

Balance

By Peter LoPresti, D.C.

The treatment of patients with various health issues often comes down to the evaluation of the balance in their lives. We can look at the major aspects of lifestyle which are required for good health as a triangle. Along one side of this triangle is the physical component, along another is the chemical, and along the third is emotional. Just as a three legged stool provides a stable base, having good balance between these three major aspects of our life can also provide a stable base for our own health and happiness. Let's look at these one at a time.

The physical component refers

to the structure and function of our bodies, the way we sit and move, whether we exercise, keep our teeth and bodies free of decay, are all parts of the physical component. If you have ever had an injury, you become aware of how interrelated all parts of the body are as you struggle to compensate for that lack of proper function. People who have had knee injuries can become aware of how weakness in their upper body as they use different muscles to perform daily activities. By keeping our bodies flexible and strong, we are better able to minimize any disability that can result from an injury. In chiropractic, treatments aimed at keeping proper spinal motion and position help

prevent abnormal wear patterns which can effect muscles, bones, and nerves. If an injury occurs we are better able to handle it.

The second part of our triangle is chemical and refers to all things we put in to our body. This includes the types of food and drinks we consume, as well as drugs. We are all aware of the dangers of cigarettes, alcohol, and illegal drugs and the adverse effects they can have on our health, but it is important to recognize that there is no such thing as a "safe" drug. Over the counter medications can have serious, life threatening side effects even when "taken as directed". Without proper healthful food our bodies are unable to rebuild itself

properly and the function of our tissues and organs can deteriorate.

Finally, the emotional component of our lives addresses, among other things, the stress in our lives and how we handle it. Again, with proper nutrition and exercise stress is more easily dealt with and less likely to cause imbalance in our health and our lives. Maintaining good relationships with family, friends and co-workers, keeping a sense of humor and thankfulness, all assist us in coping when stressful situations occur. Optimum health is achieved when all the components of our lives are in balance. When one or more are not in balance it is difficult to be truly healthy.

Quilting And Vintage Clothing

Join us for the 28th Annual Antique Quilt and Vintage Clothing Show to be held from August 1st thru September 30th at the Folsom History Museum. Treasures from the Truck is the theme of this year's show. Over 40 antique quilts will be on display, with special emphasis on crazy quilts.

Crazy quilts are truly unique as they were made mainly from left over material and, as such, are treasure troves of personal family mementos. For example it was not uncommon for a crazy quilt to contain old ties, first place ribbons, fraternity recognitions, and hand drawn images. These quilts also include very elaborate stitching.

The vintage clothing will accent the show with clothing for children and women's house dresses. As part of the two-month show the following will be offered to enhance the experience.

- An Opportunity Quilt: California Poppy appliqué quilt from the 1930's-'40's.
- A Quilt Evaluation Day on July 19, 10 am to 2 pm cost \$20.00 per quilt
- A Quilt Boutique offering handmade and related quilt & clothing items
- 2 Crazy Quilt Workshops on building a crazy-quilt base and crazy-quilt embellishment taught by Frances McCreery.
- A Vintage Fashion Show showcasing fashions on October 11 for "stepping out."

The Folsom History Museum is located at 823 Sutter Street. Open daily during August and September, 11:00 am to 4:00 pm. Admission is \$3.00 for Adults, \$2.00 for Youth (12-17), Children & Members Free.

Sparkle and Shine Window Cleaning Service

really lives up to the name! Sandy Boyack of Folsom is the owner of this unique owner operator business. Sandy had worked as a secretary for a window cleaning company for many years in Utah. Moving to California was a big life changing event for this incredible single mom. In 1997 Sandy realized that she could make her own way and become a business owner.

One of her clients let her know that she brings the nature of his yard into his house. She is a hands on entrepreneur, who prides herself in high quality work, integrity and dependability. Sparkle and Shine provides service for residential and commercial cleaning jobs and also cleans gutters. Gift certificates are also available and will be the gift that keeps and giving. Sandy is the sparkle, the widows are the shine.

Staycations Vs Vacations

"PLAY BALL" is closer to home than you think. Summer is here and many people are thinking about "stay-cations" as options to vacations to avoid the price of gas. The Folsom History Museum has a "staycation" for you that your entire family can take part in.

Before July 14, 2008 we encourage you to take light rail, or ride your bike on the American River Parkway and come to Historic Folsom. Sutter Street offers restaurants, art galleries and a variety of unique shops but the highlight of your visit should be the Folsom History Museum. The museum offers a wonderful exhibit on the town history but feature a fantastic temporary exhibit: Play Ball! The History of the San Francisco Giants.

Guest Curator, Richard Macaluso has created an amazing exhibit that chronicles the history and highlights of baseball. The largest part of his collection and the main focus of our exhibit is San Francisco Giants memorabilia. Baseball uniforms, gloves, programs, balls and bats spanning the 50 years of the SF Giants give fans a chance to honor their team. This exhibit also pays tribute to Mickey Mantle, Willie Mays and the World Series as well as a history of the catcher's position and its evolution. There is something for every baseball fan.

During the exhibit, the museum will be offering one last special event on June 28, from noon to 2:00 P.M., there will be a Book Signing by Bill Soto-Castellanos author of "16th & Bryant: My life and Education with the San Francisco Seals"

Play Ball! The History of the Giants continues until July 14, 2008. The Folsom History Museum is open Tuesday-Sunday from 11-4 pm. Admission is \$3 for adults, \$2 for teens and children under 12 are free. Folsom History Museum is located at 823 Sutter Street, Folsom Ca 95630, www.FolsomHistoryMuseum.org. or 916-985-2707.



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Orangevale Home Sales – May 2008

Address	Sq.Ft.	Br/Ba	Original Price	List Price	Selling Price
6651 Chestnut	1080	2br/1ba	104,500	104,500	125,000
8912 Custer Avenue	1056	3br/2ba	139,900	139,900	145,000
8592 Oak Avenue	1100	3br/1ba	179,900	179,900	180,000
8619 Monica Avenue	1132	3br/2ba	185,000	185,000	190,000
6244 Walnut Avenue	1376	3br/2ba	249,000	239,000	215,000
7540 Hickory Avenue	1456	3br/2ba	224,900	224,900	225,000
6305 Chestnut Avenue	1412	3br/1ba	261,000	261,000	230,000
6233 Wittenham Way	1371	3br/2ba	219,900	219,900	235,000
8643 Stehlin Avenue	1296	3br/2ba	320,000	250,000	240,000
6000 Rich Hill Drive	1398	4br/2ba	244,900	244,900	247,500
8513 Stratus Drive	1578	4br/3ba	345,000	253,000	247,950
5706 Greenacres Way	1176	3br/2ba	234,900	234,900	249,894
8277 Rhodora Court	1415	3br/2ba	239,900	239,900	255,100
6221 Green Top Way	1545	4br/3ba	360,000	289,000	265,000
6944 Beech	1340	3br/2ba	275,000	275,000	270,001
8113 Craft Court	1586	4br/2ba	355,000	314,000	280,000
9398 Blue Oak Drive	1616	3br/2ba	299,900	289,900	289,900
5819 Illinois Avenue	1754	4br/2ba	310,900	310,900	300,000
8744 Central Avenue	1914	5br/3ba	309,900	309,900	309,900
9624 Tanglewood Circle	1703	4br/2ba	299,900	318,900	318,500
5544 Camas Court	1616	3br/2ba	347,500	347,500	335,000
9532 Richdale Way	1765	3br/2ba	389,500	359,900	345,000
8889 Glori Dawn Drive	2505	4br/2ba	349,900	349,900	358,000
9550 Winterbrook Way	1765	3br/2ba	399,000	399,000	385,000
5145 Mississippi Bar Drive	1873	3br/3ba	450,000	450,000	400,000
8775 Kevmich Way	2360	4br/3ba	435,000	435,000	406,000
6528 Arcade Creek Way	2073	4br/2ba	429,000	429,000	412,000
9362 Blue Oak Drive	2381	5br/4ba	469,900	439,900	420,000
9192 Shawmutt Court	2626	4br/3ba	449,900	449,900	461,000
6935 Elm Tree	3056	4br/4ba	499,900	499,900	475,000



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