

Carmichael Times

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Working Families Struggle to Make Ends Meet



County-Specific Measure Proves as Costs Rise and Wages Stagnate, Families in Sacramento Cannot Meet Basic Needs

The updated 2008 California Family Economic Self-Sufficiency Standard reveals that due to rising costs and stagnant wages, many working families in Sacramento County and throughout the state are struggling to afford their most basic needs. An adult with a preschooler and a school-age child in Sacramento County must work more than two full-time minimum wage jobs to make ends meet.

“The California Family Economic Self-Sufficiency Standard addresses the widening gap between the rich and poor who struggle to keep pace with rising inflation and increased costs for monthly necessities such as medications, gas and food,” says Assemblymember Jim Beall. “I hope that my colleagues will consider this when voting for my food stamp bill, AB 433, which would expand the number of food stamp recipients by eliminating unfair administrative barriers and recognizing the special economic circumstances facing California’s poor.”

As a result of the rising cost of living, the Self-Sufficiency Standard for Sacramento County has increased by \$8,213 to \$46,061 a

year for a family consisting of one adult, one preschooler, and one school-age child, while the minimum wage has increased by only \$2,600, leaving families well below what they need to make ends meet. Together with stagnant wages and limited state resources, the rising cost of living has widened the gap between what many working families have and what they need to survive in Sacramento and around the state.

The minimum wage, calculated at \$16,640 a year for a full-time job, leaves working families well below the threshold of what they must earn in order to meet their most basic needs.

The Self-Sufficiency Standard is based on the costs families face on a daily basis – housing, food, child care, health care, transportation and other necessary basic costs – and is calculated for 156 different family compositions. Moreover, the Self-Sufficiency Standard uses geographically specific data to provide a county-specific measure of the true cost of living for working families. In contrast,

the Federal Poverty Level (FPL), which is the more commonly-used measure for income adequacy, is a four-decade-old, one-size-fits-all measure based solely on the cost of the basic food budget needed to meet minimum nutritional requirements. Yet, the FPL is used to allocate state and federal resources to local communities and determine income eligibility for many public programs. As a result, many families earn too much to qualify for public programs, and yet do not earn enough to make ends meet.

“To develop and promote effective public policies, we rely on accurate and reliable tools such as the Self-Sufficiency Standard,” says Mary Wiberg, Executive Director of the CA Commission on the Status of Women. “The county-specific nature of the Standard helps us understand the real economic needs facing our communities and helps California families plan for their future.”

Calculated by Dr. Diana Pearce at the University of Washington, the Self-Sufficiency Standard is a peer-reviewed

measure that accurately assesses the financial needs of California’s working families. The Self-Sufficiency Standard methodology uses widely accepted and credible national and state data sources such as the U.S. Census Bureau and the U.S. Department of Housing and Urban Development (HUD). Geographically relevant data is used for each county in California, reflecting local market rates for items such as housing, food, health care, child care, and transportation.

“The Self-Sufficiency Standard is fact-based and completely customizable, making it ideal for use by policymakers, service providers, advocates, and families alike,” says Jenny Chung of the Insight Center for Community Economic Development, a national research, consulting, and legal organization located in Oakland, CA. “This newly updated data provides an accurate tool that legislators can use to evaluate existing and future policy decisions, direct service providers can use to better evaluate their communities’ unique needs and secure necessary funding, advocates can use to express their priorities, and families can use to plan for the future.”

Tuesday’s release will feature the newly updated data for every county in California. Data will be available online at www.insightccd.org.

Californians For Economic Security (CFES) is a statewide, research-driven coalition dedicated to ensuring that California’s working families and retired elders can live with dignity and economic well-being. A statewide steering committee guides the overall direction of and identifies policy priorities—drawn from the Self-Sufficiency Standard data—to help close the gap between families’ income and the rising cost of living in California. CFES is part of a national effort organized by Washington, D.C.-based Wider Opportunities for Women (WOW) in 36 states.

CFES is a project of the Insight Center for Community Economic Development (formerly NEDLC), a 39-year old, national research, consulting, and legal organization dedicated to building economic health and opportunity in vulnerable communities. The Insight Center’s utilizes a wide array of community economic development strategies including: industry-focused workforce development, individual and community asset building, connecting early care and education to economic development, providing legal support to California’s legal service programs and community-based organizations, and advocating for the adoption of the Self-Sufficiency Standard as a measure of income adequacy and an alternative to the Federal Poverty Level.

For more information on CFES or the Self-Sufficiency Standard, contact Jenny Chung by phone 510.206.3171 or 510.251.2600 x124, or email at jchung@insightccd.org.

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The Chateau Adds New Staff Members

Janet Cazares is the new Activities Director and Tiffany Jones the new Assistant Executive Director at the Chateau at Carmichael Park, a Hank Fisher Properties senior living community. Located on Fair Oaks Boulevard at Grant Avenue in Carmichael, the community offers a range of care and services to seniors, including independent and assisted living, The Garden Memory Care and The Club day memory care.



**Janet Cazares,
new Activities Director**

Ms. Cazares brings over 20 years experience in health care to her new post, the past four of which were as an activities director in assisted living. She holds state certification as an activity coordinator and as an administrator of residential care for the elderly.



**Tiffany Jones, new Assistant
Executive Director**

Ms. Jones' background includes nearly five years experience, including providing administrative services with Catholic Healthcare West.

Great Aunt Elsie

By David Sander

My Great Aunt Elsie had a great solution to a common problem. Whenever she got something new to wear, she got rid of something old that did not fit or that she did not wear anymore.

That's why her house was always in order and she was able to keep her closets clean, organized and focused on her real needs.

California needs to take a lesson from Aunt Elsie. Every year California Legislators add more programs, more regulations and more responsibilities to government. But they never get rid of anything - even if it doesn't work or is duplicated by another program or agency.

The reason this happens is obvious: it's a lot easier to create a new law, program or regulation than it is to shrink bureaucracy that some special interest cares about. It's harder work to decide what to remove from the closet, but the price of not doing it is very high.

Whether it's an outdated commission that provides a high-paying job for a political pal (but little or no value to taxpayers) or a regulation that gives one special interest an advantage, or even a building that would be better used by the private sector -- it seems the state can just never clean its own closets.

Those old outdated programs just keep piling up, taking up space, and are never really made accountable for their performance - just like clothing in an unmanaged closet.

In my aunt's closet though, any article of clothing that didn't perform well was at risk - figuratively facing a shape-up or ship-out test. Imagine if all government programs had to face that same test? It would be a way to introduce some accountability into government that is often lacking or just plain just absent. It would be a way to ensure that state programs knew that someone was watching their actions, and measuring their success.

That's why I'll push to eliminate a law for every new law that is passed, to eliminate an old or outdated program for every new program created and to remove unnecessary and ineffective regulations for every new regulation created. I call this the Clean Closet principle.

If we are going to get the budget back on track, make it easier to do business and get California's house in order, the State Legislature needs to learn something from my great Aunt Elsie. It's time to clean out the closets.

David Sander is a conservative City Councilman and local business owner who is currently running for State Assembly in District 10, which includes Carmichael, Rancho Cordova, Gold River and surrounding areas.

Elderly Woman Drives Into La Bou In Carmichael



Officer Lizz Dutton, Public Affairs Officer

On Friday morning at approximately 10:12 a.m., Maxine Ayres, a 79 year old from Sacramento was driving a gray 2005 Toyota Camry on northbound Fair Oaks Boulevard approaching Sutter Avenue. Ayres pulled into the parking lot of La Bou which is located in the southeast corner of the intersection. Ayres drove

up to the front of La Bou to park and accidentally placed her foot on the gas pedal rather than the brake. Her vehicle lunged forward over the raised curb and into the La Bou. Her vehicle struck two customers. One customer, Shauna West, a 43 year old from Sacramento was standing in line and Sylvia Mehlhaff, a 71 year old from Carmichael was walking towards the coffee bar. Both were transported to Mercy San Juan Medical Hospital with complaint of pain to their lower extremities. Ayers was not injured. Due to the elements of this collision, Ayers was issued a DMV priority re-examination.

For any additional information about this news release contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell phone at 216-5077

Carmichael Times



Publisher - Paul V. Scholl

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dressbarn™ Joins American Cancer Society® in Relay For Life® Event

dressbarn in Carmichael Introduces Exclusive "Heart Key Ring." Encouraging Customers to "Have a Heart, Wear a Heart;" Contributes Proceeds to Charity dressbarn in Carmichael, part of a leading retailer and authority on women's fashion, has begun its annual participation as an American Cancer Society Relay For Life National Corporate Team Program member for 2008. Relay For Life is the largest global cancer fighting movement that unites communities across the world to raise awareness and funds to support the American Cancer Society's research and programs.

Beyond sales associate and community involvement in the events, dressbarn in Carmichael is also introducing its exclusive Heart Key Ring that will be sold in all stores for \$5.00 from May 12 through August 31, or while supplies last. The local dressbarn wants customers to "have a heart, wear a heart," and dressbarn will contribute the entire net profit of \$2.50 to the American Cancer Society.

"dressbarn believes that people come first, and it is important to embrace organizations and causes that impact our customers, associates and their families. We hope the Carmichael community will have a 'heart' and help us support such an important cause,"

said Celine Beaudry, district sales manager for dressbarn in Carmichael.

"Since 2002, we've worked closely with the American Cancer Society and continue to raise the bar for participation and contributions every year," said dressbarn President and CEO David R. Jaffe. "Through sales of our 'Heart Key Ring' and the growing number of dressbarn teams participating in this year's events, we expect to exceed last year's turnout in both community member support and dollars donated to the American Cancer Society."

In 2008, more than 4,900 Relay events will be held across the country, in addition to events in 19 countries around the world. Teams will gather at schools, fairgrounds or parks and take turns walking or running laps to fight back against cancer. Last year, more than 250 dressbarn, inc. teams, comprised of customers, executives and store associates, participated in Relay For Life events and raised more than \$750,000 through team fundraising and in-store promotions.

The dressbarn, inc. Foundation has pledged to also contribute \$200,000 in support of teams representing its national dressbarn and its other retail subsidiary, maurices. To date, dressbarn, inc. has contributed over \$4

million to the American Cancer Society.

The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem. Its goals are simply stated for such an important cause: to prevent cancer, save lives and diminish suffering from cancer. Relay For Life brings the American Cancer Society one step closer to attaining its goals through a 24-hour event to raise money for medical research and programs.

For more information on dressbarn in Carmichael or its collaboration with the American Cancer Society, please contact (916) 974-1074, or visit www.dressbarn.com.

About dressbarn The Dress Barn, Inc. (NASDAQ - DBRN), is a leading national specialty apparel retailer offering quality casual and career fashion apparel. dressbarn stores carry styles in sizes 4 to 24 as well as shoes and accessories. As of April 2008, the Company operated over 825 dressbarn stores in 46 states and 650 maurices stores in 43 states. For more information, please visit www.dressbarn.com.

Flag Day Celebration

Saturday, June 14, 2008 11:00 A.M.
Carmichael Lodge # 2103

5631 Cypress Avenue, Carmichael, CA 95608
Members of the public are invited to attend the Carmichael Lodge annual Flag Day ceremony to be held on Saturday, June 14, 2008 at 11:00 a.m. to join with our Members in the celebration of the history of our Nation's Flag, the emblem of freedom and the symbol of unity

The Benevolent and Protective Order of Elks were the first and only fraternal organization to require an annual tribute to our country's flag, long before it became a National Celebration. Included in this ceremony is a history of our flag along with a presentation of seven of our earlier flags by members of our Lodge sponsored Boy Scout Troop # 386.

Patriotism is as important today as it has ever been at any time in our Nation's history, and nothing inspires patriotism more as seeing the stars and stripes along with hearing a brief summary of the conflicts in which our countrymen sacrificed so much in the defense of our freedom and continue to do so. PLEASE JOIN US!



Cruisin' By Greg Zyla

Ford Galaxie 428

Q: Greg, I am considering purchasing a 1966 Ford Galaxie 500 with a 428 engine and a four-speed transmission. It also has disc brakes. What can you tell me about the authenticity of this car? How rare is it, and how many were made? The condition of the car is poor, as it has a rusted-out trunk floor and frame supports. What would be my best route to go to repair it and bring it back to original factory specifications? -- Mr. Retterath from Michigan

A: Ford introduced the 428 cubic-inch V-8 in 1966 in what it called the Series 60 Galaxie 500 7-liter model, which was available as a coupe or convertible. Although the big V-8 produced 345 horsepower, it was not Ford's most powerful engine in 1966. The 427 put out 410 or 425 horses, and it was available in all Fords except the 7-liter Galaxie, station wagons, Fairlane and Falcon. The four-speed is novel, and the good news is that only 8,705 of this car were ever produced, so it is rare.

However, the rust scares me, as does the fact that you admit it runs poorly. You could be looking at investing way too much to bring it back to original condition, and since you don't specify a price in your handwritten letter, I'm nicely going to tell you to be very careful if you do buy it. Currently, this '66 Galaxie lists for just \$1,500 to \$3,400 in poor to fair condition, and only \$18,900 in completely restored condition.

Since the rust repair and paint alone will set you back a tidy sum, and then you'll spend even more to rebuild the engine, transmission and have the interior finished, I'd say to look at other, more desirable Fords if you are serious about spending your money.

Write to Greg Zyla in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to gzyla@pfd.net.

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Slash and Burn Budget Hurts Working Families

Statement by Art Pulaski, Executive Secretary-Treasurer of the California Labor Federation, on Governor Schwarzenegger's May Budget Revision Proposal

"Governor Schwarzenegger's slash and burn approach to the state budget is cutting the vital services that California's working families need now more than ever. By balancing the budget at the expense of working families, students, the elderly, and disabled, the governor has failed to make the tough choices required of leaders.

"Many of the deepest cuts come to state health and human services programs, and represent penny-wise, pound-foolish spending priorities

at a time when the governor is still advocating for universal health care coverage. We support that goal, but this budget reverses course and will make achieving health reform even more difficult.

"This budget is out of touch with the needs of Californians, as well as the wishes of voters who already rejected the same budget power-grab proposal less than three years ago. Recycling bad ideas that have failed before won't solve this year's budget problems, it will only distract from the real issues at hand.

"California needs and deserves real, balanced budget solutions. This budget fails to deliver them."



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**TRANSPAC
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By Delia Fling

"Things are never as good as they seem nor as bad as they seem". Heard that one before? From my many years of experience in financial markets this is one of the truest axioms out there. Those who bought homes 3 years ago did in fact buy at the top of the current real estate cycle. However, as we all know (or at least should know) real estate is a long-term investment and an illiquid one at that, (unfortunately another conveniently forgotten fact).

We Californians have been distracted away from these truths because of the unprecedented active real estate market in our state, mostly propelled by investors, and significant inflows of population California dreaming. Things got out of control when expectations changed from long term to short term gain. This subtle change of expectation was urged along by the "I want it now" popular attitude. I promise you, if everyone who bought a home in the last few years believed it was a long-term investment with a long term financing package to go with it, there would be a minimal downturn in the real estate market.

Then we have those who treat their homes like ATM machines. You know who you are; you used that money on depreciating "toys", (boats, cars, etc.) Unfortunately most of those loans need to be refinanced because they were only fixed for 3 or 5 years before adjusting. Again, short-term expectations cause a problem. If those were 15 or 30-year loans, homeowners could wait this part of the cycle out. On the contrary, these homeowners have a predicament, their properties aren't worth what they need be for refinancing; the payments are no longer affordable, and so they are being forced to sell them short. Short sales happen when real estate

is sold for less than the mortgage debt. Short sales cause even more problems for the seller and for the rest of us. Simply they drive real estate values down even further.

If you in fact withdrew equity out of your real estate and put it into liquid investments (stocks, bonds, annuities) or businesses, I applaud you. You have your PhD in financial literacy. These folks took their money out to make more money and have access to it to boot! These are the people who we are to depend on, to help get us out of this mess. You see, they have the where with all to go out and buy real estate for investment at the current dirt-cheap prices. This will help increase demand, which should start stabilizing real estate values.

Sacramento Real Estate has been making headlines again. Per the National Association of Realtors, Sacramento has the dubious distinction of having had the largest national price drop in median home prices. The median home price in Sacramento is down 29.2% to \$258,500. That's down from \$365,300 from the first quarter of 2007. Does anyone hear a bell ringing?

Interest rates are at artificially depressed levels, and home prices are extremely low, reasonable expectations would be to buy now...and laugh all the way to the bank.

Here at TransPac, we invite you to explore reinvesting some of your liquid reserves back into real estate. Let us give you a complementary analysis of your potential purchases. Our expectations are solid and realistic!

Delia Fling is a Mortgage Planner with TransPac in Citrus Heights. Please direct all questions or comments to deliaf@transpacilc.com or 916-284-0066.

Weekly SUDOKU

Answer

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1	8	6	5	4	3	2	9	7
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King Crossword

Answers

Solution time: 21 mins.

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R.F.D. by Mike Marland

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Riley Reviews

By Tim Riley

VIBRANT "PRINCE CASPIAN" HAS THE MAGICAL, MYTHIC TOUCH

THE CHRONICLES OF NARNIA: PRINCE CASPIAN
(Rated PG)

Finally, now that we're edging closer to summer, a film suitable for entire family entertainment arrives on the scene. Not surprisingly, it emerges from the work of C.S. Lewis, delivered by a studio that knows how to supply wholesome fun. Disney's "The Chronicles of Narnia: Prince Caspian" is a sequel, artfully realized and stunning in scope, which follows up on the spectacular story that began with "The Chronicles of Narnia: The Lion, the Witch and the Wardrobe." Once again, the four Pevensie siblings are in the thick of the action as time travelers to reclaim their royal positions as protectors of the magical kingdom of Narnia.

When the story of "Prince Caspian" begins, the Pevensie kids are just ordinary school kids living in World War II-era London. Peter (William Moseley) and Susan (Anna Popplewell), the oldest siblings, are adapting to typical teenage concerns. Edmund (Skandar Keynes), the younger boy who betrayed his sibling for his own selfish gain in the first adventure, has matured, while the youngest, Lucy (Georgie Henley), retains an innocent faith that will serve the group well at a critical time. While waiting in a tube station in Trafalgar Square, the quartet is suddenly transported back to Narnia, discovering that the faraway kingdom where they once served as kings and queens has faded into legend.

More than 1,300 years have passed in Narnian time, and the magical kingdom has been relegated to the backwater of the forested countryside. The land of talking animals and mythical creatures exists as little more than folktales to the Telmarines, a tribe of humans that finds its homeland in a state of political turmoil and intrigue, due to some trickery that seeks to deny the throne to the rightful heir, Prince Caspian (Ben Barnes). Even the mighty lion Aslan (voiced by Liam Neeson) has been missing for a thousand years.

Marked for death by his cruel uncle Lord Miraz (Sergio Castellitto), Prince Caspian has to flee the Telmarine castle. Fortunately, the prince has an ally in Doctor Cornelius (Vincent Grass), who provides a horn that should be used only in the direst circumstances. The vicious Miraz is anxious to eliminate the prince, since his wife has given birth to a boy who can assume the throne. With adequate warning, Prince Caspian escapes to the woods, where he encounters a Narnian dwarf and talking beaver, both of whom seem eager to enlist the prince's help. Meanwhile, summoned by the magical horn, the Pevensie children arrive not a moment too soon in Narnia, saving the life of Trumpkin the Red Dwarf (Peter Dinklage) and endearing themselves to the natives who would like nothing more than to see Narnia returned to glory.

The kingdom of Narnia is populated with all sorts of interesting creatures, including fauns, minotaurs, centaurs, satyrs, dwarves, and furry animals, large and small. Aside from Trumpkin's ability to speak volumes just by his darting eyes, the most talkative animal is a feisty mouse with a penchant for sarcasm. The source of great comic relief is Reepicheep (voiced by Eddie Izzard), the diminutive rodent sporting a prominent feather in his hair and wielding a nasty sword.

That Prince Caspian ardently seeks to reclaim the Telmarine kingdom is hardly a surprise. Enlisting the aid of the Pevensie children in this cause is facilitated by the impetuous Peter's desire to wage an all-out battle against the nasty minions of Lord Miraz so that the Narnians can thrive in a tranquil environment. The parallels to the fight against the Nazis in World War II is noticeably apparent, though perhaps subtly reinforced by the use of the London Underground train stations as a refuge during German bombing raids.

"The Chronicles of Narnia: Prince Caspian" is truly an epic film with a majestic sweep that is fitting for the imaginative world of C.S. Lewis. Suspense is rampant with the forceful battles between Miraz's overwhelming army and the hardy band of outnumbered Narnians. A lot of the battle scenes are very intense, with some images that seem too violent for a PG-rated film. Nevertheless, "Prince Caspian" is an exciting adventure that does not give short shrift to the emotional pull of the very interesting characters, human and otherwise.

State Fair Seeking Next Young Superstar!



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Kids Can Compete for Cash & Prizes in State Fair's 3rd Annual Kids Talent Show. Previous Winners Have Received National Acclaim.

The California State Fair knows there are a lot of talented kids in the Golden State. That's why the State Fair is once again inviting them to show off their skills by competing in the 3rd Annual Kids Talent Show at the California State Fair.

Preliminary auditions will be held on Saturday, May 24 at the Sacramento County Fair at Cal Expo from 9 a.m. - 1 p.m. Any California kid aged 15 and younger is invited to participate. Participants should come prepared to perform a 2-minute audition piece live in front of the judges. Singers and dancers preferred, though other talents will be accepted as well. The top finalists from the auditions will be asked to compete live at the California State Fair in August. The top three finalists in August will share a prize pot that includes cash, prizes and the official title of "State Fair's Most Talented Kid."

Last year's 2nd Annual Kids Talent Show was a crowd favorite at the California State Fair as Reyna Armour, of Elk Grove, took home the first place prize. Reyna was recently cast in the musical "Evita" presented by the California Musical Theatre in downtown Sacramento as part of the famed Music Circus season. She has

also sung the national anthem before minor league hockey and arena football games in Stockton. The 2006 winner, Gabby Wilson, of Benicia, has gone on to receive national media attention with appearances on "The Today Show" and "Last Call with Carson Daly," just to name a few.

"We are looking for kids that represent California's diversity and talent so we urge anyone with a skill or a love for performing to come to the audition and give it a shot," said Norb Bartosik, CEO and General Manager of the California State Fair. "This will be a positive, confidence-building experience for these youngsters."

Auditions will be conducted on a first-come, first-serve basis. Participants or their parents can reserve an audition space in advance by calling (916) 274-6180 or emailing Poppy@calexpo.com. Those who call in will be guaranteed an audition time, while walk-ins may not receive one. Admission to the County Fair is FREE, but there is a charge for parking.

For more information, please contact the talent show hotline at (916) 274-6180. Media may contact the California State Fair Media Center at (916) 263-3108 or MediaCenter@calexpo.com.

The 2008 California State Fair will be held Aug. 15 to Sept. 1 at Cal Expo in Sacramento, Calif.



Get on Educational Roller Coaster

There's progress on the education front: The Washington Post reported recently that high-school students were bused to the Six Flags America theme park for something called Physics Day.

Finally, a sensible way to keep kids in school -- ship them *out* of school so they won't be bored.

The reason it was called Physics Day -- and this is true -- is that the kids were supposedly going to learn about physics by riding on roller coasters.

How come my teachers never thought of that? But while this trip is a step in the right direction, it can't make up for a shocking deficiency in our secondary-school system.

According to a new study, which is going to erupt into a political firestorm, our nation's high schools are woefully ill-equipped when it comes to roller coasters.

In fact, the number of high schools with an adequate roller coaster that will allow our students to learn physics day in and day out -- and not just on special field trips -- may be as low as zero.

It's no wonder, then, that 112 percent of American students lack the proper background in math and physics -- a number that is growing higher every day.

And this isn't the only disturbing news on the math front. Another study has suggested that math teachers scrap "real world" math problems -- in other words, those problems that exist only in the world of math books.

That's right, I'm talking about those famous train problems -- you know, where one train leaves Station A at some ungodly hour like 6 a.m. traveling at 45 miles an hour toward Station B and a second train leaves Station B at 7:30 a.m. -- still a little early for my taste -- at 40 miles an hour toward Station A. At what time will passengers realize they should have taken a plane?

On the plus side, there will be fewer train

accidents within our math pages. While some math-book writers carefully placed the trains on parallel tracks, others were not so careful, resulting in untold carnage on our nation's fictional math railways.

It was because of that continuing horror that I became afraid to even open my math book, a reason, sadly, that my teachers were too insensitive to appreciate.

(I suspect, though, that the math-book writers shared secretly shared my fears. You might have noticed they never used airplanes for these problems; clearly, they were afraid of causing imaginary mid-air collisions.)

Fortunately, our country's educators are up to the challenge of formulating new educational methods, which they change about as often as Detroit introduces new car models (and for much the same reason).

First step: Denounce current methods for producing a generation of dunces who can't be counted on to spell their names correctly.

Second step: Introduce new teaching method.

Third step: Wait for test results that show replacement method is producing a generation of dunces who can't be counted on to spell their names correctly.

Fourth step: Denounce current teaching methods.

This process can be repeated indefinitely -- or we can get serious and start building more roller coasters.

Write to Don Flood in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mails to dflood287@comcast.net.

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Candidates Forum to be held May 27

The Carmichael Chamber of Commerce will sponsor a Candidates Forum, Tuesday, May 27 noon at the Carmichael Park Clubhouse, 5750 Grant Avenue.

Assemblyman Alan Nakinishi, District 10 is termed out; so five candidates will be running for an open seat this election. They are David Sander, Jack Sieglock, Paul Hegyi, Alyson Huber and Jim Cook.

Incumbent Supervisor Susan Peters, District 3

is running for re-election and is being challenged by Warren Harding.

All the candidates have been extended an invitation to participate.

This meeting is open to the public and reservations are required. Cost of the luncheon is \$13.50 prepaid and \$15 at the door. Vis, MasterCard and Discover cards are accepted. To secure your seat call the Chamber office, 481-1002. Deadline for reservations is May 23.



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See You There!!!

Advertise in the Carmichael Times- 773-1111

Dusty Baker International Baseball Academy

The Dusty Baker International Baseball Academy returns this year and celebrates its 25th "Silver" Anniversary. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college and profession baseball. This is a fantastic learning experience and training program for young baseball players.

Active outstanding graduates are current major leaguers Geoff Jenkins, Derek Lee, and Darren Oliver and the 2007 Cy Award winner Carsten C.C. Sabathia.



Dusty Baker, Manager Cincinnati Reds

Visit Dusty's website at www.dustybaker.com

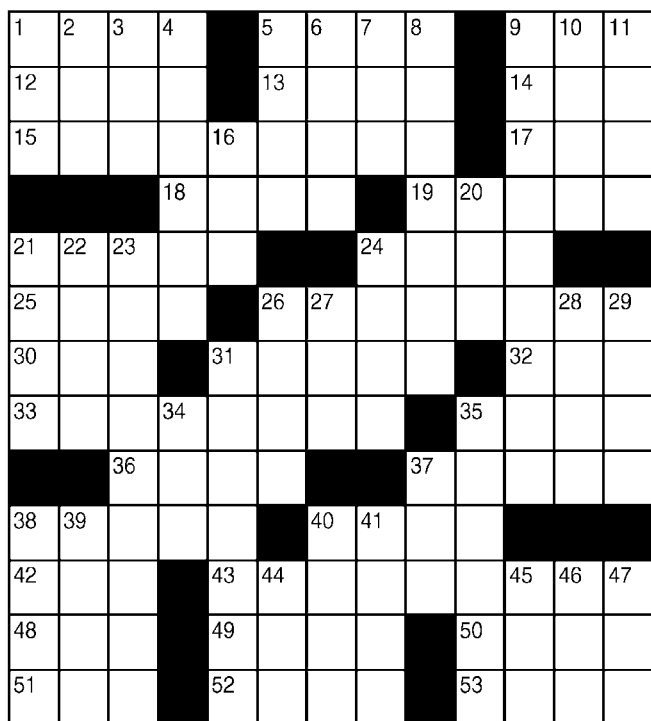
For a Brochure call 1-530-644-3067, or E-Mail: bdcarmichael@sbcglobal.net

King Crossword

Answers on page 4

ACROSS

- 1 October birthstone
- 5 "Wind in the Willows" character
- 9 Treasure hunt aid
- 12 Sandwich shop
- 13 Tortoise's rival
- 14 Pub request
- 15 Emily Post's teachings
- 17 Deteriorate
- 18 Works with
- 19 Resentment
- 21 Washing vessel
- 24 Carte
- 25 "Zounds!"
- 26 Most



- | | | | |
|-------------------------|-------------------------|----------------------------|--------------------------|
| 30 Astronaut | 50 Yuletide | 9 Milwaukee university | 34 Coffee shop vessel |
| 31 Ice bucket accessory | 51 Homer's interjection | 10 Brotherly baseball name | 35 Cowell and Wiesenthal |
| 32 As well | 52 Information | 11 Sampras or Seeger | 37 Wintertime woe |
| 33 Big redwoods | 53 Use a straw | 16 Sailors' org. | 38 Actor Pitt |
| 35 Short pencil | | 20 Squid squirt | 39 Continental coin |
| 36 Kazakhstan river | DOWN | 21 Pleads | 40 Rotten kid |
| 37 Super hot | 1 Praise in verse | 22 Malaria indicator | 41 Blue hue |
| 38 Hot dog side dish | 2 Favorite | 23 Yeti's cousin | 44 NAFTA signatory |
| 40 Ointment | 3 Foreman fighter | 24 Periodicals, for short | 45 Debtor's letters |
| 42 Same old same-old | 4 Fluid | 26 Thwart | 46 Moment, for short |
| 43 Sky blue gem | 5 You, once | 27 Genetic abbr. | 47 Wapiti |
| 48 Joan of - | 6 Foal's fodder | 28 Acidic | |
| 49 Jacob's | 7 Illustrations | 29 Mug variety | |
| | 8 Digs down further | 31 Drank to | |

Put "Memorial" Back in Memorial Day

One Nation United In One Moment - Over 300 Million Americans are Asked to Join Together at 3:00 pm, Local Time, on Memorial Day, for the National Moment of Remembrance

All citizens are asked to pause in their Memorial Day activities at 3 pm to respectfully honor the memory of those who died in the service of our nation.

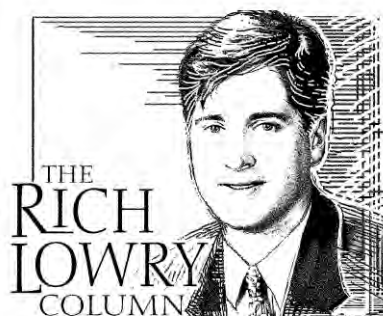
The idea of the National Moment of Remembrance was formed when Carmella LaSpada, a long-time advocate for America's fallen, asked school children, "What does Memorial Day mean to you?" They responded, "It's the day the pool opened." Those young people were not the only ones who misunderstood Memorial Day. According to a Gallup Poll, only 28% of Americans knew the meaning of Memorial Day. Ms. LaSpada was determined to put "Memorial" back in Memorial Day to ensure those who died for our country would never be forgotten. In 2000, Ms. LaSpada inspired Congress to establish the White House Commission on Remembrance. The National Moment of Remembrance was born.

The President's Memorial Day Proclamation calls

on Americans to observe the National Moment of Remembrance. The Moment will be observed at the International Space Station, The Statue of Liberty, the USS New Jersey and the Empire State Building. Members of Congress, state and local officials will observe the National Moment of Remembrance, as will the Chairman of the Joint Chiefs of Staff, Admiral Mike Mullen, and members of our military as well as their families.

Major League Baseball games will pause at 3:00 pm, local time, while 200 Amtrak trains whistle their participation and The National Memorial Day Parade halts for the Moment. Members of Bugles Across America will play Taps for the Moment at sites throughout our nation.

"The Moment is a time to pause, reflect and remember. It is a portion of our commitment to 'Live Honoring America's Fallen' by showing respect for their sacrificial service. We want our citizens to contemplate the ties that bind us together. We want every man, woman and child to say 'I know why I am free and I respectfully honor those who died for my freedom,'" said Ms. LaSpada, Executive Director of the Commission. One nation united in one moment.



"The Great Disappointment"

jacket-wearing war hero?

With Obama, no surprises will be necessary. He's already been losing blue-collar white voters to ... Hillary Clinton, whose sense of entitlement, nonexistent common touch and dubious credibility throwing back whiskey shots with a beer chaser hardly make her a natural populist. But Obama has transformed her into one.

The self-appointed 19th-century prophet William Miller attracted an intense following when he predicted the end of the world and the arrival of the Second Coming sometime between March 1843 and April 1844. When the appointed time embarrassingly came and went, one of his followers pluckily predicted a new date of Oct. 22, 1844. The Millerites gathered that night to await the blessed event, and instead experienced what became known as "The Great Disappointment."

Barack Obama's supporters and the media (excuse the redundancy) have expected Obama's ascension to presumed Democratic nominee -- accompanied, no doubt, by blazing lights of Unity and trumpet calls of Change -- in New Hampshire, Texas and Pennsylvania, and experienced a "Great Disappointment" each time. They have hoped for a secular political Advent, and instead they have gotten Hillary Clinton -- stolid and barely solvent, and yet with a persistent appeal to Democratic voters.

Pennsylvania was the first post-Pastor Jeremiah Wright and post-"bitter" primary, and Clinton's victory shouldn't be underestimated. She won by nearly 10 points, after getting outspent by roughly 3-to-1 in a state where Obama campaigned for weeks in an effort to finish her off.

Democrats lost the past two presidential elections by nominating candidates who had trouble connecting with down-scale white voters. They are about to do the same, but with their eyes wide open. When Republicans portrayed John Kerry as an out-of-touch elitist, Democrats were shocked: How could this have happened to a candidate they nominated because he was a manly, bomber-

The reaction in some liberal precincts was swift -- to come down on Hillary hard. The New York Times chided Clinton for using Osama bin Laden's image in an ad to illustrate the dangers facing us in the world. How dare she invoke the most public face of the terrorist threat against America! The very brittleness of Obama makes much of liberalism want to wrap him all the tighter in swaddling clothes.

Cover-ups never work, in scandals or campaigns. Obama's candidacy depends on a kind of make-believe that can't be sustained. How is he going to bring the country together around an orthodox left-wing agenda? How can he heal the nation's divisions when he can't even bridge the Democratic Party's demographic divide?

There nonetheless appears no way out, even if Democrats wanted one. The superdelegates were created to exercise their independent judgment if the party were to flock to a flawed candidate. But few of them have an appetite for rejecting the candidate with the most pledged delegates, especially when he's an African-American in a party devoted to inclusiveness.

So Democrats are left to hope against hope that Obama can again become the miraculously unifying figure he seemed in February: "Lord, I believe; help thou my unbelief."

Rich Lowry is editor of the National Review.

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Mercy San Juan Acquires World's Most Advanced Robotic Surgical System



Mercy San Juan Medical Center has become the first hospital in the Sacramento area to offer patients the world's only robotic surgical system with 3D high-definition vision. This \$1.6 million upgraded model of the da Vinci robotic surgical system also includes a fourth robotic arm, with all arms having greater range of motion than the earlier models.

What does this mean to patients? It means more surgeries can be performed in a minimally invasive manner, resulting in:

Smaller, more precise incisions, Less pain, Less scarring, Quicker recovery time, Less risk of nerve damage.

"As one of the nation's 100 Top Hospitals each of the last two years, I see it as Mercy San Juan's responsibility to explore and acquire state-of-the-art tools our doctors can use to give our patients the type of care they deserve," says Brian Ivie, Mercy San Juan's President.

At the outset, five Mercy San Juan surgeons – four urologists and a gynecological oncologist – will operate this technology to perform surgeries including removal of prostate, gynecologic and kidney malignancies.

The precision of the da Vinci can be especially effective for prostate cancer, minimizing the risk of nerve damage that could lead to erectile dysfunction. For gynecologic procedures the precise, comprehensive dissections made possible by the da Vinci afford a more complete cancer surgery and the

ability to more accurately determine staging of the disease.

Using the da Vinci Surgical System, the surgeon operates while seated comfortably at a console viewing a 3D image of the surgical field. The surgeon's fingers grasp the master controls below the display, with hands and wrists naturally positioned relative to his or her eyes. The system seamlessly translates the surgeon's hand, wrist and finger movements into precise, real-time movements of surgical instruments inside the patient. EndoWrist® instrumentation of the da Vinci Surgical System enable surgeons to perform more procedures through 1-2 cm incisions. At all times, the system remains under complete control of the surgeon.

Mercy San Juan Medical Center is a back-to-back national winner as one of the nation's 100 Top Hospitals, according to Thomson Healthcare. The 260-bed facility serves more than 150,000 people each year from north Sacramento County, South Placer County and beyond with a broad array of quality programs and services. Doctors are the cornerstone behind teams of healthcare professionals who have earned national recognition for Mercy San Juan's Trauma Center, Cardiac Services, Neonatal Intensive Care Unit, Stroke Center and Bariatric Surgery program. Mercy San Juan is part of Catholic Healthcare West, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.

Amber Waves



Insurance Company to Offer Eminent Domain Insurance

By Jon Coupal

When the subject of unusual insurance policies comes up, people usually think of Lloyds of London, the venerable insurance syndicate that has been insuring almost anything for over 300 years. In addition to writing mundane policies, Lloyds has insured Tina Turner's legs, Keith Richards' fingers and even Tom Jones' chest hair.

Now we have a San Diego firm offering to write policies that some observers might find just as odd but, sadly, could be a prudent investment for California property owners. The Ward Group LLC, in partnership with the AmWins Group, Inc. is offering to write policies to protect property owners against losses suffered if they become victims of eminent domain -- the government taking of private property. A Home Value Safeguard policy would provide up to \$200,000 to cover loss of market value when the home is taken, plus up to \$50,000 to relieve the expense of moving.

The use and abuse of eminent domain has become a major issue since the 2005 U.S. Supreme Court decision in the case of Kelo v. the City of New London. In this case, the city wanted to take the middle class homes of Susette Kelo and her neighbors to make way for a development including an office building for Pfizer, the giant pharmaceutical company. The court said there were no federal constitutional protections for the homeowners -- even if the property would not be used for public purpose -- as long as the city could claim that there was some "public benefit." (Of course, the plain language of the Constitution refers to public "use," but so what?) In this case, the public benefit was higher tax revenue. However, the Justices added that individual states were free to

establish more stringent protections for the owners of private property.

Not surprisingly, most states reacted very quickly to this horrendous decision by making it more difficult to take private property from unwilling sellers to be turned over to other private interests, while maintaining the traditional power of government to use power of eminent domain for public purposes like schools and roads.

California is notably absent from the list of states providing these protections to property owners. Here, government can continue to take homes, business, farmland and even houses of worship to be turned over to private developers for strip malls and other profit-making projects.

While some property owners may want to consider eminent domain insurance, there is even more powerful insurance being offered on the June 3rd ballot, and it's free. Proposition 98 will bar governments from seizing private property to be turned over to other private interests, without interfering with government's legitimate ability to acquire property for truly public projects, like roads, dams and fire stations.

If voters approve Proposition 98 three weeks from now, they can take great comfort in knowing that their property will not be taken by greedy governments looking to increase tax proceeds. And isn't providing peace of mind what real insurance is all about?

For more information on Proposition 98, visit www.yesprop98.com.

Jon Coupal is President of the Howard Jarvis Taxpayers Association -- California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.

Emblem Club Raises Funds for Charities

Do you know a deserving student who could use a little financial help with their education?

Did you know that one of the largest scholarship awarding organizations in the United States has a branch right in Carmichael?

The Carmichael Emblem Club is part of a nation wide group of Emblem Clubs. Emblem is #4 in the United States for donating scholarships. Elk's are #3, the federal government #2 and Microsoft is #1.

Local Emblem clubs each choose their own group or field of education for scholarships. On a state level they are awarded to individuals who are studying to work with the deaf or hard of hearing.

Emblem is a group made up mostly of ladies. Emblem ladies work all year on fundraisers giving money to both charities and scholarship. Charity money is given

out at the end of their calendar year and scholarship money sets in the fund growing until it is awarded.

Emblem dates back to 1917 when a group of Elk's ladies began meeting to wrap bandages for World War I, they really enjoyed each other's company and Emblem was founded. They have been going strong ever since and there are clubs in every section of the United States including Alaska and Hawaii.

The Emblem club attracts individuals of many diverse talents, abilities, and ages, all of whom combine to make Emblem a very special organization. In Emblem there is an important place for each member. If you would like to be a part of this worthwhile organization or if you know a deserving student, contact your local Emblem Club at P.O. Box 426, Carmichael California 95609-0426.

"R.O.C.C" Your Body 2008



The 2nd annual "R.O.C.C Your Body" to benefit the River Oak Center for Children will be held on Friday, May 30, 2008 at The Spa Simply Skin, 2625 Fair Oaks Blvd. in Sacramento 95864, from 6 to 11 p.m. River Oak provides professional care and therapeutic services to children in our community who struggle with serious emotional and behavioral challenges.

"R.O.C.C Your Body" is proud to support River Oak in its campaign, "Roots and Wings: A Campaign to Rebuild Lives" raising funds to build a new Treatment Complex that will provide comprehensive assessment and personalized services to low income and vulnerable children "This event will support an important cause in our community - the children who have faced trauma, loss, neglect and abuse, and as a result, are dealing with emotional and behavioral challenges and are in need of professional care", said JJ Diepenbrock, owner of The Spa Simply Skin.

This year the spa grounds will be transformed into "Mystique", a "Cirque du Soleil" style experience, featuring a "Euro Bar", a champagne bar, a "VIP" red-carpet valet service, a "VIP" lounge and MC Kelly Brothers, former morning news anchor of KFBK, making sure guests are having a memorable evening. The evening will include a posh fashion show featuring cutting-edge designers from New York and Los Angeles. Health and wellness experts will be on hand to provide free spa services, nutritional advice, psychic readings, beauty consultations and much more. The first 500 people who purchase tickets will receive a "Swag" bag valued at \$1,000.

Tickets are \$150 and are currently sold online at www.riveroak.org or by contacting Alice Gentry at (916) 609-5129, agentry@riveroak.org. To learn more about River Oak visit: www.riveroak.org. So come "R.O.C.C" Your Body for a good cause.

High Tech Bingo?

Nonprofit groups depend on electronic bingo to fulfill the unmet needs of individuals, families, children and communities

The California Charity Alliance (CCA) today announced its formation to advocate for the use of traditional and technologically advanced forms of bingo as a responsible, legal and consistent funding source for nonprofit charities. Founding organizations for this new alliance include Disabled Sports USA Far West, Capitol Freelancers, Blue Devils of Concord, the Santa Clara vanguard and the Sacramento Chapters of United Cerebral Palsy and the Society for the Blind.

Many local organizations, such as churches, fraternal organizations, schools and community groups, depend on charitable bingo as a primary source of fundraising.

"Charities run bingo games to financially support disabled children, the blind, the homeless, those without food, substance-abuse prevention programs and many other worthwhile and essential community programs," said Douglas Pringle, president of the CCA. "Approximately 50 percent of the profits from electronic bingo games go to the charitable causes we support."

There has been a steady decline in the number of players at bingo halls over the past six years and with a significant drop in proceeds to charities due to increased gaming opportunities in the state and the advancing age of players. In order to continue as a viable source of charitable dollars, bingo games to support nonprofit missions must offer a competitive entertainment value to

adult participants of all ages. Bingo aided by technology enables charitable groups to attract new, younger players. Electronic bingo aids include special features and graphics which add to the entertainment value players receive.

"California's charitable organizations need clarity in the law regarding their ability to use modern technology when conducting bingo games," said Pringle. "We want to work with the Attorney General's office, the legislature and the administration to clarify the law to ensure we may continue to offer legal electronic bingo games."

The CCA is working with regulators, charitable organizations and consumers to ensure lawful forms of electronic bingo are permissible under California state law, so charitable groups can continue to help those in need.

The alliance's work also centers on education. The CCA plans to provide information to charitable organizations, keeping them apprised of legitimate ways nonprofits can raise funds through bingo games. The new alliance is actively recruiting qualifying organizations for membership. Only charitable or nonprofit organizations are eligible for membership, although industry vendors may join as associate members.

About the California Charity Alliance
The California Charity Alliance helps address the unmet needs of California's underserved by using traditional and technologically advanced forms of bingo as a responsible, legal and consistent funding source for nonprofit charities. Founding organizations include Disabled Sports USA Far West, Capitol Freelancers, Blue Devils, United Cerebral Palsy and the Society for the Blind.

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Regional Transit Hosts Open Houses to Discuss Transit Master Plan

The Sacramento Regional Transit District (RT) provides bus, light rail, neighborhood shuttle and paratransit services for the Sacramento region. As part of its planning efforts for the future of the region's transit system, RT is updating its long-term Transit Master Plan (TMP). This will provide a new Transit Vision for the next 25 - 30 years, and set out an updated set of policies, projects and program for delivery.

In developing the detail and content of the long-term TMP strategy, RT will consult with a wide range of stakeholders and incorporate as many views as possible. The approach to this complex exercise is to develop three broad future "Scenarios" that can be used to test a mix of land use, population, employment, housing and transit options.

Scenario A is described as "Base Case - Financially Constrained to Existing Sources," which examines the implication of a continuation of existing transit service provisions and the cost to RT to provide the same level of transit service to an increasing population.

Scenario B is described as "Blueprint and MTP2035," which would develop a set of TMP policies and projects that would be consistent with the land use assumptions adopted as part of the Sacramento Area Council of Government's (SACOG) "Blueprint" process. It would also incorporate the Metropolitan Transportation Plan (MTP2035) that includes a range of proposed transit investments over the six-county Sacramento region. The transit network in Scenario B would be designed to support the Smart Growth principles of the Blueprint and the land use priorities of the various local jurisdictions, including the capital projects planned by RT.

Scenario C is described as "An Integrated Transit Solution - Mobility for All," which will go beyond Scenario B to examine whether there is a more cost-effective and targeted package of measures that could be implemented by RT to achieve the TMP Aims, Goals and Objectives and support the wider Blueprint objectives. A key theme is "putting the passenger first" where transit is the priority. The key elements of Scenario C include improving access to the transit network; quick, direct and frequent service; expanding the transit network and increasing service frequencies; improving and simplifying the network and fares; and enhancing the waiting environment at stops and stations. This Scenario

would also include expansion of the light rail system to Elk Grove, Citrus Heights and Roseville; Commuter Rail; Bus Rapid Transit; and fully integrated paratransit services.

RT staff will present the three Scenarios to the community for review and comment at eight open houses. The public is encouraged to attend an open house to learn about the TMP and provide input:

City of Citrus Heights Council Chambers
(6237 Fountain Square Drive)
Tuesday, May 20
6 p.m. to 7:30 p.m.

City of Rancho Cordova Council Chambers
(2729 Prospect Park Drive)
Wednesday, May 21
6 p.m. to 7:30 p.m.

Sheriff's Community Service Center - North Central
(2500 Marconi Avenue)
Thursday, May 22
6 p.m. to 7:30 p.m.

Sheriff's Community Service Center - Florin
(7000 65th Street, Suite B)
Wednesday, May 28
6:30 p.m. to 8 p.m.

Sacramento State Alumni Center (6000 J Street)
Thursday, May 29
5 p.m. to 8 p.m.

Tsakopoulos Library Galleria (828 I Street - East Meeting Room)
Wednesday, June 4
5 p.m. to 6:30 p.m.

Refreshments will be served. For more information or to fill out an online survey, visit www.sacrt.com and click on the TMP logo.

Attendees who may need special assistance to participate in the meetings are asked to call 916-556-0302. RT will provide meeting materials in alternative formats or make arrangements for sign language interpreters and sighted guides upon request. Notification at least 72 hours before the meeting will allow RT to make reasonable arrangements to ensure accessibility to the meetings.

Auto For Sale



1989 Cadillac Eldorado Biarritz. Good body and interior. Leather seats. Low mileage, driven locally. Best offer over \$3000 drives it away. Needs new registration. Located in Carmichael. Call Shirley at 482-4188.

Weekly SUDOKU

by Linda Thistle

Answers on page 4

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DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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New Tax on Services Harms California's Economy

California Society of CPAs Opposes New Tax Proposal

A sales tax on services, including those provided by accountants, would be unnecessarily burdensome on small businesses, tax consumers for filing taxes, and prompt businesses to move to states that do not tax services, says the California Society of CPAs (CalCPA).

"CalCPA opposes any effort to impose a tax on services," said Teresa Mason, chair of the 32,000-member association. "Consumers in California already pay among the nation's highest sales taxes on products. A sales tax on services is an extra burden on consumers as well as on businesses."

Mason's comments responded to reports that the administration of Gov. Arnold Schwarzenegger may recommend taxes on services in order to compensate for a shortfall in the state budget.

"Businesses who pay sales taxes on services they use will have to raise the prices of products they sell consumers to compensate," Mason noted. "And if accounting services are taxed, people and small businesses will be paying a tax for having CPAs and tax preparation services prepare their federal and state returns. That's essentially a tax on taxes."

In addition, Mason observed that California taxpayers would likely not be able to deduct taxes on services from their federal income taxes; thus, their overall tax burden would be higher than that of residents of states that do not tax services.

Mason said that a tax on services could

result in businesses leaving the state for states that do not impose similar taxes. "If the goal is to find additional sources of revenue, how will that happen if businesses--as well as their employees--flee the state? Fewer businesses and fewer employees mean state income tax revenue will drop. Taxing services unlikely will replace such lost revenue, let alone increase tax revenues overall."

Mason also commented that a sales tax would complicate administrative record keeping on the part of small businesses unused to collecting taxes from clients. Such administrative costs would then be passed on to clients and consumers, further increasing the cost of services.

"Consumers are motivated to save money wherever they can," Mason pointed out. "If businesses in regulated professions and industries are required to collect taxes for services, consumers may turn to unregulated and unscrupulous suppliers. Should that happen, consumers could get harmed and California's economy won't be helped either because the taxes will be lost."

Added Mason, "Taxing services is a bad idea for the State of California. It will damage California's overall business climate. In the end, savvy businesses and consumers will move to other states with less egregious tax laws."

About CalCPA

The California Society of Certified Public Accountants (CalCPA) (www.calcpa.org) is the nation's largest state accounting organization. It serves 32,000 members in public practice, private industry, education and government.

Cooling & Energy Saving Tips

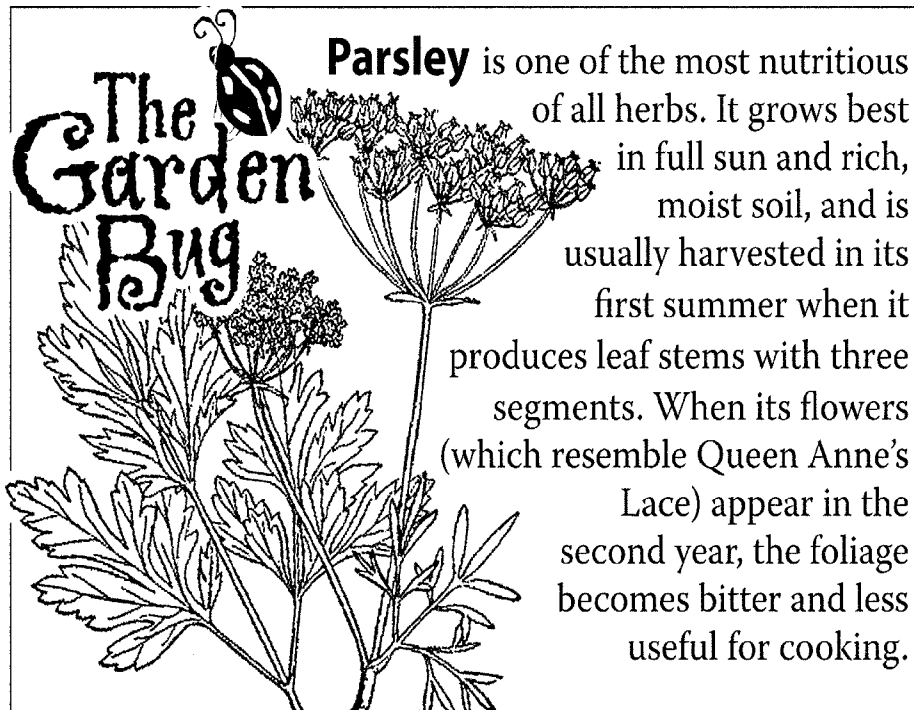
Summer's hot temperatures are just around the corner so plan now for ways to keep your home cool and save money on summer energy bills.

The most important factor in cooling your home is not to let it heat up in the first place. Good insulation, caulking and weather stripping help keep the heat outside during the summer. So do shade trees, overhangs, awnings and shades. Limiting the use of household appliances that emit heat also helps.

- Keep windows closed during the heat of the day.
- Draw blinds and draperies during the day to keep the heat out.
- Set the thermostat at 78 degrees or higher in the summer. You will save about 5 to 10 percent on the operating cost of your air conditioner for every two degrees of cooling you're willing to give up.
- Give appliances a break during hot summer afternoons and evenings. Many appliances create added heat and moisture making your air conditioner work harder. Limit the use of ranges and stoves, dishwashers, dryers, washing machines, and other heat-producing equipment during midday. Use them in the early mornings or late evenings when the temperature is cooler.
- Avoid keeping unnecessary lights turned on.
- Prepare cool meals such as salads and sandwiches. If you must cook a hot meal, wait until later in the evening when it's

cooler.

- Adjust ceiling fans to turn counterclockwise in the summer, usually this means that the switch on the fan should be in the "down" position.
 - Change your air filter regularly. An air conditioning unit with dirty filters can use 5 to 10 percent more energy than necessary.
 - If you have a refrigerator or freezer in the garage that is not full, consider getting rid of it. These appliances tend to be older and therefore less energy efficient causing them to run continuously in very hot environments.
 - Set timers on pool and spa pumps to run before 1:00 p.m. or after 9:00 p.m.
 - SMUD's Shade Tree program offers free shade trees for customers whose homes have an eastern, western or southern exposure that heats up during the summer.
- VACATION TIPS**
- o Set your air conditioner thermostat at 85 degrees or higher.
 - o Put lights on a timer to save energy and give the house a "lived in" look.
 - o Draw the drapes on windows facing the south and west.
 - o Shift the water heater to the lowest setting.
 - o Check to make sure no faucets are dripping.
- For additional ways SMUD can help you save energy and money, log on to smud.org for information about energy saving programs and financing.



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Regional Transit Master Plan



Creating A New Transit Vision...Together



The Sacramento Regional Transit District (RT) provides bus, light rail, neighborhood shuttle and paratransit services for the Sacramento region. As part of its planning efforts for the future of the region's transit system, RT is updating its long-range Transit Master Plan (TMP). This will provide a *New Transit Vision* for the next 25 - 30 years, and set out an updated set of policies, projects and program for delivery.

Everyone is invited to get involved! Your ideas and comments will help shape the future of transit in the Sacramento region. Please join us at an open house to learn about the TMP and provide your input:

City of Citrus Heights Council Chambers

6237 Fountain Square Drive
Tuesday, May 20
6 p.m. to 7:30 p.m.

City of Rancho Cordova Council Chambers

2729 Prospect Park Drive
Wednesday, May 21
6 p.m. to 7:30 p.m.

Sheriff's Community Service Center - North Central

2500 Marconi Avenue
Thursday, May 22
6 p.m. to 7:30 p.m.

Sheriff's Community Service Center - Florin

7000 65th Street, Suite B
Wednesday, May 28
6:30 p.m. to 8 p.m.

Sacramento State Alumni Center

6000 J Street
Thursday, May 29
5 p.m. to 8 p.m.

Tsakopoulos Library Galleria

828 I Street - East Meeting Room
Wednesday, June 4
5 p.m. to 6:30 p.m.

Refreshments will be served. For more information or to fill out an online survey, visit www.sacrt.com and click on the TMP logo.

If you need special assistance to participate in the meetings, please call 916-556-0302. RT will provide meeting materials in alternative formats or make arrangements for sign language interpreters and sighted guides upon request. Notification at least 72 hours before the meeting will allow RT to make reasonable arrangements to ensure accessibility to the meetings.

Carmichael Park Band Festival

You are cordially invited to once again enjoy the Sacramento Symphonic Winds in concert when they perform as part of the annual Carmichael Park Band Festival to be held Saturday, May 31st and Sunday, June 1st -- where else but Carmichael Park. There are thirteen bands participating this year; plus the Governor's Own, 59th Army Band of the California National Guard. A different band will perform every hour on the hour from 11 AM to 5 PM both days! The "Sac

Winds" are scheduled for 3 PM on Sunday, June 1st. Unless it's raining (not likely), the park is lovely year round, so bring the family, bring your picnic food and chairs and enjoy magnificent music -- all admission FREE, parking FREE! Please visit our website: www.sacwinds.org for a map showing location of the park (amphitheater area is located in the southeast corner of the park off Fair Oaks Blvd. between Grant & North Avenues).

Full schedule of bands performing as follows:

Saturday, May 31

- 11 am North Bay Wind Symphony
- 12 pm Sonoma Hometown Band
- 1 pm Roseville Community Concert Band
- 2 pm El Dorado Brass Band
- 3 pm Cosumnes River College Concert Band
- 4 pm Elk Grove CommunityBand
- 5 pm Solano Winds

Sunday, June 1

- 11 am Three Note Band
- 12 pm Capitol Pops Concert Band
- 1 pm Sacramento Concert Band
- 2 pm Capital City Concert Band
- 3 pm Sacramento Symphonic Winds
- 4 pm 59th Army Band - California National Guard - Governor's Own
- 5:15 pm River City Concert Band

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MAY 23 - 26, 2008



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(VISITING JULY 12)



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When: May 21, 2008

Where: Council Chambers at City Hall
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