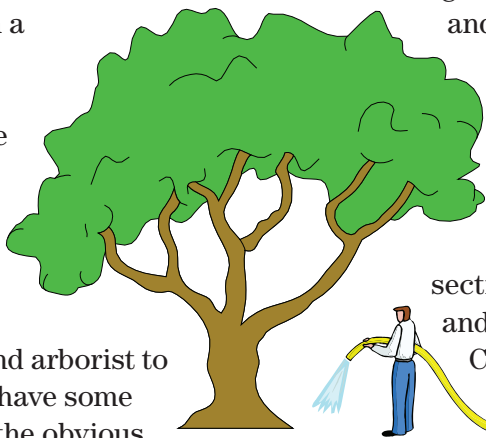


# Save your Shade Trees

Last summer, during one of our Valley's hot spells, the Liquid Amber in my back-yard began to drop its branches. I'm not talking about a little stick, I mean whole, cut-'em-up-and-use-'em-for-firewood, limbs! And this would occur on a nightly basis. In seeking a respite from the ever-increasing pile of falling branches in my yard, I called a local tree-trimmer and arborist to see if he might have some advice beyond the obvious solution of just cutting the tree down. This is what he had to say: During the hot daylight hours the tree is soaking up as much moisture from the soil as it can to keep its limbs moist. The larger the tree, the more moisture it needs. If the moisture in the soil is insufficient to reach the upper most limbs, they will become brittle and unable to support themselves



and will eventually snap from the weight of the leaves. The solution to this problem can be attained by simply deep-watering at the drip-line during the cool evening hours. Place a slow running hose at the drip line and let the water soak into the soil. When you feel that the water has sufficiently saturated the soil, move the hose to another section of the drip-line and repeat the process. Continue until you are satisfied that the tree is well watered.

That's all there is to it! Since I began taking my arborists advice not a single limb has fallen. I've found that by watering in this way, two or three times a week, the branches on my Amber stay right where they are supposed to be... over my head.

Rockets Swim Team ~ Continued from page 16

low for the League Champions, The Rockets won 9 of the 21 relays. "The big points are scored in the relays", commented Coach Kim, "and when you have "A" and "B" relays composed of 8 very fast swimmers, you can dominate a championship meet".

What makes the Rockets different from other high-powered teams in the area? If you were to visit Rollingwood Racquet Club you would see. Nestled in the corner of Main Ave. and Winding Oak Dr., the club is not even visible from the roadway. Some of the club members lived in the neighborhood for years, and didn't know the club existed. The club just underwent a huge renovation to the fitness areas, the surroundings are beautiful, but the champions swim in a small 4-lane pool. Club membership is a requirement, but most of the families do not mind. They know they are getting expert coaching, and the opportunity

program. There is no fancy aquatic center or any other frills, but according to Coach Kim, "the kids are so motivated and they have so much pride in themselves and in their team. We do not emphasize 'winning'. We try to instill excellent work ethic, and we focus on personal bests and continual improvement. The winning just seems to be a natural outcome of dedicated swimmers, dedicated coaches, and super-supportive parents. The kids are all team players, and that's what it takes to be the 10-time Sacramento Swim League Champions!"



Alex Peterson

Rollingwood Racquet Club offers a Fall Swim Clinic, winter lessons in their indoor pool, a Spring Swim Club, and a summer Water Polo Clinic, all of which are open to non-members. Please call Coach Kim if you would like some information on these programs (988-1727, ex. 106). You could also visit the club's website at [www.rollingwoodclub.com](http://www.rollingwoodclub.com) to download information/registration forms, or email Kim at [kberrios@rollingwoodclub.com](mailto:kberrios@rollingwoodclub.com).

(916) 988-9659  
Fax (916) 988-3396

Since 1978

**S & D Concrete, Inc.**  
Specializing in Homeowners Concrete Projects

STEVE H. DE VRIEND  
President

Orangevale, CA 95662  
Lic. No. 646947

Residential Commercial

**ENERGY ELECTRIC**

Marc Lucatuorto, Owner  
916-989-5259  
Cell. 916-834-2682

CA Lic. #557107  
Fax 916-987-3114  
[nrgelectric.com](http://nrgelectric.com)

to participate in a high quality

Anne-Laure Boyd

2220 Douglas Rd #100  
Roseville, CA 95661  
Ofc: 916-784-1500  
Cel: 916-225-5375  
[www.anne-laureboyd.com](http://www.anne-laureboyd.com)

**LYON REAL ESTATE**  
www.GoLyon.com

Home Improvements & Repairs

- Bathroom & Kitchen Remodels
- Painting & Drywall
- Electrical
- Carpentry
- Fencing & Decks
- Tile & Granite

Plumbing 24/7

**FREE \$50 GAS CARD**  
with any completed project. LIC #803244

916-989-7711 FREE ESTIMATES  
[Handyman-Network.com/Sac](http://Handyman-Network.com/Sac) Customer Satisfaction Guaranteed!

**AMERICAN RIVER PLUMBING**

**GEORGE WILLIAMS**  
Local Plumber Since 1976

(916) 628-8354

15% Off with Ad

General Lic. 334096

**THE DIFFERENCE in Landscaping**

Ca. Cont. Lic. 891183

RESIDENTIAL/COMMERCIAL  
Maintenance • Installations • Sprinklers  
Trees • (One Time) Clean-ups • Hauling

Where Integrity is a Must, and Your Satisfaction is Our Guarantee!

Michael Ray Reber  
Owner  
459-7517 • hm 991-7517

## 10 Tips for Making Sure Your Contractor Measures Up...

- Hire only licensed contractors.
- Check the contractor's license number by calling 1-800-321-CSLB or doing a License Check at <http://www2.cslb.ca.gov/General-Information/interactive-tools/check-a-license/license+request.asp>.
- Get three references, and review past work.
- Get at least three bids.
- Get a written contract and do not sign anything until you completely understand the terms.
- Pay 10% down or \$1,000, whichever is less.
- Don't let payments get ahead of work. Keep records of payments.
- Don't make final payment until you're satisfied with the job.
- Don't pay cash.
- Keep a job file of all papers relating to your project.

Provided by California Department of Consumer Affairs Contractors State License Board

**FOLSOM AUTOTECH**

WE CARE ABOUT YOUR CAR

COMPLETE AUTOMOTIVE SERVICE • ASIAN & DOMESTIC  
MON - FRI 7:30 - 5:30 - Call For Appointments  
[www.folsomautotech.com](http://www.folsomautotech.com)

AAA Approved Auto Repair ASE MASTER TECHNICIAN

1126 Sibley Street  
Folsom, CA 95630  
916-985-0274

**U-HAUL**  
916-608-0630  
MON - FRI 7:00 - 5:00  
SAT 9:00 - 1:00

VISA MasterCard DISCOVER AMERICAN EXPRESS

