than 1.1 million licensed riders in California. Last year, more than 400 motorcyclists were killed and over 10,000 were injured as the result of a collision. Although those are preliminary figures, both represent an increase from 2005.

With a motorcycle, safety accessories are limited to equipment like helmets, jackets, boots and gloves -- not much stands between the rider and serious injury in case of a collision.

"Even as a veteran rider, I know it's important to take a refresher course and sharpen your skills, especially if you haven't ridden in awhile," says Chief Ramona Prieto, who was the CHP's first female motor officer.

"Remember, we're all out here together. Let's be respectful and mindful of one another," adds Commissioner Brown.

# CRIME REPORTS

## Fair Oaks

From The Sacramento County Sheriff

Monday, April 23, 2007  
Residence/home 2402 Vandalism 4/14/07 21:00 - 4/18/07 22:00 Fair Oaks Blvd  
Commercial/office building 2406 Burglary Business 4/22/07 07:30  
Residence/home 2414 Vandalism 4/23/07 18:45 - 20:25 Mckay St  
Tuesday, April 24, 2007  
Residence/home 2404 Larceny/Theft 4/17/07 15:40 - 16:00 Amalfi Way  
Residence/home 2412 Aggravated Assault 4/18/07 06:47 - 06:47 Winding Way  
Vehicle 2402 Burglary From Vehicle 4/19/07 10:00 - 16:30 Sunrise Blvd  
Residence/home 2413 Vandalism 4/21/07 17:00 - 4/24/07 13:30 Las Encinitas Dr  
Vehicle 2401 Burglary From Vehicle 4/23/07 21:30 - 4/24/07 09:15 Palmyra Dr  
Vehicle 2401 Burglary From Vehicle 4/23/07 22:30 - 4/24/07 06:30 Palmyra Dr  
Residence/home 2404 Burglary Residential 4/24/07 12:00 - 14:00 Fair Oaks Blvd  
Wednesday, April 25, 2007  
Vehicle 2412 Burglary From Vehicle 4/24/07 15:30 - 4/25/07 07:30 Illinois Ave  
Vehicle 2405 Burglary From Vehicle 4/24/07 18:00 - 4/25/07 01:00 Vasos Way  
Vehicle 2401 Burglary From Vehicle 4/24/07 19:30 - 4/25/07 07:30 Gastman Way  
Residence/home 2412 Burglary Residential 4/24/07 22:00 - 4/25/07 07:00 Canonero Ct  
Vehicle 2401 Burglary From Vehicle 4/25/07 00:05 - 04:45 Juan Way  
Residence/home 2409 Weapons Violation 4/25/07 19:00 - 19:00 Winding Way  
Thursday, April 26, 2007  
Parking lot/garage 2402 Larceny/Theft 4/25/07 14:00 - 19:00 Fair Oaks Blvd  
Residence/home 2410 Burglary Residential 4/26/07 08:45 - 12:00 Bronsbury Ln  
Friday, April 27, 2007  
School/college 2403 Larceny/Theft 4/23/07 12:00 - 4/24/07 08:00 Pennsylvania Ave  
Retail/dept/discount store 2412 Burglary Business 4/27/07 01:19 - 01:25 Hazel Ave  
Residence/home 2418 Burglary Residential 4/27/07 07:30 - 13:30 Palm Ave  
Sunday, April 29, 2007  
Restaurant/fast food 2405 Burglary Business 4/28/07 23:30 - 4/29/07 08:10 San Juan Ave  
Monday, April 30, 2007  
Residence/home 2410 Burglary Residential 4/25/07 08:00 - 4/30/07 18:30 Sunset Ave  
Specialty store 2405 Burglary Business 4/26/07 18:00 - 4/27/07 09:30 San Juan Ave  
Residence/home 2408 Vandalism 4/27/07 11:20 - 4/30/07 12:01 Arbardee Dr  
Vehicle 2402 Burglary From Vehicle 4/30/07 09:00 - 12:00 Madison Ave  
Tuesday, May 1, 2007  
School/college 2414 Robbery 5/01/07 15:20 - 15:30 Madison Ave  
Total reports received 5/1/2007: 1

## Orangevale

Monday, April 16, 2007  
Vehicle 2517 Burglary From Vehicle 4/16/07 04:45 - 08:00 Greenback Ln  
Vehicle 2515 Narcotics 4/16/07 05:00 - 05:15 Greenback Ln  
Tuesday, April 17, 2007  
School/college 2503 Burglary Business 4/17/07 00:44 - 00:51 Trajan Dr  
Vehicle 2515 Burglary Business 4/17/07 01:19 - 01:33 Greenback Ln  
Highway/road/alley 2503 Aggravated Assault 4/17/07 18:40 - 18:47 Coyote Ct  
Friday, April 20, 2007  
Vehicle 2519 Vandalism 4/19/07 21:00 - 21:45 Greenback Ln  
Sunday, April 22, 2007  
Highway/road/alley 2514 Narcotics 4/22/07 01:20 - 01:30 Vallejo Dr



## CITRUS HEIGHTS POLICE DEPARTMENT



### MEDIA REPORT

Date & Time	Incident#	Location
5/13/07 - 9:13AM	07-5566 - Warrant Arrest	7800 Sayonara Dr
Officer responded to the above address to serve an arrest warrant. Upon the officer's arrival, he confirmed Valoria Goldsmith, 40, had an outstanding Yolo County arrest warrant for welfare fraud. She was taken into custody and booked at Sac CJ.		
Date & Time	Incident #	Location
5/13/07 - 10:36AM	07-5568 - Warrant Arrest	Auburn Blvd and Van Maren Ln
Officer initiated a vehicle stop in the above area. Upon contacting the driver, Douglas Edwards, 45, it was determined that he had an outstanding Placer County warrant for destruction of evidence. He was also arrested for the above charges and booked at Sac CJ.		
Date & Time	Incident#	Location
5/13/07 - 3:52PM	07-5585 - Robbery	Sunrise Blvd and Madison Ave
Officer responded to the above area regarding a battery that just occurred. Upon the officer's arrival, it was determined the suspect hit the victim's vehicle with his own vehicle and then robbed the victim of money. The suspect vehicle is described as a 1991 Buick CA 2UPE327; the suspect is described as a WMA 20 years, 5'8"/140, BRN/HZL unshaven with a goatee, last seen wearing a white shirt and black shorts. The suspect and his vehicle were last scene south bound on Fair Oaks Dr.		
Date & Time	Incident#	Location
5/14/07 - 7:40PM	07-5593 - Vehicle Accident	Sunrise Blvd and Larwin Drive
Officers responded to a vehicle accident, involving two vehicles, one of which fled the scene. A victim complained of pain from the collision. The suspect is unknown and the vehicle description provided to police was limited.		
Date & Time	Incident#	Location
5/14/07 - 10:00PM	07-5595 - Warrant Arrest	Rollingwood Blvd and Auburn Blvd
A CHPD Officer initiated a traffic stop and found suspect, Joy Sutcliff, 45, had a felony warrant out for her arrest in Placer County. The warrant was for a felony probation violation. Suspect was arrested and booked at Jail.		
Date & Time	Incident#	Location
5/14/07 - 10:49PM	07-5597 - Vehicle Accident	Greenback Ln and Mariposa Ave
Officers responded to a vehicle accident, involving two vehicles (no injuries). One of the vehicles swerved to avoid a collision with the other vehicle and ran into the San Juan High School chain link fence by the football field.		
Date & Time	Incident#	Location
5/14/07 - 1:04AM	07-5602 - Public Intoxication	5900 block of Auburn Blvd
Officers responded to a call regarding a subject yelling and jumping on vehicles in the parking lot. Suspect Travis Baker fled the scene, prior to police arrival. He was located in front of Hidden Oaks Apartments on Devecchi and arrested for suspicion of public intoxication. While he was in the back seat of the patrol car, he vandalized the patrol car by damaging the rubber seal on the cars roll bar. Suspect was arrested and booked at the Sacramento County Jail.		
Date & Time	Incident#	Location
5/15/07 - 8:51PM	07-5630 - Vehicle Accident	Fountain Square Dr and Greenback Ln
Officers responded to a vehicle versus a pedestrian collision at Greenback Lane and Fountain Square Drive. They determined that the pedestrian was actually a passenger in another vehicle. The subject got out of his vehicle and approached another driver. The subject attempted to batter this driver, so the driver sped off to avoid being physically hurt. The subject fell down on the ground as the driver was attempting to flee and hurt his head. The subject was transported to Mercy San Juan for treatment.		



**LIVING FOR GOD™**

By Calvin and Lisa Wulf

**"Tell Me What I Need"**

"Your Father knows what you need before you ask him." Matthew 6:8 (NIV)

They curl up in front of the TV, remote in hand.

"Oh - another commercial," she says, clicking the mute button.

"Why do you always take the sound away?" asks her five-year-old grandson.

"Well, I just don't like all that noise."

"But Grandma - if I can't hear the commercials, how will I know what I need?"

Commercials constantly seduce us. Listen to their theme song: We'll be happy, sexy, and rich if we buy their product. If we don't we'll be lonely, boring, and poor. All we really need is the right shade of lipstick and everything will be peachy. Or will it?

Advertisements are like little garage door openers that let in things we don't really need. We're convinced that if we buy the right car, our lives will improve. So we do it. But everything stays the same. Do we really need this stuff or are we chained to the treadmill of consumerism?

Many commercials offer us empty promises. No wonder we end up unsatisfied and wanting more. Media overload can turn our hearts from God toward worldly concerns. Are we seeking material solutions to spiritual needs?

In ancient times gatekeepers patrolled the city walls. They let in the good and kept out the bad. Who's our modern gatekeeper? Is

it the media or God? Listening to ads is like taking advice from strangers. Perhaps we should listen to the Lord instead. After all, we know him. He only wants the best for us.

Need to screen out some media messages? Try these filters:

- Think before you buy. Will this item really guarantee your happiness?

- Take stock. Maybe God asks you to be content with what you have.

- Be selective about the messages you let in. Give God your garage door opener.

Do your desires come from the songs of our commercialized culture? The Father knows what you need even before you ask. So give these desires to God and put him in charge. With such a gatekeeper, you can never go wrong.

Living for God (TM) offers resources on Christian living. Check them out at [www.livingforgod.net](http://www.livingforgod.net) or call (719) 578-8837.



**Cleanliness Is Next To Godliness**

There certainly has been a misinterpretation of this old saying. Something may appear to be pure and clean on the outside, but we must take a good look at the inside to learn if it has been cleansed properly. It isn't this easy!

Wouldn't it be great if we could just take a shower every day and have the assurance that all the wrong thoughts and actions of our lives were cleansed and washed away? The problem is, there is no simple solution to what lies deep within our hearts and minds and the inner parts of our being that caused us to have those wrong thoughts or do those awful deeds. Every unkind word or deed one day will be on a big television screen for all to see.

This was the objection Jesus had to the religious people of his day. It is still His objection to those who appear righteous on the outside, but on the inside they are desperately wicked. If God knows the very numbers of hair on a man's head, the sands in the sea, He also knows everything about the "heart" (innermost part) of everyone. We aren't fooling God! There is no escape! We hide nothing from God.

Yet, this God who knows everything loves us

unconditionally. And He did provide a way of escape from the death that must come to everyone and an eternal death that awaits those who fail to acknowledge or reject Him. A matter of choice to believe or not to believe! All of us have sinned and fall short of the glory of God, but He has provided the Way. Will we take it? Will we choose His Way or seek one of our own?

We can't wash clean the outward parts of our body and find relief for what still remains unclean inside. And what is on the "inside" cannot be washed away with water, it can only be "washed away by the shed blood" of Jesus Christ on Calvary." It is here; we can find everything washed as white as now!

When a person is willing to be cleansed on the inside by accepting Jesus as Savior of their soul, they receive a new life, and a chance to begin again. A brand new start provided for all of us by the Master-Creator of the Universe. The responsibility we now have is to prove our own devotion and reverence by keeping our vessel clean on the inside to match the outside, becoming more and more like Jesus with each passing year.

Marlys Johnsen Norris  
LIFE MESSAGE WORKSHOPS  
"Intimacy Begins Going God's Way"  
[www.HeavenlyBoundPublishers.com](http://www.HeavenlyBoundPublishers.com)



**When You Need A Miracle**

Second Chronicles, chapter 20, gives the account of a time when 3 armies were coming against Jehoshaphat and his little band of people. Jehoshaphat got the people, all of his people, out into the fields. They looked

up toward God, and the Bible says Jehoshaphat prayed like this, "God, we have no power or might or ability in ourselves. We know not what to do, but our eyes and our trust is upon You." That's a good prayer to pray. Sometimes we all get in situations in our lives where we can't do anything more. We say, "I don't know what to do". But we just need to say, "God, our eyes are upon You."

After they prayed, the Bible says that the Spirit of God came upon a man named Jahaziel and he began to prophesy... "Don't be afraid. Don't be fearful. This battle's not yours. You're not going to have to lift a finger." God said, "I'm going fight the battle for you."

Do you know what happened? God works in mysterious ways. God instructed that little band of people to march toward the other 3 armies that were going to come against them, very unusual. Surely they would sneak up on them at night; but no, God said go right in the daytime. He said, "Put the singers and the praisers out in front and have them praising God as we march toward them." It's very unusual to put the choir in front of the army men, very unusual. Sometimes we don't know why God's telling us something, but we've got to realize His ways are higher than our ways; His thoughts are higher than our thoughts.

As they marched toward those 3 armies, the Bible gives an account of what they said. Every step they said, "The Lord is good and His mercy endures forever." The Lord is good and His mercy endures forever. And they marched. I can imagine as they got closer, they got louder and they got more filled with faith. I can imagine by the time they got closer, they were screaming to the top of their lungs: "The Lord is good and His mercy endures forever!"

The Bible tells us what happened. It says that those 3 armies got fearful. They got afraid. They got confused. And do you know what God caused them to do? He caused them to fight between themselves. All of a sudden those 3 armies

fought between themselves and destroyed every one of the 3 armies. And if they didn't destroy it, the others ran away in fear. By the time Jehoshaphat's army walked up to the camp where they were, they were all either dead or gone. God gave them a miracle! God performed a miracle for them. He's done it in my life. No doubt He's done it in your life. Here's my point - He can do it again! God can do it again.

Today I want your faith to be inspired. Whatever situation you find yourself in right now, don't think your dream can't come to pass. Don't think you can't be the person God's called you to be. Don't think you can't work through this present

day problem you're facing. God's a supernatural God and if you just trust Him and keep your eyes on Him and praise Him, He will see you through to victory. God can see you through any situation. When things get dark in the natural, let's lift our eyes and begin to praise our all-powerful, supernatural God. Say, "God, my eyes are upon You. I will not trust in my own strength for might, I'm trusting in You God. I know there's nothing too hard for You. So today I thank you and I praise You for the miracle I need in my life."

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

**A Report from the U.N. and Lobbying Update**

American Center for Law and Justice - ACLJ.org, Jay's Notebook

This morning, I am in New York with a team of our senior lawyers from the United States and from our European Center for Law and Justice (ECLJ) offices in Strasbourg, France. The ECLJ office has applied for non-governmental organization consultive status with the United Nations. This would give our members a voice in U.N. policy on a wide variety of issues, including the defense of life, bioethics, terrorism and definitions of the family. We will be participating in a U.N. hearing this morning which should last for the rest of this week. At the same time, our office in Washington, DC is engaged in the lobbying reform legislation battle. Reports are that either late today or early tomorrow, members of the House will introduce

their lobbying reform legislation. The plan is for Congressman Meehan to introduce a grassroots prohibition. The current proposal on the grassroots prohibition is actually broader than the bill that we defeated in the United States Senate. The ramifications of this legislation are staggering. Under the bill, pastors, church leaders, advocacy organizations and even individuals could be compelled to register as lobbyists. Failure to comply with this bill could result in fines in excess of \$50,000. Our legal research team in Virginia is already preparing legal challenges to the legislation. At the same time, our Government Affairs staff in Washington is working with a variety of groups, including the American Civil Liberties Union, who opposed this legislation

as well. This dual approach of having our Government Affairs team and our litigation group work on this initiative is critical. We anticipate that the Floor debate will take place in the House this week, with a vote possibly as early as Friday. If you would like to register your opposition to this lobby reform legislation, please join our Petition of Protest by clicking here. We have heard from thousands of people already who are opposed to this legislation; and we're optimistic that as we were successful in defeating this proposal in the Senate, we can do the same in the House of Representatives. We will keep you posted. Posted: 5/14/2007 9:40:00 AM

**Rev. Jerry Falwell on Legacy.com**

(PRWEB) May 15, 2007 - To mark the passing of Rev. Jerry Falwell, Legacy.com has created a Guest Book where friends, family members and admirers can offer their condolences. The Guest Book for Rev. Jerry Falwell, who founded the Moral Majority and built the religious right into a political force, is available at <http://www.legacy.com/Link.asp?ID=GB88072413>. Legacy.com (www.legacy.com) posted Guest Books for almost 1 million Americans last year.

**FREE! Community Seminars**

Hosted by American River Community Church

3300 Walnut Ave. Carmichael (Located next to DMV)

**483-3465**

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

**Advent Lutheran Church**

5901 San Juan Ave. Citrus Heights, CA 95610 Pastor Raymond Olsen

916 966-7242

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

**EXPERIENCE GOD**

**Through the Torn Veil**

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

**Oak Avenue Free Methodist Church**

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

**(916) 988-8815**

Pastors Andrew Webb & Robert Price

Office Hours: 9 am to Noon ~ Tuesday - Friday  
Wednesdays: Senior's Bible Study: 1st & 3rd. 10 am - 11 am Evening Adult Study: 7 pm - 8:30 pm

Sundays: Worship ~ 9:30 am Sunday School ~ 11 am For All Ages [www.oakavefmc.org](http://www.oakavefmc.org)

**Eternal Praise Ministries Worship Concert**

Sunday May 27th • 9:30 am

Oak Avenue Free Methodist Church 8790 Oak Avenue • Orangevale, CA 95662

**988-8815**

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

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

It takes a special kind of person - and a special kind of place - to provide Alzheimer's care. You'll find both at The Gardens at Citrus Heights. The special needs of those coping with Alzheimer's and other memory impairments demand a special kind of care and support: for them, and for those who love them. The Gardens at Citrus Heights offers just that, in a secure, inviting setting.



**The Gardens AT CITRUS HEIGHTS**

916.729.2722

7375 Stock Ranch Road Citrus Heights, CA 95621

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

Please Join us June 12 at 3:00 pm for learning, sharing and support. Our topic will be Legal Planning: Advance Directives Everyone is Welcome!

**Messiah Lutheran Church**

7801 Rosswood Drive One Block South of I-80 Antelope Exit Citrus Heights, Ca. 95821

**916.725.4550**

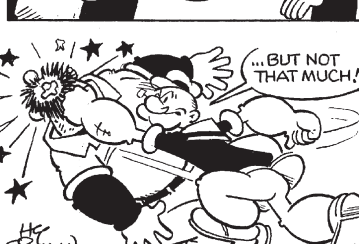
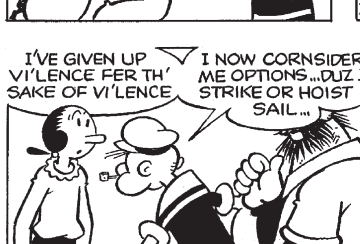
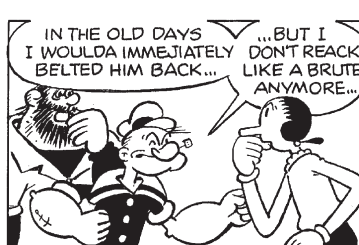
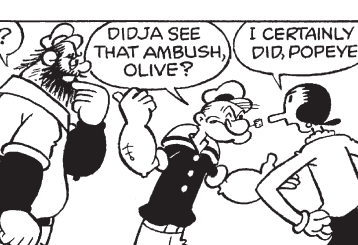
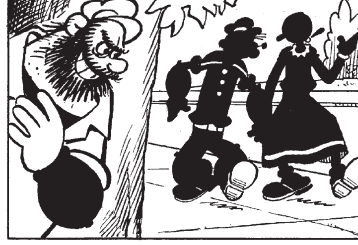
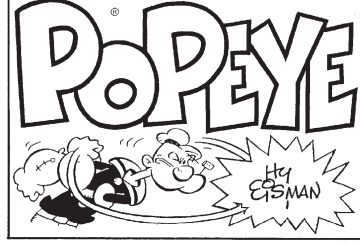
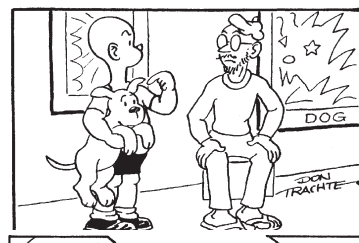
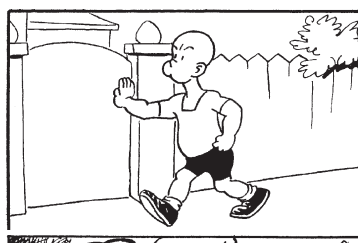
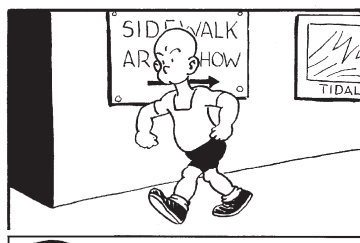
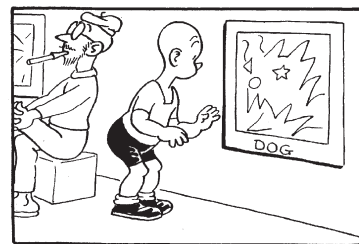
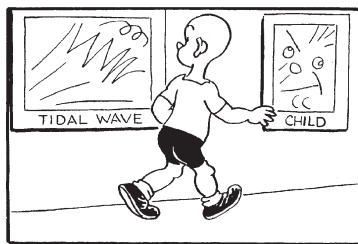
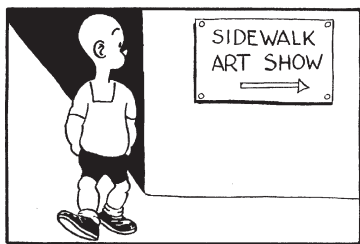
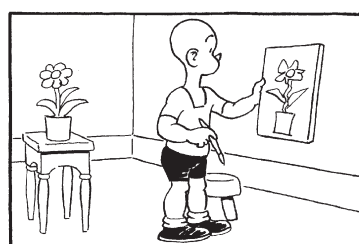
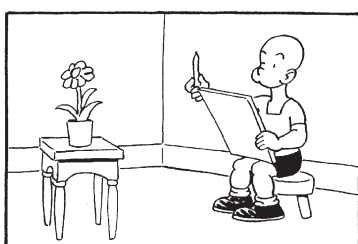
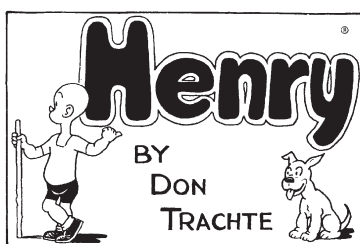
Rev. Alan Flynn, Pastor

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

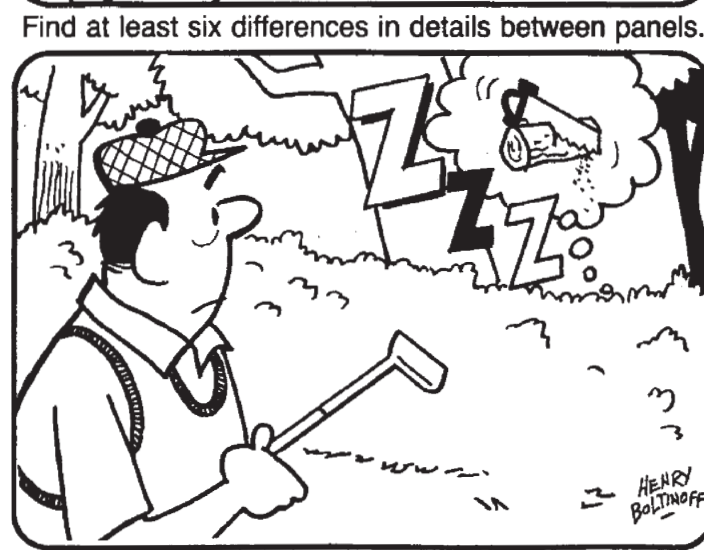
**BIBLE TRIVIA**

by Wilson Casey

1. Is the book of Galatians in the Old or New Testament or neither?
  2. How many times is the name "Satan" used in the Old Testament? 0, 1, 15, 174
  3. From Genesis 36, what city was Esau's home base? Petra, Tyre, Gilgal, Perga
  4. Who hid in a cave while God passed by? Noah, Moses, Abraham, Jonah
  5. In what book is the phrase, "Woe is me"? None, 2 Samuel, Numbers, Isaiah
  6. In 1 Peter, to what animal is Satan compared? Serpent, Wolf, Rat, Lion
- ANSWERS: 1) New; 2) 15; 3) Petra; 4) Moses; 5) Isaiah; 6) Lion  
Wilson Casey's "Do You Know Your Bible? A Fun Quiz on the Good Book" (Sourcebooks, \$5.95) has just been published.



**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Tree is added. 2. Hat is different. 3. Plant is missing. 4. Club is added. 5. Vest is different. 6. Nose is rounder.

**Trivia test** by Fifi Rodriguez

- BOOKS: Who wrote the best-seller "Unsafe at Any Speed" in the mid 1960s?
- GEMS: What color is lapis lazuli?
- GEOGRAPHY: The Falkland Islands lie off the coast of which continent?
- GENERAL KNOWLEDGE: What does a spelunker do?
- U.S. STATES: What is the official slogan of the state of Illinois?
- LANGUAGE: What does the Latin term "semper fidelis" mean?
- ART: What is chiaroscuro?
- CARTOONS: What is the name of Porky Pig's girlfriend?
- SCIENCE: What kind of gases are neon and helium?
- MOVIES: Which three comedians starred in the movie "A Three Amigos!"

© 2007 King Features Synd., Inc. World rights reserved.

**Weekly SUDOKU**

by Linda Thistle

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

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!

© 2007 King Features Synd., Inc. World rights reserved.

**MAGIC MAZE** ● **SCREEN ACTORS GUILD PRESIDENTS**

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

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

- |            |         |           |           |
|------------|---------|-----------|-----------|
| Asner      | Daniels | Masur     | Rosenberg |
| Cagney     | Gavin   | Pidgeon   | Schallert |
| Cantor     | Heston  | R. Morgan | Weaver    |
| D. Andrews | Keel    | Reagan    |           |

© 2007 King Features Synd., Inc. World rights reserved.

**All Answers on Page 14**

**Contract Bridge**

**NOUNCE OF PREVENTION**

South dealer.  
East-West vulnerable.  
**NORTH**  
♠ 8 3  
♥ Q 9 7 2  
♦ A 8  
♣ K J 10 7 2  
**WEST**  
♠ A Q 10 9 2  
♥ J 3  
♦ K Q 7 4  
♣ 8 5  
**EAST**  
♠ J 6 5 4  
♥ K 4  
♦ J 9 6 3  
♣ 9 6 3  
**SOUTH**  
♠ K 7  
♥ A 10 8 6 5  
♦ 10 5 2  
♣ A Q 4

Opening lead: South leads ♠ 10. West passes. North leads ♠ 7. East passes. South leads ♠ 4. West passes. North leads ♠ 3. East passes. South leads ♠ 2. West passes. North leads ♠ 7. East passes. South leads ♠ 4. West passes. North leads ♠ 3. East passes.

Special circumstances sometimes force declarer to abandon the normal way to play a suit. One of the most important reasons for this is to try to event a particular defender from winning the lead. Examine this case where West leads a diamond king against four hearts. When dummy comes down, South sees there are two possible losers in aces, two more in trumps and other in diamonds. If he loses all of them, he goes down two.

On the more positive side, however, declarer notes that he is far more likely to lose one trump trick than two. Furthermore, if everything goes well, he may also be able to discard a loser or two on dummy's clubs.

The problem for South from the start is to try to keep the defenders from scoring four tricks before he can take 10. To this end, he must find a way to stop East from gaining the lead and returning a spade through the king.

Accordingly, declarer ducks West's king of diamonds at trick one to prevent him from later putting East on lead with a diamond. After West exits with a diamond to dummy's ace, South's next concern is how to tackle the trumps.

Ordinarily, with this trump combination, declarer might play the ace and another heart. But here, given the circumstances, there is too much danger that East might gain the lead with the king. At trick three, therefore, declarer leads dummy's trump seven and lets it ride after East plays low.

West wins with the jack but is helpless. Whatever he returns, South picks up East's king on the next trump lead and easily makes the contract. In fact, if West does not cash his ace of spades after scoring the trump jack, declarer finishes with an overtrick.

© 2007 King Features Synd., Inc.

by Steve Becker

**Monthly Military Retiree/spouses Meeting**

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

**VA Needs Volunteers**

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

**19th Annual Home Educating Event**

Homeschooling Conference and Curriculum Fair, featuring national home-educating authors/speakers: SCOPE (Sacramento Christian Organization of Parent Educators) is hosting their 19th Annual Home Educating Conference at Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd. Friday Night, 6-1-07, is Free Family Night with authors/speakers, free admission to curriculum vendor and exhibit hall, free entertainment from 4:30 - 9:00, and a free

"How to Begin Home Educating" seminar from 4:30 - 6:30 (seminar preregistration required by calling 916-646-0401). Saturday, June 2, will feature workshop sessions and all-day vendor and exhibit hall hours. Registration for Saturday's workshops begins at 8:00; workshops beginning at 9:00 am and ending at 5:00 pm. Registration for individual subscribers is \$16, \$18 for non-subscribers; subscriber Family Pack is \$23, \$25 for non-subscribers. www.scopehome.org or call (916) 646-0401.

**Neighborhood Emergency Training Class**

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

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

To make a reservation, please call, email or fax:

Disaster Readiness for Seniors Project  
Contact: Gail Hoberman  
(916) 875-4459 or (916) 875-3631  
hobermang@sacounty.net  
Fax: (916) 875-3799  
3727 Marconi Avenue  
Sacramento, CA 95821

**Getting Good Mileage**

A 2006 study found that the average American walks about 900 miles a year. Another study found that Americans drink an average of 22 gallons of beer a year. That means, on average, Americans get about 41 miles per gallon.

**"Storm Over Morocco" Book Signing Part of Del Campo High School Fundraiser at Barnes & Noble in Citrus Heights**

Citrus Heights, CA, - Author Frank Romano will sign copies of his new book, Storm Over Morocco on Friday, May 25 at 6:30pm as part of the Grad Night fundraising activities for Del Campo High School (May 25 - May 27) at Barnes & Noble in Citrus Heights. The store will donate a percentage of every sale made with a special voucher to the school in Fair Oaks. Vouchers are available at the school, located at 4925 Dewey Drive, and in the store during the fundraiser.

Frank Romano's book, Storm Over Morocco, relates the author's tumultuous, yet powerful, experiences living with Moslems in Morocco in the 1970s.

"My questions as to the treatment of women served as a catalyst for one of the Islamic gurus to accuse me of being a Zionist spy destined to sabotage the 'back to Islam' movement," recalls Romano. "I was eventually acquitted of sabotage, but I remained a prisoner behind the tall walls of the mosque on the outskirts of Casablanca. The book is about my spiritual path as well as the status of women in orthodox Islamic communities. Storm Over Morocco, however, does not criticize Islam and often portrays me as a student who learned a great deal from that religion."

Romano earned a PhD at the University of Paris, and a JD at Golden Gate University, Faculty of Law, San Francisco. He is an assistant tenured professor at the University

of Paris in the Anglo-American Literature and Civilization Department and a member of the California and Marseille Bars. At present, he teaches and practices law in France and in the United States.

For more information about Romano and his book, check his web site at: www.frankromano363.com.

Please support Del Campo High School by shopping at Barnes & Noble, 6111 Sunrise Blvd. in Citrus Heights, on May 25-27 with a voucher. For more information, contact Barnes & Noble Community Relations Manager Mike Troyan at (916) 853-1389.

**INTO THE LIGHT**

Elaine invites you to come ~Into the Light.



Crystals • Books • Music  
Feng Shui • Essential Oils  
Jewelry • Unique Gifts • Angels  
Incense • Candles  
Reiki Treatments by appt.

New Ownership  
Classes  
New Additions  
Readings  
Ancestral Artifacts

Monday - Friday 11-6  
Saturdays 11-5  
Closed Sundays

**916-723-9984**

8049 Greenback Lane, Citrus Heights  
(in Greenback Square) www.into-the-light.net

# Historic Water Project Launched after 30 Years of Negotiation

Freeport -- Construction has begun on the historic Freeport Regional Water Project, which will provide much-needed water from the Sacramento River for the East Bay and Sacramento.

Community leaders and officials gathered on the east bank of the Sacramento River at Freeport -- the site of the project's intake facility -- to celebrate the start of the project, which is widely hailed as a model of regional cooperation.

The situation was quite different thirty years ago. The communities squared off in court for seventeen years and battled for more than a decade over East Bay rights to American River water in the Sacramento area. But the old water wars have now been replaced with a new partnership which greatly benefits both Sacramento County and the East Bay.

The Freeport Regional Water Project, the single largest water supply project that Sacramento has seen in years, protects the American River by diverting water from the Sacramento River. The project will provide a supplemental water supply of up to 85 million gallons of water a day for Sacramento and provide reliability far into the future. By using surface water from the Freeport Project, the Sacramento County Water Agency will protect its fragile groundwater basin from depletion.

"By advancing and constructing the Freeport Regional

Water Project, the Sacramento County Water Agency helps assure the success of the conjunctive use program designed to provide a reliable and sustainable groundwater and surface water supply to tens of thousands of County residents for generations to come," says Don Nottoli, Sacramento County Supervisor and Freeport Regional Water Authority Director. For the East Bay Municipal Utility District, the project will guarantee a dry-year supply of up to 100 million gallons a day that will guard against the economic hardships and lessen or remove the rationing associated with a severe, multi-year drought.

"The Freeport Project brings to life the real world success that results from negotiation and working together for regional solutions to water challenges," says Lesa McIntosh, president of EBMUD's Board of Directors.

EBMUD will be able to receive water from the project by the end of 2009. EBMUD serves 1.3 million customers in Alameda and Contra Costa counties. Sacramento will receive water in 2011 because it will take additional time to complete the Vineyard Surface Water Treatment Plant. The Freeport Regional Water Project will ultimately serve more than 300,000 customers in central Sacramento County. The Sacramento County Water Agency will pay \$386 million for its share of the project and EBMUD's cost will be \$517 million.

Join us in the fight against cancer.



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

San Juan High School  
 7551 Greenback Avenue

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



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

1.800.ACS.2345 / www.cancer.org

## Business Directory

CALL FOR SPECIAL CONTRACT RATES

ADVERTISE IN THE BUSINESS DIRECTORY

### HDR Handyman Services

"Jack of All Trades"  
 "Master of Some"

❖ Plumbing Robb Strand  
 ❖ Electrical Phone: 916-764-7700  
 ❖ Structural Fax: 916-853-1557  
 Email: rscustom@sbcglobal.net

\*Honest, Dependable, Reasonable

### ALTERATIONS by Patina

SPECIALIZING IN BRIDAL & FORMAL  
 11082 Coloma Rd., Suite 7  
 Coloma Village Shopping Ctr. • Rancho Cordova  
**(916) 853-1078**  
 WWW.ALTERATIONSBYP.THENETMARK.



Small Jobs • Major and small appliances • Electrical  
 Plumbing • Bath • Vanity • Tile  
**Brady Ellsworth - Owner**  
**(916) 296-8344**

Lic# 631271  
 Water Features • Rototilling • Sprinklers • Sod

### Dr. Wayne Pack, DC., DABCO

Specializing in Gentle Family Chiropractic Care

**916-966-9311**

10940 Fair Oaks Blvd., Ste. 500  
 Fair Oaks, CA 95628

Cell 916-770-6020 Fax 916-966-9357



Landscape Services

Maintenance ♦ Installation  
 Commercial ♦ Residential

Todd Wagner Residing in Fair Oaks  
**(916) 962-2278** for Over 20 Years  
 Lic#758474 Landscape Specialist for 15 years

### Ed Wacaster, CMPS

Certified Mortgage Planning Specialist  
 Fulfilling Dreams One Happy Family at a Time

direct 916.677.0996  
 cell 530.798.1400  
 fax 866.646.8638  
 toll free 877.536.3219  
 ewacaster@rpm-mortgage.com  
 www.EdWacaster.com  
 license# 01085766



1677 Eureka Road, Suite 201 • Roseville, CA 95661

(916) 988-9659  
 Fax (916) 988-3396

Since 1978

### S & D Concrete, Inc.

Specializing in Homeowners Concrete Projects

STEVE H. DE VRIEND Orangevale, CA 95662  
 President Lic. No. 646947



TRANSPAC FINANCIAL

Delia Fling  
 Mortgage Planner

deliaf@transpacllc.com



Buy 1 Get 1 FREE

MASSAGE - Best Ever

11226 Gold Express Dr. #204 Gold River  
 9198 Greenback Ln. #208 Orangevale

Cheryl Lee 803-1950



### Brasiel's Handyman Service

Trim Carpentry • Drywall Patching  
 Light Plumbing & Electrical  
 Dry-Rot Repair

Gary F. Brasiel  
**(916) 725-4061**

Licensed & Insured

### The LRJ Company

Office Management,  
 Bookkeeping and Notary Services

4243 Stromford Way  
 Mather, CA 95655  
 Ph. 916.363.1354  
 Cell. 916.832.1153

Laura R. Just  
 ljust@lrjcompany.com

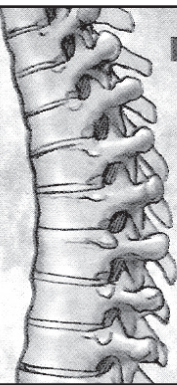
### Bill & Jim Cook, Inc.

General Contractors  
 License # 737120



Office: 916-725-4610  
 FAX: 916-725-2356  
 Bill Cook: 916-725-0198  
 Cell: 870-6506

Dry Rot Repairs: Esp. Fences, Beams and Siding



### DISCOVER CHIROPRACTIC

Family Wellness Center  
 Bill Bollinger D.C.  
 Chiropractor

7777 Sunrise Blvd #3300  
 Citrus Heights, Ca. 95610

**916.729.7733**  
 Fax: 916.729.7711

DrB@DrBollinger.net  
 www.DrBollinger.net

### Riverview Media Photography



Tia Gemmell

3114 Swallows Nest Dr.  
 Sacramento, California 95833  
 Fax: (916) 920-2903  
 Voicemail: (916) 712-5378  
 E-mail: phototia@aol.com  
 www.phototia.com

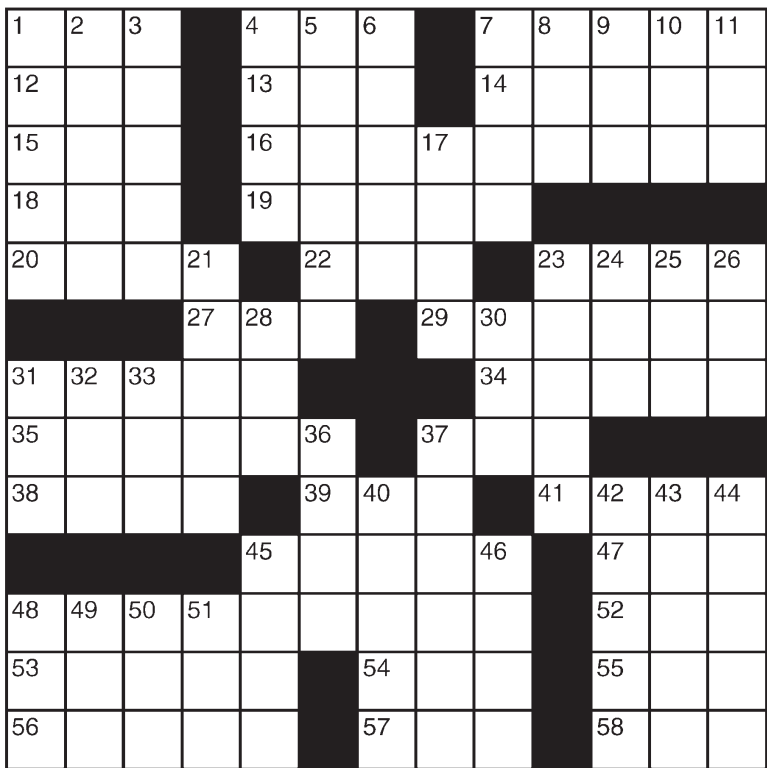
### Gardening & Mowing

Yard Cleanup • Raking • Hauling  
 Tree Trimming • Pruning • Dormant Spraying  
 Local, Reliable & Affordable

Call Sunny  
 Cell: 206-8172  
 Home: 989-4385

FREE Estimates!

## KING Crossword



### ACROSS

- 1 Foundation
- 4 PC program
- 7 Unrefined
- 12 Inseparable
- 13 "No seats"
- 14 Charlie Brown, typically
- 15 Rd.
- 16 Star of the show
- 18 Scepter
- 19 Poppy derivative
- 20 Antenna type
- 22 USN newbie
- 23 Grit
- 27 Under the weather
- 29 Tom Cruise movie
- 31 Reflection
- 34 Flora and fauna
- 35 Astaire/Rogers film
- 37 Half a sawbuck
- 38 Witnesses
- 39 -CIO
- 41 Grand-scale tale
- 45 Skedaddles
- 47 Swelled head
- 48 Hush-hush
- 52 Jungfrau, e.g.
- 53 Rigel's constellation
- 54 Nipper's old α
- 55 Country singer David Allan -

- 56 Pollster's finding
- 57 Urge
- 58 Scuttle

### DOWN

- 1 Enplane
- 2 Summarizing stanza
- 3 Gary Coope role
- 4 Regarding
- 5 Drive
- 6 Visit briefly
- 7 Untalkative one
- 8 Jockey Turcotte
- 9 "Born in the -"
- 10 Lair
- 11 History chapter
- 17 Sculpture of a sort
- 21 Peak periods
- 23 Bookbinding piece
- 24 Past
- 25 Enthusiast
- 26 Genetics letters
- 28 Meadow
- 30 Kimono closer
- 31 "Monty Python" opener
- 32 Larry's pal
- 33 Gorilla
- 36 Soft mineral
- 37 Swindle
- 40 Staten Islan carrier
- 42 Cobbler ingredient
- 43 Nome dome home
- 44 Got by somehow
- 45 Ward (off)
- 46 Ollie's partner
- 48 Youngster
- 49 Bobby of hockey
- 50 Slapstick missile
- 51 Trinity member

Answers on Page 14

# Wake up and smell the coffee!

By Delia Fling

Are you caught in survival mode? Is how you are going to pay your bills the foremost focus of every decision you make? Is "Can I afford it" the first thought that crosses your mind? Do you spend more creative time ordering your coffee at Starbucks than planning your future?

Or, are you in the Success mode? Success mode people ask, "How can I increase my income to afford this?" Conversion starts with asking the right questions of yourself. Positive, action oriented statements that will free you from the fear of "Not enough" become the liberating creative potential of "How". Once you make the attitude shift, taking ownership of your situation comes more easily.

If you are one of the 80 million baby boomers, you will retire in the next 20 years. Shockingly, very few boomers are prepared for that day. In fact the average baby boomer has less than \$50,000 saved toward retirement. Take heart my

fellow boomers; it's not too late. You can keep ordering those coffees long after retirement. Rest assured however; you will still work hard for your money, but by asking yourself the right questions you can concurrently make your money work HARD for you.

Debt management is first. What rates are you paying on those credit cards? Can they be consolidated and converted into mortgage debt that is tax deductible? Or maybe you are one of the many Americans making extra payments on your home mortgage for the peace of mind of "no house payment retirement"? You are likely forfeiting precious liquidity. Liquidity, which will allow you to survive job loss or a major hardship thereby helping prevent the sale of your home. Liquidity of funds, that is important to invest in other assets, which will make serious money for you. Remember,



equity in your home has no rate of return. Too many Americans aren't making any money on the largest asset they own.

Mortgage Planners help expose you to the many wealth creation options available. Are you asking yourself the right questions? And I don't mean regular or decaf.

*Delia Fling is a Mortgage Planner with Trans Pac Financial in Fair Oaks. If you would like a complementary review of your mortgage and wealth options, contact Delia at deliaf@transpacflc.com or call 916-284-0066.*

# Smell the Roses;

Our Small Towns Reflect Evolving Americana



Guest editorial by photojournalist/author Susan Maxwell Skinner

As we observe, California's small towns are changing. Not just as bulldozers scrape away vintage features. The evolving character of once isolated communities is microcosmic of what is happening all over our nation.

Que sera, sera, sang Doris Day, icon of all things bright and American. Like Doris, I lament but can't reroute progress. I am just a Carmichael woman with a camera. As the community entered its second century, however, I made it my mission to record those fragments of antiquity and heart-warming Americana that remain here. Another aim was to make Carmichael regard itself with pride; to realize that such communities are undervalued national treasures and sadly, an endangered species. The result is my Carmichael - Americana on the Move. To the astonishment of many, three major awards from the Northern Californian Publishers and Authors group recently recognized this book. Sacramento Magazine considered it "a world class photojournalist's intimate look at a place unknown to most of the world."

I grew up in a New Zealand village that vanished into suburbia. No one took the time to document its passing. I wanted my Carmichael project to provide a time capsule for a burg that will inevitably become a burb. We will not always have horse properties, painted cottages and old wooden storefronts in Fair Oaks Blvd. To me, eccentricity should not be homogenized but treasured. But then, the only shots I can call are with my Olympus digital!

I also offer future anthropologists a serious, detailed study of American community life at the dawn of the 21st Century. Reviewing my effort, Sacramento Bee's Anita Creamer noted an irony in a Kiwi immigrant attempting such an opus. But I have lived in Carmichael for 20 years; American Margaret Mead defined my Polynesia in shorter time. I believe a newcomer's impressionability actually helps. Just think: an American sees

towns like Carmichael needed to be recorded before it vanished like water towers and family businesses. Parishioners who trip down adobe steps of Carmichael Presbyterian Church on Sunday could belong in a Rockwell study! It enchants me that our 21st century community also remains as unhip as Andy Griffiths' fictional Mayberry. Sacramento's Sheriff John McGinness attends Chamber of Commerce luncheons in the small town where he grew up. A pink and white accordion studio - home of a Lucy and Desi-style business called Frank 'n Dolores -- was a landmark on Fair Oaks Blvd for 50 years. Thank God, I managed to photograph Dolores there, months before the landmark was ruthlessly repainted gray!

Everywhere my camera took me, people recalled halcyon days. Having the revered naturalist Effie Yeaw teach at Sunday school; learning accordion from Frank and his petite wife Dolores; fishing in the American River; welcoming soldiers home from WW2; riding in the famous July 4 parade.

Amended traditions remain. The Effie Yeaw Nature Preserve is still an educational fount. Dads still teach youngsters fly-casting in or river slows. Yellow ribbons festoon yards when Johnnie marches home from Iraq. And our Old Man River just keeps rolling along... Meanwhile, Americana is literally on the move. Our small town has war memorials, ROTC flag ceremonies, an Elks Lodge and a mansion built for that quintessential American, Ronald Reagan. We have lately acquired an annual Romanian festival, ikebana classes, Indian Bollywood movie shows and churches of every faith. An Asian family now owns Governor Reagan's home. Belly dancers writhe in the famous July 4 parade. A travesty? Simply Americana in evolution.

The 1913 Carmichael Colony Improvement Club boasted "there are no strangers in Carmichael." I have come to believe that America is great because towns like Carmichael are emblematic of a warm-hearted and mobile nation, irrevocably under the God of choice. Norman Rockwell said: "Without knowing too much about it, I (showed) the America I observed, to others who might not have noticed." Similarly, my photographic love letter aspired to record the essential American town for those who did not always stop to smell the roses.

I also ask you all to record and treasure your own particular Mayberry. It will never be the same again. Oh and yes, I love this place! Susan Maxwell Skinner's Carmichael - Americana on the Move is available at Beverly's Craft Store in Carmichael and from www.susanmaxwellsskinner.com. The author/singer's CD of original songs, including "Carmichael" is available from the same website. Susan is also available for community talks. Call (916) 481-0334 for details.

for Denny" day. It was quite a memorable day for Denny and meant a lot to him. It truly was a tribute to Denny and it speaks volumes to the club members who were like family to Denny. "Racing for Denny" day was also the last time Denny was able to throw the green flag and start a CQMA race.

There are a million "Denny stories", but if I were sum up Denny's life in one brief sentence it would be the Denny lived life to the fullest, in the fast lane, never looking back. Denny took his final checkered flag here on Earth October 6, 2006.

Dennis G. Cochrane, Denny's Father

# In Loving Memory

The Roy Hayer memorial racetrack has been in Rio Linda for over 50 years providing racing for kids 5-16 years old. Sacramento County Parks and Recreation wants to close the track at the end of this race season. So we NEED YOU! We are more than willing to work with the County and Parks Dept but they have indicated that they want the racetrack moved out of Rio Linda. This is the track where Jeff Gordon got his start and it has launched the dreams of many kids about racing for many years and they want to take this away from us. We are an organization that believes in family and community and as always, free admission to the public. We don't want to have to leave Rio Linda. We want to show the County Board of Supervisors that we are an important part of this community. To help call Dennis at 991-2352.

# County Moves to Close Memorial Speedway Despite Opposition

The following are excerpts from a letter sent to Senator Steinberg and Assemblymember Gains on May 14th, 2007 by Erwin Hayer of Rio Linda in an effort to try to Save the Track.

The Sacramento County Regional Parks Staff has decided that the lease for the Capitol Quarter Midget Association to use the Roy Hayer Memorial Speedway, formerly Cracker Jack Track at 800 G Street, Rio Linda, CA 95673, will not be extended and the club will need to cease any activities at the location at the end of the lease in October 2007.

The Dry Creek Parkway Advisory Committee voted unanimously to request a two-year extension on 2 May 2007. The Rio Linda Elverta Chamber of Commerce has submitted letters to the Sacramento County Board of Supervisors, County of Sacramento Department of Regional Parks, Sacramento County Recreation and Park Commission and the Dry Creek Parkway Advisory Committee in support of keeping and maintaining the Quarter Midget Track that has been a part of our community for more than 50 years.

The following organizations have expressed their concern about the closing of the Speedway and would like the Speedway to continue to operate, Rio Linda Elverta Recreation and Park District, Rio Linda Elverta Community Planning Council, Rio Linda Elverta Historical Society, Rio Linda Elverta Community Watch and Rio Linda Elverta Incorporation Committee.

The Sacramento County Regional Parks Staff has refused to put "extension of" the Speedway Lease on the Sacramento County Regional Parks Commissioners Agenda.

Lillian Hayer, the widow of Roy Hayer, said she sold the track to the county with the understanding that it would remain in operation. It is very difficult for me to understand why a recreation and park district is going to close a children and family recreation activity that is situated in the middle of all the other recreation facilities and activities that surround it and has been safer than most of the others.

Sacramento County has been charging the Capitol Quarter Midget Association \$250 per month to use the facility that was developed without any taxpayer's

money. The CQMA must also pay for Water, Electricity, and Garbage Service, water the lawns, mow the grass and maintain the facilities after paying the \$250 per month.

The Final Environmental Impact Report, DRY CREEK PARKWAY RECREATION MASTER PLAN, May 2003, Control Number 00-PRE-0593, page 11.0-8 makes the following statement: "The issue of the speedway as a continuing use in the proposed Parkway is not an environmental issue. It is an existing use and can continue without impact, or it can be eliminated without impact. That is the conclusion of the EIR from both a noise and safety, and historical viewpoint. Thus, the future of the speedway is a policy issue for the Board of Supervisors."

Any help you could give to allow the continued operation of the Roy Hayer Memorial Speedway for the education, enjoyment, recreational use and sportsmanship training of the children and their families would be greatly appreciated.

Thank you, your constituent, Erwin E. Hayer, Rio Linda, CA 95673, (916) 991-5940



Denny Cochrane with Jason Paniagua Photo provided by Dennis Cochrane

*Special Note; Dennis is one of this year's leaders participating in the Fair Oaks Relay for Life event. He has worked tirelessly to raise funds and promote the event. He is also working on the annual McDuck Run, which is to be held June 2nd. If you would like to help Dennis with his causes that are working to help find a cure for cancer, call him at 991-2352*

we auction it

n

Velma Stahl

(916) 988-2800

www.weauctionit.net

9320 Greenback Lane, Orangevale

Exhale

a therapeutic massage & skincare retreat

\$45.00

1 hour Swedish Massage

reg. \$60.00

\$50.00

European Facial

reg. \$75.00

New Client Special

Call today & mention this ad

Karen Taylor

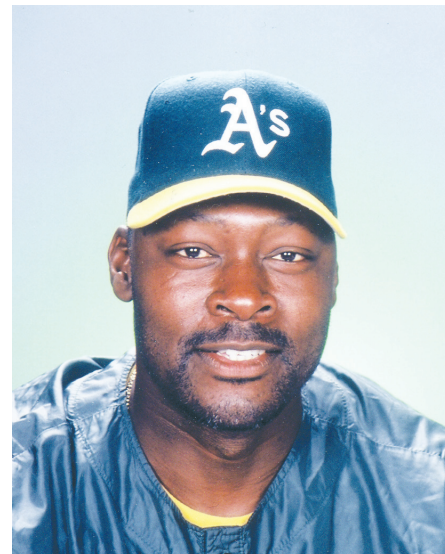
Licensed Esthetician ~ Certified Massage Therapist

212 Estates Drive Roseville (916) 768-4199

# Dusty Baker International Baseball Academy Returns



Dusty Baker



Dave Stewart



Lloyd Moseby

## 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](http://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.

# USTA 9.0 Mixed Doubles Team Wins Districts Championship at Stanford

Congratulations to Gold River Racquet Club's 9.0 USTA Mixed Doubles Team, which won the District Championship at Stanford on April 27-29. "The term 'team victory' was never more meaningful than in this weekend's win," said captain Bill Cho. "Each team victory was decided by a 2-1 score." Friday's deciding match against Los Gatos was won with a super-tiebreaker; Saturday's 2-1 victory was achieved with two super-tiebreakers; and Sunday's 2-1 defeat of Sierra Sport was a 'must win' situation to take first place. The team advances to Sectionals in Alameda on June 2-3. Special thanks to all those who made the long trip to support the team.



Pictured (l to r): Amine Khaldi, Bill Cho, Isabella Kling, Amanda Walker, Dave Hardern, Melissa Cole, Dave Hagiwara, Kim Kodl and Stephen Wilson.

# River Cats Unveil Home Run Terrace

WEST SACRAMENTO, Calif. – The River Cats announced today the official unveiling of the Jackson Rancheria Home Run Terrace, a new all-inclusive hospitality venue beyond Raley Field's left field wall. It will be officially opened at a ribbon-cutting ceremony prior to Friday's 7:05 PM game against the Colorado Springs Sky Sox at Raley Field. This all-inclusive area can hold up to 120 fans, includes on-site catering, preferred parking and can be rented on a nightly basis in increments of 60 tickets (additional seating for this area may be available for specific events). With the completion of the construction project, the Raley Field capacity returns to 14,414 as it was prior to its onset.

"The objective of the Jackson Rancheria Home Run Terrace is to provide fans with yet another unique, affordable entertainment option at Raley Field," said Alan Ledford, River Cats president,

general manager and COO. "We would like to thank our great partners at Jackson Rancheria Casino and Hotel for sharing our vision for this project and helping to make it a reality."



The Jackson Rancheria Home Run Terrace marks the 4th major renovation of Raley Field in the facility's 7-plus year history. The history of those projects is as follows:

- Year Renovation – details enclosed, climate controlled VIP area
- 2001 Covering of Solon Club
- 2005 Construction of James Hardie Party Deck – self contained, outdoor group area
- 2006 Construction of Sleep Train Sun Shade – structure atop Raley Field roof casting additional shade on the first base side
- 2007 Construction of Jackson Rancheria Home Run Terrace – left field patio for groups, corporate events, etc.

Artists' renderings ("before") along with photos ("after") of EACH project are attached to this release.

For information about renting the Jackson Rancheria Home Run Terrace or for information on other great entertainment options at Raley Field, contact the River Cats at (916) 371-HITS or online at [www.rivercats.com](http://www.rivercats.com). For information on non-baseball events at Raley Field, visit [www.raleyfield.com](http://www.raleyfield.com).

## Mark Kotsay Begins Comeback at Raley Field

Oakland outfielder Mark Kotsay is scheduled to begin his Major League Rehabilitation assignment with the River Cats on Monday, Mat 21st against the Salt Lake Bees at Raley Field. Kotsay was placed on the 15-day DL on April 1st retroactive to March 23rd. On April 23rd, Kotsay was transferred to the 60-day DL. He is eligible for reinstatement to the Major League roster on May 31st. Kotsay is a veteran of 10 Major League seasons and has a career average of .285.

## I Was Having Contractions at 23 Weeks and I Was Scared!

May 13th is Mother's Day; So This Article Is To Honor Mothers And Expectant Mothers.

There is no emotion in the world that compares to the love, nurturing, and bonding that a Mother demonstrates to her children.

**And Now Back to My Scary Title!** A short time ago I started seeing a patient who had delivered her first son prematurely at 22 weeks. It looked like she was headed down the same tract with her second baby when she started having contractions at 22 weeks. This is when she came into my office. With a few sessions of gentle adjustments the baby had moved up, and she was no longer experiencing severe back pain and muscle spasms. Her obstetrician gave her the green light to cease bed rest and resume normal activity. In my years of practice I have treated many women during their pregnancy, and they have all noted that they had an easier time during delivery after being under chiropractic care.

**Children and Chiropractic!** From the moment of birth our bodies are subjected to tremendous stress. The birth process itself is incredibly stressful on mother and child. The newborn neck must be bent one way then another to pass through the birth canal. Many infants affected by this and are left with a subluxation (spinal misalignment) which if left untreated can lead to deformities and pinched nerves. There are case studies that show that back pain is a Condition found in children more than we have realized, as many as 30% of children ages 12 to 15 years old reported a history of back pain. Another study found that 23% of elementary school children complained of back pain, and until recently your family doctor would have scoffed it off to growing pains.

Many parents ask us when their child should first be adjusted. We know that many misalignments are caused at birth. So if necessary, a child should be adjusted as soon as possible.

**We have a Birth Trauma Video/DVD: "Modern Epidemic"** we show at our office on request. If you would like to see this DVD, please call 966-9311, and we will add your name to the list. A time will be set for the first 10 people who call. **There is no charge.**

**For \$27.00 those responding to this ad will receive a Consultation, Exam and X-rays (A \$250 value). Of course, those pregnant cannot be X-rayed.**

The Pack Family Chiropractic Office is located at 10940 Fair Oaks Blvd. Ste. 500 Fair Oaks, CA 95628

For An Appointment...CALL 966-9311.

Dr. Wayne Pack, DC., DABCO

This offer expires May 31, 2007

Visit Our Website!

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



Our pregnant patients often report shorter, more pleasant deliveries when they receive chiropractic care.

# Empower yourself with Fusion!



Fusion dares you to experience something new every month. You won't want to miss these exciting, entertaining and fun classes. Sign up today!

**Enrollment Special!**

**ONLY \$29.95!**

**CMS MARTIAL ARTS**  
6238 Greenback Lane  
Citrus Heights

916-725-0267

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

### Weekly SUDOKU

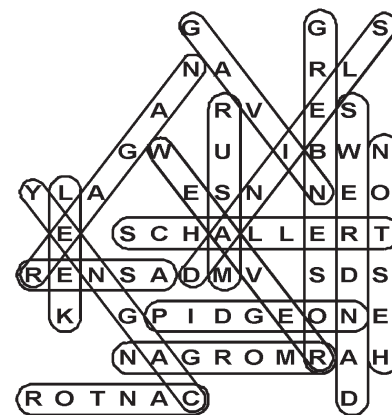
Answer

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

### Magic maze

Answers

### SCREEN ACTORS GUILD PRESIDENTS



### Trivia Test Answers

1. Ralph Nader
2. Blue
3. South America
4. Explore caves
5. Land of Lincoln
6. Always faithful
7. Use of light and shadow in painting
8. Petunia
9. Noble gases
10. Steve Martin, Chevy Chase and Martin Short

### King Crossword

Answers

Solution time: 27 mins.

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



**Destructive Behavior Signals Cat's Anxiety**

Q: I adopted a cat from the shelter about six months ago. "Spike" is neutered, about a year and a half old, and is a real sweetheart. However, he is urinating everywhere except his litter box. At night, he tears around the apartment and claws holes in the carpet around my bedroom door (I don't allow him to sleep on the bed with me due to allergies) and in the furniture. How can I curb his destructive behavior?  
-- Frustrated in Baltimore

A: Barring any underlying health problems, Spike is showing symptoms of anxiety. Where this stems from will take some guesswork, but finding the source of his stress is just one factor. The stress must be minimized, and he must also be encouraged into positive behaviors.

First, take Spike to the veterinarian for a complete exam to rule out health problems. Then, begin working with the vet to resolve his emotional issues. Different medications are available to help anxious cats calm down, but sometimes it takes a few visits to get the type and amount that work best for your cat.

Next, set up your home to guide the cat away from spots you don't want him messing up. Purchase an enzymatic cleaner from the pet store to remove

urine smells. Cover furniture legs with double-sided tape or duct tape (both unpleasant to scratch). Spray a deterrent liquid (also available at the pet store) in front of the bedroom door.

Then, spend positive time with Spike. When he starts scratching, gently remove his paws from the furniture and place them on a scratching post. Before bed, play with Spike for several minutes to help him burn off more energy. Regular, positive interaction with your cat will help to ease some of his anxious feelings.

Keep in mind that changing his behavior can take a few months, but the results should be well worth the effort.

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.

**Napoleon Needs a Home**

Napoleon is a 1- to 2-year-old Bichon Frise (or Bichon-mix). He was rescued from a municipal shelter where, despite being a Bichon, he was about to be put to sleep because the shelter was just too crowded. Crate-trained, he jumps up into his crate when he is told to--and sleeps in his crate each night without making a mess. He also likes to jump into laps to get petted, and has been good with other dogs.



Because of issues Napoleon had when he was first rescued, I recommend him only for a home without children. To adopt Napoleon (or to foster or adopt a different dog or cat), please contact animal rescuer Gary Sawyer at ShelterMou@hotmail.com.

Note to dog and cat owners: 1) I've encountered countless panicked people having to search through several shelters because their

missing pet had no ID; so keep your pets ID-tagged AND micro-chipped. 2) Be vigilant about preventing your pets from escaping or running away. Because if your local shelter has to house your pet for as little as one hour before you show up to reclaim it, they may also have to euthanize someone else's pet that day in order to make room for your pet.

**Meditation for Modern Living**

Learn Simple Meditation & Stress Reduction Techniques, how to regain your lost energy, balance overwhelming stresses and find new clarity in your life.

Workshop Series includes:

- \*Reducing Your stress while gaining more personal energy
- \*Countering effects of modern life anxieties and stresses
- \*Learn simple techniques to use anytime, anywhere
- \*How to re-energize Your Daily Life

Seminar is offered by Rev. Paul V. Scholl



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

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

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

**Paw's Corner sponsored by Gold River Pet Hospital**



**Compassionate Care with a Gentle Touch**

**Dr. Kulwant Bindra**  
Phone: 916.638.5838  
Fax: 916.638.5888  
11297 Coloma Road, Suite A  
Gold River, CA 95670  
[www.goldriverpethospital.com](http://www.goldriverpethospital.com)

Eskaton Lodge Gold River is running a special of half off the first month's rent for Assisted Living and Memory Care. This special will run for the remainder of the month of April through May. For further information, please contact:



Janet Almodovar, Director of Marketing  
at 916-852-7900



**CLASSIFIED**



**HELP WANTED**

**Single Again Magazine** is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at [www.SingleAgain.com](http://www.SingleAgain.com). To apply, send your email to [publisher@singleagain.com](mailto:publisher@singleagain.com).

**Volunteers Wanted**  
Got spare time to help out your local Chamber of Commerce? Call Marsha at the Fair Oaks Chamber office 967-2903

**Mortgage Telemarketing**  
Part-time Telemarketer, \$12/hr + \$200 bonus per funded file. 4 pm - 8 pm, M-TH + optional Saturdays available. Experience preferred. Limited Openings. Call Dave (916) 236-8513.

**The American River Messenger** is seeking independent sales agents to offer advertising to businesses in Citrus Heights, Fair Oaks and Gold River. We have received a great response about our newspaper and its support of the community. Work from home just a few hours each week to develop new accounts. We offer a strong commission plan and a simple sales presentation. Previous sales experience required. Fax your resume to 773-2999 or call 773-1111.

**HOMES FOR RENT**

3 Bedroom/2 Bath Condo in Crosswood area of Citrus Heights. A beautiful wooded area, with walking trails, pools, 2 car garage, 5 solar tubes, refrig, washer, dryer, deck, gas fireplace, & court yard - end unit. \$1250 month. 916-728-6653

**Landscaping Service**  
Gardening, Yard Maintenance - Mowing, Cleanups, Trimming, Hauling, Relandscaping. Local, Reliable & Affordable. Call Sunny 206-8172. Free Estimates!

**Work From Home**  
Sell Classified Advertising for the Messenger  
773-1111

**Delivery Drivers Wanted**  
*American River Messenger*  
Must have clean DMV record & proof of insurance.  
Independent Contractors  
Call 773-1111



Home and Business  
No Orders Too Small/Big

**SUPPORT YOUR LOCAL MILK MAN**  
*Milk & More To Your Door*



By 6:30 am

Owner Operator Jim  
(916) 722-8945

**BAUER san juan car wash**

Monday - Sunday 8:30 am - 5:30 pm  
We Accept All Competitors' Coupons  
Locally Owned & Operated  
Professional Auto Detailing  
No Extra Charge For Trucks, Vans or SUVs That Accommodate Our Automatic Car Wash



5927 San Juan Ave  
Between Madison & Greenback  
Citrus Heights • 916-967-3083

**\$2.00 OFF Any Car Wash**  
BAUER San Juan Car Wash Citrus Heights • 916-967-3083  
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 5/31/07

**\$4.00 OFF Any Car Wash Package**  
BAUER San Juan Car Wash Citrus Heights • 916-967-3083  
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 5/31/07

**\$10.00 OFF Any Express Detail**  
Starting at \$44.95  
BAUER San Juan Car Wash Citrus Heights • 916-967-3083  
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 4/30/07

**THE OXYBOOSTH2O! DIFFERENCE**

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

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

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

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

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

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

[www.oxyboosth2o.com](http://www.oxyboosth2o.com) • [info@oxyboosth2o.com](mailto:info@oxyboosth2o.com)  
707-262-0303  
29.95 per case of 24 16.9oz plus shipping



**NOW Hiring Mgt/PT**  
Call (916) 725-1345  
The UPS Store • Citrus Heights



**WE DO THAT**  
*Auto Service Experts*

212 Harding Blvd., Suite X  
Roseville, CA 95678  
Bus: (916) 783-8600

2259 Sunrise Blvd.  
Rancho Cordova, CA 95670  
Bus: (916) 635-6203

**\$5.00 off Oil Change**

- Change engine oil
- New oil filter
- Lube chassis fittings
- Check fluid levels

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

# Sacramento Choral Society & Orchestra Salutes Broadway



*Pictured are Jim MacCormick, President, Noah Stewart, Tenor, Rhoslyn Jones, Soprano, Donald Kendrick, Musical Director, Patti Baumert, Mezzo-Soprano, and Tod Fitzpatrick, Baritone as they prepare to meet those attending the performance.*

## By Steven McCredie

Concert Review: A Broadway Salute, Saturday, May 12, 2007  
Sacramento Community Center Theater

Donald Kendrick, Conductor  
With Rodgers & Hammerstein classics as the main fare of the evening, it would be safe to say that the Sacramento Choral Society and Orchestra's final performance of their 11th season on Saturday, May 12 at the Community Center Theater served to raise the bar for pop concerts in our region.

Their Broadway Salute concert - performed in front of an enthusiastic sold-out audience of 2400 people - celebrated the signing of a collective bargaining agreement with their professional players (American Federation of Musicians) that makes the SCSO unique among the 12,000 Community Choruses in the United States.

Conductor Donald Kendrick deftly guided the large chorus, orchestra and soloists through an evening that featured memorized music, dancers, a non-traditional stage setup, lighting, choreography

and outstanding audience interaction. The show stopper had to be when all the men of the chorus dressed up as sailors in a raucous performance of, "There is Nothing Like a Dame" from South Pacific. Theatrical consultants Faith Prince and Karon Kearney ably helped inspire and guide the SCSO in the areas of lighting, movement and staging for this production.

The SCSO incorporated the outstanding talents of soloists, Soprano Rhoslyn Jones, Mezzo Patti Baumert, Tenor Noah Stewart, and Baritone Tod Fitzpatrick. Jones, Stewart and Fitzpatrick clearly displayed their operatic background with dramatic, superb voices and excellent diction. Mr. Stewart's powerful tenor brought several ovations from the audience. This quality in such a young voice promises great things for his future. Mr. Fitzpatrick's full baritone was engaging throughout. Even when singing in the upper limits of his range, the rich baritone quality remained strong. Ms. Jones' lyric soprano was thrilling and blended

well when singing duets with Mr. Stewart & Mr. Fitzpatrick. Ms. Baumert's natural stage presence and spirited delivery added to this energetic performance.

Two dancers from the Crockett-Deane Ballet, Pamela Lourentzos and Austin Holt, added an unexpected magical touch in the "Out of My Dreams" selection. The spontaneous children's choreography during "I Whistle a Happy Tune" left the audience smiling and wanting more.

The SCSO's Broadway Salute was a thoroughly enjoyable evening, one that I will treasure for quite some time, as we anticipate the SCSO's upcoming October 2007 Lerner and Lowe Broadway Celebration. Audience members actually made a verbal promise to Conductor Donald Kendrick that they would come back to support the SCSO's classical performances of Elgar's Dream of Gerontius and Mozart's Requiem in Spring 2007. Sacramento is definitely very fortunate to have such a dynamic and dedicated arts organization as the Sacramento Choral Society & Orchestra.

# Carnival is Coming to Town

Citrus Heights Lions are well known in their community for bringing service to those in need. They have been doing this since 1949. They collect used eyeglasses in order to serve individuals who would otherwise be without. In addition they collect hearing aids to help others with their hearing needs. They will do physical labor for senior citizens or the physically impaired. Lions support the local schools and scout organizations. They also will show up in a crisis situation to give a helping hand where needed. Because of all their efforts in helping others, they have become very familiar to everyone in Citrus Heights. The Lions are very proud to be able to state that 100% of community donations are used just for community needs. Not many organizations could say that! Citrus Heights Lions Club is bringing the carnival to Citrus Heights again this year. As always, they will be holding their Free Health Faire at the carnival where people will be able to have their eyes checked, hearing tested and much more at no cost!



PLEASE COME!

To Sylvan Middle School

7137 Auburn Blvd, at Sylvan Corners

June 13 - 17

Wed & Thurs - 4:00 pm until 10:00 pm

Friday - 4:00 pm until 11:00 pm

Saturday - 12 Noon to 11:00 pm

Sunday - 12 Noon to 10:00 pm Saturday

Free Health Faire

12 Noon until 4:00 pm

Special Invitation

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

# Save with Passport to Parks



Sacramento, CA - County of Sacramento Department of Regional Parks is kicking off their annual Passport to Parks campaign with special incentives and community outreach. The Parks Passport entitles members to unlimited day-use and parking at all regional County parks from one year of purchase. Passports start at \$40 per household and pay for themselves in as little as 10 park visits.

The Parks Passport spring/summer campaign promotes and supports the region's most beautiful and celebrated natural resources including the world renowned American River Parkway, Gibson Ranch and Sacramento Delta.

"We promote the Parks Passport between May 1 and July 31. This year we've included some outstanding incentives including a raffle for a road bike valued at nearly a thousand dollars and a coupon book valued at \$250 in savings from our sponsors," said Gary Kukkola, department

director.

All funds collected from Parks Passport sales go directly to maintaining, patrolling and operating the 15,000-acre park system. "Purchasing a Parks Passport is a way for residents to enjoy their favorite pastime—whether that's jogging, rafting, cycling or just relaxing under a tree—while supporting a good cause," Kukkola added.

Passports are available at several locations including:

- Online at [www.sacparks.net](http://www.sacparks.net), or by calling 875-6672
- REI stores in the Sacramento, Folsom and Roseville
- Patriot Bicycles 4791 San Juan Ave. in Fair Oaks
- Effie Yeaw Nature Center in Ancil Hoffman Park
- Regional Parks
- Office 4040 Bradshaw Road and Park Kiosks
- American River Parkway Foundation
- Office 5700 Arden Way in

Carmichael

Several organizations lend support to the Parks Passport program including sponsors who underwrite a percentage of the marketing costs and volunteers from the American River Parkway Coalition who promote the passes at community events.

Some of this year's sponsors include: Mike's Bikes, Karsan's Elliott's Natural Foods, Sac Natural Foods Co-Op, R.E.I., Bicycles Plus, River Rat, California Canoe & Kayak, and Patriot Bicycles.

Visit [www.sacparks.net](http://www.sacparks.net) or call (916) 875-6672 for additional details.

Get more color for less green.

39¢ Color Copy Sale\*

\*Restrictions Apply. Offer good through April 30, 2007.

2 CITRUS HEIGHTS LOCATIONS

6966 Sunrise Blvd.  
Citrus Heights, CA 95610  
Tel: 916.725.4994  
Fax: 916.725.4644

7405 Greenback Lane  
Citrus Heights, CA 95610  
Tel: 916.725.1345  
Fax: 916.725.1772

Now Hiring Part-Time/Management

The UPS Store®



a TASTE of FAIR OAKS 14th Anniversary 2007

MICROBREWS



LIVE MUSIC



FOOTHILL WINERIES

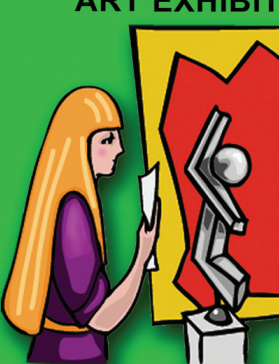


GOURMET FOOD

Presented by the

Fair Oaks Chamber of Commerce

ART EXHIBIT



Friday June 8, 2007  
6:00 pm to 10:00 pm

At North Ridge Country Club  
7600 Madison Ave

No one admitted under the age of 21 \$38.00 in advance \$45.00 at the door

Call 967-2903 for information  
Tickets available at [www.atasteoffairoaks.com](http://www.atasteoffairoaks.com)

Ober Design Studio 2007

ARE YOU PASSIONATE ABOUT ICE CREAM?



Cold Stone is now seeking a franchisee for Citrus Heights!

For more information please contact Mark Andrew at [mark@av-inc.com](mailto:mark@av-inc.com) or (916) 600-2823.

Coffee Lovers Only

COLDSTONE CREAMERY

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

This advertisement is not an offering. An offering can only be made by a prospectus filed first with the Department of Law of the State. Such filing does not constitute approval by the Department of Law. Creations, Cold Stone Originals, Creation names, and images portrayed are trademarks of Cold Stone Creamery Inc. ©2003