

THE NORTH SAC NEWS



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SERVING THE NORTH AREA COMMUNITIES OF ANTELOPE, ELVERTA, Foothill Farms, MCCLELLAN, NORTH HIGHLANDS, PLEASANT GROVE & RIO LINDA

A New Era Begins at Larchmont Elementary

Students, staff, and families said goodbye to Larchmont School at a barbeque lunch on June 1. The farewell event gave everyone an opportunity to remember the many ways that Larchmont School has served thousands of students and families in the community of North Highlands throughout the years.

Located on Melrose Drive in North Highlands, the Larchmont campus was closed as an elementary school once before, in the 1970s, and reopened as enrollment of elementary-age students increased again in neighboring schools. In the fall, Larchmont students will be attending school at nearby Allison Elementary on Don Julio and Kohler Elementary located on Bruce Way.

However, the community surrounding Larchmont School need not worry about the campus being neglected – classrooms are already being filled with supplies for its newest resident, Pacific Career and Technology High School (Pacific).

Pacific, a continuation high school in the Twin Rivers Unified School District, has shared a campus with a charter school in a former junior high school facility, located less than one mile from the Larchmont campus.

In operation since 1981, Pacific students receive instruction that focuses on the expectation that all



With groups and activities like the Logan Park Girl Scouts, the homework club and the Grocery Give-away, Life Matters has brought new life to the community.

students must pass the California High School Exit Exam (CAHSEE) and meet the established standards in order to graduate from high school. Most of Pacific's 200 students transfer from one of the four comprehensive high schools within Twin Rivers.

Pacific's move to the Larchmont campus will take place over the summer. Staff will be ready when school begins on August 11. The new location will allow more space for Pacific to expand its programs.

The JROTC program, which received a gold star with distinction

from the US Army, will have more classroom space and room specifically to practice drills.

Principal Harjinder Mattu is thrilled about the new space and looks forward to expanding Pacific's art program.

"We will have much more space," Mattu says. "We will even have enough room for a kiln in our ceramics class."

Pacific staff and administration are looking forward to an inviting front office space to welcome families and students when school begins in August.

JUST A THOUGHT...

A crisis in life is a turning point. It will make you better or bitter. Do not allow circumstances to sway you from who you really are.

Community Parking Lot Sale Returns!

Another great Community Parking Lot Sale is happening on July 2.

Hosted in the parking lot of Family Community Church on a bright and sunny day, the deals start rolling at 8 a.m. and selling continues until 1 p.m. A snack bar will be available throughout the morning for breakfast and lunch.

You may also call 916.334.7700 for availability of a spot to sell your own items. Small spots are only \$10 and Large spots \$20. See ya there and happy hunting!

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SCHOOL BOARD BOUNDARIES TO CHANGE

The new census data was just released and the changes in the population may impact the way we decide our school board trustees in the Twin Rivers Unified School District. You're invited to participate in the three-phase process to set the criteria for making trustee area changes, review the draft plans of trustee areas, and choose final plan draft plan.

SEE SCHOOL BOARDERS, PG 7

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Board Of Supervisors Keeps Law Enforcement A Budget Priority

Fun Just Got Bigger,' and so did the savings and values!"

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“From great fair foods like corn dogs and fried twinkies to automobile polish, light up t-shirts, pony rides, and caricature drawings, 100 Golden Deals- The Ultimate Coupon Book gives fairgoers a chance to have more fun on less money.” Norbert stated.

A sample of the coupon book is available to view online at: www.bigfun.org.

Norbert Bartosik, General Manager and Chief Executive Officer of the California Exposition and State Fair said, "This year's fair theme is 'The

SEE STATE FAIR, PG 22

Opportunities for Greater Efficiency and Streamlined Services

The organizational restructuring of the two IT groups into the Department of Technology is slated to produce increased efficiencies and streamlined services. The merger goals include: identifying needed services, streamlining management, simplifying organizational structures, increasing service efficiencies and analyzing the potential to reduce costs.

As with most departments, both organizations have sustained staffing reductions in the last three years and the combining of the two organizations will create a larger pool of qualified IT professionals to support countywide and departmental IT functions.

“It makes sense to streamline departments, budgets and support staff through the County,” Interim County Executive Steve Szalay said. “We hope to bring together the very

Facing a \$90 million General Fund shortfall with recommendations by the County Executive to make deep cuts to public safety, the Board of Supervisors spent hours deliberating over the numbers and came up with more money this year in the General Fund appropriation for the Sheriff, exceeding the budget level for last year.

“Public Safety is my number one priority,” said Supervisor Susan Peters who represents the unincorporated communities of Arden Arcade, Carmichael and Foothill Farms. “County residents rely upon the Sheriff’s Department to provide police services, so allowing deep cuts to law enforcement is unacceptable.”

Peters supported restoring \$5 million to the Sheriff's budget to narrow the ultimate \$9.5 budget gap Sheriff

As a result of the action by Peters and her colleagues, the Sheriff's General Fund allocation for the new fiscal year starting July 1 will be \$164.9 million. The department's current General Fund budget is \$164.7 million for Fiscal Year 2010-11 which ends June 30.

Peters cautioned at the conclusion of the budget hearing that after enduring the fourth straight year of diminishing revenues, the County Executive and the Board must re-evaluate how to fund public safety in the future if the economy does not improve to ensure residents of the unincorporated areas have adequate law enforcement for their protection.

NORTH SAC NEWS

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Kingsway Publishing

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Circulation – The North Sacramento News is a publication with a circulation of 32,000, delivered to residents and businesses in the communities of North Highlands, Foothill Farms, Antelope, Elverta, McClellan, Pleasant Grove, and Rio Linda. Our goal is to report positive news and information that will highlight people and projects that are going on in and around our community.

Subscription requests and address changes should be sent to the North Sacramento News. Your subscription is renewable annually.

We appreciate your support.

Submissions – The North Sacramento News welcomes and requests articles and information relevant to the goals of this publication. The deadline for submissions is the 15th of each month. Information must contain your name and phone number. The North Sacramento News reserves the right to edit and condense all submitted material.

Feedback – We appreciate our readers who take an active role in giving us their thoughts, opinions, and input. We want to hear from you!

The Restaurant Review

The Latest Mikuni Concept Gives Patrons Another Reason To Drive To Roseville

There are very few good choices for sushi in our neck of the woods, though there are some options! Most sushi patrons have their favorite style of sashimi, are impartial to a charming chef behind the counter or feel at home in that hole in the wall joint they’ve grown to love. No matter your preference, if you’re into sushi, you’ve most likely sampled at least one of the Mikuni’s restaurants across the region. Welcome Mikuni Kaizen as the latest location.

Mikuni is a sushi mecca -- and a magnet for those who are looking for some authentic Japanese cuisine along with some of the more fusion finds to include plenty of sauce, jalapenos and rolls flambe. The restaurant chain is among the first ever to introduce avocado to its rolls which makes it a personal favorite among

the avocado happy Californians. It’s no wonder the business is getting plenty of buzz after another grand opening. It’s a new spot for people in our area to roll out (pun intended) and pick up some chopsticks! Mikuni is also close to the hearts of many in the community because its staff continues to give back, including participating in a recent fundraiser that sent funds to those in Japan displaced by the earthquake and tsunami that devastated thousands in March of this year.

Mikuni Kaizen is located in the Fountains shopping center in Roseville. Kaizen means “continuous improvement” in Japanese, according to the restaurant’s front man, Taro Arai. If you’ve ever seen Ta-



Japanese curry along with tempura veggies.

ro’s hair alone, you know the man is eclectic and ever-evolving. He is also very faithful to the art of his native food history. With that, he opened this experimental kitchen. The minimalist dark wood styling and facade that nearly blends into the building next to DSW would belie the hotbed of culinary combinations within. The sushi bar and the David Garibaldi paintings add splash and give a hint that flavor abounds at Mikuni’s latest concept – the ninth in all, from Denver to Tahoe. Lotus root and squid dot the menu. The first thing to pique our interest was a hot kimchee dish that looked awesome - and was a flash back to one guest who grew up on the pickled cabbage as a kid! After speaking to COO Kevin Kim, we learned it was his mother’s recipe! (We gave the dish - and Kevin’s momma - two thumbs up.)

The restaurant offers authentic Japanese-style curry - something you can buy the mix for at the grocery store and make at home, but rarely offered by restaurants. Thicker and richer than an Indian or Thai curry, it’s more of a gravy that surrounds hearty meat and veggies



TOFU cheesecake with two scoops of very green, green tea ice cream.

Mikuni Kaizen

1017 Galleria Blvd
Roseville, CA 95678
(916) 780-2119
mikunisushi.com

alongside a bed of fluffy rice. Like the kimchee, Taro’s dream is to deal an injection of diversity into what patrons would expect in a Mikuni spot. Even if you’re a sushi aficionado, it’s different than what you might expect with delicious “Japanese tapas” or izakaya, if you’re speaking the language. Many of the signature items you would find at the Eureka Road location or at Taro are also available at Kaizen. Then a bit of literal “pop” culture, fun loving bubbiness in a glass - melon creme soda. It was amazing -- and way more fun than a cola alongside my plate of veggie rolls.

More and more people, though, are daring to dig in to more than just fancifully named rolls. The popular and family-friendly outdoor mall makes for almost a contradiction in clientele. When we went -- it was all about families -- they had high chairs for one table which shared bento boxes with the little ones while the parents noshed on small plates and rolls. At night it’s packed with a bar crowd that is Sake-savvy. (I’ve heard through coworkers who have gone to Kaizen at night that the bar provides drinks and outrageous concoctions that involved things they’d never heard of before.)

Opting for something sweet, instead of Sake, we finished off the meal with a “guilt-free” TOFU cheesecake that my friend surprisingly enjoyed, and a scoop or two of very green, green tea ice cream. Leave some room for the ice cream -- or remember Kaizen is conveniently located kitty corner to Miabella Gelato. There is lots of fun shopping at stores such as Anthropologie and Z Gallerie to walk it off afterwards :)

Sayonara.



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Safe Summer Fun for Kids

A MESSAGE BROUGHT TO YOU
BY **FIRST 5 SACRAMENTO**

Childproofing Outdoor Areas to Protect Children

Summer activities are a favorite among young children, from playing on swings to swimming in cool water. But spending more time outside near garages, pools, lakes and playground equipment can increase a child's risk of injury.

According to the U.S. Consumer Product Safety Commission, approximately 2.5 million children are injured around their homes every year. To help parents and caregivers protect kids from potential dangers and reduce accidents this summer, First 5 Sacramento offers the following tips on childproofing outdoor areas.

BY THE WATER

The Centers for Disease Control and Prevention report that drowning is the second leading cause of death for children. Be water wise around pools, lakes, ponds and the ocean!

Don't rely on flotation devices like life vests or floating baby seats to keep kids safe, as these can shift position, lose air or slip out from under a child.

Install a fence or wall that's at least four feet high around pools with a self-latching gate that kids can't



reach. Keep the pool gate closed at all times.

ON THE PLAYGROUND

Before letting your child climb on play equipment in your backyard or a public playground, scan the area for potential safety hazards.

Check the equipment for rusted parts and loose splinters that can pinch a child's skin.

Look under swings, slides and play structures. Ideally, there should be wood chips, sand or rubber mats to help break a child's fall.

Touch the equipment to make sure it's not too hot to play on.

AROUND THE GARAGE

Garages are often used to store lawn chemicals, gardening tools and other items that are dangerous for young children.

Keep pesticides, fertilizer, lighter fluid and sharp objects like nails and screws in locked cabinets or

high above the reach of curious little hands.

When mowing the lawn, keep kids inside the house or at a safe distance so that they don't get hurt by flying objects such as sticks or rocks. Never let children push a lawn mower with you.

Remember to always supervise children when they are playing outdoors. Summer provides great opportunities for kids to explore and stay active, but keep safety in mind first! For more information about your child's healthy development, contact First 5 Sacramento at www.first5sacramento.net or at 916-876-5865.

About First 5 Sacramento

Research shows that a child's brain develops most dramatically in the first five years and what parents and caregivers do during these years to support their child's growth will have a meaningful impact throughout life. Based on this research, California voters passed Proposition 10 in 1998, adding a 50 cents-per-pack tax on tobacco products to support programs for expectant parents and children ages zero to five. In the last year, First 5 Sacramento distributed approximately \$14 million a year in Prop 10 revenues to programs and services that meet local needs. Each county has a First 5 Children and Families Commission providing unique local services for that county. Surrounding First 5's include: First 5 Yolo: 530-669-2475; First 5 Placer: 530-745-1304; and First 5 El Dorado: 530-672-8298.

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As the saying goes, anything's possible, you know. So, if that's the case, then it IS possible to begin an exercise program, eat healthier, lose weight, lower blood pressure, relieve stress, have more energy, and take good care of the body God gave you.

If we are honest (and I am preaching to myself), we find time to do anything that we deem important or necessary – no matter what it is. I am a grandmother of three absolute-



It's time to make a healthy lifestyle and healthy choices a priority. I sound like a broken record, but your health affects everyone you come in contact with. When you have more energy, fewer sick days, a better attitude, and feel good about yourself, you can accomplish more of what you truly like to do, and those around you are inspired to live better as well. It's true that changing habits and making healthier choices is not always easy – especially if you have developed a lot of unhealthy habits and made detrimental choices. But – it IS possible. You are simply a decision away from the launch of your healthier choices. Remember – don't try to do it all at once.

- Write down your goals (lose 50 lbs, have more energy, run a marathon, etc.)
- Write down what habits you have that need to change (fast food, skipping breakfast, no exercise)
- Write down the new habits you will implement to help you achieve your goals (eat breakfast, walk at lunch time, quit smoking)

Go online and find success stories of people who have achieved your same goals to motivate you.

- Choose one of your goals to begin with. Write down the date you make the decision.
- Keep a journal on your progress, feelings, setbacks, victories.

It *IS* possible and you *CAN* do it. Look in the mirror right now and say, “I *CHOOSE* to _____, and I am starting today.” Even the decision to begin is a huge step. I wish you the best. Now you have been infused with “Positivity Thinking” and “Possibility Thinking”. These are powerful forces that can easily defeat any of the negativity that will try to come against you.

"Dreams are renewable. No matter what our age or condition, there are still untapped possibilities within us and new beauty waiting to be born."

—Dale E. Turner

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THE COMMUNITY CALENDAR

THIS MONTH’S EVENTS & MEETINGS

1st Saturday, July 2, 8:00 a.m.
Community Parking Lot Sale
Family Community Church 334-7700
6331 Watt Ave, North Highlands

1st Saturday, July 2, 11:30 a.m.
Military Widows. Sacramento Chapter #5
Lions Gate at McClellan Park 635-6724

1st Monday, July 4, 4:00 p.m.
North Highlands Senior Citizens Club
N.H. Community Center
6040 Watt Avenue332-5113

1st Wednesday, July 6, 10:00 a.m.
Organic Gardening
Carmichael Park Admin. Bldg, Room 1
5750 Grand Avenue 332-9299

1st Thursday, July 7, 11:30 a.m. - 1:00 p.m.
Thursday Lunch Bunch
Pancake Palace
6225 Watt Ave., N.H. 764-6054

1st Thursday, July 7, 5:30 p.m. (next meeting Sept 1st)
Foothill Farms/North Highlands Community Meeting
N. H. Community Center
6040 Watt Avenue 876-5709

1st Thursday, July 7, 6 - 8:30 p.m.
NH Visions Task Force Meeting
N.H. Recreation Center
6040 Watt Avenue N.H..... 332-9299

2nd Tuesday, July 12 , 7:00-9:00 p.m.
Antelope Quilters Guild
Lutheran Church of Ascension,
7607 Garden Gate Drive, C.H. 488-8858

2nd Tuesday, July 12, 10:30 a.m.
Military Retiree/Spouse Meeting
NH Park and Rec Center,
6040 Watt Ave. NH. 344-6249

2nd Tuesday, July 12, 7:30 p.m.
American Legion Post 521
6700 8th St., Rio Linda-Hall Rental991-9921

2nd Tuesday, July 12, 11:30 a.m. lunch, program @Noon
Elkhorn Chapter 1680 NARFE
Cherry Island Golf Course
2360 Elverta Rd. 383-8877

2nd Thursday, July 14, 6:30 p.m.
Antelope Community Meeting
North Highlands/Antelope Library

2nd Thursday, July 14, 11:30 a.m. - 2:00 p.m.
The Woman’s Thursday Club of Fair Oaks
Membership Lunch, F.O. Presbyterian Church
11427 Fair Oaks Blvd..... 965-3630

2nd Thursday, July 14, 6:30 p.m.
NH Recreation and Park District Board
6040 Watt Ave., N.H.332-7440

2nd Thursday, July 14, 1:00-3:00 p.m.
Mission Oaks Computer Club
4701 Gibbons Drive, Carmichael366-1687

2nd Thursday, July 14, 7:00 p.m.
VFW Ladies Aux. Meeting
VFW Post 4647
3300 U Street. 332-5950

Satrday, July 16, 9:00 a.m. - Noon
FINANCIAL FREEDOM Monthly Class
Bill Krause Ministries (www.billkrause.com)
6331 Watt Avenue, N.H.334-7711

3rd Saturday, July 16, 1:00 - 3:30 p.m.
Highlands Artists Guild
North Highlands Community Center
6040 Watt Ave. N.H..... 725-8606

Saturday, July 16, 10:30 a.m.
Sacramento OWL (Older Women’s League) & Gray Panthers Meeting
Hart Senior Center, 915 27th St., Sac ...921-5008

3rd Tuesday, July 19, *10 - 11:30 a.m.
Sac Christian Women’s Connection
(*brunch&lecture \$20)
Lions Gate 5640 Dudley Blvd.332-1461

3rd Tuesday, July 19, , 5:30 p.m.
VFW Men’s Auxiliary. Meeting
VFW Post 4647, 3300 U Street..... 332-5950

3rd Wednesday, July 20,, 1:00 p.m.
Geneological Association of Sacramento
Colonial Heights Library
4799 Stockton Blvd..... 689-4524

3rd Wednesday, July 20, 6:30 p.m.
Rio Linda Elverta Recreation and Park District Board of Directors
Community Center
810 Oak Lane, Rio Linda.....991-8110

3rd Thursday, July 21, 5:30 p.m. (Next Meeting September 15)
Rio Linda Community Meeting
Rio Linda Club House 876-5709

3rd Thursday, July 21, 7:00 p.m.
VFW Post Meeting, VFW Post 4647
3300 U Street, N.Highlands 332-5950

4th Tuesday, July 26, 7:00 p.m.
NH Community Planning Advisory Council (CPAC)
N.H. Community Center, 6040 Watt Ave. 332-9299

4th Wednesday, July 27, 7:30 a.m.
Breakfast w/Supervisor Roger Dickinson
Pancake Palace, 6225 Watt Avenue, N.Highlands

4th Wednesday, July 27, 7:00 p.m.
North Highlands Garden Club
at F.C. Joyce Elementary School
6050 Watt Avenue 332-4443

4th Wednesday, July 27, 7:00 p.m.
Embroiderer’s Guild of America (EGA)
SMUD Building, 6301 S St.961-3558

1st & 3rd Thursdays • July 7 & 21 • 1 p.m.
Sacramento Christian Writers
Ascension Church, Citrus Heights.

2nd & 4th Thursdays • July 14 & 28, • 6:30 p.m.
North Highlands Optimists’ Club
Pancake Palace, 6225 Watt Ave.

2nd & 4th Fridays • July 8 & 22 • 12:00 p.m. - 2:00 p.m.
Chronic Pain Support Group
Citrus Heights Community Center
6300 Fountain Square Drive, C.H. 773-5890

WEEKLY

Sundays • 3-5 p.m.
Widowed Persons Association
2628 El Camino Ave, Ste D-18 972-9722

Mondays • Noon - 1:30 p.m.
Conversaciones
Free Conversational English class for native Spanish and Russian speakers. Child Care provided
6015 Watt Ave. Suite 2, NH..... 679-3925

Mondays • 12 p.m.
Rotary Club of Foothill-Highlands
Lions Gate Hotel, McClellan Park481-4413

Mondays • 12 - 1 p.m.
Country Club Lions Club
Lunch
3636 Airway Drive (off Poplar & Watt). 752-6727

Mondays • 8-9 p.m.
Roundtable Alcoholics Anonymous (AA) Group
St. Andrews Episcopal Church
7850 Watt Ave, N. Highlands454-1100

Tuesdays • 9:15 - 11 a.m. **NEW LOCATION!**
TOPS (Take Off Pounds Sensibly)
Arcade Wesleyan CHurch.....
3532 Whitney Avenue, Rm 9..... 927-0643

Tuesdays • 12:30 - 5 p.m.
Pinochle Group
NH Recreation & Park District. 332-4551

Thursdays • 11 a.m.
Pre-School Story Times (age 3-5 yrs)
Community Room - Highlands/Antelope Library
4235 Antelope Rd, Antelope..... 264-2700

Wednesdays • 12-1 p.m..
Power Talk International Coaching in Effective Speaking
1600 9th Street, Room 150 B208-9163

Thursdays • 11:30 a.m., lunch at Noon
Harvesttime for Seniors
NH Community Center, 6040 Watt Ave.

Fridays • 7:30 a.m.
Birdcage Toastmasters
Mom’s Family Restaurant
7040 Sunrise Blvd., Citrus Heights 967-0943

Saturdays • 7:00 p.m.
Celebrate Recovery
Trinity Life Center
5225 Hillsdale Blvd., Sacramento 331-4087





Easy Mexicali Dinner

If you like a little mexican flavor to your meal, you can make close to the same dish using this receipe. If you would like even more spice, just add 1/2 cup of diced jalapeno peppers.

- 1 pound ground beef
- 1/2 cup chopped onion
- 6 ounces (3 cups) medium noodles, cooked and drained
- 1 1 pound can tomatoes
- 1 6 ounce can tomato paste
- 6 ounces (1 1/2 cups)sharp process American cheese shredded
- 1/2 cup sliced black olives
- 1 teaspoon salt
- 1/4 teaspoon dried basil, crushed
- 1/8 teaspoon pepper

Preheat oven to 350 degrees, Cook meat and onion in large skillet till onions are tender. Stir in noodles, tomatoes, tomato paste, 1 cup of shredded cheese, olives, and seasonings. Turn into 2 quart casserole dish. Top with remaining cheese. Bake for 45 minutes. Will serve about 6. Serve with a mexican style corn and mexican rice. Makes a great meal!!!!

Texas Sheet Cake

One of the easiest desserts to make on a pinch, is Grandma's Texas Sheet Cake. And it's really made from scratch!!!

Cake:

- 2 sticks of real butter
- 1 cup water
- 4 tablespoons cocoa powder
- 2 cups all purpose flour
- 2 cups granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 2 eggs
- 1/2 cup sour cream

Icing:

- 1 stick of real butter
- 6 tablespoons milk
- 4 tablespoons cocoa powder
- 1 pound powdered sugar (confectioners) shifted
- 1 teaspoon vanilla extract
- 1 cup chopped pecans (optional)

Preheat oven to 350 degrees, For the cake: combine the butter, water, and cocoa in a saucepan, and bring to a boil. Remove from heat. In a mixing bowl, mix together the flour, granulated sugar, baking soda, and salt. Add the butter mixture all at once, and stir to blend. Whisk the eggs and sour cream together; add to the batter and mix well. Pour the batter into an 18x12x1 inch pan and bake for 20 minutes.

Just before the cake is done; make the icing. Combine butter, milk, and cocoa in large, heavy saucepan and bring to boil. Add the powdered sugar and vanilla, and mix well. Ice the cake while it is still warm, and top with nuts if desired.

School Boarders...

CONTINUED FROM PAGE 1

There were a series of meetings in May to set the criteria and the next set will allow attendees to review the draft plans based on the criteria. Those meetings are set for:

WEDNESDAY, AUGUST 3 6:30 P.M.

Frontier Elementary School
6691 Silverthorne Circle,
Sacramento

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You may not have children currently in school, but your voice as a taxpayer and community member is important as the boundaries are set for your representation on the Twin Rivers Board.

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end, children under 12 years of age- FREE! for more information visit: www.pacificflyway.org. Look for the link to the 2011 show brochure.

DETAILS

Saturday, July 16: 9am to 4pm
Sunday, July 17: 9:30am to 4pm

at the DoubleTree Hotel
2001 Point West Way
Sacramento, California 95815.

1st Annual Community Wellness Fair

A free, family event, celebrating North Highlands, Antelope and Rio Linda Communities.

This event features local vendors and community booths including Kaiser Permanente. Children can participate in a fun workout,

coloring contests and also enjoy thev martial arts demonstrations. The purpose of this event is for families to find community resources for both their physical and mental well-being.

The event is July 9th from 9am-3pm at 6840 Watt. Ave. North Highlands.

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A Different Way to Cook Tri-Tip

BY STEVE WHITING

People of Northern Sacramento consider yourself lucky. Not only can we find Tri-Tip in practically every grocery store in town, but we know how to cook it, too. If you are thinking to yourself “what’s the big deal” then think about this. I am a contributing member of several BBQ forums with members residing not only in the United States but all over the world. I often share experiences with fellow BBQ’ers about different methods of cooking Tri-Tip and I have found that as we move east across the United States Tri-Tip becomes less and less available. I have spoken with many very experienced outdoor chefs outside of California who have never seen a Tri-Tip, let alone cooked one.

This is because Tri-Tip was originated in Central California, Santa Maria to be exact. In fact, the most popular method of cooking this meat is known as Santa Maria Tri-Tip. This method is very basic. Season the meat with Salt, Pepper and Garlic. Sear both sides over a very hot grill until nicely crusted and then move it away from the fire and allow it to cook throughout. Traditionally this is done on a Santa Maria Grill. You have probably seen one. It has a pulley system that raises and lowers the grate so you can adjust the amount of heat the meat is exposed to.



Well, I would like to introduce you to a different way to cook Tri-Tip. Smoke it. I have been doing this for quite some time and with very good results. Now Tri-Tip is not full of connective tissue like a Brisket so it will not take the better part of a day to cook. In fact smoking a Tri-Tip should take no more then 2-3 hours tops. The difference between grilling and smoking the meat is that by smoking it you will inject a very nice smoky flavor in the meat that will not be achieved by grilling.

Now if you already have a smoker, my guess is that you are pretty experienced with it and need no instruction from me as to how to fire it up. If you do not own a smoker, do not be discouraged. Smoking meat can easily be accomplished on most grills such as the popular Weber Kettle. Here is how you do it. If you do not already have one, I suggest you get what is known as a Charcoal Chimney. This is a cylindrical device used to light your charcoal before pouring them into your cooker.

Just bank a charcoal chimney full of unlit charcoal on one side of the charcoal grate and add a disposable aluminum pan half full of water to the other side. Light approximately 10 pieces of charcoal in the chimney and when completely lit pour over the unlit charcoal. By not igniting all the charcoal at once you are creating a low and slow burn. Add a couple chunks of your favorite hardwood, such as hickory and close the lid. While the cooker is coming up to temperature season your meat with Salt, Pepper and Garlic Powder or your favorite rub. When the cooker temperature reaches 225-250 degrees put the Tri-Tip on the cooking grate opposite the burning charcoal and directly above the water pan. This is called “indirect cooking” and will emulate the cooking method of a smoker. Keep the

cooker temperature in the 225-250 degree range throughout the cook by regulating the amount of oxygen entering it. You do this by adjusting the air vents. Flip and turn the Tri-Tip every half hour until it reaches an internal temperature of 135 degrees. Once there, remove the meat and let it rest for 15 minutes loosely tented with foil. This will allow the juices to redistribute within the meat and not be lost on your cutting board. Slice the Tri-Tip thin and against the grain. This will prevent the slices from becoming chewy. You can add BBQ sauce if you wish. I make my own but you can use any that you like. I hope you try smoking Tri-Tip and give me a yell and let me know what you think.

Enjoy!

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PETE’S COMPUTER SERVICE

BUSINESS SPOTLIGHT

Customer Service at Your Door

BY TINA FONTENOT

Prior to March of 2010, Peter Ly had been unemployed for just over a year. His unemployment benefits were about to run out, and rather than continuing to looking for a position within a corporation, Peter decided to venture out on his own. “I feel that with the current economy, had I not started my own business, I would not have found a job as of yet,” Peter said. With more than 20 years of experience in the computer industry, it was a natural switch for Peter to begin his current

business, Pete’s Computer Service.

“I started the business during a down economy and I’ve been keeping my overhead small,” was Peter’s response when asked how he’s been able to keep the doors to his business open during the ups and downs of the recent economic situation. He has also had the help and support of his family. During the year that he was unemployed, his wife was still working and his family helped them take care for their two small daughters. Peter says that without their support, he would not have had the opportunity to start his own business.





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When asked if he would do anything differently, Peter said, “I would have started my business sooner! I have freedom and security. I can set my own schedule, and I don’t have to worry about being laid off again.” He also said that while his income may be less than it was, it’s definitely better than no income at all.

Pete’s Computer Service is a success! Peter has had to update his system of tracking the computers that he has in for repair. Using a paper invoice worked just fine for him when he only had ten or so computers in the shop at one time. However, when he advanced to having twenty or more at once, he quickly saw a need for a more sophisticated system. Peter researched many options before deciding to purchase just the right computer program to resolve his dilemma.

All of his work, of course, comes with a warranty. He says that he usually even honors the warranty if it is slightly past the allotted time

frame. His customers are treated right and given the best pricing available because repeat customers is what Peter says keeps a business going. According to his web site, you can bring your computer in to him for \$79 for a full repair. If it works better for you, Peter will come to you for just \$129 for the same full repair. That’s customer service to the max! Computer repair at your location, on your time – you can’t beat that!

For more information or to contact Pete’s Computer Service, you can call 916-585-4357 or visit the web site at www.petescomputer.com. There is a web form you can fill out for Peter to contact you. Peter’s philosophy is “if we can’t fix it, you don’t pay”. So it’s a win-win situation! Let Peter know how he can help you, and don’t forget to mention his name the next time you hear someone say they have a problem with their computer.

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Protect Your Local School During the Summer Break

During each vacation break, a number of schools in our district experience differing levels of vandalism, sometimes causing extensive damage. Sometimes the damage is covered by insurance, but the resulting claims can cause insurance rates to increase. Schools are a valuable community investment, and when repairs are necessary, it increases the cost to our schools and eventually to local taxpayers.

There are two ways that local neighborhoods can help protect their investment. If you see anything on a campus that doesn't seem right, the Twin Rivers Police Department (TRPD) can be reached 24 hours a day, 7 days a week at 566-2770. TRPD is also contracted to protect school campuses in the Center Unified School District and many local parks.

In addition, the WeTip School Safety Program is a totally anonymous

crime hotline which has been in place for more than 33 years. It provides parents, students, and the public with a 24-hour toll free hotline to call with tips on any type of crime that occurs on school property. It can also be used to report crimes that may be anticipated, such as discussions overheard. If the tip pans out, the party reporting the tip is eligible for a reward of up to \$1,000. The program does not cost the district a single penny, as it is funded by the Schools Insurance Authority. The WeTip Number is 1-800-78-CRIME (27463).

Whether you call TRPD or WeTip, it is most important that community members get involved and become the extra eyes on our campuses this summer. When you help stop a crime in progress at a school, the savings are passed on to classrooms.

Get Fit and Have Fun with Champion Junior Scots Football



Junior Scots teams topped their league in several age groups last year.

Looking for a fun way to ensure your children stay fit this summer and fall? The North Highlands Junior Scots Football program is a great way to get them involved. Kids will learn the basics of football, get into great shape, and most importantly, learn what it takes to create a championship level team.

Football & Cheer season is around the corner, and teams fill up fast. Highlands Junior Scots Football and Cheer sign-ups are every Thursday at Round Table Pizza on Elkhorn and Walerga from 6-8pm. You can also find registration information online at www.highlandsjuniorscots.com or find the group on Facebook.

Reading Rockets, PBS & the Women's Club

Reading Rockets is a partner with the GFWC Antelope-North County Women's Club. The General Federation of Women's Clubs, GFWC finds worthy organizations to partner with so all of the many clubs can work with the projects of these organizations and help their communities. Reading Rockets is a national multimedia project that has information and resources to help young readers read better by producing award-winning PBS television programs about reading and education. You can watch the shows when they are broadcast by your public television station, or watch online anytime.

The aim of Reading Rockets is to inform and inspire parents, teachers, child care providers and others who touch the lives of our children by providing accurate, accessible information on how to teach kids to read and help those who struggle.



This project is guided by an advisory panel made up of researchers and experts in the reading field. The project produces and distributes research-based PBS television programs, on-line services at no cost to the parents and educators of children.

Some of the programs that Reading Rockets has are websites for Colorin Colorado for Spanish speaking parents and English Language Learners (ELLs) teachers, The Launching Young Readers website which is a companion to ongoing TV series on PBS. A Tale

of Two Schools goes with the Reading Rockets award winning documentary. So check out these websites and if you would like to learn more about Reading Rockets go to www.readingrockets.org. Also you can check out the GFWC procedure pages at www.gfwc.org Club Manual, Education Partnerships.

Does this sound like something you would be interested in? We would love to see you on September 10th at 11:30 am at the Super 8 Motel located on Madison Ave just off the freeway. If you want to learn more about what we do check out GFWC Antelope-North County Women's Club and GFWC California Federation of Women's Clubs on Face Book, like us! Call Dori at 332-7133, e-mail us at antelopeCFWC@comcast.net. This year's October Seminar will be October 1st at the North Highlands-Antelope Library on Antelope Road. We will be learning more about Foster Care & what we can do to help. We hope to see you in September and at the Seminar.

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Frontier Elementary School Teacher Honored by Barnes and Noble



Frontier Elementary student Jierel Almario reading the winning poem to his teacher, Mr. Emerson.

Frontier Elementary School teacher, Doug Emerson, received a nice surprise this spring when he was informed that one of his students nominated him as his favorite teacher. As part of the program competition, sixth grade student Jierel Almario submitted a poem to a Barnes and Noble Bookstore to nominate Emerson.

Almario's poem about Emerson was selected from among all of the poems in the competition. In the poem, Almario recites a number of reasons Emerson is his favorite. "He gave me the confidence and support that I need, made me believe

in myself so that I would succeed." Almario also mentions the teacher's use of technology in the classroom, "Mr. Emerson's high tech teaching makes studying more interesting. As a 21st century kid, I truly believe this is what I need."

Teacher and student were honored at a reception on April 15. Mr. Emerson was presented with a special award and a set of ten Sterling Children's Classic books that he plans to share with future students in his Frontier Elementary class.

CAA Students Experience the Wild Blue Yonder

California Aerospace Academy will be launching a new program for the summer. Targeting students entering the seventh grade in the fall, students from all over the greater Sacramento are invited to attend this one week free summer camp. The Gateway Academy Summer Camp combines the efforts of the Society of Manufacturing Engineers Education Foundation (SME-EF) and Project Lead The Way (PLTW) who have invested money and technology to inspire young people to explore technical careers. Students attending this camp will be engaged through project-based, hands-on and real-world problem-solving activities some of which are: making a human knot, building a desert shelter, role-playing plane-crash survival, creating a spacecraft, building and racing a car that runs on solar energy, firing missiles, and many more fun activities.

The camp will be held at the California Aerospace Academy in McClellan Business Park. Camp dates are August 1 – 5. For more information or to sign up to attend, call the school at (916) 286-5101. You do not have to be a CAA student to attend. Hurry, classes are filling up fast.

New Whooping Cough Vaccine Required for 7th-12th Grades

For the 2011-12 school year, a new State law now requires that all incoming 7th-12th graders get a whooping cough booster shot, called Tdap(Tetanus, Diptheria, Pertussis), before entering school. Students who have not received this booster shot prior to the beginning of the school year will not be allowed to start school.

Schools are encouraging families to contact your child's doctor now if your child hasn't yet received a dose of the Tdap booster vaccine to schedule an immunization appointment. Some children may qualify for free immunizations through the Vaccines for Children Program.

Pertussis, also known as whooping cough, is widespread throughout California. This vaccine can help keep your child and family protected.

California Aerospace Academy Celebrates its First Graduating Class



On June 3, six proud students from the California Aerospace Academy received their diplomas for completing the rigorous course of study provided by this 4 year old public charter school. At a venue that promoted the aerospace theme, students, parents, staff, and friends participated in the commencement ceremony at the Coast Guard Air Station Sacramento.

With a C-130 aircraft as a backdrop for the staff dressed in academic robes and graduates in navy blue, the hour long ceremony highlighted the students' accomplishments throughout their high school career. Guest speaker, Gary Munson, SFC (Retired) Deputy Director of StarBase Academy of California, gave an inspirational talk about the future and presented each graduate with a challenge coin. Other speakers for the evening included principal, Cheryl Bremer, class advisor, Kristin

Schroeder, and student Coreon Henderson. Mr. Henderson was also presented the Dr. Lee Negri Memorial Scholarship for his community work and love of the outdoors as espoused by Dr. Negri.

As this First Class event came to a close, the graduating seniors gave yellow roses to parents, friends, and staff who they wished to thank for their success. Gateway Community Charters Board of Directors Vice President Bruce Mangerich presented the graduates with their well-earned diplomas and each graduate was congratulated by GCC Superintendent/CBO Dr. Cindy Petersen as well as other members of the GCC and CAA staff. Members of the 2011 California Aerospace Academy graduating class included: Andre Chavis, Lisa Edwards, Seandalynne Hardwick, Coreon Henderson, Stephanie Lupsa, and Devon Shoffner.

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Rio Linda Elverta Chamber

PRESIDENT’S MESSAGE

Welcome to the fun days of Summer. With the Fourth of July, BBQ’s, Baseball, and Concerts in the Park, bringing a time to enjoy the outdoors and our Families. Isn’t it great to get those cool summer evening Delta Breezes.

I am reminded that we have so much to be thankful for. During this past year, I have met a lot more people in our community because of my involvement in the Chamber. We have so many people in our community that are talented, caring, giving, and nurturing. With these assets our community has the ability to take on the challenges ahead of us during the next few years and the opportunity to influence where we will be as a community ten years from now. (Safe CU), Linda Waldeck (Elkhorn Equestrian Center) and Pat Lee (FoodSource). Special thanks to retired Director Norma~Lee.

These people, with all of their responsibilities with their businesses and in their personal lives have continually stepped up to the plate and continued to give of themselves to the benefit of our Community.

Have a Safe and Happy Fourth of July. Best wishes from your RLE Chamber of Commerce!

Hal Morris,
President, RLE Chamber

PS: Thank you Doug Ose for saving a part of our history and helping insure future Family Memories!

FUTURE CHAMBER MEETINGS

Our RLE Chamber meetings are held at 5:30pm on the second Wednesday of each month.

On Wednesday, July 13th we will meet at The Depot. We will have a presentation from The Sacramento Regional Threat Assessment Center by Pat Cole and retired Deputy Chief of Police for the City of Sacra-

mento, Matt Powers. Pat and Matt are making presentations around the greater Sacramento area for the US Department of Homeland Security. They have a 30 minute Power Point presentation that focuses on helping community members recognize and report activities that may involve domestic or foreign terrorism. Every day people, neighbors, business people and retailers are in a position to recognize activities that should be reported to someone in law enforcement can determine if there is a threat to our public safety. The website for homeland security is: www.sacrttac.org if you’d like more information.

COMMUNITY CHALLENGE

The Rio Linda Elverta Chamber challenges all LOCAL SERVICE CLUBS, Organizations, Church’s, Businesses and Families to support Community Groups that are selling fireworks. Our Chamber has two booths again this year with one at the Foodsource and one at the Safeway shopping centers.Total fiscal year dollars, to date, given back to our Community is \$23,000 and counting.

2011 SCHOLARSHIP WINNERS

Pictured below is the RLE Chamber’s 2011 Rio Linda High School Scholarship Winners. From the Future Business Leaders of America is Courtney Saephan and Junior Reserve Officer Training Corps is Rhonda Breschini.

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What to Expect from a Golf Lesson

BY MARK HATALA



When you take a golf lesson, what do you expect to happen and should you see immediate improvement? Most of you want help with striking the ball more consistently. The first thing to do is to make sure you know how to strike the ball. A simple way to find this out is to have your instructor watch you chip and pitch. Your technique will provide enough information to diagnose the problems you are having in your full swing. Once your instructor has diagnosed the problem, then you should just stay with chipping and pitching to correct or make better your technique. Improvement in your short game can be more immediate than

in your full swing because the swing is short and you are not trying to hit the ball as hard as you can. You have to learn to finesse and control your ball and once you learn this, improvement in your full swing will follow. After you have worked on your short game for thirty minutes, before you move to the driving range, your instructor should have you do some drills that will help the transition to the full swing.

Don't be in a rush to get to the range and start striking balls. You need to "work" your swing without hitting balls first so you can "affect change" in your swing. If you don't, you will revert back to your previous way. Once you have really "worked" your swing, then try swinging at a few balls. You should see a change starting to occur and better ball

SEE GOLF LESSON, PG 14

Course Highlight: Cherry Island



A new view from hole number one – previously number 10. Cherry Island Golf Course has flipped the front and back nines, and is currently renovating the old number one..

BY JIM SHIELDS

Taking a new look at an old friend as Cherry Island has undergone some fantastic changes over the last few months. It is not the same old track if you haven't played it in a while. Cherry Island is an eighteen-hole, par 72 public golf course that is nearly 6,600 yards in length from the championship tees. This modern course, with large, undulating greens and pristine surroundings, will challenge golfers of every age and ability level. The unique layout of the course is further enhanced by Dry Creek and Sierra Creek, which both wind their way through the property.

They have a large and fully stocked Golf Shop where the guys are very friendly and eager to share the conditions and flow of the course and rounds. The practice range with both natural and artificial turf tees, practice putting and chipping greens, and a practice bunker are among one of the best practice

facilities in the area. You can cover all your skill sets and practice plans out here.

The course has a friendly atmosphere and challenging holes that are in great shape. The greens were immaculate. Our tee time went as scheduled and they don't overcrowd too many players which is key to playing a good round of golf. This is a far cry from the Cherry Island I learned how to play this game on over twelve years ago. That was the stereotypical muni course; poor upkeep, uneven and unhealthy greens and tee boxes that looked like a bad backyard. Well, that Cherry Island is dead and gone. Empire Golf has taken over the operation of the complete facility and done a marvelous job at creating an inexpensive and challenging layout that is well kept and fun to play. The greens are some of the best I have played in the area and roll the ball

SEE CHERRY ISLAND, PG 14

Science Discovery Weekends

July 2011



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JULY 2ND & 3RD - FOURTH OF JULY FUN

Three cheers for the red, white and blue! Enjoy a visit to the Discovery Museum this holiday weekend with a self-guided tour of our *Space Quest!* exhibit. Kids show patriotic pride by crafting an old favorite, a star-spangled waver.

Don't forget to purchase your fireworks from the booth at the Museum!

JULY 9TH & 10TH - SHUTTLES PAST & PRESENT

The final shuttle launch is scheduled for July 8, 2011. Learn about Atlantis and the other shuttles used for the past 30 years. Don't miss this opportunity to teach children about the historical importance of NASA's shuttle program. Kids make and take a shuttle craft.

JULY 16TH & 17TH - VOLCANO BLAST!

As we celebrate 60 years of science milestones, we remember the volcanic eruption of Mount St. Helen's in 1980. Learn about volcanoes and their impact. Kids complete a paper volcano craft. Each family can collect a volcano postcard set (as supplies last). Volcano demonstrations will take place in our classroom.

JULY 23RD & 24TH - DINOSAUR DAYS

Commemorating decades of science milestones, we recollect the 1980 Alvarez hypothesis which proposed that dinosaur extinction was caused by a giant asteroid hitting Earth. A small dino display & craft will be available.

JULY 30TH & 31ST - THERE'S A HOLE IN MY OZONE

Another science milestone was the announcement of the ozone hole in 1985. Learn about ozone and methods to reduce ozone pollution. Kids craft a UV bracelet. The film, *The Next Frontier: Engineering the Golden Age of Green*, will be showing in our classroom and available for purchase.

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Golf Lesson...

CONTINUED FROM PAGE 13

striking along with the change. “Working” on your swing does not mean you visit the range and hit a couple buckets of 100 balls each.

YOU HAVE TO AFFECT CHANGE IN YOUR SWING, and then improvement will come. “Working on your swing” means doing those drills and exercises that will help you change the course of your swing. Doing a video of your swing is also helpful so you can see what’s going on so you understand the changes that need to be made. If you have taken lessons before and have not seen any improvement, it is because you most likely didn’t work your swing and also practice between and after the lessons wasn’t frequent enough.

So how do you find time to practice? By writing out a time management plan. You will be astonished at the number of hours that we waste every day. And by the way, practice doesn’t mean you have to go to a practice range. Using your time



management plan, you CAN find the time to practice. You can do the drills and exercises in the comfort of your home. After a golf lesson, you should see some improvement in the practice area, but taking it to the course and seeing results there happens over the long haul. Your golf instructor can help you diagnose the problem and provide solutions, but you as the student also have to help yourself and “work your swing.”

www.markhatalagolfacademy.com

Cherry Island...

true. They are challenging because of the slight undulations and level changes that come into play.

Some big changes are going on at Cherry Island. Gone is the right angle 1st hole. The new number one tee is the former number 10. It has been lengthened to a par five that plays 456 yds. The former number one is under construction and will return as a par three playing up to 210 yds from the back tees. This gives the course a new look as the former back nine played harder than the

front and now can be tackled when a player is fresh. Look for the par 3 tenth to be finished before the end of the summer and in full rotation in the fall.

Cherry Island is a nice course, definitely a unique layout and a good value! I recommend it as a home course for those who want to have fun as well as find new ways to challenge themselves on the same course over and over. Come, play Cherry Island again for the first time.



Start fresh on the more challenging side of Cherry Island with the par-5, hole number 1.

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Tips to Prevent Road Rage Incidents

You are driving down the freeway when a car zips right by and cuts in front of you. You can speed up next to the driver and begin honking your horn, or you can continue driving at a safe speed, not allowing the incident to bother you. Reacting with anger when other drivers are being reckless can potentially lead to a dangerous situation. A growing number of road rage incidents have led to serious injuries and even deaths. The California Department of Motor Vehicles wants to advise motorists on how to avoid aggressive drivers and potential road rage incidents.

Being courteous to other drivers and using sound judgment is extremely important when driving on a congested road. The following are driving habits that you should avoid in order to relieve congestion and possibly prevent other drivers from

becoming hostile:

- **Rubbernecking:** Don't slow down to look at collisions or anything else out of the ordinary
- **Tailgating:** Keep a safe distance between you and the vehicle ahead of you at all times
- **Unnecessary lane changes:** Avoid weaving in and out of lanes
- **Inattention:** Ignore distractions such as eating, grooming, talking on a cell phone, text messaging, reading the newspaper, etc.
- **Inadequately servicing your vehicle:** Maintain proper upkeep of your vehicle to avoid engine or equipment malfunction or running out of fuel



Aggressive driving and road rage happen when drivers become frustrated with crowded roads because they are in a rush or simply impatient. It's all too easy to react to a situation where you become the aggressive driver and initiate a potentially violent situation. To ensure that anger does not get the best of you, follow these tips when hitting the road:

- **Plan ahead:** Allow plenty of time to reach your destination
- **Look before you change lanes:** Check your mirrors and your blind spots. Do not cut off other drivers
- **Watch your speed:** Don't drive too fast and don't drive too slow in the

left (fast) lane

- **Do not tailgate:** Pay attention to the distance between you and the car ahead of you
- **Never initiate contact:** Do not make gestures to other drivers
- **Do not attract unnecessary attention:** Use your horn for emergencies only

If you happen to come across an angry driver, it is very important not to interact with them. Never make eye contact, and always keep a safe distance from the driver. Be sure to call 911 and report the driver so his or her reckless behavior can be appropriately stopped as soon as possible.

Road rage can quickly turn a small incident into an unsafe situation. Keep these tips in mind when hitting the road especially during 6 a.m. to 10 a.m. and 3 p.m. to 7 p.m., common times for congestion on roads. For more information on how to handle road rage and to take a quiz to find out what kind of driver you are, please visit www.DMV.ca.gov.

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REAL ESTATE

Selling A Tenant Occupied Property

BY TERRIE HUNT

If you are thinking of selling a Tenant-Occupied property, there are a few challenges you may face. The first thing you must decide is whether to put the house on the market with the tenants still living in the home, or to wait until they move out. There are pro's and con's to either decision. Not only will the lives of your tenants be affected, but your decision will also affect your income situation.

One advantage to selling the property with tenants in it is that you will continue to receive income while your home is being marketed and sold. That can also be an attractive selling point to buyers who are looking for 'income property'. The fact that there are tenants already in place can be a positive selling item. Remember that selling a rental property is the same as selling an owner occupied home when it comes to curb appeal and maintenance. Be sure your tenants are

keeping the home in good condition inside and out.

Another point to consider is whether your tenants will be cooperative while selling the property. This not only pertains to the appearance of the property, but in the cooperation with your real estate agent and the agents who would like to 'show' the property. If the residence isn't being seen by buyers because of uncooperative tenants, the property can't be sold in a fast and smooth manner. Be sure to have your real estate agent set up a schedule with the tenants that is convenient for everyone.

If you determine that your tenants may not be open and cooperative in the sale of the property it may be a better decision, in the long run, to wait until the tenants have moved. In some cases a disgruntled tenant can do more damage than good to a property that's for sale. They can sabotage the sale in a variety of ways; this can include anything from not maintaining the property, refus-



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ing or declining a 'showing', or telling potential buyers everything that is WRONG with the property. This scenario may cost you more down the road than the rent you receive. The general rule of thumb is: the longer a piece of property is on the market, the more value it loses. Also, if there are major repairs that need to be done, it may be easier to complete them while the property is vacant.

In either case be sure to weigh your options thoroughly before deciding. If you're not sure which avenue you should take, contact a real estate professional for guidance. Be sure that he/she has experience in selling rental properties.

Terrie Hunt is an "Outstanding Life Member" of the Sacramento Association of Realtors, DRE #01213387, and Broker/Owner of River Ridge Realty. Terrie can be reached at (916) 663-6300.

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The Plant Lady — Recovering from Untimely Weather

BY RENÉ LINDSEY

Has this weather been crazy or what? Unfortunately, all of the weeds were thriving from it last month, and bacteria were running rampant along with fungus and disease, the newest next of kin.

First, let's focus on our weeds in our vegetable garden and the soil nearby. Recently, brought to my attention by one of you, was the problem of nut grass (not sedge). This grassy weed appears overnight and soon gets 6-8" tall and spreads. Although it comes up easily, there is a little nut located at the root base, and when you pull the weed up, the little nut stays in the soil and multiplies into even more weeds. This weed thrives in soft, loose, plowed soil so no wonder it's found in and near our gardens and flowerbeds. Yes, they can even appear in pots if a bird decides to help you out there. Ortho has a product for weeds, which indi-



cates nut sedge on the back of the label; however, it kills the weed but does nothing (in my opinion) to sterilize the seed underground. The only problem is keeping it away from the plants and root systems.

My Grandma, going on 90 and still kicking, uses black plastic and covers the area and leaves it there long enough to kill all of the surficial foliage. Depending on the sun's decision to shine, this season will tell you how long to leave it on, usually a week. After that, lift the plastic, remove all the dead weeds, rake to loosen soil if compacted, and reapply plastic another week or two. What we want to do is heat it up and kill the nut. This will actually kill off any other weed seed as well. I still strongly advise to spread straw as a mulch thru your hoed rows and around the plants after. FYI, nut grass won't grow where straw is applied, so keep in mind for the future. Now our biggest issue so far this month is the yellowing,



Fusarium's Verticillium wilt.

etc., of our matters. The two most common culprits are the Fusarium's Verticillium wilts. These wilts are not prejudice and they are 100% opportunistic. This has been the buzz on Facebook this week and I have encountered multiple attacks. There is no good news about this fungi. Its organisms enter through the roots (usually young to mid life) and flow through the water conducting vessels into the plant. At first your plant may appear wilted and you will assume it needs more water, and as you do so it appears to recover by that next morning then wilt again and so on. We are actually drowning the plant (yellowing occurs) because the vessels are blocked and the water supply is not going from the root, through the plant and evaporating through the leaves. This is just an awful situation. Pretty soon the whole bottom of the plant is yellowing. Leaves start curling, turning brittle brown and falling off. This is not always fatal for the plant; however, you are not limited to a smaller low yielding crop. You may decide to ride it out and harvest what you can, but remember this is a soil borne pathogen and can live in your soil for years. If you encountered this last year, look for it this year.

Fusarium wilt will begin in your tomatoes as brown veins running along the stems and vines and the lowermost mature leaves are affected first, then travels upward in the plant and usually attacks one side of the leaf and plant. You can cut into a stem and look for brown discoloration inside to know for sure. Verticillium wilt is similar. Its discoloration is not as bright a yellow, more tan in color and usually stays at the bottom of the plant and does not travel to the top of it. It attacks

both sides of the leaf, and pepper plants can get this as well. So can potatoes.

If you have/use a container garden, when you discard your soil, tie it in a trash bag before you throw it away. Don't dump it anywhere. Use a bleach solution or any cleaner containing sodium hypochlorite 1:10 and rinse thoroughly. I recommend Kellogg Patio Plus as your complete potting soil. It has kelp meal, bat guano, and chicken poop in it and it contains mycorrhizae, which is a beneficial fungi.

If your garden is in the ground, remove affected plants. Now would be best, to stop the spreading, but you may choose to take the risk and chance to get what you can. The best chance we have for soil eradication is to solarize it by covering the soil area in clear plastic for 4-12 weeks, depending again upon our sun's willingness to shine for us. This will destroy both wilt pathogens at least 6" down in the soil. Make sure after you remove the plastic you remove ANY growth of plants as weeds that soon emerge. They may provide as a host for the pathogens to attach to and survive. Whew.

And for some good news, I took my PC to the doctor and its new parts came in today. So I will be able to participate on my Blog. So send in questions and remember the scarecrow contest. We've got to have pictures, and remember, NO using your kids. He-He-He. My surgery on my neck is July 7th, so I'm gonna need the laughs. Be as creative as you wish.

Love Always,
Your Plant Lady

PS: If you have to replant your tomatoes, here are some of the disease resistant ones, good for our area. Look for an F or V resistancy on the label: Super Steak, Better Boy, New Yorker, Celebrity, Heinz, Big Girl, Beef Master and JumboYorker, Celebrity, Heinz, Big Girl, Beef Master and Jumbo.

E-mail René your scarecrow pictures, thoughts, questions or concerns at:
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Summer Fun: Escape to San Francisco

BY **TINA FONTENOT**

Summer time is the perfect time to get away. If it's not the right time for you to go very far – according to your budget or work schedule – there's a nice place just a hop, skip and a jump away. And it's generally 10-20 degrees cooler there. You just hop into your car and on to I-80, skip across the Bay Bridge and jump into fun for you and your significant other or even the whole family. San Francisco is definitely a treat! It especially sounds great today, as it's currently 100 degrees in Sacramento, while San Francisco sits sunny and comfy at 78. That's a big difference. So not only can you get away from all the hubbub of life-as-usual, but you can enjoy the sunny days without the intense heat!

There are so many fun things to do. Pretend you're a tourist and go sightseeing. Fisherman's Wharf/Pier 39 has so many things to offer. You can make of day of it at just that

one location. There is a ferry you take across the bridge to Alcatraz. If you've never been, or have family visiting that have yet to visit the rock, you won't be sorry. Make sure you wear comfy shoes, though, because it's quite a hike to top! Check out www.fishermanswharf.org.

Just down the way from Pier 39 there's a Rainforest Café that is a big hit for kids and adults. They have periodic thunder and rain storms, complete with lighting and trumpeting elephants. There's a gift shop with things you can't find in other stores, too. Not too far from there, you can visit the Ghirardelli Square that has the famous chocolate. It's like a mini city! They have a hotel – the Fairmont Heritage Place – right at the Square that you can stay at, if you are so inclined. The cable car turnaround is just one block west, so that is a fun way to travel to or from the Square. For more information, you can visit their website



at www.ghirardellisq.com.

Union Square is another place to visit. There is a Macy's that has a Cheesecake Factory on the top floor where you have the option to dine outside with a spectacular view of the city. Even though there is usually at least a 20 minute wait, you can put your name in and take your pager and go do a little shopping while you wait. It's great fun.

Summer is also a good time to take in a ballgame. You can easily make an Oakland A's game and/or a Giant's game part of your trip. Great prices on tickets are available on the San Francisco Bay Area Craig's

List site – sfbay.craigslist.org. Many times the tickets that are listed on there are being sold by Season Ticket holders that aren't able to make all of the games, so the prices are pretty reasonable. A great resource for many things to do in San Francisco is www.sanfrancisco.travel.

With San Francisco being just under two hours away, you can make it a day trip or make a plan to stay for several days. You can get fantastic rates on two, three, or even four star hotels by visiting Priceline.com or LastMinuteTravel.com. With Priceline, you can see what people have paid recently, or name your own price. When you Name Your Own Price®, you can save up to 60% off the current rack rates at very nice hotels. A few months ago, I was able to get a very nice room with two double beds for under \$100 at a three-star hotel in South San Francisco by using Priceline. So click your way to good deals on the web before hopping in the car! Stay tuned next month for more information on using the various travel web sites that are out there.

North Highlands – Antelope Library Programs for July

TODDLER TIME

(for 2 year-olds accompanied by their parents or caregivers)
Registration is not required.
Admission is free.

Tuesday Mornings at 11:00 a.m. in the Community Room

PRESCHOOL STORYTIME

(for ages 3-5 years old--parents or caregivers are welcome)

Thursday Mornings at 11:00 a.m. in the Community Room. Registration is not required. Admission is free.

Pre-readers, School-age Children, Teens and Adults! Sign up for Summer Reading Club 2011. Read books, enjoy library programs and activities, win prizes and more at the library! See our website sac-library.org or visit North Highlands-Antelope Library for more details.

KIDS PROGRAMS:

Thursday, July 7 @ 4:00 p.m.: Around the World in 80 minutes: Countries and Cultures Collage Crafting.

Join us for creative fun as we assemble pictures, maps, and colorful papers into our own masterpieces. Free admission.

Thursday, July 14 @ 4:00 p.m.: Treasure Mapmaking

We will draw maps using quills/calligraphy pens and ink. We may

even hunt for a little treasure. Free admission.

Thursday, July 21 @ 4:00 p.m.: Around the World with Nature's Critters

Lisa Seto will feature animals from six of the seven continents in this fun and educational program. Free admission.

Thursday, July 28 @ 4:00 p.m.: Finger Painting

Kids of all ages: prepare to get messy with fingerpainting fun. Free admission.

JUST FOR TEENS:

Wednesday, July 6 @ 4:00 p.m. Anime Club

Select and watch featured anime DVDs! Enjoy Japanese snacks while discussing new and classic anime shows. Refreshments are provided courtesy of the Friends of the North Highlands-Antelope Library.

Wednesday, July 20 @ 4:00 p.m. Comic Battle: Japan vs. USA

Learn about the differences between Japanese and American comics and graphic novels and more! Refreshments provided by the Friends of the North Highlands-Antelope Library.

Wednesday, July 27 @ 4:00 p.m. Harmony Henna

Come learn about this ancient, beautiful form of temporary body

art, and adorn your hands and feet with intricate designs. Materials will be provided.

ADULT PROGRAMS:

Introduction to Computers

- Friday, July 1 @ 10:00 a.m.
- Friday, July 8 @ 10:00 a.m.
- Friday, July 15 @ 10:00 a.m.
- Friday, July 22 @ 10:00 a.m.
- Friday, July 29 @ 10:00 a.m.
- Friday, August 5 @ 10:00 a.m.

Do you need to use a computer for the first time? Ready to learn what the fuss is about, but aren't sure where to begin?

This six-week course is designed specifically for those who are brand new to computers, especially for users aged 55 and up. Funded in part by a grant from the OASIS program, these introductory classes will introduce the mouse and keyboard, working in Windows, using Microsoft Word, navigating the Internet, and using e-mail.

Summer Reading Adult Program. NOTE: registration is required, and taking all six courses is highly recommended.

MYSTERY BOOK CLUB

Saturday, July 23 @ 10:30 a.m. and continuing the Fourth Saturday of each month @ North Highlands-Antelope Library in the community



room. All mystery book readers are invited. Free admission.

MYSTERY BOOK CLUB SELECTION FOR JULY 2011:

- Cold Case by Linda Barnes
- Case Histories : A Novel by Kate Atkinson

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Magazines for \$.25, Paperbacks for \$.50, and Hardcover for \$2.00. All of the proceeds from the book sale are used to purchase new materials or sponsor programs for your library. We appreciate your donations of gently used books, CDs, DVDs, and newer magazines for our Friends of the Library sales.

The next meeting of the North Highlands-Antelope Friends will be held Wednesday, July 20 @ 11:00 a.m. Newcomers welcome!

Become a Friends of the Sacramento Public Library—North Highlands--Antelope Library affiliate member and support your local library. Your involvement helps our community thrive!

Sudoku

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusively.

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

DIFFICULTY RATING: MEDIUM

July Crossword

For the solution to these puzzles, see page 22 or visit www.NorthSacNews.com.

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17				18						19				
20									21					
				22				23						
24	25	26	27				28					29	30	31
32						33					34			
35					36					37				
38					39					40				
41				42					43					
			44					45						
46	47	48					49				50	51	52	53
54						55								
56					57						58			
59					60						61			

Crossword puzzle provided by BestCrosswords.com. Used with permission.

ACROSS

1. Barbecue fare
5. Sacred song
10. Rock clinging plant
14. It’s blown among the reeds
15. Home _____. Culkin movie
16. Between ports
17. One recording the past
20. Edible snail
21. Upcountry
22. Bad-mouth
23. Unit of computer memory
24. Hurry
28. Meadows
29. Doo-wop syllable
32. Capital of Ghana
33. Saturate
34. Yours, in Tours
35. Study of communicative attitudes
38. One hunted
39. Debatable
40. Invalidate
41. Evergreen tree
42. Epic narrative poem
43. Fourth highest peak in the world
44. Asleep
45. Handwoven Scandinavian rug
46. Neck scarf
49. Hair clasp
54. Kind principles
56. One-named supermodel
57. Pierces
58. Streetcar
59. Attention-getter
60. Manifest
61. Antitoxins

DOWN

1. Architect Mies van der ____
2. Large wading bird
3. Winter pear
4. Bristle
5. Edge
6. Mixed bags
7. Bender
8. Chang’s twin
9. Japanese dish
10. Sap tree
11. Dept. of Labor division
12. Observed
13. Reddish-brown gem
18. Severe experience
19. Formicary residents
23. Humdinger
24. Glad
25. Without ____ in the world
26. Metal fastener
27. Salver
28. Company emblems
29. Episode
30. Hoax
31. Bridal path
33. Headband
34. ____ extra cost
36. Contagious skin infection
37. North African desert
42. Abba of Israel
43. Ancient musician
44. ____-garde
45. Less common
46. Small piece of wood
47. Jamaican exports
48. Latin I word
49. Exposed
50. Tolkien tree creatures
51. Air-filled rubber hoop, become fatigued
52. Boris Godunov, for one
53. Anarchist Goldman
55. Mazel ____;



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Animal Care Reminds People to Get Their Pets Ready For Summer

A few simple precautions can help your pet beat the heat.

Warm weather has finally arrived in Sacramento, and the County Animal Shelter is reminding pet owners of the importance of taking certain precautions to make sure their animals stay safe and cool during the hot Sacramento summer months.

“Pets are completely dependent on their owners to take care of them, and it is important that people stay alert to their pets’ health and well being,” said Dave Dickinson, Interim Animal Shelter Director. “One of the more common instances we see of endangering pets’ health is dogs left in cars in hot weather. All it takes is a few minutes for a dog to succumb to heat stroke.”

Below are some tips on how you can help your pet get ready for summer:

- Never leave your dog in a parked car: Even cracking a window

won’t protect your pets. It is against the law in California and is punishable by a fine.

- Avoid extreme heat: When temperatures get above the 90s, take your pet inside. For outdoor pets, be sure to provide them with plenty of fresh, cold water in a tip-proof water dish, and shade for them to cool down.
- Don’t exercise with your pets when it is too hot: Older and certain long-haired dogs can be particularly susceptible to heat, and hot asphalt can burn their paws. Exercise in the early morning or evening and make sure both of you have plenty of water. It will be easier on both of you.
- Use sunscreen: Pets get sunburned just like people, and if your pet has light skin, they can be particularly susceptible to a painful burn. Use sunscreen on sensitive areas, such as ears or nose to make sure your pets are protected.

- Don’t take your pets to crowded summer events: The heat, noise, and crowds can be overwhelming to your pet. It is best to leave them at home in a quiet, cool environment.
- Secure your dog during transport: Make sure your dog is secured safely in your vehicle or tethered by a rope or chain in the bed of your truck to prevent the dog from falling or jumping from the vehicle. Transporting animals without properly securing the animal on a public highway or public roadway (exceptions for working dogs within agricultural or rural areas) is against the law in California and is punishable by a fine.
- Be your pet’s lifeguard: While swimming can help some pets get exercise without overheating, always supervise your pets when swimming either in a pool or in area waterways. A dog could get tired, particularly if it is in the river, and may have to fight against currents.

If your pet has been exposed to high temperatures...

- Be alert for signs of heat stress including heavy panting, glazed eyes, a rapid pulse, unsteadiness, staggering gait, vomiting, or a deep red or purple tongue.
- Move your pet immediately to the shade to help lower its temperature. Apply cool (not cold) water to the pet, or apply an ice pack or cool towel to your pet’s head, neck, and chest.
- Take your pet to a veterinarian immediately. It could save its life.

If you should see animals in danger or potential neglect or abuse cases, please contact the Sacramento County Animal Services to report the issue at 916-368-PETS (7387).

Information gathered from the Dumb Friends League, the American Society for the Prevention of Cruelty to Animals, the Sacramento Society for the Prevention of Cruelty to Animals, and the Sacramento County Animal Care and Regulation.

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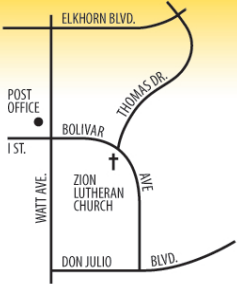
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A Purpose Driven Church

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PASTOR BILL ELLIS Director of Education & Youth - Rick Barklage

Regular Sunday Schedule

8:00 AM	Traditional Worship
9:30 AM	Kingdom Quest for Kids
9:30 AM	Bible Study for Teens and Adults
10:45 AM	Praise Celebration with Band Kid's Church (during 10:45 Service)





Celebrating 3 years!

Pastor Juanita Mason

UPPER ROOM Ministry

A SHELTER FROM THE STORM

July 22-24

The Community is Invited to Celebrate



Friday, July 22, 6-8pm - Throw Down 4 Christ - Outreach
916-519-2778 or 916-912-5111

Saturday, July 23, 3:30pm-6:30pm RSVP - A Holy Dinner Party.
Reserve your seat for dinner at the N.H. Community Center, 916-225-8483

Sunday, July 24, 10:00am-12:30am God's Team will be at the Antelope Upper Room. Global Charter School Gym.

"RAISE THE PRAISE SUNDAY", July 24 4-7pm
Lone Oak Park. Hip Hop Singers, Praise Dancers

"One for the Father and One for the Son and One for the Holy Ghost-Dying to Self to live for Christ!"

GUESTS:
Visionary Rosemary Saffold
God's Team Gate Keepers, Intl., Seaside CA.

Dr. Paula Shelby, Christian Life Family Worship Center, Sacramento.

Also, Pastor Edgar Parnell, Sac. CA. and many more...

For information: **916-225-8483**

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9:30 a.m. | Traditional (piano, organ, hymns)

11:15 a.m. | Contemporary (guitars, drums, modern songs)

Programs for kids ages 0-12 provided in BOTH services.

and Wednesdays

7:00 p.m. | Family Night (programs for ALL age groups)



Preaching Team:
Senior Pastor Glen Cole (left) & Associate Pastor Caleb Cole (right)



Trinity

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BY DIANA DAVIS

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help you. They offer 7 days a week, 24 hour support. Your call will be answered by a live person that can direct you to the right community service you need to get you on your way to solving your problem. If you call in because you need help paying your rent, they can give you the number to the program that

can help you-but with their trained staff, they are able to ask you the right questions to see if you might also need food, discounts on your utilities, a new refrigerator from SMUD, job training, child care help, and more. Their resources include over 2,400 of community services and resources.

All of the information and services provided by 2-1-1 Sacramento are free and confidential. They are also able to serve the community in over 150 different languages. You can find more information at www.211sacramento.org as well.

FREE Pet Microchip and Low-Cost Vaccination Day at the Capitol

What: FREE pet microchip and low-cost vaccination day at the Capitol. No appointment necessary. The microchip day is being sponsored by California State Senator Ted Lieu.

When: Thursday, July 7 from 11:00 am – 3:00 pm

Where: The California State Capitol, East steps

Why: Microchips and vaccines save lives.

None of us likes to think of our pets being lost, wandering the streets, or waiting in your local animal shelter. But, whether it's because of fireworks on the Fourth of July, an open gate, or a local disaster of some sort, thousands of pets are lost each year in the Sacramento area.

To ensure that your pet is returned to you if you are separated from each other, the Sacramento SPCA, the Found Animals Foundation, the California Registered Veterinary Technicians Association, and Social Compassion in Legislation advocate the placement of a microchip in all pets. Collars can fall off or be removed. Microchips are a permanent means of identifying your pet whether they are lost locally or on a family trip.

What else: Microchips are approximately the size of a grain of rice, and are painlessly injected under the skin using a syringe similar to what is used for vaccinations. Microchips will be free and vaccine prices are as follows: Rabies - \$6; DHPP or FVRCP - \$20.

For more information: (916) 504-2828 or lkirrene@sspc.org.

State Fair...

CONTINUED FROM PAGE 22

Printed on 100 percent postconsumer recycled paper, 100 Golden Deals-The Ultimate Coupon Book, can be purchased online and at the Main Gate Box Office starting on June 27th between 12 noon and 6 p.m.

The 2011 California State Fair will be held July 14 – 31, in Sacramento, CA.

Even More BIG FUN!

A partial listing of colossal fun activities includes:		
Monster Truck Rides	everyday	FREE
The Farm with Baby Barnyard Animals	everyday	FREE
Magnificent Midway and Kids Park	everyday	FREE
Toyota Xtreme Zone and Motocross	everyday	FREE
Fireworks	nightly	FREE
LIVE Horse Racing!	July 14-17,	FREE, \$3 box seats
(Thoroughbreds and Mixed Breeds)	July 20-24	
Poppy's Birthday Party	July 19	FREE
Metal Mayhem Demo Derby*	July 23	limited FREE seating, \$5 reserved
Kids Talent Showcase	July 26	FREE
Taste & Celebrate the Best! Wine Event* (Formerly California Grape and Gourmet)	July 29	\$25
Hot Rod Tractor Pull	July 29	FREE
Friends of the Fair Brewfest*	July 30	\$15
Sacramento Mile Motorcycle Race* (Includes State Fair Admission @ www.sacramentomile.com)	July 30	\$30-\$95

*Event tickets on sale only at www.bigfun.org

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2	9	5	7	6	1	3	8	4
4	3	1	8	5	9	7	6	2
8	6	7	4	3	2	1	9	5
6	8	3	1	4	5	9	2	7
5	4	2	3	9	7	6	1	8
7	1	9	6	2	8	5	4	3
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24	H	A	S	25	T	E	N	26	L	E	A	S	27	S	H	30	A	
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35	P	A	R	A	L	36	I	N	G	U	I	S	T	I	C	S		
38	P	R	E	Y	39	M	O	O	T	40	A	N	N	U	L			
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				44	A	B	E	D	45	R	Y	A						
46	C	R	47	A	V	A	T	48	B	A	R	R	50	E	51	T	52	53
54	H	U	M	A	N	I	55	T	A	R	I	A	N	I	S	M		
56	I	M	A	N	57	G	O	R	E	S	58	T	R	A	M			
59	P	S	S	T	60	O	V	E	R	T	61	S	E	R	A			

Kathy

Richard

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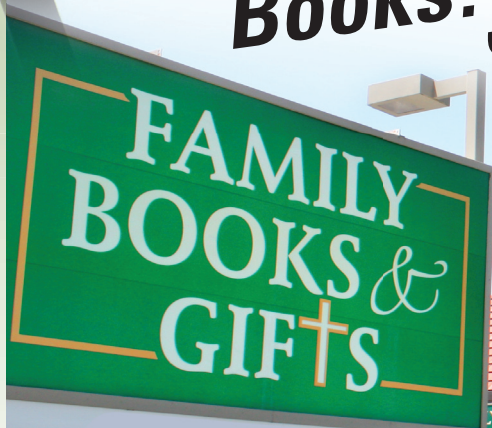
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