



O.M.G. on the Flip Side

In the past four years there has not been one quarterly newsletter that did not contain an O.M.G. baby announcement. So here they are! O.M.G.'s Andrew and Renee Kojjane celebrated the arrival of their 2nd boy, Anders in January while Amy and Billy Hauptert became the proud parents of their second child, Curtis Joseph, AKA 'Cujo' for hockey fans, in April. Congratulations also go out to Claudine and Daryn Kratz - they are expecting their 3rd child in October. I think the staff will officially be outnumbered by our children.

Next time you see O.M.G.'s



Ephraim Schwartz skydiving OMG-style at 'Skydive Tahoe' located in Minden, NV. Take in views of Lake Tahoe on your jump!

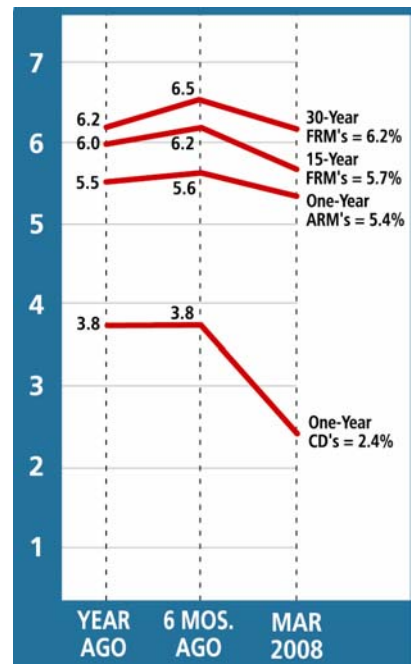
Ephraim Schwartz give him a 'high-five'! He recently received his class B license in skydiving (see photo top). Ephraim can now do night jumps as well as beach landings! Way to go Ephraim!

O'Dette Mortgage Group is a proud sponsor for the Tahoe Queens from the AIDS/Lifecycle ride. The Tahoe Queens are a group of 4 local women; Naomi Suskind, Carla Jourdan, Cassandra Sharpe and Karen Kucharski, who have committed to raising a total of \$10,000 and ride 545 miles from SF to LA to benefit the LA and SF AIDS Foundation. For more info go to www.aidslifecycle.org/2299 to donate or send a message of support! The ride begins May 31 and ends June 7th.

The O.M.G. bowling team improved immensely from last year's finish! The fledgling "5 Knuckles and a Prayer" team took 2nd place as juniors in the Tahoe Sierra MLS league—we'll get ya next year, Turkeys...

Key Interest Rates At A Glance

Rate trends as of Mid-March 2008



FRM = Fixed Rate Mortgage
ARM = Adjustable Rate Mortgage

IN THIS ISSUE

- O.M.G. on the Flip Side..... 1
- Key Interest Rates At A Glance..... 1
- Jennifer Montgomery for County Supervisor..... 2
- Health and Chemicals..... 2
- Kids and Grades..... 2
- Word of the Year..... 2
- Maintain a Diversified Portfolio..... 3
- Social Shopping..... 3
- Defining Economic Terms..... 3
- Home Danger Spots..... 4
- Health Plans on the Web..... 4
- Health and Fitness..... 4



The O.M.G. sponsored Tahoe Queens - Naomi Suskind, Carla Jourdan, Cassandra Sharpe, Karen Kucharski riding from SF to LA to benefit AIDS/Lifecycle.

Jennifer Montgomery for County Supervisor

A Letter from Jennifer Montgomery:

I am running for Placer County Supervisor District 5 because I want to be a tireless voice for Tahoe and all Placer County voters. We deserve a Supervisor who values existing communities and listens to community input when making planning decisions. We are all better served when we act to preserve our valuable natural resources and protect the property rights of all landowners, not just big developers.

For the past 20 years, I've lived on Donner Summit with my husband Dan, a firefighter/paramedic at North Tahoe Fire, so I have a real connection to, and understanding of, Tahoe's issues. My background as a small business owner, volunteer firefighter, and outdoors enthusiast has prepared me for the important issues facing our entire district. I've also worked for Bank of America, Sugar Bowl, the Sierra Business Council and Donner Summit homeowners.

I believe we can find long term solutions to Placer's growth issues – sustainable solutions that offer living wages and year-round jobs. I also believe we should work to develop our area through the use of the Sierra Business Council model, which adds to our social, economic and natural capital, and does not diminish one at the expense of another.

If you want a supervisor who will preserve our valuable natural assets, protect private and public property owners' rights, restore responsive government to the people of the 5th district and respect the voices of existing Placer County communities, vote Jennifer Montgomery on June 3rd.

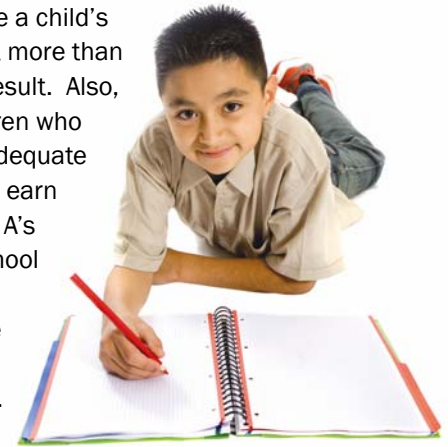
Please visit my website at www.montgomeryforsupervisor.org for more information.

**** Teresa O'Dette proudly endorses Jennifer Montgomery for Placer County Supervisor**



Kids and Grades

According to recent Columbia University research, it is better to praise a child's effort more than the result. Also, children who get adequate sleep earn more A's in school than those who don't.



Word of the Year

Merriam Webster Dictionary has announced its top ten words of year 2007. The word of the year is chosen by online voters and the words come from the Merriam-Webster dictionary or its open dictionary where online users enter their own words and meanings.

The top word for 2007 was "w00t", an expression of joy similar to the word "yay". The word originated as a form of L33t – speak (leet)... an esoteric computer hacker language that combines numbers and symbols that look like letters to form words. L33t stands for leet which is short for elite.

The rest of the top 10 words were: facebook, conundrum, quixotic, blamestorm, sardoodledom, apathetic, Pecksniffian, hypocrite and charlatan.

For the meanings of these and other words, check out the Merriam-Webster dictionary at www.m-wdictionary.com or its open dictionary at www.m-wopendictionary.com.

Health and Chemicals

The Centers for Disease Control and Prevention conducts a large ongoing survey that has found 148 chemicals in Americans of all ages. Under the Toxic Substances Control Act of 1976, chemicals already in use were grandfathered in without scrutiny. These include three classes of compounds: a plastic strengthener called bisphenol A (BPA); flame-retardants known as PBDEs; and plastic softeners called phthalates.

There are ongoing studies now at Washington State University, University of Pittsburgh, Harvard University and the Environmental Protection Agency to determine any potentially harmful effects.

Maintain a Diversified Portfolio Especially In Turbulent Times

Submitted by: Diane Morrison, AAMS Financial Consultant, A.G. Edwards & Sons

While it is always important to maintain a diversified portfolio, it is especially vital to remain diversified during volatile market conditions. As an investor, you should be careful not to get caught up in any panic selling and should maintain your focus on long-term goals. This point is especially key if you have already built a well-diversified portfolio. If you are concerned about particular securities, discuss these with your financial advisor before cashing out.

Although no one can be certain about how the market will react long term, history shows that cataclysmic events that prompted short-term market losses later led to a more stable investing climate across all industry sectors. Keep in mind that past results are not indicative of what will happen in the future.

The more your portfolio is diversified, the less chance you have of one security or investment having a detrimental effect on your entire investment strategy. Bonds, stocks and cash are the three major asset classes. Analyzing your investment objectives and tolerance for risk with your financial advisor will help

determine the right mix of these asset classes for your situation. Within these asset classes, you can diversify further by owning stocks in different industries and countries; purchasing different types of bonds and different types of short-term cash instruments.

Defensive stocks typically outperform in a slowing economy or recession. These are typically stocks of companies that provide necessities like food, utilities, pharmaceuticals, toiletries or other consumer products with a short shelf life. The theory is that consumers will continue to buy necessities like food and address their medical needs regardless of economic conditions. As a result, companies that sell these types of products should not be as negatively affected by a slowing economy as companies that produce more discretionary types of products.

It also is important to remember that even in good times the value of stocks and bonds go up, as well as down. When the market

is experiencing more volatile movements, gains and losses can seem enormous. It is important to keep your long-term strategy in mind when experiencing these changes and realize that they can balance themselves out over time.

Most successful investors take a long-term view — at least three to five years — rather than expecting stellar returns overnight or panicking when the value of their securities declines. A long-term diversified investment strategy based on your investment goals and risk tolerance can create a winning approach for you regardless of whether the economy is booming or experiencing a brief downturn.

Having a strong relationship with your financial advisor and having annual check up's will help ensure what the best combination of investments is to accomplish your long-term goals.

Diane Morrison is a contributing author as well as the Preferred Financial Consultant to Teresa O'Dette.

*Diane.Morrison@AGEdwards.com
Phone: 775-831-6107*

Social Shopping

There is a website devoted to a fast-growing Internet category called "social shopping."

www.kaboodle.com covers two of the webs most prominent activities... engaging in commerce and chatting with like-minded people. There is no direct selling but it encourages users to share links to bargains and products that work.

Defining Economic Terms

With so much of the news focused on the U.S. Economy here are some definitions from "Stock Market Basics".

- **Recession:** A contraction of economic activity and employment lasting at least six months but less severe than a depression.
- **Depression:** An economic downturn where gross domestic product (GDP) declines by more than 10 percent.
- **Bull Market:** A stock market that is steadily rising or "charging like a bull."
- **Bear Market:** A stock market that declines 10 to 15 percent and is persistently sluggish like a hibernating bear.
- **Market Correction:** A drop of 10 percent in the stock market.

Home Danger Spots

Sharp corners, stairs and slippery bathtubs are just a few of the potential hazards homeowners face.

- Set water heaters at 120 degrees Fahrenheit to avoid scalding during baths.
- Install smoke alarms in every sleeping area and on every level of the house. Test them once a month and replace batteries once a year.
- Install a carbon monoxide detector outside sleeping areas and at least 15 feet away from fuel-burning appliances such as furnaces, wood stoves and fuel-burning kitchen stoves.

Health Plans on the Web

Before you make a final choice of health plan, check out www.healthchoices.org. Created by the nonprofit National Committee for Quality Assurance (NCQA), the site offers a free online report card for hundreds of health plans. The NCQA grades each plan on the quality of their physicians, success at providing primary care such as diabetes control and childhood immunizations, member satisfaction and more.

Health and Fitness

According to *Consumer Reports*, over the same distance, running doesn't burn a lot more calories than walking. A 140-pound person who runs 2 miles at 6 mph will burn 212 calories; the same person who walks 2 miles at 3 mph will burn 189 calories. (The runner is in motion 20 minutes; the walker, 40 minutes.) But going faster will boost your fitness level – and save you time.

First Class
US Postage
Paid
EZ MAIL
96145

OMG
OF DETTE MORTGAGE GROUP

Post Office Box 7558
600 N. Lake Blvd.
Tahoe City, CA 96145

www.omgtahoe.com