

—Education—

Water, Water, Water

Orangevale Water Company reminds us that water is one of our most precious resources and that we should be aware of conserving water in our daily activities. One of the most important tasks for all of us is to stop any leaks. Leaks can be anywhere, a toilet that keeps running, a faucet that drips, a sprinkler head that shoots geysers, or a broken irrigation pipe. They advise watering in the morning or evening hours and, if you use a sprinkler system, to check it periodically to ensure it is functioning properly. Orangevale Water Company has some excellent services that you might not be aware of: They have a rebate program for replacing old toilets and washing machines for instance, but the best service they offer, if you are like me, are the **Waterwise House**



Calls. If you need help, call their conservation specialist, Keoki Spaeth, at (916) 988-1693. He will come to your home and help you find any possible leaks, re-set your sprinkler system, or advise you of ways you could begin to improve your conservation methods. If you need help, call their office between the hours of 7AM to 4PM, Monday through Friday. They are closed from 12-1 pm each day for lunch. If you have an after hour's water emergency, the answering service will re-route your call to the appropriate person.

Slimming Down is Easy in the Summer

Here are Summer Tips for Weight Loss:

- Go for Wholesome Fresh Foods: Avoid packaged, processed and convenient foods such as fast food.
- Pack some fresh strawberries with low fat yogurt and whole grain crackers for a brown bag lunch.
- Turn off the TV: Replace 30 minutes of television with 30 minutes of exercise, it is probably a rerun anyway! This prevents a possible 300 calorie TV snack and burns 300 calories instead.
- Keep Score: Write down every single bite of food that goes in your mouth. Most of us underestimate the amount of food we eat. Just by being aware of what you are eating, you will automatically reduce it.
- Use a Smaller plate: Use a dessert or salad plate instead of that 12 inch dinner plate. It takes less food to fill the smaller one, but you'll still see it as an abundance.
- Don't give up on Treats: Yummy desserts don't have to be high calories. Be daring and try some new fruits or low calorie recipes you've never had before.
- Fill up on Fiber: Fill up on fruits, vegetables and whole grains. Your stomach will feel fuller longer and you'll be satisfied with smaller portions or other higher calorie foods.

Make it fun, simple and delicious!!!

Maggie
Butterfly Life Women's Fitness Club



Related to North Dakota's Band of Brothers

Gabriel and Mary Nagel came to this country with their parents in 1908. The families settled in North Dakota and Gabriel served in World War I. When he was discharged, he and Mary were married. The Nagel family had two daughters and nine sons, eight of their sons were in Military Service. The youngest son was drafted but not accepted due to a foot injury he had suffered in a combine accident (the foot healed fine). Two of the brothers were Medically Discharged soon after induction, three served in World War II and three served in Korea. The family was blessed that they returned home safe and physically sound. Eleanore's recollection of waiting at the train depot for them to come home contained both excitement and a sense of fear. They did not always arrive on the scheduled train and sometimes the family would wait until 4:00 a.m. for them to arrive. The joy of seeing them was awesome. Eleanore's family had done a lot of praying for them and was so grateful they came home safe. The family was very proud of their sons and brothers;

The World War II Veterans were:
Phillip, Navy 1942, died September 2002
Jack, Army 1942, died March 1979
Emil, Coast Guard, died May 1967

The Korean War Veterans were:
Russ, Army 1950, died January 2006
Dayo, Army 1950, died November 1981
Edward, National Guard,
(was shipped out at the age of 17)

The following is a letter sent to the T T O Program on KNDC, Memorial Day May 30, 1971 – which was read by Mr. William McIntyre, written by Mrs. Monroe Erickson.

In Memoriam to the Gabriel Nagel family and all families who have had sons, husbands, and brothers in Service of this great country. I wish to convey these thoughts in Honor and Memory of those who have served in all the wars overseas to preserve our Precious Freedom, which is our Heritage. It is my wish to dedicate these lines to all the parents, sons, brothers, and husbands who have fought for the Freedom of this great land of opportunity. Help us to preserve the principles of Justice, Freedom, Democracy and Loyalty.

Quoting from McCrae's great poem, "In Flanders Field":

*In Flanders Fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the Sky*

*The larks, still bravely singing, fly
Scarce heard amid the guns below.*

*We are the dead. Short days ago
We lived, felt down, saw sunset glow,
Loved and were loved, and now we lie
In Flanders Fields.*

*Take up our quarrel with the foe:
To you from failing hands we throw,
The torch; be yours to hold it high
If ye break Faith with us who die
We shall not sleep, though poppies grow
In Flanders Fields.*

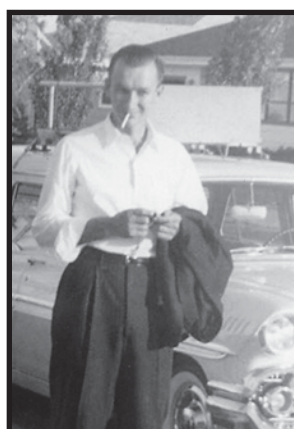
I am especially reminded of a farmer neighbor, the Gabriel Nagel family, who had five sons who served overseas in wars. They all returned home safe. They have truly fought for theirs and others Freedom. I pay high tribute to this family. May we be ever mindful of our duty to God and Our Country. With God's help, we pray, it will be a land of Peace. Finally we congratulate the Nagel family for their contribution of service to God and Country. Eleanore's family is a prime example of how and why Memorial Day ceremonies honor brave men and women in the service who have given up their time and lives to ensure that we continue to live in freedom. ☺



Phillip



Jack



Emil



Russ



Dayo



Edward