

AMERICAN RIVER

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Rancho Cordova, CA

Volume 1 Issue 1 Serving the communities of Citrus Heights, Fair Oaks and Gold River July 2006, First Edition

Capitals and World Team Tennis Return

From the GoCaps.net website

(Citrus Heights) 2006 will again provide tennis fans the opportunity to watch world class professionals competing in an exciting and action packed co-ed format unique to WTT. The season will take place between July 6th and the 26th. The Capitals play fourteen matches, including seven home matches at Allstate Stadium located at Sunrise Mall in Sunrise MarketPlace.

The WTT Pro League consists of 12 teams, each comprised of two men and two women. A match consists of five sets: Women's singles and doubles, men's singles and doubles, and mixed doubles. Each game in a set is worth one point. The winner for the

evening is based on the total number of games won during the match. This no-ad scoring system ensures action packed tennis from beginning to end because both teams have a chance to win the match until the last point, even if they have lost the first four sets. The entire match normally takes two and a half hours. The Sacramento Capitals have been a member of the WTT League for twenty years and have brought numerous tennis stars to Sacramento, including Andre Agassi, Martina Navratilova, Jimmy Connors, Bjorn Borg, John McEnroe, Lindsay Davenport, Jana Novotna, Venus Williams, Martina Hingis, Andy Roddick and Pete Sampras.

The 2006 WTT Championship match will be contested between the top teams in the Eastern and Western Conferences, and will be played in Newport Beach on July 28-30.

For ticket information go to www.gocaps.net, or call 916-638-4001, ext. 134.

Billie Jean King, one of tennis' all time greats, co-founded World Team Tennis (WTT) in 1970. Her goal was to further the sport of tennis while increasing the accessibility of tennis' major stars to the general public. King notes, "WTT is the only league that features men and women on the same team competing together for a title."

The Sacramento Capitals have

not only been successful on the court, but off the court as well. They have contributed over one million dollars back to the community during their tenure in WTT. The Capitals are proud to give back to the community, and with the assistance of sponsors and season ticket holders, the charitable donations go further. The Capitals hope to make 2006 a record-breaking year for donations and will host "Racquets & Reception: Caps Serve The Community" featuring Anna Kournikova. The Capitals would like to extend the opportunity to others in the community to help them make a difference. Find the Capitals team roster and photos on our sports page.



Anna Kournikova
Photo by - Fred & Susan Mullane
Camerawork USA

Building Bridges Through Second Friday Meals at Sun River Church



Volunteers serve at Second Friday Meals

(Gold River) About eighteen months ago the idea for a new ministry came to John Thompson at Sun River Church. While at a meeting he heard about the involvement of a Sun River Church home group with Neighborhood Meals, a ministry to feed the poor on the last Friday of the month at the Cordova Neighborhood Church. "I thought what a great ministry!" And I immediately wondered, "Why can't we do something like that at Sun River, and feed the hungry here?" The church had been blessed with a wonderful facility and the early leaders at Sun River Church planned a great kitchen. They had been given a great opportunity for doing good in the community to help others in need.

John said, "God planted the idea, because on my own, I wouldn't have made the effort to pursue this idea of feeding the hungry. My wife would tell you it's not like me to sit around and think of how the Lord might use me to start a new ministry". Usually content to work quietly behind the scenes, John didn't know if he had the health or energy to take on a new project, but he felt the nudge to take action. He couldn't forget the idea of feeding the hungry in our community through the church. He found he had more hours in the week for "building bridges" into the community and showing love through acts of kindness.

Early in 2005, after much careful consideration, the Rancho Cordova home group decided to take on this ministry

as a home group project. They wanted to prepare and serve meals for the poor within the community. Since the Cordova Neighborhood Church served a meal on the last Friday of the month, they decided to serve an additional meal on the second Friday to fill the need. The elders and staff were very supportive and encouraged the program volunteers to move forward.

"Pastor Paul announced on Easter morning that we were starting the Second Friday Meal ministry. The next week I received from the church office a list of 26 names of people who were interested in helping! That one announcement provided enough volunteers to get started." John stated.

An informational meeting was held and about 20 people interested in helping attended. Many were new to the church and thought this would be a good way to serve others.

Dinner guests include men, women, and children. They find out about the dinner by word-of-mouth, and volunteers also pass

out flyers each month. Some are homeless, some are unemployed, and some are the working poor. The one thing they have in common is that they are hungry and come for a good hot meal. Many have lived very hard lives and are facing hard times, and some just aren't able to get off the streets.

"A special memory I have of the last dinner is watching a glow come to the face of Doneisha, a quiet eighth grader from New Orleans, when she found a quilt someone donated. I remember three ladies from New Orleans humming hymns in my car as I drove them back to their temporary housing. Having lost their homes and belongings in the hurricane, they were praising God for delivering them and their families, now scattered across the country." John said.

If you would like to serve your community, please consider participating in the 2nd Friday Meals Ministry. For more information contact Sun River Church at 635-9000.

Fair Oaks Chamber of Commerce presents Concerts in the Park

(Fair Oaks) Summer is here, and so returns the summer concert series presented by the Fair Oaks Chamber of Commerce, Fair Oaks Foundation for Leisure and the Arts, and Fair Oaks Recreation & Park District. All concerts take place on the Village Park Stage located behind the Fair Oaks Community Clubhouse at 7997 California Avenue.

Performances begin at 7 pm and usually last 2 hours. Bring your chairs or blankets to spread out

and share in the festivities. You can bring your own picnic, or purchase and enjoy hot pizza from Steve's Pizza, along with ice cream sundaes served by the Fair Oaks Foundation for Leisure and the Arts.

Great music and good times are alive every Thursday night, as these concerts are enjoyed by families of all ages. Coming attractions include, Sacred Fire playing 60's, 70's and Santana, Feisty Fair Oaks Five playing Dixieland Jazz, Shelley

Burns playing Swing standards, Azuar playing Rock and Roll, and the John Skinner Band playing popular dance music.

The concerts continue through Thursday, September 7th. Over forty companies sponsored the concerts series this year, along with many donating individuals. The full concert schedule and a list of the event sponsors can be found on the Fair Oaks Chamber of Commerce website at fairoakschamber.com.



Find more about Concerts in the Park at www.fairoakschamber.com

DUTCH TREAT



READY FOR BATTLE

My face turned beet red as my blood pressure continued to rise. Again, my wife and I found ourselves pulling into a used car lot trembling with fear and anxiety. Our fists were clenched—we were ready for the battle. Give me three rounds with a hungry tiger or let me shop for a newer automobile—it doesn't matter—the experience is relatively close. Even with all the armor I was wearing and my sword drawn, I wasn't sure if I was going to win the battle.

Heads of sales people began to bobble the moment we slipped over the curb and onto their used car lot. We slowly drove past the giant glass windows surrounding the showroom. We actually could see the eyes of men and women inside the glass dome following our every move and deciding among themselves who was going to eat us for dinner.

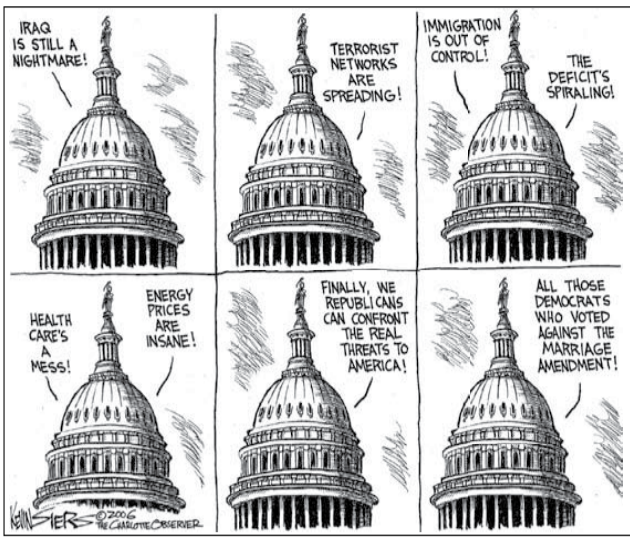
Once we parked I reassured my wife, "Here we go honey, remember—we're just looking—they're not going to snowball us!"

Walking towards the showroom I could see a gang of four sales people standing 20 feet away through the double glass doors. A middle aged stocky gentleman wearing a buzz cut stood in front of the pack and was ready to jump me. His right hand began to waver back and forth, ever so slowly, preparing for the traditional handshake. I hesitated opening the door—I was tired and in no mood to play games. The buzz-cut moved one-foot closer—his eyes began to light up as he tried desperately to get eye contact with me. At that moment, I actually turned around and walked into the showroom backwards

hoping to confuse him. My wife thought I was nuts. Sometimes she's right.

Seven years ago we entered a popular car dealership in the Sacramento area. We test drove three cars and settled on one. Even though we went into the lot with a pre-approved loan from our bank—we spent several hours negotiating—playing the game. At one point we were informed that our bank did not approve the deal we wanted to make—but they found another lending institution that would. We found out later that they never did contact our bank. It was after dark before we finally signed papers. We were handed the car keys with a handshake and a congratulations. We almost collapsed when we walked outside to climb into our new automobile. It was a small ugly purple car that we HAD NEVER SEEN BEFORE! They apologized for the mishap, supposedly this was the car we were sold and they had forgot to tell us about the SWITCH! I threw the car keys at them and left the lot in a huff. Perhaps, this is how we acquired our ugly little attitude towards "car shopping."

Fortunately, that last fearful day of shopping, we did decide to drop in on a new used car lot in town. We have heard some good rumors about an outfit called Carmax from several friends. After the traditional handshake with a salesman, we were introduced to the company and explained how they did business. It was indeed, a new concept with a lot of emphasis on changing customer attitudes on buying. They also had an abundance of cars in our price range that were considerably below Blue Book and they didn't pressure us when we left—returned—and left again. The following morning I did return and purchase the car we looked at earlier. This is not a commercial ad—just a "word of mouth" from the ole man, Dutch. Quip for the Day: Life is like a mirror. If we frown at it, it frowns back. If we smile, it returns the greeting.



Pulling Out of Iraq

The Texas outlaw John Wesley Hardin once famously said that he never killed anyone who didn't need killing. Hardin's definition of who needed killing was considerably too liberal. But if there ever were anyone who unquestionably exhibited such a need, it was the late Abu Musab al-Zarqawi, Iraq's maestro of vileness and death.

Zarqawi took the death cult that surrounds suicide bombing and pushed it to its hellish logical conclusion.

He made 1983's horrific suicide bombing against the Marine barracks in Lebanon seem quaint. That attack was directed at U.S. personnel and had a goal that was at least understandable: Chasing

the U.S. from Lebanon. Zarqawi, in contrast, targeted women, children and people attending wedding celebrations. For Zarqawi, most everyone in Iraq -- but especially anyone from the Shiite majority -- was a potential pool of blood and a few scattered shoes, with loved ones wailing in the background.

His tactical goal was more death. He wanted to provoke the Shiite into acts as cruel as his own, and unfortunately had achieved some success. The vengeful Shiite militia members plying the streets of Baghdad to torture Sunni men before dumping their bodies in the street are Zarqawi's progeny. He gleefully pointed to their murderous work as justification for even more killing by Sunnis, toward a full-scale civil war making Iraq an Arab Rwanda choking on its own blood.

The word for this vision is "evil." It has become fashionable to regret President Bush's black-and-white, good-and-evil view of the

world. But sometimes the ledger is indeed quite simple -- with Zarqawi's demise, the sum total of evil in the world is now a little less.

Everyone professes to know this. But some know it more than others. Otherwise a major Democrat like John Kerry wouldn't be advocating a full U.S. pullout from Iraq. Until Iraqi forces can carry the load, a pullout means abandoning the field to the likes of Zarqawi. If Kerry had been given a magic wand to wave and make all U.S. troops disappear from Iraq instantly, Zarqawi would almost certainly be alive right now. There would have been no one to send F-16s to drop two 500-pound bombs on his head.

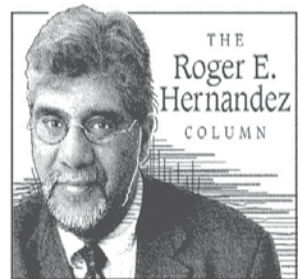
Within hours of the news breaking of Zarqawi's death, Rep. John Murtha was on CNN saying we should leave Iraq and let the Iraqis work out their civil war just the way we worked out ours. Of course, 600,000 died in our Civil War. And the Iraqis "working it out"

would be accomplished with truck bombs and ethnic cleansing.

Humanitarian considerations aside, the stakes in Iraq are incalculably large. If many politicians in the U.S. have never realized this, Zarqawi always did. He knew the advent of decent government in the Arab world would be a blow to the ideology of terror, hence his ultimate strategic goal of forestalling it with mayhem and slaughter. We don't know if we will prevail in Iraq, but there is no doubt about how to lose: pull out prematurely. That's why Kerry, Murtha, et al., are effectively advocates of defeat.

From beyond the grave, Zarqawi can only wish that the Democrats for a pullout had been able to effect their preferred policy. Then this loathsome man who so needed killing would instead still be working his evil will.

Rich Lowry is editor of the National Review.



English Scam

Out in Nebraska, President Bush promised to set up a task force to expand English, civics and history classes for immigrants.

"One aspect of making sure we have an immigration system that works, that's orderly and fair, is to actively reach out and help people assimilate into our country," Bush said. Four words: Show me the money.

Without budgeting actual dollars to spend on actual classes, that task force is going to disappear into the black hole somewhere in Washington that swallows up toothless government task forces. And as if the absence of money wasn't enough to predict that a great big nothing awaits, please know that this happy little group will be headed by Homeland Security Secretary Michael Chertoff.

Isn't he supposed to spend his time figuring out how to protect Americans from terrorism and natural disasters? What could the president possibly have been thinking when he decided to put him in charge of English classes too?

Talking up the need for immigrants to learn English and assimilate would be fine if Bush had put in charge someone who A) is competent, B) knows something about the subject and C) has the funds to remedy the shortage of qualified teachers of English.

The shortage is especially acute when it comes to English classes for adult immigrants, who seem to be the focus of Chertoff's panel-to-be. There has been a lot of controversy about whether bilingual education or the "immersion" method is the best way to teach English to school kids, but almost nothing is said about teaching adult immigrants, even though adults find it harder than children to simply soak up the language, or at least soak up enough to get by.

Adult immigrants

are flocking to the few English classes that exist, even though they have to carve out time from work and family responsibilities. Many states have waiting lists of more than 10,000.

The fact is that immigrants want to learn English, contrary to the screaming you hear from panicky people on the xenophobic right. A 2002 study by the Pew Hispanic Center found that 89 percent of Hispanics believed immigrants need to learn English in order to succeed. Still, the 2000 Census found that of the 37 million adults who spoke a language other than English, nearly half knew English "less than very well."

Those are the boogymen of anti-immigrant Neanderthals. Classes in English, civics or U.S. history will help them become American. But the cavemen do not want to spend money to teach them, even though they fret about too much Spanish around here, around there and everywhere else.

Which explains the Bush-Chertoff scam. They talk up the assimilation game, but

don't show anybody the money. They win by looking tough; then they win by looking cheap.

It's all a play for conservative sympathy. Because conservative backing will be necessary if the House is to pass the sane and sensible comprehensive immigration reform already approved by the Senate, with the president's support. A well-meaning scam, but a scam nonetheless.

Roger Hernandez is a syndicated columnist and writer-in-residence at New Jersey Institute of Technology.

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AMERICAN RIVER MESSENGER

Publisher

Rev. Paul V. Scholl

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the ideals of a
nation by its
advertisements.*
- Norman Douglas

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A Renewal of Love

Cypress Gardens at Citrus Heights is an assisted living community specializing in care for residents with Alzheimer's and related dementias. In an effort to provide their residents



Rev. Clarence Walth
Officiant

and families with a very special and unique reminiscing opportunity, they decided to host a wedding vow renewal and reception for eight of the couples in the

community. "It turned out to be a real wedding complete with cheers and tears" quoted Sondra Campbell Marketing Director, "I just cried... wasn't it wonderful?" "We could not believe the atmosphere of love and ceremony enjoyed by all. It was quite an undertaking, but well worth it", said Sondra. As Rev. Clarence Walth concluded the vows with "for better or worse, richer or poorer, in sickness and health, till death do you part" the meaning of those words exemplified the devotion and dedication these couples have toward each other and their marriage. It is that commitment that sparked the idea and that has forged a true partnership between the

Cypress Gardens staff and the families in caring for their loved ones.

The ceremony was complete with a harpist for quiet ceremonial music, to Frank Otto's Trio playing wonderful dance music for the reception. A head table was set for the guests of honor for a joyous dinner shared with family members and the staff. Photographs were taken of each of the couples, and shown on this page.

If you are currently caring for a loved one who has Alzheimer's disease and know the true value of reminiscing, you can appreciate what this must have meant to these residents, families, and staff.



Glenn and Joan McConnell
Married 56 Years



Ed and Ann Lehman
Married 51 Years



Lowell and Colette Garrison
Married 52 Years



Lincoln and Joan White
Married 56 Years



Stan and Eva Ferris
Married 56 Years



Merle and Francis London
Married 59 Years



Pete and Arlene Peters
Married 53 Years



John and Irma Mulholland
Married 3 Years

SURFS UP! Seniors on the net

Seniors are the fastest growing group on the Internet

By John Mooney, Certified Senior Advisor

Every morning in the panhandle of Florida, Betty Hardin, 70, starts her day by making a pot of coffee and turning on her computer. Most mornings, three or four emails have arrived during the night with the latest reports from her seven children scattered across the country. Daily updates about the weather and the latest antics of the grandkids keep her feeling connected to family members as if they lived down the street rather than 2500 miles away.

"Getting online has been an absolute blessing for our family," exclaims Betty, who lives by herself and has several health problems.

"My daughters and I check in with each other several times a day – they know if they don't hear from mom, to call or have a neighbor stop in to make sure I am ok."

All this and health benefits too

Betty is not alone. Seniors are the fastest growing segment of the population "surfing the net." Staying connected with family members is just one of the many benefits of this new technology. Seniors the world over are finding old friends, new flames and boundless opportunities a click away in cyberspace. Need a recipe for leftover chicken? Want to investigate stocks or mutual fund options? Interested in learning more about your family tree? All this and more can be readily found on the information superhighway.

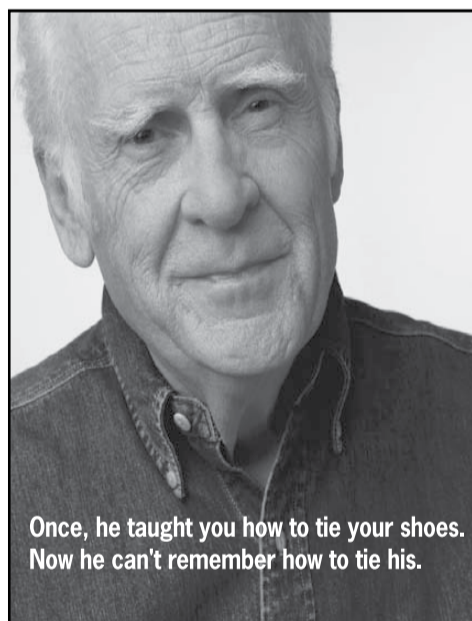
And that's not all. Research indicates that older adults taking the cyber plunge are actually promoting good mental health by learning something new and communicating with others. Furthermore, seniors have available at their fingertips a virtual library of online resources to further promote good health – from the latest

ways to lower cholesterol, to online support groups, to the latest breakthroughs in cancer treatment.

Getting started

Even if you don't own a computer there are still many ways to get on the Internet. Public and university libraries, senior centers and community centers are just a few of the places you can get Internet access for free. Furthermore, many of these places offer seniors an opportunity to learn how to navigate for free or for a small fee. Jacob Stein, 73, for example, took advantage of a free Internet class at his local public library in Orlando, Florida. In addition to reading newspapers from overseas and checking his stock, he now communicates regularly with relatives in Israel and Poland – without running up huge phone bills.

John Mooney is a Certified Senior Advisor and a Certified Estate Planner. Reach John Mooney by calling his office at 916-548-5646.



Once, he taught you how to tie your shoes. Now he can't remember how to tie his.

Are you caring for a loved one with Alzheimer's or dementia? Would you like ideas that will promote optimal living for both of you?

Please join us on July 18th at 3:00pm for our caregiver support group, featuring "Managing Caregiver Stress."

Please R.S.V.P. (916) 729-2722



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LIVING FOR GOD (TM)

"Finish the Race"

By Calvin and Lisa Wulf "I have fought the good fight, I have finished the race, I have kept the faith."

2 Timothy 4:7 (NIV)

"I really thought God wanted me to do this ministry," she confides to her group. "I've been praying and working for months, but not much is happening. Maybe I don't have the gifts for it. Maybe I'm not really called. Maybe God just doesn't want to use me. Maybe.... I should just give up."

Who hasn't been there? We feel called to a task but it doesn't turn out as we hope. Maybe it's a career move or a church project. But we're frustrated. The doors are hardly budging. Why does God use everyone but us? All of His job openings seem to be filled already.

Are we cheating ourselves

by giving up too soon? Perhaps our expectations are off center. Society says we must be the biggest, best and fastest. We're a celebrity culture. But God hands out all kinds of jobs - big and small. Maybe our "failure" is exactly what God wants us to be doing.

Could our timing be off? We're so instant success oriented that God's timing is tough to accept. After all, a call means right now - or does it? The Lord does things in His own time. He may have lots of puzzle pieces to arrange before He's ready to place ours.

Fulfilling a call is a spiritual battle. No way around it. Obstacles, discouragement and delays wait around every corner. How many runners give up in the dark hours right before the dawn of success? Only faith can keep us in the race.

Before you give up, consider the ways of the Lord:

• Look for small blessings every day. God will encourage you.

• Check your expectations. How important is mega success?

• Be willing to wait. Use God's stopwatch instead of your own.

The race is won by those who endure the fight. The

race is won by those who keep the faith. With Christ as your personal trainer, you'll cross the finish line and hear "Well done, good and faithful servant."

Living for God (TM) offers resources on Christian living. Readers may check out the ministry's latest workshop, Doing the Disciplines with Jesus and His Friends, at www.livingforgod.net or call (719) 578-8837.

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Return to your Bible

In His hand is the life of every creature and the breath of all mankind.

Job 12:10



Bringing Religion Home, Making Religious Podcasts Easier to Locate

As demand for podcasts grow, religious podcasts continue to be the most popular genre. In order to accommodate this demand, a company out of Boston, DR Management, has created a new website directory dedicated to religious podcasts. As they have seen the demand for the medium increase, they saw a religious podcast directory as the next step in helping connect podcasters with their users.

(PRWEB) May 23, 2006 -- As demand for podcasts grow, religious podcasts continue to be the most popular genre. In order to accommodate this demand, a company out of Boston, DR Management, has created a new website directory dedicated to religious podcasts. As they have seen the demand for the medium increase, they saw a religious podcast directory as the next step in helping connect podcasters with their users.

As podcasts becomes more

mainstream, finding specific podcasts is becoming increasingly more difficult. A recent search on religious podcasts in a popular search engine produced over twenty three million results. Narrowing the search to just Catholic religious podcasts still came up with almost three quarters of a million hits. Navigating through so many websites to find actual podcasts is time consuming and difficult. This is the reason that the religious podcast directory was created, to simplify the search process and connect podcasters with their listeners.

The website is dedicated to religious podcasts only, making it easy to find podcasts on almost all religions or viewpoints. Users can search or use topic headings to locate the religious viewpoint they are looking for. Hard to find items such as youth religious podcasts, and religious music podcasts are also available. It is a dynamic website

allowing podcasters to add their programs to the directory as they become available.

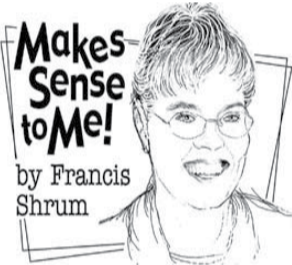
The directory can be found at http://www.religious-podcasts.net. Press Contact: Fran Black Company Name: DR MANAGEMENT Phone: 7815821869 Website: http://www.religious-podcasts.net



- 1. Is the book of John in the Old or New Testament or neither? 2. From Matthew 17, from where did Peter get money to pay the temple tax? Mountaintop, Cupboard, Fish's mouth, Ground 3. What did the angel who met Joshua outside Jericho tell him to remove? Belt, Cloak, Guilt, Shoes 4. From Mark 2 and Luke 5, what was Matthew's other name? Simon, Levi, Nergal, Ammon 5. What's the only state whose No. 1 tourist attraction is of a religious nature? Hawaii, Maine, Florida, Utah 6. From Mark 8, who spoke for all the apostles at Caesarea Philippi? Thomas, Matthew, Peter, James

ANSWERS: 1) New; 2) Fish's mouth; 3) Shoes; 4) Levi; 5) Utah; 6) Peter

For more teasers, log on to www.TriviaGuy.com © 2006 King Features Synd., Inc.



My, My

Have you noticed how everything electronic begins with "my" these days? My Space. My Music. My Education. It's a corporate stamp of approval to be 2 years old the rest of your life.

With the advent of the Internet, apparently everything has become so communal that we feel the need to specify what is ours now by using this moniker on the front of everything. Or not. Maybe it's just that the Me-Generation has attained enough years to become so-called grownups, but we've been so accustomed to using the word "mine" we don't know how to stop. I thought it was amusing the first time I saw a T-shirt that proclaimed, "It's all about me." I don't laugh anymore.

On vacation a few years ago we bought a T-shirt for my 2-year-old grandson that listed toddler rules of ownership. They

went something like: "It's mine if I see it. It's mine if you leave it at my house. It's mine if I like it. It's mine if I touch it..." And so on.

It was supposed to be funny, a commentary on the natural self-centeredness of children before they mature. The question is, why haven't we matured?

I've got so much stuff I've never even seen -- don't even know about, even -- that I may need an electronic garage sale just to clear the air. The first time I opened my Internet home page I saw that each category was preceded with the word "my." There was My Page, My News, My Stocks, My Bookmarks, My Weather, My Links, My Photos, My Horoscope. The page was filled with stuff that obviously belonged to somebody, and I was afraid to use most of it until I realized they were talking about me.

I had a whole world of information marked as "mine," except I wasn't the one who laid claim to it. Somebody else had designated it as mine. I sort of resent that, like the junk mail that arrives in my mailbox saying, "Here is the information you requested" when I

hadn't requested it at all. How about if I don't want it?

America seems hell-bent on bringing everything down to a minuscule size so that we can call it "mine." We don't go out much to see movies, let alone live performances, in the theater. We don't travel the way we used to, using our imaginations as we drive through miles of scenery. We don't get dirty, hungry or work up a sweat.

No, we prefer holding the world in the palm of our hand except, of course, what we perceive as being "mine" isn't really the world at all. It's a tiny, artificial and cheap imitation of the real thing. It gives us the illusion that we are in control -- that we are somehow larger than the events that must inevitably intrude in our dream world simply by virtue of our being humans.

We need to play a new game. Let's call it "My Real Life."

Write to Francis Shrum in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@hearstsc.com.

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Sun River Church 11223 Trinity River Drive Rancho Cordova, CA 95670 Sunday Service Times 9:00 & 10:45 a.m.

If you haven't any charity in your heart, you have the worst kind of heart trouble - Bob Hope

Soldiers' Angels Requesting the Nation's Help in Filling the Needs of Our Deployed Military

(PRWEB) June 19, 2006 -- Soldiers' Angels Needs Americans help. They have recently been flooded with requests from Soldiers, Sailors, Marines, and Airmen deployed and serving in Operation Iraqi Freedom. These military members range from Privates to Colonels, asking the organization for help with much needed comforts of home.

Soldiers' Angels has Begun a Nationwide campaign to serve our military. For the next month Soldiers' Angels' representatives in your area will be collecting items and money (to offset the shipping expenses) to send these items to our military.

Some of the most requested items include, Gatorade, Beef Jerky, Soap, Crystal Light,

Snack foods, Coffee, personal hygiene items and some entertainment, like baseball/softball equipment, DVD's, CD's and various other items, as well as just support and words of encouragement from those of us here at home. Will you help?

Soldiers' Angels is an all-volunteer non-profit 501(c)(3) organization whose sole mission is to support the brave men and women deployed away from family and friends in support of the War on Terror in Iraq, Afghanistan and wherever they raise the flag of the United States of America. We provide this support by sending cards, letters and care packages to soldiers who would otherwise receive little or no mail from home. In addition to our main

mission, we also work tirelessly to provide our wounded soldiers with transitional backpacks, personal visits, phone calls, assistance with family arrangements, etc., and this is just the beginning.

If you are a local business, school or church that would like to get involved please contact the main office at 626-398-3131 or go to www.soldiersangels.org to find out more information on how you can adopt a soldier or participate in one of our many programs. For Monetary Donations Soldiers Angels, 1150 N. Loop 1604 W., Suite 108-493, San Antonio, TX 78248

SOLDIERS ANGELS
Website:
<http://soldiersangels.org>

★ VETERANS POST ★

by Freddy Groves

Many stories affecting veterans happen at the state or local level and never make the national news. Here's a sampling of some of those stories during the month of May.

In western Michigan, dozens of flag holders meant to display American flags on Memorial Day were reported stolen from the graves of veterans at several cemeteries. Authorities said they believe the bronze flag holders, which cost \$30 apiece, are being sold as scrap.

In Iowa, Gov. Tom Vilsack signed several bills that will increase veterans' benefits. The

measures will give wounded veterans up to \$10,000 while they recover, and lower from three years to 18 months the length of service required before veterans can get property tax exemptions.

In Illinois, the Department of Veterans Affairs is sending letters to more than 62,000 veterans to let them know the steps they can take to open new claims, appeal decisions or get help from veterans service organizations. Disability payments to the state's veterans are some of the lowest in the nation. Veterans with disability claims disputes should call 1-800-827-1000 or log on to www.vba.va.gov/specialoutreach

for new claims.

In Maine, Gov. John Baldacci signed a bill to make a vacant building on the campus of a Bangor psychiatric center the first state-owned building in the nation to be turned into veterans housing. A veterans group will renovate the building, creating 14 individual units that will house low-income senior, retired or disabled veterans and their spouses or dependents.

Comments? Questions? 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.

Do you have news about local Veterans?

Email us at:

publisher@AmericanRiverMessenger.com

Great American Patriot
www.GreatAmericanPatriot.com

Money & Business

Gasoline Credit Cards: What You Need to Know

(PRWEB) June 12, 2006 -- Soaring gas prices predicted to remain in the high range throughout the year have forced consumers to find their own remedies to ease the pain at the pump. Credit cards that offer cash back are becoming increasingly popular with consumers who are searching for savvy ways to save a couple of bucks at the pump.

Last year alone, credit card companies mailed out about 14 million gasoline credit card offers, an increase of about 100% when compared to the year before. This vast interest in cash back programs has credit card companies in a competition frenzy with some competitors offering as high as 10% cash back on gas purchases during the introductory period.

How Gasoline Cards Work

Basically, there are two types of gasoline credit cards with cash back programs. Firstly, there are credit cards offered by major oil companies like Exxon-Mobil, Chevron, Hess and Shell who offer cash back bonuses each time you pump gas in one of their stations. The catch is, even though you can use this card in any gas station of your choice, you will only receive cash back bonuses on gas purchased from their own stations. The second type of gasoline credit cards are usually issued by major financial institutions and credit card companies. All major credit card companies such as Visa, MasterCard, American Express and Discover offer cash back credit cards with varying percentages of cash back bonuses. These cards offer customers the flexibility of choosing any gas station of their preference while still receiving the cash back bonuses. In addition to gasoline rebates, these cards usually offer limited cash back on everyday purchases as well.

For instance, both Discover and Citi Bank recently introduced their own versions of gasoline credit cards with 5% cash back on all gasoline purchases and 1% cash back on all other purchases. So, let's assume on

average you spend \$40 a week on gas and another \$50 on other everyday expenses. At the end of the month, you will get \$10 cash back on all your purchases.

So, What's the Catch?

We have looked at the positive aspects of gasoline credit cards and so far it has been an attractive choice. Now, let's look at some of the negative features associated with gasoline credit cards.

First of all, to qualify for cash back bonus programs you need to have good credit. Since a majority of Americans falls under poor to average credit ratings, most of them will not get qualified. Even if they do qualify, they will only be eligible under a high interest rate, which will eventually consume any cash back savings. Secondly, you must pay off your monthly balance in full in order to reap the savings. This obviously makes sense, as it would be irrational to pay 18% in interest charges while saving 5% on gasoline purchases. So if you are one of the millions of American's who are unable to pay off the balance in full each month, this type of card is not for you.

Thirdly, you must be aware of the cash back limits before you sign up for a gasoline credit card. All credit cards carry some sort of a cap on how much cash back you can earn during the year. Most credit cards allow clients cash back bonuses for up to \$300-\$600 per year.

Finally, keep an eye on your cash back bonuses if you have not yet redeemed the savings. Some cash back credit cards allow clients a period of 6-12 months to redeem their bonuses. After this period, the savings will expire and the customers will not be able to claim it.

CreditGUARD of America is a non-profit credit counseling agency that assists consumers through debt counseling and financial education. Please visit our web site at www.creditguard.org or call 1-800-867-0406 for a free consultation with a certified credit counselor.

Dollars And Sense

By David Uffington

Summer Vacation

You've worked hard all year, and now it's time for a nice relaxing break.

To get the best bang for your vacation dollar, here are some tips, provided by the National Foundation for Credit Counseling.

Create a vacation budget. Decide how much money you can afford to spend on a summer vacation for travel, lodging, amusement, etc. This includes existing money plus any money you can save before your vacation.

Get input from the entire family. Now that you know how much money you can afford to spend, decide on the best way to use it. Ask family members where they want to go and what they want to do when they arrive. Consider visiting nearby tourist attractions or even vacationing at home if you have a limited budget.

Research your vacation options.

Use the Internet to get information on sightseeing, tourist attractions and discount travel and lodging. Read the latest travel guides. Get advice from friends and relatives. Watch for discount coupon books sometimes issued by visitor and tourism associations.

Plan your vacation activities thoroughly. Hit the ground running when you arrive. Smart vacationers plan out their stops and activities well in advance. They know where they are going and how much it will cost. Unplanned stops can be the death of a vacation budget.

Have a credit plan. Credit cards can come in handy on the road. They're safer than cash because they can be replaced if lost. That's the good news. The bad news is that it is easy to overspend with credit cards. If you are going to use them, be sure to record your charges in a ledger and to limit your charges to budgeted expenses. When you get home, pay off your charges in full as quickly as possible. Remember, these charges amount to a short-term loan.

And now that you've done your financial homework -- it's time to play!

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Real Estate Investors Must Protect Their Properties and Personal Assets

(PRWEB) June 26, 2006 -- Real estate investment and rental property management is a popular means of generating income. However, it's also an easy way to lose everything when your assets aren't properly protected. Incorporating or forming a limited liability company (LLC) is a simple means for property owners to guard their assets.

Doing so can protect an owner's personal assets if sued by a tenant or involved in a property-related dispute. Formal business entities also protect shared business assets from individual lawsuits that can occur when ownership of an income property is shared.

Troy Janisch, marketing director of BizFilings, said real estate investors

have more to benefit from having a good business structure -- and more to lose from having a bad one -- than most other businesses.

"As the value of properties increase, many real estate investors use the equity they gain to acquire more properties," said Janisch. "This means that lawsuits that relate to a single property can put several properties at risk, and the owners' personal assets, if the proper business infrastructure hasn't been created."

Janisch said BizFilings offers a free "Business Formation Guide for Realty Investment" to help real estate investors understand the importance of protecting their personal and business assets. Free and easy to use, the guide offers detailed descriptions of each entity option as well as the advantages and disadvantages each entity carries to real estate investors. The guide also provides a side-by-side comparison table outlining the characteristics of sole proprietorships, general partnerships, C Corporations, S Corporations and LLCs. It also contains useful information on forming nonprofit corporations, professional corporations and professional limited liability companies.

The "Business Formation Guide for Realty Investment" can be requested from the BizFilings' Website (www.bizfilings.com).

com/offers.asp). It is available on CD and for immediate download. The CD version uses a combination of multimedia, audio and text to present the information and is Windows (Pentium II or later) and Macintosh (G3 or later) compatible.

About BizFilings

BizFilings is the Internet leader in providing incorporation and related services to business owners. Bizfilings professionally forms corporations, limited liability companies (LLCs), and nonprofits faster than anyone else. Its rush service makes it possible to file a corporation or LLC in as little as 24 hours.

As a company started in 1996 by entrepreneurs seeking online resources to start a business of their own, BizFilings embraces the entrepreneurial spirit. The company has grown rapidly in the past decade, helping over 100,000 domestic and international business owners with their corporation, limited liability company, and nonprofit formation needs. The company is headquartered in Madison, Wisconsin with satellite operations around the country.

Website: <http://www.bizfilings.com>

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The Fair Oaks Recreation & Park District and Laughs Unlimited is happy to once again bring you "Comedy Under the Stars" on Friday August 4, 2006. This outdoor comedy show will feature two hot comedy acts including Kira Soctanoyich. The event will take place at the Fair Oaks Amphitheater, 7991 California Ave., from 8:00 - 10:00 p.m., gates open at 7pm (General admission seating). Food, beverages and spirits will be available for purchase at the amphitheater (portions of sales will benefit the Fair Oaks Theater Festival). Ticket prices are \$12 in advance and \$15 at the door, if available. Seating is limited, and this event will sell out. It is highly recommended that you purchase your tickets in advance. Please call the Fair Oaks Recreation and Park District at 966-1036 for more information.

Join us before Comedy Under the Stars at the Fair Oaks Coffee House for a BBQ Dinner

10223 Fair Oaks Blvd 916 966-2130. Tickets are \$9.00 for 1/2 Chicken/1 lb. of Ribs, Garlic Bread, Salad & Soda. Tickets must be purchased in advance at the Fair Oaks Recreation and Park District Office.


Business Directory

JIM PUTHUFF ASSOCIATES

JIM PUTHUFF
Computer Consultant

phone: (916) 780-1202 cell: (916) 768-3936
email: jputhuff@softcom.net

The UPS Store



Kelly Webster
Owner/Two Locations

7405 Greenback Ln. 916.725.1345 Tel.
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B Street Theatre

"This is likely to be a popular show, the performers are appealing, the four piece band is sweet, and the songs are catchy"
- Capital Public Radio

The Last Five Years is a musical journey through the five-year relationship between Jamie, an aspiring novelist who is Jewish, and Cathy, an actress who is Catholic. Starting with their first date, the musical portrays both characters' perspectives, opening an intimate window into the emotional highs and lows of romantic love. The Last Five Years won Drama Desk Awards for best music and best lyrics in 2002.

SHOWTIMES:
Tue.-Fri. 7:00pm,
Sat. 4:30pm & 8:30pm,
Sun. 1:00pm

B Street Theatre Box Office
2711 B Street, Sacramento,
CA 95816
(916) 443-5300
Monday - Saturday
10:00am-7:00pm
Sunday 10:00am-4:00pm
Read about the cast of The
Last Five Years at <http://www.bstreettheatre.org>



Gypsy!

The Fair Oaks Theatre Festival and the American River College Theater present Gypsy! a musical fable inspired by the memoirs of Gypsy Rose Lee.

Gypsy! is the ultimate story about a very persistent stage mother. Mama Rose, with her daughters June and Louise, travels across the US during the 20s and 30s when Vaudeville was dying and Burlesque was born.

This show is a terrific way to spend a balmy summer night- laughing with friends at the Theater Under the Stars!

General Seating \$15, Seniors/Students \$13, Children (under 12) \$5.

Tickets available at Oaks Hardware, Goodies Galore, Bella Fiore, and American River Bank in the Fair Oaks Village or online at www.fairoakstheatrefestival.com

A Night of Laughs and Wine Tasting

Supporting the Domestic Violence Intervention Center of Citrus Heights

When: Sunday, July 16th, 2006

Where: Laughs Unlimited

Special Note: Laughs Unlimited will be moving this summer to a new location near the Hard Rock Café. Please check their website at laughsunlimited.com or call the Center for exact location of event.

Doors Open at 5:30, Show Starts at 7:00

\$20 per person
(2 drink minimum required by Laughs Unlimited)

Appetizers & Desserts, Silent Auction & Door Prizes.

For tickets contact 728-5613, Domestic Violence Intervention Center of Citrus Heights.



Tuesday Fest Comes to Sunrise Marketplace

When: July 11th through August 1st, 2006
Starts at 6:00 PM
Where: Sears parking lot on Sunrise Blvd. Citrus Heights, CA

From Sunrisemarketplace.com Watch for our new TuesdayFest at Sunrise Marketplace featuring the best of our Certified Farmers Market, crafts, food, entertainment and more with the Zone 100.5FM at Sunrise Mall. We'll be in front of Sears on July 11th, 18th, 25th and August 1st from 6-9pm. Join us for the following bands playing free in concert from 6-8pm.
Tim Dierkes-July 11 (Contemporary) -Red Hot Chili Peppers, Counting Crows, Matchbox 20
Frankie Soul & No Control-July 18 (Blues) - Elvin Bishop, Bo Diddley, BB King, Neville Brothers
Bayou Brothers-July 25 (Cajun)
Dave Russell- August 1 - (Country) - Elvis, Johnny Cash, Creedence Clearwater Revival

Upcoming Schedule at Sylvan Oaks Library July 2006

Sylvan Oaks Library

6700 Auburn Blvd.
Citrus Heights, CA 95621
Branch Manager: Rosemary Lovely

The Sylvan Oaks Library is on the corner of Auburn Blvd. and Van Maren situated among a stand of mature oaks on the banks of Arcade Creek.

Event Type: Toddler Storytime

(18 mos-3 yrs)
Date: Wednesdays, July 12, July 19, July 26, 2006
Time: 10:30 AM
Branch: Sylvan Oaks

Description: Toddlers, ages 18 months to 3 years, are invited to a program of stories, rhythm activities, music and more.

Event Type: Preschool Storytime

(3-5 yrs)
Date: Wednesday, July 12, July 19, July 26, 2006
Time: 11:00 AM
Branch: Sylvan Oaks
Description: Children, ages 3-5, are invited to join us each week for storytime fun. Activities will include stories, music, crafts, and more.

Tony Borders Puppets

Event Type: School-Age Program
Date: Thursday, July 13, 2006
Time: 3:30 PM
Branch: Sylvan Oaks
Description: Talk to the Animals with Tony Borders Puppets.

Introduction to the Internet

Event Type: Computer Class
Date: Tuesday, July 18, 2006
Time: 9:30 AM
Branch: Sylvan Oaks
Description: Learn the basic terminology and techniques of "surfing the net." Find out how to use browsers to move around the Internet. Learn about URLs (Internet addresses) and using directories and search engines.

Dance Dance Revolution

Event Type: Teen Program
Date: Tuesday, July 18, 2006
Time: 3:00 PM
Branch: Sylvan Oaks
Description: Enjoy this popular interactive music video game imported from Japan. Pizza and soda will be provided.

Fenix Drum and Dancing Company

Event Type: School-Age Program
Date: Thursday, July 20, 2006
Time: 3:30 PM
Branch: Sylvan Oaks
Description: Come watch African-Caribbean Dance and Drumming with Fenix Drum and Dance Company.

Scales and Tales with Library Staff

Event Type: School-Age Program
Date: Thursday, July 27, 2006
Time: 3:30 PM
Branch: Sylvan Oaks
Description: Come listen to folktales about animals wild and tame.

The Fair Oaks Metric Century Bike Ride

When: Sunday, August 27, 2006 at 7AM check in
Where: The Fair Oaks Park, 11549 Fair Oaks Blvd., Fair Oaks, CA
Why: Improving the self esteem & safety of our children

Cost: \$35 adults, \$20 for children under 15, kids under 4 free
Beneficiary: There Are No Limits, SAFE Kids, Fair Oaks Chamber of Commerce

The Fair Oaks Chamber of Commerce is in full-swing with preparations for the 2006 FOMC. This scenic ride down the American

River Parkway on paved trails makes for a safe and fun century that the whole family can enjoy.

There are three ride categories offered: 30k, 60k, and 100k.

Start at the Fair Oaks Park near Fair Oaks and Madison Avenue in Fair Oaks. Rest stops are

stationed at William Pond, Discovery Park and Beales Point.

To register, visit www.fairoaksmetriccentury.org.

The Fair Oaks Chamber of Commerce is dedicated to helping raise money to support our children.

Weekly SUDOKU
Answer

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

- ### Sports Quiz Answers
- The Philadelphia Phillies had 16 consecutive losing seasons (1933-48).
 - Davey Johnson was the skipper when the Reds won the N.L. Central Division in 1995.
 - It was the 1970 season (Texas was the UPI champion; Nebraska was the AP champion).
 - Mark Aguirre (three times) and Dirk Nowitzki (three times).
 - Jean Ratelle had 109 points in 1971-72. Jagr totaled 122 points in 2005-06.
 - Casey Mears in 2006.
 - Alice Marble.

Magic maze
Answers
GARLIC

- ### Trivia Test Answers
- Agean Sea
 - Robert Hooke
 - British Isles
 - Carl Sandburg
 - Ben Cartwright
 - Pottery
 - Prophetic
 - Blood vessel
 - Purple
 - Cat worship

King Crossword
Answers

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

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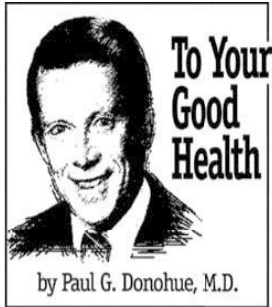
by Tamara Jones
Just Relax

Hectic lifestyles often interfere with leisure time, but setting aside time to relax can be the perfect cure for busy women on the go. Whether you're a stay-at-home mom, single professional or working mother, taking a break from your busy schedule can help manage stress and improve your well-being. If you have children, consider taking advantage of your community's summer day-camp programs. These programs are affordable and often run

from mid-morning to early afternoon. With that schedule, you can enjoy some "me" time in the morning and quality time with the kids in the afternoon. If your community doesn't offer a summer program, ask a local high-school student looking to earn some money to baby sit. Consider setting up a babysitting date once a week to give you time to run errands, catch up with friends or simply relax. When you do have some time to yourself, schedule a fun gathering with friends. Even if you just meet for lunch, connecting with friends who can both sympathize with your problems and celebrate your achievements will help you relax and re-energize. If you aren't in the mood for a social outing, enjoying a quiet day at home can offer similar benefits.

If the kids are at a friend's house or if you've finally earned a day off at work, stay home and curl up with your favorite book, catch up on those TV shows you've missed or organize things around the house. While these activities might not be glamorous, they will leave you feeling relaxed and refreshed. Although leisure time probably isn't at the top of your to-do list, learning to value relaxation will give you more energy. And with this increased energy, you'll tackle your tasks more efficiently and effectively every day. Write to Tamara Jones 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.

People with a sense of humor tend to be less egocentric and more realistic in their view of the world, and more humble in movements of success and less defeated in times of travail.
- Bob Newhart



A Good Night's Sleep

Many elderly people believe sleeplessness is an inevitable condition that comes with aging. Indeed, some scientists point out that older people produce lower levels of the sleep hormone melatonin, which would bolster the argument for sleeplessness being age-related. But then how do we account for those older folks who produce melatonin at levels close to those of their youth and have no sleep-related problems?

There is another

school of thought that the old need less sleep than the young. That's true to some degree. But everyone needs sufficient sleep to maintain optimum health, both physically and mentally, and too many older folks are at risk for developing problems associated with sleep deprivation.

If you (or someone you know) is having sleep problems, see a doctor. It may be a matter of eliminating stimulants (caffeine, for example) from the diet. Or some counseling might be suggested to deal with an ongoing sense of grief over the death of a loved one. Counseling might also help with underlying fears of dying in one's sleep -- a common cause of insomnia.

Talk to your doctor about getting more exercise. That often helps.

So does getting some late-afternoon sunlight. Also, limit your daytime naps to less than 30 minutes.

If you have arthritis or other conditions that cause pain or discomfort when you're in bed, including "restless leg syndrome" (leg cramping, etc.), tell your doctor. There are treatments that can help. Keep your room well-ventilated and neither too hot nor too chilly. Finally, check out your mattress. It shouldn't be too firm or too soft. For most people, somewhere in between provides the most comfort. Sweet dreams.

Write to Paul Donahue in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mails to letters.kfws@hearstsc.com.

Garden Watering Tips to Beat Summer Heat

CAMARILLO, CALIF. (PRWEB) June 21, 2006 -- Proper watering and irrigation are big jobs for gardeners during July, say experts at Agromin, a Camarillo-based manufacturer of premium soil products.

Watering: Water slowly to reach the natural root zone--usually the upper two feet of soil. Water only when the top two inches of soil are dry. This trains roots to grow down to reach moisture, get more nutrients and resist heat. When using automatic watering programs, set for 4:00 a.m. and 7:00 a.m. to reduce mildew and other diseases.

Mulching: Most plant problems are from over watering. Add mulch to soil to retain moisture, moderate temperature and reduce your overall watering needs. Fill Garden Gaps: Use summer-to-fall bloomers like alyssum, celosia, cosmos, marigolds,

petunias, portulaca, red sage, verbena, vinca and zinnias. Plant bedding begonias and impatiens in shaded areas. Keep all plants moist for the first few weeks.

Repot Container Plants: When using the same plant container, remove the plant, untangle and trim some roots and report with fresh soil. For best results, repot in the evening.

Pinch and Prune for Blooms: Continually pinch or cut back most flowers to encourage more growth and flowering. Pinch chrysanthemums to keep stems from becoming scraggly by fall.

M i d s u m m e r Transplanting: Transplant vegetables and flowers to locations where they will flourish for harvesting or full growth. Transplant late in the day or early evening so plants can recover before a full day of heat and sun.

About Agromin:

Agromin manufactures premium soil products for the agriculture and horticulture trades and for consumer use. For more than 30 years, Agromin has provided quality soil amendments and products to some of California's largest vegetable, citrus, avocado and strawberry growers. Agromin is also the green waste recycler for 19 cities in Santa Barbara, Los Angeles and Ventura Counties. Each month, Agromin receives and processes thousands of tons of urban wood and green waste. Agromin then uses a safe, organic and scientific system to formulate its soil products from the processed recycled green waste. The result is more vigorous and healthier plants and gardens, and on the conservation side, more room in landfills and less greenhouse gas emissions.

Website: www.agromin.com

Good Housekeeping

All-American Barbecue Chicken

Try our sweet and spicy sauce on pork spareribs too.

SERVES: 8

COOK TIME: 1 1/2 hours

- 2 tablespoons olive oil
- 1 large onion, chopped
- 2 cans (15 ounces each) tomato sauce
- 1 cup red wine vinegar
- 1/2 cup light molasses
- 1/4 cup Worcestershire
- 1/3 cup packed brown sugar (cayenne)
- 2 chickens (3 1/2 pounds each), each cut into quarters, skin removed if you like

1. In 10-inch skillet, heat olive oil over medium heat. Add onion and cook until tender, about 10 minutes. Stir in tomato sauce, vinegar, molasses, Worcestershire, brown sugar and ground red pepper; heat to boiling over high heat. Reduce heat to medium-low and cook, uncovered, 45 minutes or until sauce thickens slightly. If not using sauce right away, cover and refrigerate to use within 2 weeks.

2. Reserve 1 1/2 cups sauce to serve with grilled chicken. Place chicken quarters on grill over medium heat; cook 20 to 25 minutes, turning chicken once. Generously brush chicken with some of the remaining barbecue sauce; cook 20 minutes longer, turning pieces often and brushing with sauce frequently until juices run clear when chicken is pierced with tip of knife. Serve with reserved sauce.

• Each serving with skin: About 500 calories, 42 g protein, 34 g carbohydrate, 23 g total fat (6 g saturated), 158 mg cholesterol, 755 mg sodium.

• Each serving without skin: About 395 calories, 39 g protein, 34 g carbohydrate, 13 g total fat (3 g saturated), 114 mg cholesterol, 750 mg sodium.

For hundreds of triple-tested Good Housekeeping recipes, visit our Web site at www.goodhousekeeping.com.

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Found throughout North America, **great horned owls** prey on wildlife that plague your garden. Statues of these birds, marketed by garden suppliers, discourage raids by rabbits, mice, raccoons and other furry folk (some electronic versions have motion sensors, sound owl calls or flap their wings!)



• On **July 4, 1826**, John Adams and Thomas Jefferson, the second and third presidents of the United States, die on the 50th anniversary of the adoption of the Declaration of Independence. Adams' last words were, "Thomas Jefferson still survives," though his old friend and political adversary had died a few hours before.

• On **July 8, 1918**, American author Ernest Hemingway, working as a Red Cross ambulance driver, is severely wounded while carrying a companion to safety on the Austro-Italian front during World War I. Hemingway published his first book of short stories in 1925.

• On **July 6, 1935**, an infant named Tenzin Gyatso, future leader of Tibet, is born to a peasant family in Takster, Tibet. At age 2 the child was declared the reincarnation of a great Buddhist spiritual leader and named the 14th Dalai Lama. In 1989, he won the Nobel Peace Prize for his commitment to the nonviolent liberation of Tibet.

• On **July 5, 1946**, French designer Louis Reard unveils a daring two-piece swimsuit, which he dubbed the "bikini," inspired by a U.S. atomic test that took place that week off the Bikini Atoll in the Pacific Ocean.

• On **July 9, 1956**, actor Tom Hanks is born in Concord, Calif. Hanks has won the Best Actor Oscar twice, for "Philadelphia" in 1993 and "Forrest Gump" in 1994. He was also nominated for his role in "Saving Private Ryan" (1998).

• On **July 3, 1971**, singer Jim Morrison, of the rock group The Doors, is found dead of heart failure in a bathtub in Paris. The Doors' first album topped the charts, as did a shortened version of their 6-minute 50-second track "Light My Fire."

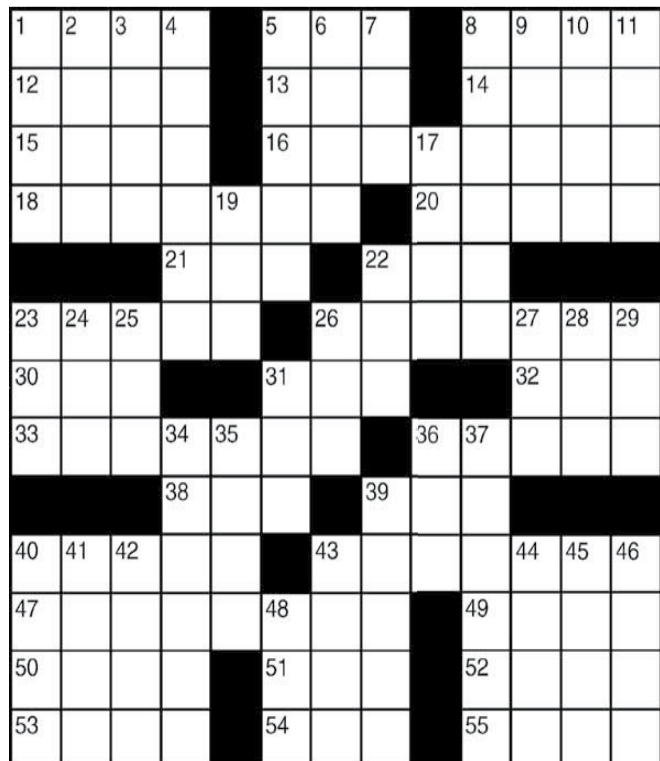
• On **July 7, 1984**, "When Doves Cry," the first single to be released from Prince's 1984 album "Purple Rain," hits the top of the charts. The song became the best-selling single of 1984. Meanwhile, the album topped the charts for 24 weeks and sold more than 10 million copies.

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Life is a great big canvas and you should throw all the paint on it you can.

- Danny Kaye

KING Crossword



ACROSS

- 1 Has to
- 5 Puncturing tool
- 8 Bullets
- 12 Formerly
- 13 Pirouette pivot
- 14 Film -
- 15 Smell
- 16 2/14 message
- 18 Small tablet
- 20 Vim and vigor
- 21 "Mayday!"
- 22 Sheepish remark
- 23 Winning
- 26 Hasp attachment
- 30 Scale abbr.

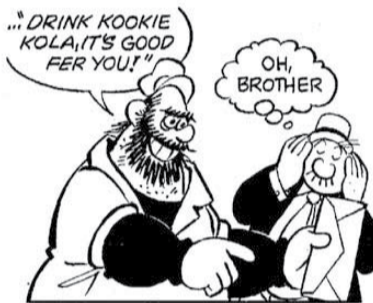
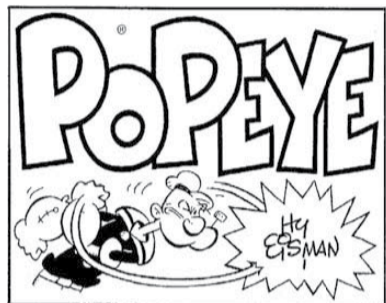
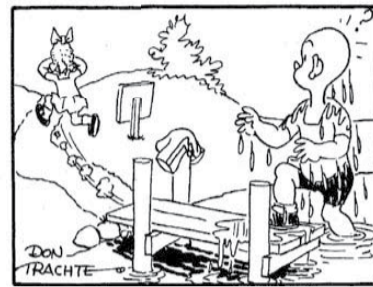
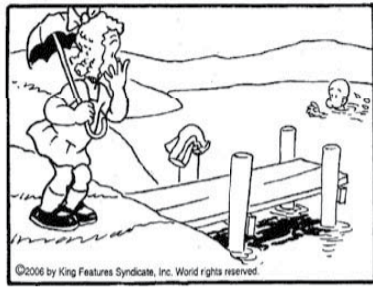
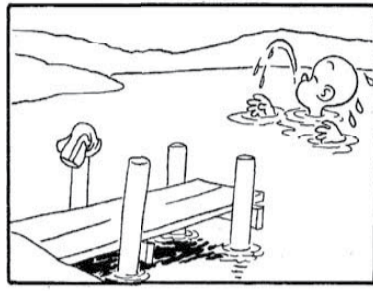
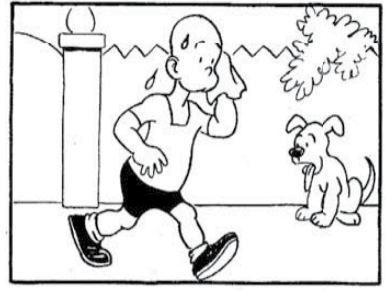
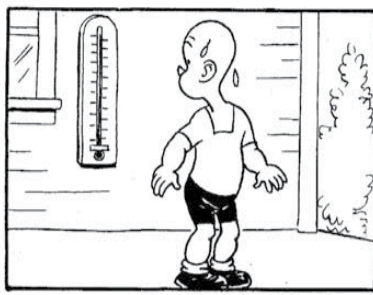
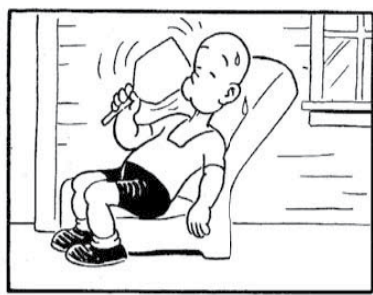
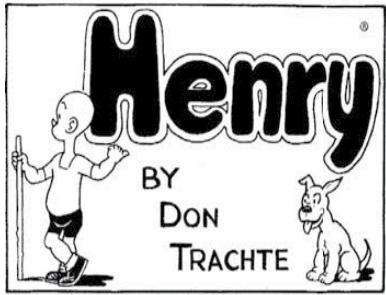
- 31 Delight
- 32 Court
- 33 Tetanus
- 36 "Monopoly" payments
- 38 Yuletide quaff
- 39 Water barrier
- 40 Beasts of burden
- 43 Samson's weapon
- 47 Nitwit
- 49 On in years
- 50 Middle Eastern airline
- 51 Denouement
- 52 Jeans maker Strauss
- 53 A-number-one

- 54 Crucial
 - 55 Encounter
- DOWN**
- 1 Armstrong went there
 - 2 Destroy
 - 3 Highlander
 - 4 Singer Brewer
 - 5 Book of maps
 - 6 Lumber
 - 7 Pentateuch bk.
 - 8 Yearly
 - 9 Cattle calls?
 - 10 Catcher's equipment
 - 11 Hydrox competitor

- 17 "Zounds!"
- 19 Pea holder
- 22 Inlet
- 23 The whole enchilada
- 24 Showtime rival
- 25 Computer key
- 26 "Wham!"
- 27 Possess
- 28 Barracks bed
- 29 Decks in the ring
- 31 Binge
- 34 Prepares to propose
- 35 Tease
- 36 Uncivilized
- 37 Preserve, in a way
- 39 Pop
- 40 Help a hood
- 41 Sans co-pilot
- 42 Child's play
- 43 Ms. Fonda
- 44 Curved molding
- 45 Actress Campbell
- 46 Tend texts
- 48 "A mouse!"

KING Crossword Answers on Page 7

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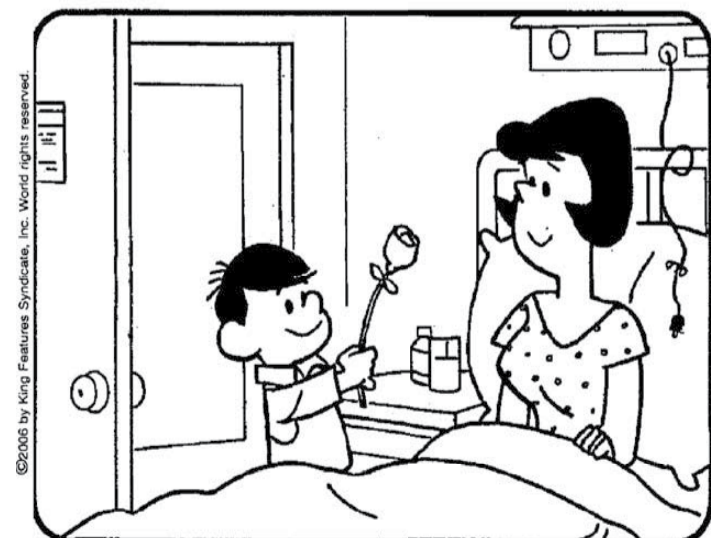
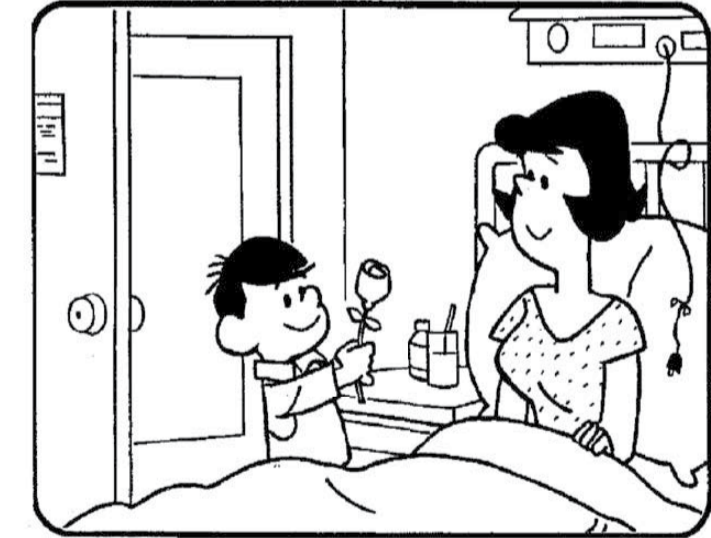


The Spats



by Jeff Pickering

HOCUS-FOCUS BY HENRY BOLTIHOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Differences: 1. Rose stem is longer. 2. Straw is missing. 3. Cord is shorter. 4. Gown is different. 5. Hair is different. 6. Doorknob is lower.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: Which major body of water would one find directly east of Athens, Greece?
2. SCIENCE: Who was the first scientist to use the word "cell" in describing the basic components of life forms?
3. GENERAL KNOWLEDGE: Where did the dance called the jig originate?
4. QUOTATIONS: Who wrote, "Sometime they'll give a war and nobody will come"?
5. TELEVISION: What was the dad's name on the show "Bonanza"?
6. ARTS: What would most likely be made of terra cotta?
7. LANGUAGE: What is another word for fatidic?
8. ANATOMY: What's another word or words for capillary?
9. FASHION: What generally is the color of a gemstone called an amethyst?
10. ANCIENT WORLD: What was the focus of the cult of Bast in ancient Egypt?

Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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

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

- | | | | |
|------------|------------|-------------|---------------|
| Alicin | Cultivated | Medicinal | Stinking rose |
| Antibiotic | Flavonoids | Papery skin | Sulfur |
| Bulbs | Flowers | Perennial | Vitamin B |
| Cloves | Head | Pill form | |

All Answers on Page 7

Contract Bridge

ELEGANT CARD PLAY

South dealer.

North-South vulnerable.

NORTH

- ♠ 7 6 2
- ♥ A 5 3 2
- ♦ 8 5 4
- ♣ 6 4 3

WEST

- ♠ Q J 10 9 5
- ♥ J 8 4
- ♦ J 9
- ♣ K 8 2

EAST

- ♠ K 3
- ♥ 10 7
- ♦ K 10 7 6
- ♣ J 10 9 7

SOUTH

- ♠ A 8 4
- ♥ K Q 9 6
- ♦ A Q 3
- ♣ A Q 5

The bidding:
 South West North East
 2 NT Pass Pass Pass
 Opening lead — queen of spades.

It is not uncommon for declarer to have to choose which of two finesses to take. Such guesses are unpleasant when there are no clues to guide declarer to the winning choice, but one way of guessing right in such circumstances is not to guess at all!

Consider this deal where West leads the queen of spades against two notrump, East overtaking the queen with the king and returning the queen,

thus marking himself with a doubleton spade.

South has six sure tricks, a seventh if the hearts are divided 3-2, and an eighth if East has either minor-suit king and South guesses which finesse to take after utilizing his only entry to dummy.

One possible approach is to win the third round of spades, cash three rounds of hearts ending in dummy and then decide whether to take a diamond or a club finesse. This might or might not succeed, depending on South's occult powers, but it is the wrong way to play the hand.

Instead, declarer should win East's spade return at trick two and cash either three or four rounds of hearts. He then leads a spade, allowing West to cash his three spade tricks.

On the last two spades, South discards a diamond and a club from his hand. West is then forced to return a diamond or a club into one of declarer's A-Q's, and South acquires his eighth trick in the process.

Note that declarer must cash at least three hearts before putting West on lead with a spade. If he fails to do this, West can exit with a heart and force declarer to choose which finesse to take.

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by Steve Becker

Capitals 2006 Team Roster

Capitals Featured Player

Anna Kournikova



24 years old; native Russian who resides in Miami; formerly No. 1 in doubles (1999) and No. 8 in singles (2000); 16 doubles titles including the Australian Open 2x; Season-Ending championships 2x; Mixed Doubles Finalist at U.S. Open and Wimbledon; 1997 singles semifinalist at Wimbledon.

Capitals Roster Players

Elena Likhovtseva



30 years old, from Moscow, Russia; 7 years with the Caps, League MVP twice; 25 doubles crowns and 3 singles titles on WTA Tour; 2003 Wimbledon Mixed doubles champion; career-high doubles No. 3 in the world and consistently in the world's Top 10; \$5.5M in prize money.

Mark Knowles



2004 U.S. Open doubles titlist and 2002 Australian Open doubles champion with longtime partner Daniel Nestor; has reached the doubles finals of all four Grand Slam events; won 15th ATP Tour Masters Shield in doubles at Indian Wells 2006; 41 career doubles crowns and \$5M in prize money; ended 2002 and 2004 as No. 1 doubles team in the world with Nestor; 34 years old, All-American at UCLA; 4-time Olympian for the Bahamas; Capitals squad captain and sixth year on Caps team; 3x League MVP.

Nicole Pietrangeli



16 years old, from the Czech Republic; has won 5 WTA singles titles; third season with Caps, 2004 League MVP; world's Top 15 in singles; \$600,000 in prize money; Czech Fed Cup team; trains at Nick Bollettieri Tennis Academy in Florida; featured in Reebok's "I Am What I Am Campaign."

Sam Warburg



23-year-old native of Sacramento and graduate of Stanford University; 2x All-American in singles and doubles; back-to-back Pac-10 singles Champion (2004-2005), NCAA Doubles Champion (2004). Finished college career ranked #2 in the nation in singles and doubles. Singles Winner: Futures events in Korea, Mexico, Costa Mesa, Godfrey (Illinois); Doubles Winner: Valencia (w/Fruttero), Costa Rica, Israel, Mexico (w/Monroe), Godfrey, Illinois (w/Stolt).

Anastasia Pavlyuchenkova



2006 Australian Open junior singles and doubles champion; 14-year-old Russian trains in Czech Republic; won warm-up events at Nottingham and Traralgon; undefeated in singles in 2006 and No. 1 junior in the world.

Wayne Bryan-Coach



This will be his 4th season with the Caps, team won the WTT Title in 2002, and the Western Division Championship in 2003 and 2004. WTT Coach of the Year in 2004.

Visiting Marquee Player

Pete Sampras



14-time Grand Slam champion, including five U.S. Opens and seven Wimbledon championships; closed out career by winning 2002 U.S. Open title over longtime rival Andre Agassi; 64 singles titles; \$43M in prize money; makes debut in 2006 WTT; visiting marquee player from the Newport Beach Breakers.



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WORKING TO THE NET

One of the best times to go to the net is after you return a serve. This is sometimes called a "chip and charge" strategy - you take a short stroke as you hit the return and run to the net. Any hesitation will often make you late getting into volley position.

Another option is to move to the center of the court at the baseline after the return of serve. Once there, you can wait for your opponent to hit a short shot, then move forward.

Vlade Divac, Global Basketball Ambassador and Tireless Philanthropist, Awarded Ellis Island Medal of Honor

(PRWEB) May 16, 2006 -- Vlade Divac, recently retired NBA All-Star and current scout with the Los Angeles Lakers, whose achievements off the court are as impressive as those he had on the court, was awarded the Ellis Island Medal of Honor on May 13, 2006. The National Ethnic Coalition of Organizations awards the medal to outstanding American citizens who live a life dedicated to community service, promoting American values, and building bridges between ethnic communities living within the United States and abroad. According to NECO, "The Ellis Island Medals of Honor pay tribute to the ancestry groups that comprise America's unique cultural mosaic."

"I was very honored and humbled to be included into such a distinguished group of medalists. Receiving the Ellis Island Medal of Honor was one of the highlights of my life and I certainly plan to contribute to this great nation for many years to come. I would like to thank all the immigrants who enabled my family to live in this country as well as all Serbian people who I had a chance to proudly represent at this wonderful event. " - Vlade Divac, Los Angeles Lakers

Divac, who was born in Yugoslavia (presently Serbia and Montenegro), was among the first Eastern European immigrants to be drafted into the NBA when he was selected as a first-round pick by the Los Angeles Lakers in 1989. Divac established himself as one of the most versatile centers in the league, joining basketball greats Hakeem Olajuwon and Kareem Abdul-Jabar as the only players to amass 13,000 points, 9,000 rebounds and 1,500 blocked shots. His brilliant career, which spanned from 1989 until 2005, was instrumental in paving the way for the wave of talented European immigrants who continue to make their presence felt in the NBA.

Divac is the cofounder of The Group Seven Children's Foundation, (www.groupseven.org) an organization dedicated to assisting children who have been displaced and impoverished due to the break up of a nation. The group has raised more than \$2 million dollars for humanitarian projects related to its cause. Divac has been instrumental in making housing available to children and their families in tsunami-ravaged Indonesia, providing books and classroom instructional materials to children in Ethiopia and offering emergency aid including diapers, water, and other essential assistance to survivors of Hurricane Katrina in the United States.

His philanthropic work has earned Divac widespread recognition, including the NBA's Citizenship Award, Sporting News "Good Guys" Award, the "Good Samaritan" Award from International Orthodox Christian Charities and a Medal of Merit from the Serbian Unity Congress. Divac also serves as a United Nations "Goodwill Ambassador" and has participated in the NBA's "Basketball Without Borders" initiative.

Read the entire article on our website under Sports

www.AmericanRiverMessenger.com

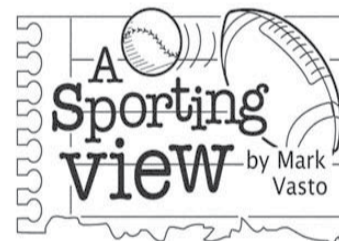
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ALSO, WAGGLE THE CLUBHEAD IN THE DIRECTION YOU WANT IT TO GO WHEN YOU SWING FOR REAL.



The Best All-Star Game in Sports

With the exception of the 7-7 tie in 2002 (which, in a way, seemed to be the perfect embodiment of the Bud Selig era for Major League Baseball ... very exciting yet deeply flawed), baseball's All-Star Game rightfully has the reputation of being the best all-star game of any sport.

For fans, it's like watching a fantasy baseball game come alive. All the match-ups you dream about but never get to see happen at the All-Star Game. And while the games are just exhibitions, they are far from meaningless. The way a player performs at an All-Star Game has serious ramifications for his career.

Pete Rose solidified his reputation as a win-at-all-costs hustler when he collided with Ray Fosse to win the 1970 classic. Bruce Sutter's split-finger exploded on the national scene after he sent Jim Rice and Dwight Evans back to the bench in consecutive strikeouts in 1978. Tori Hunter's steal of a Barry Bonds home run in 2002 cemented his reputation as the finest fielding center fielder of the game today.

The sideshow that is the Home Run Derby can be a different story. Bobby

Abreau's performance in the 2005 derby, a record-setting 41 home runs, would lead many to believe that he is one of the greatest power hitters of all time. The fact is, he hit as many home runs in the first round of the derby - 24 - as he did all season long (and only six came after the All-Star break).

Perhaps most importantly, the All-Star Game is a showcase for the city in which it is played. The All-Star Game can inject an estimated \$60 million into a local economy, but most city leaders figure the boost to the city's stature as being worth far more. It's a high-profile game with millions of viewers, all listening as the announcers fawn over their host. Swarms of reporters descend on the city, generally writing the kind of human-interest tales public-relations firms would be paid millions of dollars to try and deliver.

This year, the game returns to Pittsburgh, even though it was last played in the city in 1994. This, of course, has to do with its new stadium project. Another HOK design (the Kansas City architecture firm that has brought you Camden Yards, and just about every other retro-styled, steel truss-worked downtown stadium in America in the past 20 or so years), PNC Park is a true gem. It's a fitting centerpiece for the classic - a stadium that the voters argued over and paid for, with its majestic views of the downtown, eminent playability and, of course, wider concourses.

Mark Vasto is a veteran sportswriter and publisher of *The Parkville (Mo.) Luminary*.

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Got Local
Sports News?
773-1111



Remove Tick Without Delay

Q: I recently noticed a tick beneath my dog's fur. How can I remove it?

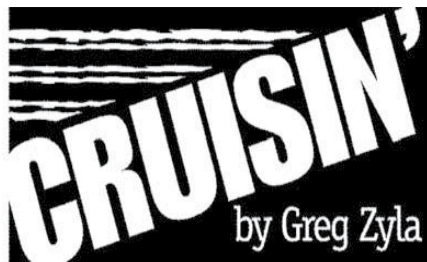
A: Removing a tick from a squirming dog's skin can be difficult, but it must be done. Ticks often carry diseases that can endanger the health of both dogs and humans, including Lyme disease, Rocky Mountain spotted fever, a bacterial infection called ehrlichiosis, and a blood disorder called babesiosis.

So, grab your dog and, if needed, have a friend or family member hold him or her in place until the ordeal is over. Remember to give plenty of treats and affection after the procedure.

Remove the tick as quickly as possible using the following steps:

- Swab the tick and the surrounding skin with rubbing alcohol. Wait about 10 minutes; the alcohol should kill the tick.
- Use tweezers to grab the tick near the surface of the skin. Rotate the tweezers slowly to loosen the tick's grip. Don't pull straight back, as the tick has burrowed beneath the skin's surface, and a quick tug may separate the head from its body. The part beneath the skin is extremely difficult to pull out and could cause an infection.
- When the head and body come loose, quickly place the tick on a tissue and transfer it to a saucer filled with rubbing alcohol to make sure it is dead. Don't squeeze the tick with your bare hands, as its fluids may contain diseases.
- Swab the area around the bite with a disinfectant.
- Wash your hands thoroughly.

Watch your pet closely for a few days afterward. If he or she becomes lame with swollen joints, runs a fever or seems depressed with little or no appetite, take him or her to the veterinarian immediately. Prompt treatment will help your dog recover quickly and minimize any long-term effects from a tick-borne illness.



Mercury 429

Q: I have a 1972 Mercury Marquis two-door hardtop, power everything, with the 429 V-8 engine. Can you tell me how many were built and how many are still around? I am in the process of fixing the car, and it just needs some interior work and paint. What's it worth?

-- Jay J., Lebanon, Tenn.

A: Jay, there were only

5,507 two-door hardtop Marquis models built in 1972, so your car is on the rare side.

That 429 is the standard engine and puts out 208 horsepower. On the plus side for you is the two-door design, which seems to be the popular choice over a four-door that year, even though the four-door hardtop found only 1,583 built.

As for how many are left, that's anyone's guess, but I'd say very few. Fix your interior and put some nice paint on it, and enjoy your Mercury.

It's probably worth in the range of \$5,000 (very good) to \$7,700 (fine), and up to \$11,000 in restored condition.

Q: Greg, I bought an old pickup that sat for many years and has a gearbox leak, assumed to be the seal on the front. I hear there are products (Wynn's, for one) that can be added to the gearbox that can stop the leak if the seal is just dried up and not cracked. Does this type of additive really work, and what are the product names and manufacturers?

A: There are many "stop leak" products out there, such as the Wynn's

Transmission Conditioner you mentioned. However, if the seal doesn't repair itself quickly, I highly recommend you pull the gearbox and have the seals and or gaskets replaced.

"Bar's Leaks" also provides numerous stop-leak conditioners (www.barsproducts.com). It has been around since 1947.

Greg Zyla welcomes reader questions on collector cars. Write to him in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send

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Relay For Life Event a Success



Over 100 cancer survivors take the opening lap around McArthur Field.

(Citrus Heights) The third annual Citrus Heights Relay for Life event was held at San Juan High School on McArthur Field this past June 10th and 11th. Over 2000 people attended, with 47 different teams walking for a cure for cancer.

these participants will play a major role in helping to better understand what causes cancer and how to prevent it. This study will help to work toward the mission of eliminating cancer as a major health problem, save lives, and diminish suffering from cancer.

"We're excited that we continue to grow. There was an even higher level of community participation and energy than last year. We were especially gratified by the response and support of local businesses. It validates that we are here to stay in Citrus Heights", said Bill Van Duker from All Star Printing, who served as the program chairperson.

Presenting Sponsor; City of Citrus Heights, Platinum Sponsors; UC Davis Health System and Sunrise Mall. Gold Sponsors; SAFE Credit Union, Mercy Cancer Center, Catholic Healthcare West, Kaiser Permanente, Sunrise Marketplace. Silver Sponsors; Citrus Heights Chamber of Commerce, Rotary Club of Citrus Heights, Carmichael Honda, Tom Thumb Market, All Star Printing, J & W Auto Wreckers and Energetic Painting & Drywall. Twenty-six others supported the event as Bronze Sponsors. See our website for a complete list of sponsors.

Vita Sarginson, Community Development Manager from the American Cancer Society said through an email that the Citrus Heights Relay has been selected as a 2007 enrollment site for the third Cancer Prevention Study, CPS-3. 500,000 people across the United States at various Relay for Life events will be enrolled into CPS-3 and

For more information on Relay for life contact the American Cancer Society at (916) 446-7933.

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