



Famous Illustrator Ashley Wolff
Coming to River Valley Church

Page 11

PLUS:
Triplets Make
Boy Scout History

Page 3

AMERICAN RIVER
MESSENGER

Volume 8 • Issue 4 Serving Fair Oaks, Gold River, Rancho Cordova & Sacramento County Second Edition for February 2013

Support the Claws
for Paws Fundraiser



Page 2

Rancho Rotary Club
Honors Employee



Page 2

Bera Urges
Congress to be
Responsible



Page 11



Scan our QR Code for a
direct link to our online edition!

PRESORTED STD.
US POSTAGE
PAID
PERMIT 350
Carmichael, CA
Change Service Requested

Neighborhood Battleground
for an Uncertain Future



The opposition says if county officials give permission to rezone, it will open the door to making all of Gum Ranch apartment buildings.

By Roberta L. Barth

When MBK Homes of Northern California unveiled its Talmont Townhomes proposal that requires a rezone to higher density, it anticipated resounding support. Instead, hundreds of Fair Oaks residents last October objected and some protested with picket signs.

If county supervisors approve MBK's rezone application, it will allow 3-story buildings containing 282 units on the corner of Kenneth and Madison avenues. MBK officials say they plan to rent the units until there's a market to sell them. "MBK's project is totally out of the ballpark of what is, or, should be for Fair Oaks and

especially this neighborhood," said Carolyn Walters, a resident of Ken Oak Way, one of the people objecting the project. The builder's site is 15 acres, within the Kenneth Madison Special Planning Area, also known as the 106-acre Gum Ranch, zoned single-family homes, 20 per acre.

"We spent \$140,000 for a consultant to study the area, the desires of the community, and an architect to design high-end units with a stylish facade to blend with existing structures in that area," so yeah, the angry rejection by neighbors completely threw us off because we were advised the project would be

Continued on Page 10

Spurring Innovation Beyond Silicon Valley



"We are changing the world by providing community resources for education, innovation and creation". Photo by David Dickstein.

By David Dickstein,
Intel Free Press

SACRAMENTO REGION, CA-(MPG) Occupying commercial space that previously housed a tattoo parlor, the founders of a fledgling institution dedicated to advancing technology are hoping to make a different kind of mark in an area they deem devoid of innovation about 100 miles east -- and light years away -- of Silicon Valley. "Sacramento is strong on clean and green, but as far as

innovation it's lacking," said Gina Lujan, CEO and founder of Hacker Lab, an incubator for technology startups where workspace, tools, classes and collaboration are provided in a spacious community-like setting. "The city has been focusing on the two sectors of clean tech and sustainable, but not so much innovation," said Lujan, who was part of a startup institution in the San Francisco area, but returned to her hometown to fill a void or two.

"When you're building a startup community, every city is different," she said. "Besides innovation, Sacramento also lacks in technology education. I went to Sacramento City College a while ago and asked to see the computer science department. I was sent to the computer lab where students were working on Word and PowerPoint, doing resumes, but no coding or anything like that." When Lujan would talk to local business people about lean startups, the business approach

developed in 2008 by Eric Ries that aims to change the way companies are built and new products are launched, and "pretty much no one knew what that was," she was both chagrined and even more driven to succeed. Based on how fast Hacker Lab has grown in its first year -- the venture turned 1 on Feb. 7 -- Lujan and co-founders Eric Ullrich and Charles Blas just might be on to something big.

Continued on Page 3

Celebrating
Beer Week

SACRAMENTO, CA – (MPG)–The 4th Annual Sacramento Beer Week will be held from February 22nd until March 3rd, 2013. Throughout the Sacramento Valley, breweries, pubs, restaurants and other beer-loving businesses will celebrate Sacramento craft beer culture and Northern California's legacy as the birthplace of the modern craft beer movement.

Last year, more than 100 businesses hosted beer tastings, tap takeovers from visiting breweries, beer dinners, food pairings and more. SBW is anchored by the Capital Beerfest on March 2nd at Cal Expo, where thousands of beer fans will sample from almost 100 breweries to benefit the Runnin' for Rhett Foundation. New features this year will include a cocktail competition from the Sacramento Bartenders Guild and several exclusive collaborative beers from local breweries. A new beer magazine, Hops to Table, has been introduced to chronicle Sacramento's craft beer scene. Sacramento Beer Week organizers have also introduced a local campaign to promote responsible drinking.

"Drink Safely Sacramento will use social marketing strategies to reduce the harm from drinking alcohol," says Dan Scott, founder and executive director of Sacramento Beer Week. "We aim to make Sacramento safer, improve people's lives and maybe even save a few."

Sacramento has ten beer producers within city limits, another fifteen less than an hour away and eight new regional breweries scheduled to open in 2013. "Sacramento Beer Week and the caliber of locally-produced craft beers are yet another example that help to illustrate the reality of Sacramento's designation as the Farm-to-Fork Capital of America," said Steve Hammond, president and CEO of the Sacramento Convention & Visitors Bureau. "The region's heritage of quality craft beer production is second to none and, as showcased during Sacramento Beer Week, provides an additional element to the culinary reputation that continues to grow both inside and outside of the Sacramento region."

Glynn Phillips, owner of Rubicon Brewing and President of the Northern California Brewers Guild, was an early supporter of the event. "Sacramento Beer Week has helped to elevate the presence and importance of craft beer in our region. Rubicon has been here for 25 years and I am still surprised at how many people learn of our beer through Sacramento Beer Week." Scott credits the collaborative nature of the craft beer industry. "The success of Sacramento Beer Week comes from the hard work of our craft beer community.

We should all be proud that Sacramento is now a major destination for craft beer lovers from around the world. Sacramento is a boomtown for craft beer and fans are happily drinking it down."

Complete information is available at SacramentoBeerWeek.com and CapitalBeerfest.com.

Rotary Club Honors Rancho Cordova Employee



Vanessa Martinez displays her Paul Harris Fellow certificate and medal. The award is Rotary’s most prestigious honor. Photo courtesy of City of Rancho Cordova.

RANCHO CORDOVA, CA – (MPG) Vanessa Martinez, a part-time office aide in the Rancho Cordova City Manager’s Office, has been named a Paul Harris Fellow by the Rancho Cordova Rotary Club. The award is Rotary’s most prestigious honor and is presented in appreciation of significant assistance given for the furtherance of better understanding and friendly relations among people of the world. A \$1,000 donation was sent to Rotary International in honor of Martinez.

The award was established in memory of Paul Harris, a Rotary founder, to recognize outstanding contributions to the ideals of organization. The Rancho Cordova Rotary Club honored Martinez for her considerable service to the community, school, and international causes.

Martinez, a sophomore at California State University at Sacramento, is president of the University’s Rotaract Club, a Rotary-sponsored service club for young men and women. She says she has been part of the Rotary Family since she was a sophomore at Cordova High School.

“The whole experience has changed my life and I don’t think I could have met better people than the ones I’ve had the honor to work with,” she commented. “A small act of kindness can really go a long way and with Rotary, the possibilities are endless.”

Martinez is majoring in business and plans to attend law school with a focus on immigration. “I hope to one day own a law firm and continue to help people,” she said.

Source: City of Rancho Cordova

Claws for Paws Fundraiser to Benefit County Animal Shelter

SACRAMENTO COUNTY, CA – (MPG) The public can enjoy a delicious crab feed dinner and demonstrate their support for Sacramento County’s Animal Shelter and its furry inhabitants at the “Claws for Paws” event on Saturday, March 2. This fundraising event is being sponsored by the animal facility’s nonprofit support group TEAM–Teaching Everyone Animals Matter.

“This is an opportunity to have fun and help the animals,” says Supervisor Susan Peters. “The Department of Animal Care and Regulation makes a tremendous difference in the lives of animals that are lost, abandoned or subject to abuse. Support from the community can help supplement funding for the shelter’s operations.”

The evening affair will be at Rancho Cordova City Hall located at 2729 Prospect Park Drive. Doors open at 6 p.m. with dinner to be served at 7 p.m. The menu includes fresh crab, pasta and antipasto salad. Wine, beer, soft drinks and dessert will be available for purchase separately.

Tickets cost \$45 per person or \$40 each for a table of 10.

More information is available online at sacanimalshelter.org or call 361-2800.



HAPPY VALENTINES DAY SWEET TREAT PACKAGE

Limited time only

1/2 hr massage + 1/2 hr facial

\$89.00

Head, Neck & Back Massage + Petite Facial reg. \$120.00

7330 Fair Oaks Boulevard Suite #1 Carmichael, CA 95608

Office 916-485-4941 Fax 916-485-1611

www.hoshallscarmichael.com

This sale effective through February. Not valid with any other offer. Good for Carmichael location only.

Hoshall's

SALON & SPA

hair face body

You Can Participate in Cancer Research Project

RANCHO CORDOVA, CA – (MPG) Have you ever been diagnosed with cancer? If not, residents and the business community of Rancho Cordova are being asked to participate in a landmark new research study being conducted by the American Cancer Society (ACS). ACS is recruiting men and women between the ages of 30 and 65 years who have never had cancer to make a commitment that will involve an initial blood test and survey at the beginning of the study and then follow-up surveys for the next 20 to 30 years. The study will help researchers better understand the genetic, environmental, and other factors that may cause or prevent cancer.

An information kick-off meeting will be held in the Rancho Cordova City Hall, 2729 Prospect Park Drive, at 11:30 a.m. to 2 p.m. on Thursday, February 28th. The actual study will begin in April at the Rancho Cordova City Hall. In addition to those who are interested in participating in the study, the February meeting is open to any who have been impacted by cancer, whether they are a survivor, caregiver to a cancer patient, or are interested in honoring



Denise Reese, a City employee and Rancho Cordova resident, is coordinating the CPS-3 meetings.

someone who has battled cancer, to serve as volunteer champions in support of the research study.

The name of the research program is Cancer Prevention Study-3 (CPS-3). It was started a couple years ago in the Sacramento region but this will be the first time that it is being held in Rancho Cordova. “We all want to know we have made a difference in the life of others and CPS-3 gives our community the unique opportunity to make

an impact on the lives of others,” said Denise Reese, a City of Rancho Cordova employee who is coordinating the local research meetings.

For additional information, visit www.greatersacramentocps3.org, call (800) 604-5888, or email cps3@cancer.org.

Source: City of Rancho Cordova

“Serving the Needs of Seniors”

Your one-stop resource for Senior Care

www.CiminoCare.com

Call Today

to start gathering answers. A knowledgeable counselor is standing by to help at no cost to you.

(916)729-9200

Assisted Living
Independent Living
Memory Care
& Other Resources

Our Communities in the Greater Sacramento Area:

Auburn Oaks Senior Living, Citrus Heights
Citrus Heights Terrace, Citrus Heights
Courtyard Terrace, Sacramento
Fair Oaks Villas, Fair Oaks

Senior care, or the Cimino family, first began in 1973 when Wilma Cimino served her first In-Home Care Client. Today, Mark Cimino, CEO & son of Wilma continue to serve the needs of seniors across Northern California and have broadened their support for seniors in a variety of ways. Call or email TODAY to see how they can meet your senior care needs.

Mark Cimino, CEO & Family

CiminoCare
7501 Sunrise Blvd.
Citrus Heights, CA 95610
Phone: 916.729.9200
Email: mark@CiminoCare.com
Facebook.com/CiminoCare

Connect with us on

Fair Oaks Villas

CIMINOCARE® RESIDENTIAL CARE HOMES

Publisher,
Paul V. Scholl

American River Messenger is a member of Messenger Publishing Group

AMERICAN RIVER MESSENGER

“Written by the people, for the people”

Publisher’s Statement: It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the *American River Messenger* are copyrighted. Ownership of all advertising created and/or composed by the *American River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to *American River Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *American River Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@AmericanRiverMessenger.com. Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 916-773-1111.

Advertising Sales

Graphics & Layout

Contributing Writers

Distribution Assistant

Accounting

Web Master

News Services

Photography

Paul V. Scholl
Allyse Weaver

Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti
Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly
David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton
Dr. Bob Graykowski • Julie Parker • Leslie Carrara
Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer
David Graulich • Perry Hartline • Gerry Scholl

Gabriel Scholl
Nicholson & Olsen CPA

RJ at the site barn.com • JWS Promotions • Mikahn Design

Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press • ARA Content
Family Features • WorldNetDaily
Amanda Morello • Susan Skinner

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.

Spurring Innovation Beyond Silicon Valley

Triplets Make Local District History



Hacker Lab founders Gina Lujan and Eric Ullrich are driven by the belief that every community should have access to a space to learn about and advance technology. Photo courtesy: Intel Press

Continued from Page 1

The original digs of an 850-square-foot room above a coffee and beer bar in a kitschy part of town was displaced a few months later by a 10,480-square-foot campus near downtown that is considered the second-largest hacker space in California. Expansion came soon after Hacker Lab hosted Sacramento's first large-scale hackathon in June. Over 50 local software developers came out for Cereal Hack, the name in honor of their supposed favorite food. Teams were formed and tasked to create, develop and deliver a smartphone application within a 30-hour window. A live-feed application for artists, photographers and writers based on geo-location won top honors for a team called Raidarr, which would be invited later that year to the venture capitalist-eyed Startup Bootcamp Berlin. The Sacramento event helped put Hacker Lab on the map.

"We had no idea we were building a community with the event," said Lujan, who, along with her two partners, organized Cereal Hack 2. The November hackathon drew 75 coders, designers, business developers and hardware hackers along with

corporate sponsorship to the tune of \$10,000 from Intel. Plans are now underway for Cereal Hack 3 on May 11. Though the hackathons are marquee events, they aren't the only ones on the Hacker Lab calendar. The events page is dotted with meet-ups, classes, HTML5 jams and even "Geeky Movie Nights."

Hacker Lab ended its first year with just over 50 members, including Leadwerks Software, a provider of 3-D game development tools for PC, Mac and mobile platforms. February will see new neighbors in Render Brew, a product digital imaging company, and Epicodus, a Web development school.

Members pay between \$45 to \$500 a month, the range starting with students in need of a workspace with tools and equipment, to enterprises requiring a private office. Hourly and daily rates also are available.

All members, including hundreds more who participate through Hacker Labs' social media channels and hackathons, are part of what the principals call a "grassroots movement" of people united to solve problems and advance technology.

"We are changing the world by providing community resources for education, innovation and

creation," said Eric Ullrich, a co-founder of Hacker Lab in Sacramento. "It's all very exciting. This whole thing is like catching a big, old tsunami and saying, 'Wow, this is huge,' and you need to stay on. It's scary, it's awesome. And there's nothing else like it in the [Sacramento] Valley."

Or anywhere else, apparently. According to Lujan, who is also creative director of Webify Labs "on the side," what separates Hacker Lab from the likes of Noisebridge and 13,000-square-foot Hacker Dojo in Silicon Valley, Bucketworks in Milwaukee and the national chain of membership-based TechShop do-it-yourself fabrication workshops is that the Sacramento facility is both a startup and maker space.

"It's a completely different model," she said. "No one else in the country is half and half. I love [Hacker] Dojo, but its primary focus is on hacking. Noisebridge is primarily for making things."

Non-profit Hacker Lab is still several members and sponsors away from breaking even, according to the founders, but they hope the often-difficult task of raising startup capital doesn't daunt others like them from creating similar collaborative workspaces elsewhere.

"All cities need a Hacker Lab," Lujan said. "There's been no better time. Product development is so obtainable right now. Having a space with the tools and collaboration to build products and software is vital to a city. It gives the region a school, an innovation campus with R&D and connections under one roof. It's a new type of institution, a new paradigm to our society."

Intel Free Press (www.intel-freepress.com) is a tech news site from Intel Corporation, covering news and information focused on people, technology, events and topics relevant to the computing industry.



Kenneth, Sean, Patrick Jacobsen. Photo by Julie Parker.

By Julie Parker

CARMICHAEL, CA – (MPG) When Cheryl Jacobsen delivered her triplets – Patrick, Sean, and Kenneth—little did she know they would be the first set in the Boy Scouts of America's Pony Express District (Golden Empire Council) to earn the highest ranking of Eagle Scout. They almost didn't get there.

This past summer, Assistant Scoutmaster Bryce Holladay visited their home to remind them that the door would be closing when they became eighteen. They only had three or four months to earn their remaining badges, complete the Eagle Scout Service Project, get it written up, interview, and receive approvals from the scoutmaster, charter leader, and sponsors. Were they up for it? "They said 'yes,'" recalls Holladay. "They followed through with it. They set that goal."

When the boys were born, the Jacobsens already had a two-year-old daughter. With a sudden family of six, they needed assistance. Cheryl's grandmother flew out from Colorado and stayed the first three months until Cheryl returned to work. The kids' father quit his job to be a full-time dad, until the boys entered kindergarten. He then worked part-time, so he could be there for them before and after school.

Initially, the school advised the Jacobsens that it would be easier for them and teachers if the triplets remained together in the same classroom. Cheryl, however, disagreed with their assessment.

"I asked if it was possible to

separate them. I felt they were already sharing a birth date, and I wanted them to have their own individuality, and friends." Mom won.

They've all been active in track and field, and cross-country, with Patrick adding wrestling to his curriculum, until an injury cut it short.

The boys didn't enter the Boy Scouts until age thirteen, but they have thoroughly enjoyed the experience.

Patrick's favorite aspect has been "trying new things." He says, "The personal management badge was the toughest. You have to keep track of what you spend and don't spend of your money for 30 days. It was hard to keep track sometimes."

He built an information kiosk booth at Will Rogers High School for his Eagle Scout Service Project.

After high school graduation, he plans on pursuing a nursing career.

Sean says about the Scouts, "I thought it was going to be somewhat boring when I first joined, but there is so much fun stuff. Scout Camp is where you have fun all the time. For the wilderness survival skills we had to make our own fire, and learn different signaling. We had to go out for a night with just our clothes and a water bottle, and build our own shelter."

For his project, he created a drip irrigation system for the garden at Will Rogers Middle School. "We only had 30 days. It was a project that was efficient, quick, and

would help a lot of people."

After graduation, he plans on following his grandfather's footsteps by joining the Air Force.

Kenneth says people might be surprised to learn how hard working the Scouts are – "When we sign up for something, we get it done." His favorite merit badge was leather work. "It was probably the easiest, and most fun. We made belts and little neck ties." He agrees with Patrick that earning the personal management was the most challenging. "One of the things took me forever to get it right. There are a lot of steps to get to a point."

Kenneth repaired bleachers at Del Campo High School for his project, which involved raising money. "The regular wood would just break easy again, so we bought pressure treated wood, which is a little more expensive."

He had planned on joining the Coast Guard after graduation, but faced a two-year waiting list. "So, I'm shooting for the Air Force right now, and to become a mechanical engineer. I think it would be really fun working on airplanes; getting to know how to build them."

The Court of Honor – the award ceremony – is set for March 10, 2013 at 7:00 p.m. at the Church of Jesus Christ Latter Day Saints at the corner of Garfield and Locust in Carmichael.

The public is welcome to attend the momentous celebration; to set aside politics with the organization, and to demonstrate our collective pride of our three hometown young men by applauding their accomplishments.

The Sky's the Limit
for Your Child's Education!

- Low Student to Teacher Ratios
- Accountability with Self-Paced Learning
- Comprehensive K-8 Science Curriculum
- Hands-on Materials & Experiential Learning
- Technology-based K-8 Foreign Language Program
- Dual California & Montessori Credentialed Teachers

Celebrating its 12th year of offering K thru 8th grade quality, tuition-free Montessori Education at six campuses throughout the greater Sacramento area.

971-2432

Visit www.cacmp.org
for more information

Accredited through the AMS (American Montessori Society)
And WASC (Western Association of Schools & Colleges)

A Choice in Public Education!

HOPE for TROUBLED HOMEOWNERS

WE PROVIDE SOLUTIONS
Call for a Free Consultation
(916) 331-3311
Short Sale Hotline

Sac Short Sale Pros
SHORT SALE REALTORS License #01128753

What does your
mouth **REALLY**
want this month?

A Spectacular Smile from Lyons Orthodontics!

- LEADING PROVIDER of INVISALIGN
- Complimentary Consultation including records & x-rays
- Easy Payment Plans...treatment is an option for ANYONE

EL DORADO HILLS
4420 Town Center Blvd, #200 · Across from Target

FAIR OAKS
7806 Madison Ave, #100 · Just 2 blocks from Sunrise Mall

FREE
INITIAL EXAM!
and chance to
win iPad!

CALL FOR YOUR FREE APPOINTMENT
916.933.8820
www.LyonsOrthodontics.com



TAX HELP

from a Tax Pro

Dean Alexander Sr.

Why Did My Tax Preparer Not Use My Deductions?

That reminds me of a lady who was unhappy when the IRS disallowed the exemption she took for her pet. “But I have been claiming seven of them in the past years,” she protested. Similarly many taxpayers seem to think that they are entitled to deductions for their food and living expenses.

I had a call the other day from someone who was unhappy with her tax preparer. “He seems not to know his business. She started telling me that he did not take any of her expenses for her food and commuting to work.

Needless to say that her tax preparer was correct in not deducting those personal expenses on her tax return. Personal Expenses are not deductible. Only expenses used in generating the income (except for commuting) are deductible.

Maybe it will help just to visit the issue briefly. If you are a business such as a corporation or a proprietor, you are entitled

to deduct your expenses that are used to generate your income. That seems commonsensical. The problem becomes a little twisted for wage earners.

In the good old days wage earners (people with w-2) used to be able to deduct their first dollar of business expenses. Then smart politicians who are bent on complications employed their twisted minds and decided to make life miserable for citizens and possibly for themselves.

Now employee business expenses have to pass two hurdles. The first hurdle is a percentage of adjusted gross income you have to jump over which they call a floor. You theoretically can deduct any amount above this floor. I say theoretically because we are not out of the woods yet.

After you successfully manage to jump the hurdle of the percentage of adjusted gross income and you have a dollar or two available now for deductions, the IRS

will tell you these deductions can only be used among the itemized deductions. So if you don't have enough itemized deductions, the poor dollars that you have just liberated succumb to the shackles of the congress genius and they die forever.


Can't we just live a simpler life? Taxes made simple or better yet no income tax but a sales tax system. You buy and you pay your taxes. NO more tax returns.

Summary: Only business expenses are deducted. Wage earners cannot deduct personal expenses. Employee business expenses are deductible but hardly.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

DMV:Ask “George”

Expert Answers to Common DMV Questions



By George Valverde – Director, California Department of Motor Vehicles

Do you have questions about general driving related requirements like registration and insurance?

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

“Save Time by Going Online,” at www.dmv.ca.gov.

Q: Is it true that minors are never allowed to use cell phones when driving, even with a hands-free device?

A: That is correct. It is against the law for a minor to use a cell phone while driving. They are only to use cell phones when the vehicle is safely stopped or parked. If a minor violates this law, he or she will be subject to fines. The only exceptions to this law are in the event that a minor must use a cell phone in an emergency situation to contact law enforcement, a health care provider, the fire department or another emergency entity.

Q: I have a commercial driver license and want to apply for a Hazardous Materials endorsement for which I need a background check. Where do I start first, with the DMV or with the Federal Transportation Security Administration?

A: When applying for a Hazardous Materials (HazMat) endorsement, it is highly recommended that you start the procedure by submitting all required documentation and fees to the DMV. This will help expedite the procedure and ensure that the process runs smoothly. For more information, visit www.DMV.ca.gov/pubs/brochures/fast_facts/ffd129.htm or visit your local field office and you will be provided with a brochure specifically outlining the requirements for obtaining this endorsement.

Q: When being pulled over by law enforcement, what is the correct way to handle this situation?

A: Getting pulled over for your first time can be very daunting. However, if you are aware of what the procedure will be and what steps you need to take, it

will be less stressful for you. The first thing you should do when you notice you are being pulled over is to acknowledge the police officer by turning on your right turn signal. Next you should move to the right shoulder of the road, never to the center median. For full details on the correct practice of an enforcement stop, please visit <http://apps.DMV.ca.gov/pubs/dl600.pdf> and go to page 77 in the Driver Handbook.

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.DMV.ca.gov.



By Pastor Ray Dare

We don't like to admit our fears, but we all have our private phobias, inner insecurities, anxieties and worries. We may try to fake it, pretend they don't exist, cover them up, medicate them, but the fact is we all have them. If you don't deal with them, eventually they lead to other problems. How do you break free from worry? The Bible tells us how in Philippians 4.

Pray about everything. How do you overcome the habit of worrying? You replace it. You don't quit bad habits, you replace them with new, good habits. Instead of worrying, the Bible tells us to pray. “*Don't be anxious about anything.....but in everything by prayer...*” Philippians 4:6 If it's worth worrying about, it's worth praying about. You say, “But I don't have time to pray!” Sure you do. Take the time you spent worrying and begin praying. If you prayed as much as you worried, you'd have a lot less to worry about. Turn your worries into prayers because God cares for you and wants to help you.

Thank God in all things. “...

How to Overcome Worry

with thanksgiving...” Philippians 4:6 The Bible does NOT say be thankful FOR everything. It says “In every circumstance give thanks.” Not for every circumstance. What's the difference? Even out of bad God can bring good. In every circumstance, no matter how bad it is, you can give thanks to God because, (a) I know He has a purpose bigger than the problem, and (b) He will give me the power to overcome the problem, and (c) I will grow through the experience if I allow it to help me grow. In every circumstance, even in tough times, I can be thankful because I know God is greater than the problem.

You may think, “But how can I be grateful when I've lost so much? I've lost my job, I've lost my health, I've lost my house. I've lost income. How can I be thankful in that situation?” You don't look at what you've lost, you look at what you have left. And you have a lot left! You're still alive and you still have a lot of blessings if you'll look around count them. Gratitude is a stress reliever because it gets your eyes off the problem and puts it on the positive things in your life.

Think about right things. “*Finally whatever is true and noble and right and pure and lovely and admirable, think about such things and the God of peace will be with you.*” Philippians

4:8 None of us use our brain to the potential God has given us. Whatever you put in your brain is what's going to come out. It's like a computer. Garbage in, garbage out. So, if you want to change your life, you need to change what you're thinking about. What's the result? The result is peace, God's peace. How do you get that kind of peace that helps you to trust in the tough times? You don't worry about anything, you pray about everything, you give thanks in all things, you think about right things and the peace of God will be yours as you trust in Jesus.

Pray this right now, “Dear Lord, help me not to worry about anything but to discuss them with You rather than worry. Help me to thank You in every situation, realizing that there's always something to be grateful for. Help me to think about the right things, to spend some time with You, reading the Bible to fill my mind with positive things, not the negative garbage that's out in the world. I ask for Your peace in my heart, in Jesus name, Amen”.

*Pastor Ray
New Community
Christian Church
YOU'RE INVITED,
Sunday service at 10am
“We Do Church Differently”
www.YourNewChurch.org*

Assemblyman Ken Cooley Named Chair of the Select Committee on Community and Neighborhood Development



Assemblyman Ken Cooley

RANCHO CORDOVA, CA – (MPG) Assemblyman Ken Cooley (D-Rancho Cordova) was named by Speaker John A. Pérez (D-Los Angeles) today as the Chair of the Select Committee on Community and Neighborhood Development.

“Strengthening and sustaining community quality of life for residents and to fortify local job creation efforts is critical to

every California community” said Assemblyman Cooley. “It sets the stage for communities to continually renew themselves and afford job opportunities to the people who grow up there and their families.”

The Select Committee is charged with:

- Creating and promoting broad-based community partnerships;
- Developing a toolkit for local governments on job creation and business growth;
- Identifying resources to augment public safety resource management; and
- Locating state and federal dollars that can be used for community and neighborhood development.

This committee will focus on identifying quality of life improvements needed in typical communities and neighborhoods and the barriers that impede progress towards accomplishing them. Further, the committee

will partner with key stakeholders and neighborhood groups to identify strategies to best implement these ideas.

The Select Committee work will begin with a hearing inviting a statewide sampling of community leaders from urban, suburban and rural town locales to discuss the challenges faced when attempting quality of life improvements at the neighborhood level. Subsequent hearings will focus on best practices for applying quality of life improvements to the various communities statewide.

Assemblyman Ken Cooley represents the 8th Assembly District which includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and other portions of unincorporated Sacramento County. For more information, please visit <http://asmdc.org/members/a08/>

Source: Office of Ken Cooley

WE RID YOUR HOME OF PESTS!



BELL PEST CONTROL

GUARANTEED Since 1978

916-512-3722

“GIVE US A RING”

WWW.BELLPEST.COM



“We've got 'em in our crosshairs”

\$35 START UP

A \$145 SAVINGS!

\$30 OFF

ANY ONE TIME SERVICE

CALL NOW FOR OUR WINTER SPECIAL

✓ ANTS ✓ BLACK WIDOWS ✓ ROACHES ✓ MICE ✓ EAWIGS ✓ RATS ✓ FLEAS ✓ AND MORE



Coming Soon!

New Beginnings Church

A Brand New Church For Our Community!

Coming this New Year to Your Community will be New Beginnings Church. A non-denominational church with a casual and contemporary style



New Beginnings Church
5510 Diablo Drive
Sacramento, CA

“We Do Church Differently”

Pastor Ray

You're Invited! Join us in our Sunday mornings service at 10am at the Foothills Community Center now until 2/24. Our Grand Opening Service is coming on Easter Sunday!

For more information: www.NewChurchComingSoon.org or 916-992-1997

Special Sneak Preview Service!

Open to the community

Sunday, February 24th

Celebration Begins at 10am

Meeting at the Foothills Community Center near the corner of Elkhorn & Diablo (nursery & children's programs provided)

We are creating...

Quality Children's Programs
Meaningful Friendships in Small Groups
Ministry for Healthy Families and Marriages
Contemporary Worship in which God is experienced



EQUAL HOUSING
LENDER



SOBER LIVING (916) 961-2691

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
 Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp. 3/31/13

25-YEAR WARRANTY ON SILVERPLATING



916-708-7303



Visit YourNews.com

Your News

YOUR WORLD, YOUR VOICE

STATEPOINT CROSSWORD • OSCARS

CROSSWORD

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
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				62	
63						64	65			66		67	68
69						70				71			
72						73				74			

if you could save \$522 ...
why wouldn't you?*

Call 1-866-929-9071 to get your fast, free
car insurance quote.

esurance

an Allstate company

*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

© StatePoint Media

CLUES

ACROSS

1. "The knight on the Oscar statuette holds one

6. "Possible best director

9. Sound of passing bullet?

13. Taekwondo country

14. ___ of Good Feelings

15. Twofold

16. Relating to Quechuan people

17. Energy unit

18. To set someone free

19. Bruce Wayne's Batman, e.g.

21. "Historical drama and Oscar nominee

23. Feline cry

24. Secretary, e.g.

25. a.k.a. American Gas Association

28. Cleanse

30. Gather, as in courage, e.g.

35. Make fun of

37. Lord's worker

39. "Controversial speech-making director (2003)

40. Aware of

41. They itch

43. "Singing nominee

44. Apartments, e.g.

46. Bank claim

47. "___ in full"

48. Petered out

50. Put in the hold

52. Grazing land

53. "Vanity Fair holds a big one on Oscar night

55. ___ sheet

57. "Western director nominee

61. "'Cloud ___," snubbed by the Academy

63. Justin Timberlake's "___ the End of Time"

64. Under the weather

66. 1.75 pints

69. "Time is money," e.g.

70. Adam and Eve used its leaves for covering

71. Silly and insignificant

72. Comedy Central's "___O"

73. Drug approver

74. Throat infection

DOWN

1. Often used with "burn"

2. "Got an Oscar

3. Shamu, e.g.

4. King's domain

5. "President portrayer

6. "Ang and Spike, e.g.

7. Get it wrong

8. Bald symbol

9. Dietary mineral

10. Division word

11. Nervous biter's victim

12. Hidden valley

15. Hogwash

20. Flooded

22. Any doctrine

24. Ascetic Muslim monk

25. "Love

26. Going to

27. "Cooper and Lawrence ___ "Silver Linings Playbook"

29. Wedding cover

31. Daytime TV offering

32. Relating to tone

33. Bert's roommate

34. High-pitched

36. Japanese string instrument

38. Three of these in a yard

42. Horse or pig sound

45. Difficult to detect by the mind

49. ___ chi

51. "Youngest ever nominee

54. Sense an odor

56. Colorful spread

57. African tea

58. Backward arrow command

59. Greek H's

60. Not far distant in time, space or degree

61. Aquatic plant

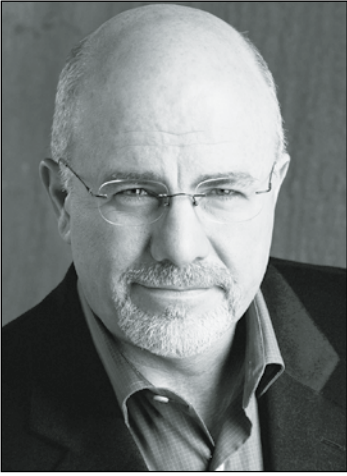
62. "Like most in attendance at the Oscars

65. Manhole cover

67. WSW opposite

68. One in a set

For Solution See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

More Than Just A Problem

Dear Dave,
My mother-in-law has a serious credit card problem. She can't afford stuff, but she shops anyway, acquires more and more credit and thinks she'll pay for it all later somehow. Her husband has bailed her out a few times, but he's unwilling to do it anymore. My wife and I, and her sister, want to address this issue, but where do we start?

- Jonathan

Dear Jonathan,
First of all, you need to stay out of the discussion. This is something for her daughters to handle, and her husband needs to be part of it, too. He's closer to this and feels the effects more than anyone else in the family.
They need to sit down with her in a closed setting, where there are no interruptions, no television and no one else. Start with the fact that they love her and care about her deeply. This part is really important. But they also have to walk through what's going on, and let her know they're tired of watching her destroy herself and her marriage with this immature and irresponsible behavior.
Everyone involved should understand going in that they're likely to receive a volatile,

Dave Says

angry reaction from this lady. Sometimes people get ticked off when they hear the truth, especially when it's connected to their own misbehavior. It may even be a good idea for your wife, her sister and your father-in-law to get some advice from a family counselor beforehand. What we're really talking about here is an intervention.

If she were a drunk, you'd want to try and make her see how alcohol was hurting her and the relationships she has with her family. Basically, she has a credit card addiction, and it's wreaking havoc on her marriage and their financial well-being. Show as much love and understanding as possible, but someone has to say something and draw a line in the sand. Otherwise, this behavior will eat everyone alive!

- Dave

Closing Whole Life

Dear Dave,
I want to get out of my whole life policy. Should I formally close out the old policy, or just stop paying the premiums?

- Anonymous

Dear Anonymous,
Close out the old policy once you have a good, term life insurance policy in place. I recommend 15- to 20-year level term insurance equal to 10 to 12 times your annual income. For instance, if you make \$40,000 a year, you should have \$400,000 to \$500,000 in coverage.
Term life insurance is much less expensive than whole life. Plus, did you know that you lose the part of your whole life policy known as the "savings plan" or "cash value" when you die? They only pay the face amount of the policy. So, close it out and stop pumping money into that thing!
But don't leave yourself uninsured. Make sure you have the proper coverage in a term policy first. There is never a good time to save money inside a rip-off, whole life, cash value insurance plan!

- Dave

*For more financial help, please visit daveramsey.com.

SUDOKU

dish

Starting at \$19.99/mo for 12 mos.

CALL 1-888-903-6814

DISH NETWORK

SAVE! & Ask About SAME DAY Installation!

PLUS 30 Premium Movie Channels FREE for 3 Months!

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

© StatePoint Media
Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

Business & Service Directory

AFFORDABLE SERVICE

FRIENDLY AFFORDABLE SERVICE

Painting ✓ Small Jobs ✓ Welding

Free Onsite Estimate in Carmichael Area

No JOBS OVER \$500

916-208-1824 • simplemanwelding@yahoo.com

VACUUM SERVICE AND REPAIR

VACUUM SERVICE CENTER

Repair • Parts • Belts • Bags

Your One-Stop Vacuum Repair Shop

BEL AIR SHOPPING CENTER

4005 MANZANITA AVENUE #26

MONDAY-SATURDAY, 10AM - 6PM ♦ 916-978-0206

(Inside Heirloom Flooring Gallery)

HOME CLEANING SERVICES

PEOPLE'S HOME SERVICES

• Tile & Grout Cleaning • Upholstery Cleaning • Air Duct Cleaning • Gutter Cleaning • Carpet Repairs • Pet Odor Removal

3 AREA CARPET CLEANING FOR \$74.95

Full Service • No Hidden Fees

Any area over 200 sq ft is considered more than one. Offer expires 3/31/13

DRYER VENT CLEANING SPECIAL OFFER

\$99.95

A \$200.00 Value at 50% Off!

Offer expires 3/31/13

We Also Offer: Senior Discounts □ Free Estimates

www.peoplesclean.com • (916) 308-5042

CEMETERY SERVICES

Respectful, Affordable Burial

Endowment Care Facility
Beautiful Park like setting
Monuments allowed • Cremation Niches
Cormingle Scattering Garden
Quality & Affordable Service

Fair Oaks Cemetery District

7780 Olive St., Fair Oaks, 95628

916-966-1613

PET SITTING SERVICE

Professional, Loving PET CARE

Established Reputation

Kennel Free Environment

Lots of TLC

Call Madeline

(916) 723-1608

PET LOSS

EAST LAWN PET LOSS CENTER

Pet Burials • Cremation • Home Euthanasia

Located at Sierra Hills Pet Cemetery (I-80 @ Greenback)

www.EastLawnPets.com

(916) 732-2037

FIDUCIARY SERVICES

PROFESSIONAL FIDUCIARY SERVICES

Peace of Mind and Heart

Janet Kay Welborn JD/CLPF/NCG

5150 Fair Oaks Boulevard Ste. 115 • Carmichael, CA 95608

License #640

Cell 916-717-4437 • Fax 866-221-9350

jwelborn@professionalfiduciaryservices.net

www.professionalfiduciaryservices.net

FUNERAL SERVICES

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY FAIR OAKS, CA 95628

Tel (916) 9611265 Fax (916) 9612430

MOBILE HOMES FOR RENT OR SALE

MOBILE HOME ESTATES

A PEACEFUL CITRUS HEIGHTS COMMUNITY

We Can Help You Own Your Home!

Purchase and Rent-to-own Available!

\$499 Moves You In!

Stonegate Mobilehome Estates

7368 Whyte Ave., Citrus Heights, CA 95621 Ph: 916-728-5511

WWW.STONEGATEMHP.COM

A 55+ Park

LANDSCAPE SERVICES

SLS

Superior Landscape Services

Landscaping and Maintenance

• Sprinkler Repair/Install • Pruning • Mowing/Trimming • Fertilizing

(916) 728-5812 • Cell (916) 761-0999

Dave Cochran Owner • dave_SLS@surewest.net

HANDYMAN

QUALITY LABOR & MAINTENANCE

Yard Work, Hauling, Gutter Clean, Odd Jobs

You Name It!

(916) 613-8359

FUNERAL SERVICES

Lind Brothers

FD 1141

A Family Owned Funeral Home and Crematory Since 1964

4221 Manzanita Ave. Carmichael

916-482-8080

PRINTER AND COPIER SERVICE

Specialties Plus

• Machine Repairs (all makes & models)
• Toner Cartridge Refills (Using Cartridge World? Take 10% off their price & try mine)
• Free Cleaning (with our cartridge)
• We are Local
• Service Contracts (monthly or yearly)
• Lease or Rent
• High Volume Copying (save wear & tear on your machine)

Specializing in Digital Printers, Copiers, Fax & Multifunction Machines

E-mail: specplus@comcast.net

(916) 723-8430

DOG RESCUE

DOG RESCUE

Gary

(916) 334-2841

Please Adopt or Foster

Because so many really great dogs are dying for a good home...

ShelterMOU@hotmail.com

THRIFT SHOP

SPCA THRIFT SHOP

The Real Non-Profit

Helpless Animals Need Your Donations

Will Pick Up

Call 916-442-8118

1517 E Street for donations

10-4pm

Adoption

PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. **LIVING EXPENSES PAID.** Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Florida Agency #100021542 Void in Illinois/New Mexico (NANI)

Announcements

Krista Louise Jones, will now be known as Zayne Louis Jones.

DID YOU KNOW that Ten Million adults tweeted in the past month, while 164 million read a newspaper in print or online in the past week? **ADVERTISE** in 240 California newspapers for one low cost. Your 25 word classified ad will reach over 6 million+ Californians. For brochure call Elizabeth (916) 288-6019 (Cal-SCAN)

Antiques

Old Railroad Items Wanted: lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-12)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 863-2463 (MPG 12-31-12)

Apartments For Rent

NOW ACCEPTING APPLICATIONS Snowcap View Apartments, 3840 Snowcap View Circle, Auburn, CA 95602; 1, 2, & 3 bedroom apts and also apartments with special design features for individuals with a disability. Inquire as to the availability of subsidy. Call (530) 885-3281, Mon-Fri 7am to 4pm. TDD# (800) 735-2929. This institution is an equal opportunity provider and employer. **EQUAL HOUSING OPPORTUNITY.** **EQUAL OPPORTUNITY ACCESS.** (MPG 04-30-12)

Auctions

RITCHIE BROS. UNRESERVED Public Auction 8am Friday Feb 15 Tipton, CA. Farm and construction equipment, trucks, trailers and more. No minimum bids. Financing available. Full details at www.rbaction.com or 559-752-3343 (Cal-SCAN)

Auto Buy/Sell

Car Buy-Sell Service Contact JR Enterprises, a Brand New Local Car Buying & Selling Service that guarantees to save you **TIME & MONEY!** Free Consultation www.jrcarconsultant.com

Auto Donation

DONATE YOUR CAR to CHILDREN'S CANCER FUND of AMERICA and help end **CHILDHOOD CANCER.** Tax Deductible. Next Day Towing. Receive Vacation Voucher. 7 Days 1-800-469-8593 (NANI)

A-1 DONATE YOUR CAR! Breast Cancer Research Foundation! Most highly rated breast cancer charity in America! Tax Deductible! Fast Free Pick Up. 1-800-399-6506 www.carsforbreastcancer.org (NANI)

DONATE CAR AND GET \$1000 GROCERY COUPONS - Help United Breast Cancer Foundation - Fast Free Towing - 24hr Response - Tax Deduction 888-777-8799 (NANI)

DONATE YOUR CAR, truck or boat to Heritage for the Blind. Free 3 Day Vacation, Tax Deductible. Free Towing. All Paperwork Taken Care Of. 888-902-6851. (Cal-SCAN)

DONATE YOUR CAR-FAST FREE TOWING 24 hr. Response- Tax Deduction. **UNITED BREAST CANCER FOUNDATION.** Providing Free Mammograms & Breast Cancer Info 888-792-1675 (Cal-SCAN)

WANTED Any condition Pre 1973 Mercedes SL, other convertibles, Porsche 356, 912, 911, Jaguar XK150 through E-types. Gas station signs. Other interesting cars considered. 714-267-3436 or michaelcanfield204@gmail.com (Cal-SCAN)

DONATE YOUR CAR, TRUCK OR BOAT to HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible. Free Towing. All Paperwork Taken Care Of. 888-600-9846 (MB 2013)

Auto for Sale

1970 Chevrolet Chevelle SS 396/350HP. \$7400. bounce34@msn.com / 209-676-5961.

Autos Wanted

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not. All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

CASH FOR CARS: All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960 (NANI)

Business Opportunities

Want a change? Need more Money? Take 3 minutes to look at: <http://www.dog-gone-truth.com/2ndtomom/DGT.aspx> (MPG 09-30-12)

Business Services

Many a small thing has been made large by the right kind of advertising - Mark Twain. **ADVERTISE** your **BUSINESS CARD** sized ad in 140 California newspapers for one low cost. Reach over 3 million+ Californians. Free brochure elizabeth@cnpa.com (916) 288-6019 (Cal-SCAN)

The business that considers itself immune to advertising, finds itself immune to business. **REACH CALIFORNIANS WITH A CLASSIFIED IN ALMOST EVERY COUNTY!** Over 270 newspapers! Combo-California Daily and Weekly

Networks. Free Brochures. elizabeth@cnpa.com or (916) 288-6019. (916) 288-6019. (Cal-SCAN)

Cable TV Offer

Bundle & Save on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at less than \$20/mo. **CALL NOW! 800-291-4159** (NANI)

AT&T U-Verse for just \$29/mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (select plans). HURRY, CALL NOW! 800-418-8969 (NANI) **DISH Network.** Starting at \$19.99/month PLUS 30 Premium Movie Channels FREE for 3 Months! **SAVE!** & Ask About SAME DAY Installation! **CALL-888-582-4023** (MB 2013)

Cable/Internet Services

SAVE on Cable TV-Internet-Digital Phone. Packages start at \$89.99/mo (for 12 months.) Options from ALL major service providers. Call Acceller today to learn more! **CALL 1-888-897-7650** (Cal-SCAN)

Highspeed Internet EVERYWHERE By Satellite! Speeds up to 12mbps! (200x faster than dial-up.) Starting at \$49.95/mo. **CALL NOW & GO FAST!** 1-888-718-6268. (Cal-SCAN)

Highspeed Internet EVERYWHERE By Satellite! Speeds up to 12mbps! (200x faster than dial-up.) Starting at \$49.95/mo. **CALL NOW & GO FAST!** 1-888-927-0534 (MB 2013) **SAVE on Cable TV-Internet-Digital Phone.** Packages start at \$89.99/mo (for 12 months.) Options from ALL major service providers. Call Acceller today to learn more! **CALL 1-866-484-1940** (MB 2013)

Cable/Satellite TV

AT&T U-Verse for just \$29/mo! BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card! (select plans). HURRY, CALL NOW! 800-319-3280. (Cal-SCAN)

Career Training/ Education

AIRLINE CAREERS begin here - Become an Aviation Maintenance Tech. FAA approved training. Financial assistance available. Job placement assistance. **CALL** Aviation Institute of Maintenance 888-242-3382. (Cal-SCAN)

AIRLINES ARE HIRING-Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified-Housing available **CALL** Aviation Institute of Maintenance 877-804-5293 (Cal-SCAN)

ATTEND COLLEGE ONLINE 100%. *Medical, *Business, *Criminal Justice, *Hospitality, *Web. Job placement assistance. Computer available. Financial aid if qualified. **SCHEV** authorized. Call 888-210-5162 www.CenturaOnline.com (Cal-SCAN)

BE AN IMMIGRATION OR BANK-RUPTCY PARALEGAL. \$395 includes certificate, Resume and 94% placement in all 58 CA counties. For more information call 626-552-2885 or 626-918-3599 (Cal-SCAN)

Collectibles/Antiques

BUYER IN TOWN-WANTED: Pre-1975 Superhero Comic Books, sports cards/ bubble gum cards sets, original art, Movies /Music memorabilia. Collector/ Investor (800)273-0312 mikecarbo@gmail.com (Cal-SCAN)

Collectibles/Nascar

Collectors Dept 56 Christmas pictures. May to choose from. Half Price from original price on box. Still boxed! 916-967-6289. (MPG 1-31-13)

1987 to 2006, large framed pictures of Dale Sr. and Dale Jr., Jeff Gordon, Alan Kulwicki, Ernie Erolin and more. Die Cast Cars 1/24 scale, 1/64 scale. Football cars 1/24 scale features Raiders, 49ers, Cowboys, Packers and more. Pool table lights, large selection of beer mirror signs. Call Tony at 916-708-1889. You've gotta see this collection! (MPG 1-31-13)

Computer Services

MY COMPUTER WORKS. Computer problems? Viruses, spyware, email, printer issues, bad internet connections-FIX IT NOW! Professional, U.S.-based technicians. \$25 off service. Call for immediate help. 1-888-865-0271 (Cal-SCAN)

Credit/Debt Services

GET FREE OF CREDIT CARD DEBT NOW! Cut payments by up to half. Stop creditors from calling. 888-416-2691. (Cal-SCAN)

Divorce

Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message **1-800-213-4205** ID# 1009

Electronics

***LOWER THAT CABLE BILL!** Get Satellite TV today! FREE System, installation and HD/DVR upgrade. Programming starting at \$19.99. **CALL NOW 1-800-935-8195** (NANI)

Fencing

Cal State Fence and Construction Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residential/ Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

Financial Services

Do you receive regular monthly payments from an annuity or insurance settlement and **NEED CASH NOW?** Call J.G. Wentworth today at 1-800-741-0159. (NANI)

Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save you thousands of dollars! Call CREDIT

CARD RELIEF for your free consultation 1-888-505-1183 (MB 2013)

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 888-928-0984 (MB 2013)

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 888-698-3165. (Cal-SCAN)

Gifts/Novelties

ProFlowers-Enjoy 60 percent off Tender Hugs and Kisses with Chocolates for your valentine! Site price: \$49.99, you pay just \$19.99. Plus take 20 percent off other gifts over \$29! Go to www.ProFlowers.com/secret or call 1-888-717-7251. (Cal-SCAN)

SHARI'S BERRIES-Delight all of your Valentines with our freshly dipped strawberries, decadent truffles and hand-crafted sweets! **SAVE 20 percent** on qualifying gifts over \$29! Visit www.berries.com/enticing or Call 1-888-721-8829. (Cal-SCAN)

Health & Medical

ATTENTION DIABETICS with Medicare. Get a FREE talking meter and diabetic testing supplies at NO COST, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-816-7716 (MB 2013)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-281-3958, for \$10.00 off your first prescription and free shipping. (MB 2013)

ATTENTION SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-654-6310 (MB 2013)

CASH PAID- UP TO \$28/BOX for unexpired, sealed **DIABETIC TEST STRIPS!** 1 DAY PAYMENT & PREPAID shipping. BEST PRICES! Call 1-888-776-7771 www.Cash4DiabeticSupplies.com (NANI)

FREE RX SAVINGS CARD Save up to 85% at over 60K pharmacies. All US Residents qualify. **CALL 888-960-0026** (NANI)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-356-4170, for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 866-723-7089 for \$10.00 off your first prescription and free shipping. (Cal-SCAN)

Do you know your Testosterone Levels? Call 888-904-2372 and ask about our test kits and get a FREE Trial of Progene All-Natural Testosterone Supplement. (Cal-SCAN)

IF YOU USED THE MIRENA IUD between 2001 - present and suffered perforation or embedment in the uterus requiring surgical removal, or had a child born with birth defects you may be entitled to compensation. Call Johnson Law and speak with female staff members 1-800-535-5727 with (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Heating Services

Free Heating Service Call, including all minor repairs. Lic#972031 **Universal Air Quality.** Call **916-204-6077.** (MPG 08-31-12)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

Flooring Sales We are seeking a FT salesperson who will be responsible for all products sold in our flooring showroom. Salesperson will sell out of the showroom & in customer's homes. Prior experience & computer skills are a plus. Must be professional, organized & willing to provide excellent customer service. Must obtain a sales license within 60 days of hire. Please email resume to: htodrean@yahoo.com. Or come in for an application: Heirloom Flooring Gallery 4005 Manzanita Ave #26 Carmichael, CA 95608 (MPG 1-31-13) all 888-699-7660. (Cal-SCAN)

Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25)

Household Services

Iron Lady-Ironing Service. Fast. Efficient, Reasonable. **916-743-8449** (MPG 09-30-12)

Income Tax Preparations

INCOME TAX PREPARATION Individual, small business, estate and trust income tax returns. Enrolled Agent, 16 years experience. (916) 863-1026 skiddootaxes@att.net

District Administrator Carmichael Recreation & Park District. Salary to \$93,156 DOQ Filing Deadline: 03/08/13 Submit a District Application, cover letter and resume with current salary and four work-related references. Resume should reflect size of budget and staff you manage and both years and months of beginning/ending dates of positions held. Forward your materials to: Stuart.Satov@cps.hr Consulting 241 Lathrop Way, Sacramento, CA 95815 Ph: 916.263.1401 Fax: 916.561.7205 Email: resumes@cps.gov Online Brochure: www.cps.ca.gov/search EOE

Bookkeepers, Retail and Management, Cashiers, for Internet cafe. Should live within 15 miles of Cottage Way and Fulton Ave. Must have 2 years of work references, will be confirmed. Must have some computer experience. Send resume to : don@imagesoutdoor.com (MPG 12-31-12)

NEWSPAPER SUBSCRIPTION SALES No experience needed. Must be neat, well-groomed and dependable. Call (916) 420-2885. Pacific Coast Marketing, Jim Terry. (MPG 08-31-12)

AIRLINES ARE HIRING - Train for hands on Aviation Career. FAA approved program. Financial aid if qualified. Job placement assistance. Call Toll-Free: Aviation Institute of Maintenance 877-205-0503 (SWAN)

MEDICAL CAREERS BEGIN HERE **TRAIN ONLINE** for Allied Health and Medical Management. Job placement assistance. Computer available. Financial Aid if qualified. **SCHEV** authorized. Call 888-242-4026 www.CenturaOnline.com (SWAN)

HELP WANTED!! Up to \$1000 WEEKLY PAID IN ADVANCE!! MAILING OUR BROCHURES/ POSTCARDS or PAID BI-WEEKLY!! TYPING ADs for our company. PT/FT. www.FreeToJoinPositions.com (NANI)

\$294 DAILY! MAILING POSTCARDS! Guaranteed Legit Opportunity! www.ThePostcardGuru.com **NOW ACCEPTING! ZNZ Referral Agents!** \$20-\$60/Hour! www.FreeJobPosition.com **BIG PAYCHECKS!** Paid Friday! www.LegitCashJobs.com (NANI)

Resell Women & Children Items! Make incredible \$ on items your family doesn't need anymore & earn 60-80% of your sales! Check out www.brandnewtoyyou.com

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

HELP WANTED! Make extra money in our free ever popular homemaker program, includes valuable guidebook! Start immediately! Genuine! 888-331-0888 www.howtowork-fromhome.com (NANI)

ATTN: Become a Health/Wellness Coach. No Certification required. Work from anywhere 24/7. Up to \$1,500PT to \$7,500 FT. Training provided. www.hifcoach.com (Cal-SCAN)

Education Head Synchronized Swimming Coach Part time April-July. Evenings/weekends. Experience needed. Send resume and cover letter to spetersen@auburnrec.com

Help Wanted Drivers

DRIVERS: Apply Now, 12 Drivers Needed. Top 5% Pay & Late Model Equipment plus Benefits. New Equipment & 401k. Need CDL Class A Driving experience. 877-258-8782 www.ad-drivers.com (Cal-SCAN)

Driver - \$0.01 increase per mile based on 6 and 12 months. \$.03/mile quarterly bonus. Daily or Weekly pay. CDL-A, 3 months current experience. 800-414-9569 www.drivemknight.com (Cal-SCAN)

Drivers: Inexperienced? Get on the Road to a Successful Career with CDL Training. Regional Training Locations. Train and WORK for Central Refrigerated (877) 369-7126 www.centraltruckdrivingjobs.c (Cal-SCAN)

Help Wanted Medical

Geriatric Home Care Specialists is currently seeking **CNAs, HHAs and Caregivers** willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Home Health Care

In your home health care/ helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25)

Household Services

Iron Lady-Ironing Service. Fast. Efficient, Reasonable. **916-743-8449** (MPG 09-30-12)

Income Tax Preparations

INCOME TAX PREPARATION Individual, small business, estate and trust income tax returns. Enrolled Agent, 16 years experience. (916) 863-1026 skiddootaxes@att.net

Inhome Childcare

Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 collier@surewest.net

Medical Supplies /Equipment

Attention SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement Supplies at No Cost, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-699-7660. (Cal-SCAN)

Medical Alert for Seniors-24/7 monitoring. FREE Equipment. FREE Shipping. Nationwide Service. \$29.95/Month **CALL** Medical Guardian Today 866-944-5935. (Cal-SCAN)

Miscellaneous

Qu. Pillowtop Set, new \$150 Call 210-8211

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG)

Personals

Active mature lady seeking active mature man who can match my zest for life. Travel, theatre, cruises. Over 70 please. 916-967-6289. (MPG 1-31-13)

Real Estate

MEET SINGLES RIGHT NOW! No paid operators, just real people like you. Browse greetings, exchange messages and connect live. Try it free. Call now 1-800-945-3392. (Cal-SCAN)

Senior Housing

Mature Guy seeking friendship of a mature lady in the 60's and 70's. Call Jim **530-823-7765.** (MPG 10-19-11)

Pets/Animals

Dog training "The Western Way" Will change your life. Guaranteed Serving all of Placer County. **Ken 530-305-2504.** thewesternway@gmail.com (MPG 08-31-12)

Plumbing

***Sewer Camera* Locating & Clearing.** Call 530-613-0688 or 916-749-8562 **CSL # 739713** (MPG 09-30-12)

Pool & Spa Service

DYSTES POOL & SPA SERVICE Monthly service: call **DON 916-768-7790.** Free estimates (MPG 09-30-12)

Real Estate Out of State

20 ACRES FREE! Own 60 acres for 40 acre price/payment. \$0-Down, \$198/mo. Money Back Guarantee, NO CREDIT CHECKS. West Texas. **1-800-343-9444** www.SunsetRanches.com (Cal-SCAN)

Senior Housing

20 ACRES FREE! Own 60 acres for 40 acre price/payment. \$0-Down, \$168/mo. Money Back Guarantee, NO CREDIT CHECKS. West Texas. **1-800-843-7537** www.SunsetRanches.com (NANI)

Senior Housing

Mobile Homes for sale/rent, 1 and 2 bedroom Stonegate MHP A 55-yr and over Community in Citrus Heights. **916-728-5511.** stonegatemhp@live.com (MPG 10-31-12)

Senior Housing

\$355 to \$669-Foothill Farms, a newly built affordable senior



By Ronnie McBrayer

It was extremely important for the church of my youth to prove that every single miracle in the Bible be proven as an historical and scientific fact. A literal seven day creation, the plagues on Egypt, the parting of the Red Sea, Joshua making the sun stand still, the Hebrew children surviving the fiery furnace, and of course, there was the story of “Jonah and the Whale.”

As the story goes, Jonah was a rebellious prophet who would not follow God’s instructions. In an attempt to escape his vocation, he boarded a ship and took to the sea. He quickly found himself thrown overboard and then swallowed whole by a whale of the deep. Dear Jonah spent the next three days in the cramped quarters of the behemoth’s belly.

Being one of those biblical stories that defied logical explanation, my pastor would return to the tale time and time again to make sure, I assume, that the congregation had not been bluffed into disbelief by the humanists and Darwinians who assaulted our faith. To bolster that faith, he would tell this backhanded story.

It seems a young girl was talking to her science teacher about whales when the teacher said it was physically impossible for a whale to swallow a human being.

Hard Grace

The little girl protested, stating that the prophet Jonah had indeed been swallowed by a whale. The teacher reiterated that such a thing was impossible.

So the little girl said, “When I get to heaven I will ask Jonah.” The teacher, a bit brusque, asked the girl, “Well, what if Jonah went to hell?” The little girl replied, “Then you will have to ask him.” This punch line was always met by hysterical laughter, derision aimed at those who dared not believe the validity and veracity of Jonah’s story.

Pardon the pun, but the whale in Jonah’s story is too often a red herring. We get all tangled up in the scientific plausibility of such an act taking place, and miss the point of the whole story. Jonah’s tale is not a scientific treatise. It is a story about God’s relentless, patient, persistent, and sometimes hard grace. Hard grace: What is it that, exactly?

Hard grace is Jonah in the belly of the whale. How is that grace? If that big fish had not arrived to gobble down Jonah, he would have drowned in the depths of the sea. The whale was not Jonah’s undoing. It was his salvation. The belly of that whale became the incubator – indeed a painful, disgusting, cramped incubator – in which mercy took root, rescued and transformed him. That is hard grace, and Jonah is not the only one to experience such a thing.

God’s mercy often comes to us by painful means. Heaven’s love can wear a disguise. The circumstances that lead to our transformation are

sometimes delivered in strange packaging. Hard grace arrives at our doorsteps as sickness, financial collapse, divorce, betrayal, bankruptcy, addiction, injustice, self-inflicted wounds, foolish decisions and personal rebellion.

Hard grace is all those things that God allows into our lives that deconstruct us. Yet, our deconstruction is not our destruction. It is for the merciful purpose of our transformations and remaking. We are not left to drown in the trouble of our own making. God’s ferocious mercy does not abandon us, but comes to us in the strange and disguised goodness of a hungry whale and gobbles us down; providing a place to learn, grow, change, and get on with the life God has for us. It hurts us, yes, but hard grace never harms us.

I wish this kind of hard, transformative grace could be taught, for it would save us all much agony, but it can’t be. Hard grace can only be experienced. But once it is experienced, and we never wish for a repeat performance, mind you, we become changed people. As Julian of Norwich said, “There is the fall and then there is the recovery. Both are the mercy of God.” Such mercy is the greatest miracle of all.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

True Love Trumps A Romantic Fling Every Time

By Rev. James L. Snyder, D. Litt

February is the month we celebrate romance. Actually, the only romantic things about me are my “love handles,” which is why I have spent so much energy developing them over the years. You think somebody would appreciate them.

For some people, romance is an easy, if not natural thing. Others, like me, find it complicated and elusive. It is not that men are less romantic than women are; they just have different ideas of romance.

For most women, romance is flowers and candy in heart shaped boxes.

For men it is a Big Mac with fries and a soda ... and SUPER SIZE it, please.

Why are women so complicated and men so simple? I do not think that came out the way I meant it.

If it were not for women, romance would have died a long time ago. There is nothing quite like springtime with a hint of romance in the air with a delicate dash of chivalry.

People from Hollywood try to define romance for us, but their idea of romance is raw sex and lurid lust. Hollywooders would not know romance if it nibbled on their ears. Romance is not a fling in the spring, but a lifelong relationship, experiencing all the ups and downs of life -- together -- and no growing apart!

There is no picture quite as refreshing as a couple still together after all those years of turmoil and temerity. The easiest thing in all the world is to fall in love for a few years and then, when it gets difficult, bale out. What kind of thing is that?

Ah, but to see a couple married for 50 years or more; now that is the epitome of real romance.

I’ll have you know that romance has not been a stranger at the parsonage. I met my wife (actually, she

wasn’t my wife then) when I went away to Bible college in 1970.

At the time, I was functionally romance challenged. Before I left home for college, I prayed for a wife. I had the good sense to know that a minister needs a good wife to support him in the ministry.

I prayed something like this, “Father, I need a good wife and I don’t know how to go about it. Let the first single girl I meet at Bible college be the wife of Your choosing.”

Now, I know this is a crazy and dangerous prayer to make. Some would take the high road of romance, but I took the low road of prayer. I may have been a bit desperate, but nobody could doubt my earnestness. I also figured that prayer was a lot cheaper than dating. After all, I am a Pennsylvania Dutchman.

Nevertheless, I prayed for a wife.

The day of my arrival on campus came and found me a bit anxious. I remembered my prayer and wondered just how God would answer it.

My parents took me to the college, which was some 500 miles from home; good planning on my part the men’s dorm. I figured I was safe. I planned to avoid all contact with the opposite sex as long as possible.

But just as we pulled into the men’s dorm parking lot, a young woman exited from the men’s dorm. Remembering my prayer, I immediately amended it. “God, this doesn’t count. I’ve not stepped out of the car yet.”

Have you ever noticed that God has a marvelous sense of humor?

The young woman emerging from the men’s dorm defied description. Do you remember when women rolled their hair up in big rollers? Well, this young woman had rolled her hair up in tomato cans! Nothing prepared me for such a sight. She actually looked like some space alien.

I do not know what she was wearing or even what she looked like. All I could see were those tomato cans on her head. At the time, I did not know much about romance, but I knew this was not it.

The next few days I did everything to avoid the women’s dorm for fear I would run into her. Whenever I did see her, I crossed to the other side of the street. But the more I tried to avoid her, the more I ran into her. Prayer makes strange partners.

Thinking I was making progress in my plan of avoidance, the inevitable happened.

One week after arrival, my roommate invited me to come along with him and his girlfriend to a restaurant. Being the neurotic naive that I am, I said, “Sure, I’d love to come along.” After all, I had nothing else to do and it seemed like some fun.

When my roommate went to the women’s dorm to pick up his girlfriend, who do you suppose was standing with his girlfriend waiting?

That’s right. The young woman with the tin cans on her head.

Would you believe it? The young woman with the tin cans turned out to be the sister of my roommate.

It was a whirlwind romance. I met her in September and in February she asked me to marry her. In August of that year, I found myself at a church altar mumbling, “do.”

The Bible makes this promise: “Whoso findeth a wife findeth a good thing, and obtaineth favour of the LORD” (Proverbs 18:22 KJV).

A good wife is the find of a lifetime, as long as God is in charge of the search.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnyder2@att.net. The church web site is www.whatafellowship.com.



By Karen Anderson

There is a saying: “Judge not lest you be judged.” What does this mean? Does it ruffle your feathers, or make the hairs on your neck stand straight up? Are you quick to make a judgment, even though you may think it is not that bad or it’s just a little criticism? What’s the harm in that, right? You may think you are helping the person, but in reality you are attacking their self-esteem. Putting someone down (even though it may be justified in your mind) is just WRONG. Shame on you for doing that! This maybe the way you treat others because you in turn have been treated this way, but there is no excuse for it. Judgment is judgment, and we don’t have the right to do it to anyone. It angers me when I have been the recipient of unfair judgment. It makes me feel like, did I really deserve this mistreatment? The other form of judgment is when someone reads into what you say with something that isn’t or was never said. Does that person think they can read your mind? They can’t, and once again I believe this is a form of judgment, because it starts all the

Unreasonable Expectations

negative statements going once again. I have heard the statement, “Well, you just have to learn this.” My reaction is, “No I don’t, I’m an adult; not your child.” You could also call these words verbal abuse or bashing. Whatever you call it, the statements are unfair and usually unkind.

I have done a lot of soul searching about judging. Some may think, which I used to do, “Well, they really needed to hear this.” My answer now is, NO THEY DON’T! Not when it comes at you as an attack. First, the definition for judgment is a formal utterance of an authoritative opinion. This may be the dictionaries definition, but let’s look at God’s Word about judgment: “You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things.” God also says, “Judgment will again be founded on righteousness, and all the upright in heart will follow it.”

Something I have learned when I am being verbally attacked is to say nothing and walk away. Remember, you don’t have to take this. It could create anger in the other party, but most of the time that person is so involved with what they want you to hear, they are almost in a state of shock when you walk away. Another way to easily diffuse someone before you

walk away from them is to simply smile and say, “Opinions vary!” And then walk away. If you are afraid of the repercussions, ask God for His shield to protect you. Stay safely in His strong and loving arms. While there, focus your mind on His Word and not the words of your attacker.

Another thought: are you the one judging others? You should always weigh your words against God’s principles. Day in and day out you are bombarded with chances to be judgmental. It is time to do your own soul-searching and STOP...THINK...SAY. Before you SAY anything, ask God if it is your place or His to judge the situation. The tongue is a powerful tool that can either encourage or destroy someone. What would you rather be known as: the “destroyer” or the “ENCOURAGER”? I personally want to be God’s encourager. As you help others, don’t let yourself become a judge; it is not your place. If you are willing, ask for God’s guidance...He is there in everything you say and do.

PASSAGE: Romans 2:1-2 (NIV)
Psalm 94:15 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain. Leave a message or questions for Karen through her website www.doablesteps.com/contact.



By Marlys Norris, Christian Author

Have you ever tried to explain what your faith in God means to you? If asked a question about what faith actually is, might you struggle to find the right words? We know faith is not just a religion and involves so much more. Faith is something that grows within as one begins to pray, worship and honor God with ones life.. Faith is given by God to those who believe and involves having an intimate personal growing relationship with Him.

Faith is something deep within that holds one together when everything on the outside is all mixed up. Recently I ran across this meaningful quote from Martin Luther on the internet, which explains clearly the meaning of what faith is. “Faith is living with an unshakeable confidence, a belief in God, so assured that a man would die a thousand deaths for its sake.”

A Measure of Faith

Through the years several people have questioned me about my confident assurance and “knowing” that I am right with God. Possibly they might have been struggling with their own status and standing with God as they recognized something missing within them. They may have wondered why words I spoke or wrote about were ones filled with faithful assurance. They expressed, “we couldn’t actually “know” we were “destined for heaven” can we?” My answer to them is, “Yes, you can KNOW.”!

I must admit years ago I also struggled with this and my answer came after I searched the Scriptures that increased my faith and gave me the assurance I needed.. When I found the one important Scripture, something happened inside of me that was unexplainable. I just knew it was the truth I needed deep within my spirit. God will give everyone the inner-assurance they need through His Holy Word. I know I will definitely will be in heaven with Him one day. If you have read page 144 in my book “Messages in the Dust for the Searching Soul” you will be excited to learn about our heavenly home.

The Bible clearly tells us about the holiness and righteous character of God and directs us clearly to His plan of redemption.

His Words were written that we may KNOW we have eternal life through Jesus Christ’s death and shed blood on Calvary! “He who believes in the Son has everlasting life, and he who does not believe the Son shall not see life, but the wrath of God abides on him.” (John 3:36) A choice everyone makes for their self.

“Faith is the substance of things hoped for, the evidence of things not seen.(Hebrews 11:1) But these (words) are written, that you might believe that Jesus is the Christ, the Son of God; and that believing you might have life through his name”. (John 20:31) And this is the verse that spoke to my heart “These things have I (God) written unto you who believe on the name of the Son of God; that ye may “know” that you have eternal life, and that you may believe on the name of the Son of God.” (1 John 5:13) Yes, Amen, one can Actually KNOW. “For God so loved the world, He sent His Son and who-so-ever believes in Him shall not perish but have everlasting life.” (John 3:16) God keeps His promises!

Marlys Johnsen Norris Seven Christian Books “God Moves Mountains, It was a Miracle!” Contact me: Marlysjn@gmail.com



DON'T TREAT YOUR TAX PREPARATION LIKE FAST FOOD!

- Ed Cook, an experienced CPA who will help you plan tax strategies while preparing your returns.
- File past due returns, establish reasonable payment plans.
- Settle delinquent taxes for a fraction of what you owe, if you qualify. Many times for pennies on the dollar.
- Representation fees that are equal to or less than the national companies advertising on radio and television.

CALL FOR AN APPOINTMENT
Working to keep your money in your pocket rather than the government's.
916•705•4713

RUHKALA MONUMENT CO.

- Serving All Cemeteries Since 1889
- Reasonable Prices • Custom Designs

4501 Yankee Hill Ct., Rocklin
916-624-1176



Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628
Pastor Charles Carter (916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am
Sunday Worship 11:00 am
Sunday Evening 6:00 pm
Wednesday Evening 7:00 pm

Come and Experience God's Amazing Grace (Located south of Madison; just east of Dewey)
Call for More Information



POPPOFF!

with Mary Jane Popp

BAYOU HOME REMEDIES

Why doesn't the pharmaceutical companies and the healthcare industry use plants and herbs to treat patients? Actually they do, but it's not advertised that way. According to Willie Gene, it all has to do with the financial motivation behind big pharma. She adds that there is so much deliberate misinformation put out there that people are confused, frightened, and dependent. But not Willie Gene. Bayou remedies have been a part of her family for generations. She had three aunts that each lived to over 100, and home remedies were all they had, and all they needed to stay healthy. As Willie Gene told me on my radio show POPPOFF, "We are told we are living longer, thanks to advances in modern medicine, but are we living better or merely existing?" So Willie Gene put down many of the remedies that have been passed down to her for decades in "How To Live A Long and Healthy Life" Using Natural Home Remedies.

And so began my journey into the back country where Willie Gene grew up with remedies for just about anything that ails ya'! The foremost one was the Mayapple plant. I had never heard of it before. Willie said

she started her search for the Mayapple after her mama died. Her mama had told her over and over again about this old Indian living in the neighborhood who made a paste out of the Mayapple root and put it in a "Red Heart" can (a tin that once contained pomade for men and held about one ounce). The old man sold the tins of Mayapple paste for \$100.00...a lot of loot in the early twentieth century. Folks would chip in together to buy a tin, using the paste on all their skin cancers, tumors, warts, etc. Her mama said all the skin diseases just disappeared, and there was enough in the can for everyone, because it took so little to do the job. While she was looking for more info on the plant, she ran across info on it in the encyclopedia. Guess what? Willie Gene said that not only do scientists know about it, it's what they use in chemotherapy. The research says that the active ingredient in Mayapple stops cell division. Willie said the FDA thinks that Mayapple is too toxic for us to use ourselves, so we need a prescription. But are we supposed to believe people throughout history before the 1940's didn't have sense enough to tell if something was curing or killing them? The Native Americans have used Mayapple for centuries and still do to treat cancers of all kinds, rheumatism, cholera, diarrhea, hepatitis, gonorrhea, even syphilis. Willie said she has used this root to remove warts and skin cancer on herself. There's a whole lot more about the Mayapple in her book too.

But Willie Gene goes to the heart of every day problems we can deal with such as"

- 1) Sanitizer for Travel, Seat, Tray Table, anything you touch on a plane.**
Thyme Linalool-8 drops
Tea Tree oil-10 drops
Lavender-8 drops
Base—Add distilled water to the neck of a 2-ounce spray bottle and shake vigorously.
- 2) Relieve Stress Commuting.**
Lavender-3 drops
Peppermint-3 drops
Clary Sage-1 drop
Finish filling a one ounce drip bottle with sweet almond oil. Roll bottle to mix. Rub a few drops of the blend on palms and cup hands over nose. Inhale.
- 3) Prevent Hair Loss with Essential Oils.**
Clary Sage-4 drops
Rosemary-4 drops
Cedar Wood-2 drops
Ylang Ylang-2 drops
Finish filling a one ounce bottle with jojoba oil. Roll bottle to mix. Apply to scalp for 7 months.
- 4) Aphrodisiac Massage Blend.**
Coriander-6 drops
Ginger Oil-6 drops
Sandalwood-18 drops
Add hazelnut carrier oil up to the neck of a four ounce pump bottle and roll to mix.
- There's a whole bunch more remedies in the book from hair loss to swollen ankles. You can check out her website at www.NaturesLegacycures.com for more information. By the way, she is quite a character! Living the good life on POPPOFF! Hope you will too!
- Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM – Midnight.**

Do You Suffer From Chronic Pain?

Before Symmetry

After Symmetry

←

→

Poor Posture

Equals NO PAIN

Are You Starting to Look Like Your Parents?

Lasting PAIN RELIEF Through Postural Alignment Therapy™

Call (916) 467-7764 or go to www.symmetryforhealth.com to Register for a FREE 90 MINUTE EVALUATION!

Folsom Health and Wellness Center 2575 E. Bidwell St., Ste. 260 Folsom, CA 95630

Jenner Inn & Event Center

800-732-2377

Storybook Weddings
Corporate, Personal
& Wellness Retreats

10400 Coast Rt. 1,
Jenner, CA 95450

innkeeper@jennerinn.com

www.jennerinn.com

TAK'S WINTER SPECIAL

\$5.99*

Limited Time Offer

Enjoy a Bowl of Forouzan's Tasty Home Made Soup + Our House Sub Sandwich + Bag of Potato Chips and a Can of Soda

TAKFoodMarket.com

call 916-944-3188

9045 Fair Oaks Blvd, Carmichael

STAY LOCAL BUY LOCAL!

Good Manners Matter!

Enjoy your beloved pets even more when they're on their best behavior!

Reap the benefits of personalized training (for dogs and owners!) for years to come.

- Training provided in your home or small group lessons available
- Specializing in puppy manners and Canine Good Citizen training and AKC rally classes using praise, treats and toys
- Also offering puppy socialization and supervised play dates in a home environment

Your Resource for All Things Canine
More than 15 years experience
Certified Canine Good Citizen Evaluator
References available

Please call to schedule training or for class information.

TRAINING • BOARDING • GROOMING

www.becauseofdogs.com
Located in Carmichael
Call Carol at 916-488-7819

Complete Collision Repair
Free Estimates
24 Hour Towing
We Work with All Insurance Companies

"We Meet By Accident"

up to \$500⁰⁰ Instant Rebate towards your DEDUCTIBLE

Before

After

FREE LOANER CAR WITH ANY REPAIR

Present this coupon and receive a free loaner car for the duration of your repairs after authorization.

Some restrictions apply - call for details. Limit 1 coupon per customer. Not valid with any other offer. Expires March 31, 2013.

6801 Fair Oaks Blvd • Carmichael, CA 95608

Phone 916-339-1776 • Fax 916-339-1700

Email: info@aebodysshop.com • www.aebodysshop.com

Monday - Friday: 8:00 a.m. - 5:00 p.m.
Saturday: By appointment • Sunday: Closed

Donald Kendrick
Music Director

17th Concert Season 2012-2013

Stained Glass Concert II

SOUND AND SPIRIT

Spirituals, chant and folksongs from the global village
Organ accompaniment

Works by:
Lauridsen, Whitacre, Tavener,
Palestrina, Telemann, Gabrieli,
Clausen, Hogan, Shaw

Ryan Enright, Organ

Sunday, March 10 at 3:00 pm

Cathedral of the Blessed Sacrament

1017 11th Street, Sacramento

Reserved Seating: \$35 | General Seating: \$25 | Students \$12.50

Tickets: 916 536-9065 | SacramentoChoral.com

THANK A VETERAN TODAY

Battleground For The Future



Continued from page 1

accepted,” said Tim Kane, CEO of MBK.

The opposition says if county officials give MBK permission to rezone, then it will open the door to making all of Gum Ranch apartment buildings.

“The board of supervisors had a responsibility to keep the Gum Ranch zoning consistent with surrounding neighborhoods of 1-acre-lots, and they refused,” Walters said. “All we’ve been saying for years is, don’t destroy what makes Fair Oaks unique and that is a rural area with large lots.”

Howard Schmidt, Chief of Staff for District III Supervisor Susan Peters, said that county supervisors take unfair flack when people do not like a project.

“People think we should be taking sides with them but that is not how it works,” Schmidt said. “The supervisors are the voting entity on what county staff has reviewed, signed off on, and recommends to the board to approve or reject. If people feel a project doesn’t meet zoning requirements, by all means, address that fact at the CPAC hearings.”

Walters counters that hundreds of homeowners did just that to no avail.

The Gum Ranch battle began in the mid 1990s when Irving Gum, a small-developer/builder in the region, decided to develop his family’s farm into a housing subdivision.

After years of protracted wrangling, Gum, obtained approval of his tentative subdivision map, but then the housing bubble burst. Gum Ranch remains a farm.

But in 2004, the Gums quietly sold 15 acres to GSJ, llc, which is the Dunmore Brothers of Dunmore Homes. They proposed building a retail store that the neighborhood thwarted. GSJ then sold the site to MBK in 2007, which began installing the infrastructure and then abruptly stopped because the housing market collapsed.

The Irvine-based MBK Homes of Northern California is a division of the national MBK

Fair Oaks will only support multifamily because new single-family-home sales are virtually dead.

“The trend has been people buying homes at foreclosure auctions to get a lower price,” said Shirley Kistler, Real Estate Broker at the Fair Oaks-based branch office of Realty World. “In the Sacramento region, developed lots have sold, but no new home sales for about six years.”

That trend appears to be fading, according to Anne Paxton, an independent foreclosure and tax lien researcher for various companies since 1989. She pointed out that at the height of the Mortgage Meltdown there was an average of 200 foreclosure filings per day in Sacramento County. The past two weeks have been averaging two per day.

“None of that should be construed to mean people will begin buying new homes,” said Garrett Brown, Director of Research for the San Francisco-based Cassidy Turley. “I see the Sacramento region declining further this year, or at the very least, stagnating, as more job losses happen. Cambell Soup laid off thousands, and the state Capitol and Washington DC, talking downsizing government. Sacramento’s primary employers are government.”

Kane said the debate is moot for now because the project managers halted the proposal, when the neighborhood reaction felt like a mob crowd.

“The project was presented at a May hearing, and only one person attended and no opposition,” Kane said. “Same thing in September at a park district meeting. So why all the rage at the October meeting is a mystery to us.”

Koeler says it is not a mystery because the law requires a developer to only notify people within 50 feet of the project. With the high school on one side, a farm on the other with two sides, being roads, not many would have known about the early meetings.

“Here is what the big question should be for the county to ask before approving a project that size — If you’re planning to flood the market with that many rentals in that location, where’s the jobs nearby to support it?”

Gum says he has no sympathy for the neighbors’ concerns.

“I wonder if they now feel the store would have been better at that corner rather than the towering buildings,” Gum said.

Kane and Gum take umbrage to being characterized as carpet-baggers pillaging and running.

Walters countered that the neighborhood has been miserable being dismissed as “NIMBYs Without a Cause.”

Homes, which is a division of national MBK Real Estate, which is a division of the Japan-based Mitsui & Co, an international investment firm. That Japanese connection caused angst at the thought of foreigners influencing county officials.

“It is a very real concern that a company and its employees don’t live or work in the Sacramento area, but come here to make money off our community without regard for what’s best for the neighborhood,” Walters said.

Some 160 people overwhelmed the Fair Oaks CPAC meeting on October 4, to object to the town home proposal. Before the board could reschedule, residents picketed the project site, and soon after, MBK put its application on hold.

“People hear the word developer and it’s like they think we’re the evil empire,” Kane said. “I am still stunned at the rage and all we got out of their anger is statements like ‘we want the property to be a park. MBK intends to keep the property and if necessary wait for the economy to rebound.’”

Meanwhile, Walters contends that Gum’s and MBK’s projects are a detriment to Fair Oaks and especially their neighborhood because the businesses and homeowners have financial investments in their properties and the community.

State building association officials dispute that higher density projects devalue lower density existing neighborhoods.

“The reality is, it’s probably not cost feasible to do a community of 1-acre lots with 3,000-square-foot homes,” said Mike Winn, President and CEO of the California Building Industry Association. “Those existing neighborhoods were built 30-to-60 years ago when there was a market for it and the cost to build back then was far less.”

Walters counters: “We never, ever, said ‘no project - keep it a farm. That is the developers keep perpetuating to dismiss our concerns.”

Others agree with MBK’s assertion that the market in

Welcome to Poise Pageants!
Miss Citrus Heights & Teen Citrus Heights
\$1000.00 Scholarship to Miss and \$500.00 Scholarship to the Teen

- ❖ Miss entrants must be at least 16 to the age of 27.
- ❖ Teen entrants must be at least 13 to the age of 16.
- ❖ Entrants must be single; never been married nor a parent.
- ❖ Entrants must be of good physical health and good moral character.
- ❖ Mrs. / Ms. Entrants must be at least 18 years of age.

Plus - *Greater Citrus Heights Titles*
March 29th, 2013 • 7:00 pm • Rusch Park Auditorium, Citrus Heights
Director, Mary Purvis • 721-3824

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.

Volunteers are Greatly Needed to Support our Outreach Program for Veterans.

This is our 5th year of our outreach program helping veterans and their families, in the Sacramento and the surrounding communities. We feed over 100 Veterans and their families through this program. In addition we provide advocate representation that gives the veteran access to legal services, helping in acquiring V.A. benefits, Medical access with transportation, and our Naturopath life Coaching program that combats Bio chemical addiction empowering the veteran to have a healthy body, and mind. We help the homeless, elderly, disabled, PTSD, veterans.

We provide in the field services for the homeless veterans and their families. We provide an alternative approach to PTSD with our unique Coaching program that gives the veteran behavioral tools to change their negative thinking caused by bio chemical addition and not be dependent on drugs or alcohol.

Forgotten Warrior is a 501 (c) 3 nonprofit organization committed to helping all veterans in need. Now that we are growing so fast we are in needed of your help to help, in office functions, such as promotional and public relation work, advocate to work with the homeless and disabled veterans. We need people that can do community fund raising events, and we really need of a Grant writer.

Call Wind at 916-969-4387 or office manager Monica at 916-728-8162 or email us at windwalker1313@gmail.com.

Forgottenwarrior.org

Chapanian's Carmichael Furniture

Serving Carmichael since 1940

A Full Line of Quality Brand Name Furniture

Start the New Year Out Right

Get Restful Sleep On A New Mattress

Take 25% Off The Everyday Low Price
34 Different and Unique Mattress Samples are Currently in Our Showroom for You to Try

6649 Fair Oaks Blvd. Carmichael, California 95608
(Corner of Fair Oaks Blvd. & Angelina Ave)
Store hours: Tuesday thru Saturday 10:00 A.M. - 5:30 P.M.

We specialize in Custom Orders!
Visit our web site at www.CarmichaelFurniture.com

We sell mattresses manufactured by:

- SPRING AIR
- HD (HEAVY DUTY)
- PLEASANT MATTRESS, INC.
- CANNON SLEEP PRODUCTS
- ENGLANDER
- RESTONIC

916-487-7895
Closed Sunday and Monday

Dusty Baker Encourages “Fit Kids”



SACRAMENTO REGION, CA – (MPG) Cincinnati Reds manager, Granite Bay resident and Sacramento Sports Hall of Fame member Dusty Baker (back row center), recently took time out from preparations for spring training to encourage Fit Kids participants to keep up the good work.

California Capital Region’s project that seeks to reduce obesity rates in the region by fostering healthy eating habits and active lifestyles. YMCA of Superior California is one of six regional nonprofits funded by United Way to work on Fit Kids. There are more than 1,000 kids in the program region-wide.

Baker, a 19-year major leaguer, has had an active lifestyle his entire life. He was a four-sport varsity athlete at Del Campo High School in Carmichael and in addition to riding a bicycle two hours a day is an avid hunter and fisherman during the off-season.

Source: Kristin Thebaud Communications

POTOCKI FAMILY CHIROPRACTIC

5 YEAR ANNIVERSARY IN FAIR OAKS

THE NATURAL WAY TO GOOD HEALTH

To celebrate through the end of January we will be offering a no cost consultation and examination.

If we need x-rays they will be taken at a cost of \$40. This will cover the first 2 visits in our office including the first treatment.

Excludes work comp and personal injury cases.

Potocki Family Chiropractic
5150 Sunrise Blvd.
Suite F1
Fair Oaks, CA 95628
(Corner of Wildridge & Sunrise)
916-536-0400
www.drpotocki.com

Nationally Acclaimed Illustrator Ashley Wolff coming to River Valley Church in Rancho Cordova

SACRAMENTO COUNTY, CA (MPG) - Nationally acclaimed children's author and illustrator Ashley Wolff is coming to River Valley Church in Rancho Cordova on Sunday, February 24 from 2 to 4 P.M. Wolff will share her children's books and illustrations with youth and adults of all ages as a gift to the community of Rancho Cordova from River Valley Church.

Wolff has illustrated over 60 children's books, including Miss Bindergarten Gets Ready for Kindergarten, one of seven books in the popular series about a classroom of animal characters taught by a multi-tasking border collie. Another illustrated book by Wolff that has delighted children for over two decades is Raffi's Baby Beluga, a song to read about



Ashley Wolff will share her illustration talents with children and adults of all ages at the River Valley Church in Rancho Cordova February 24 from 2 to 4PM.

"the white whale on the go".

She is also the author of eleven picture books including Baby Bear Sees Blue, I Call My Grandma Nana, Stella and Roy Go Camping, Only the Cat Saw,

and Me Baby, You Baby.

Wolff will share with the children of Rancho Cordova how to develop ideas for picture books and take them from concept through completion with a slide show of her work and a lively, interactive drawing demonstration. Her books are all different and illustrated in many techniques and media including watercolor, gouache, acrylic, linoleum block print, collage, pastel and colored pencils.

Ashley Wolff is a native of Vermont and is a graduate of Rhode Island School of Design. She has two grown sons and resides in the San Francisco Bay area with her husband and pet border collie. For more information and samples of her work, visit her website at www.AshleyWolff.com

Orangevale's Relay for Life Returns to Casa Roble H.S.



Relay For Life is a community event! You do not have to be on a team to attend and experience the spirit.

Congressman Bera urges Congress to be responsible and make good decisions

Asks them to stop automatic across-the-board spending cuts

WASHINGTON, D.C. - (MPG) Congressman Ami Bera urged members of Congress to be responsible, make good decisions, and not allow automatic across-the-board spending cuts to go into effect at the end of the month.

During a speech on the floor of the House of Representatives, Bera used a poster sent to him by a 3rd grade class at Foulks Ranch Elementary School in Elk Grove, California with some tips for Congress to make his point. The poster read:

- Be Responsible
- Be Respectful
- Be Kind
- Be Accountable
- Make Good Choices

"If sequestration takes place, 70,000 children will be kicked

out of Head Start, 10,000 teachers will lose their jobs, and hundreds of thousands of our children will face a more difficult future," said Congressman Bera. "If the 3rd graders can figure it out, I hope we in Congress can. Let's do what they advise. Be responsible and make good choices."

Watch Congressman Bera's speech: <http://youtu.be/JRff90NYc>

So, if Congress doesn't act before March 1, automatic across-the-board spending cuts will go into effect, impacting programs that are vital to local communities and national security.

Congressman Ami Bera represents Sacramento County in the 113th Congress. A lifelong Californian and first



Congressman Ami Bera

generation American, Bera is a medical doctor and the only Indian American currently serving in Congress.

Source: Office Ami Bera

By Ann Hively

SACRAMENTO COUNTY, CA (MPG) - Have you heard the great news? Relay For Life of Orangevale is returning to Casa Roble H.S., June 8-9, 2013. Relay Chair, Chris Duca, Team Captain Coordinator, Linda Valtman, and the Orangevale Relay Committee look forward to another exciting, successful 24 hour walk-a-thon fundraiser to fight back against cancer.

Plans are well underway for the 7th annual American Cancer Society Relay For Life of Orangevale. To launch the new Relay season the Relay Committee held a Relay Kickoff at the Community Center on January 16. Twelve teams have registered so far and team fundraising has already begun. If you wish to form a team or join a team, please contact this year's Team Captain Coordinator, Linda Valtman (709-2428). Prospective teams are encouraged to send a representative to the next team captain meeting on March 6 (7:00-7:45 pm) at the Orangevale

Community Center. With community support we hope to reach our goals of 30 teams, 65 survivors honored and \$50,000 raised to fight cancer.

Relay For Life is a "community" event! You do not have to be on a team to attend and experience the spirit and activities of this very inspiring fundraiser. Team campsites and competitions, the Luminaria walk on Saturday night, theme laps, Kids Camp, lively music, great raffle prizes and so much more. Team participants take turns walking the track for 24 hours, since cancer never sleeps. Once again 3 major ceremonies are being planned to Celebrate (our survivors), Remember (those we have lost) and Fight Back (cancer prevention and research, fundraising). Informative interactive activities are being planned by each team to raise awareness of cancer prevention, early detection, treatment and patient support.

Following a fine Relay For Life of Orangevale tradition, a special dinner to honor local

cancer survivors will be held on May 8 (6:00-7:30 pm) at the Orangevale Community Center. La Placita will again donate the delicious Mexican buffet dinner. Cancer survivors and caregivers will again be honored guests at Orangevale's Relay For Life. A warm welcome awaits them at the Survivors' Tent along with gifts, a purple survivor shirt and a delicious breakfast (as well as complimentary lunch and dinner). And the greatest honor of all -- cancer survivors will be invited to walk the first lap of the Relay, the Survivors' Lap of Hope!

Would you like to learn more about Relay For Life and how you can get involved? Join us at the next Relay Committee meeting on March 6 at 6 pm at the Orangevale Community Center and/or contact Relay Chair, Chris Duca (207-5145). Additional resources and information can be found at: www.cancer.org; www.relayforlife.org/orangevaleca; and 1-800-ACS-2345.

BURIED in CREDIT CARD DEBT?

Over \$10,000 in credit card bills?
Can't make the minimum payments?

- ✓ WE CAN GET YOU OUT OF DEBT QUICKLY
- ✓ WE CAN SAVE YOU THOUSANDS OF DOLLARS
- ✓ WE CAN HELP YOU AVOID BANKRUPTCY

Not a high-priced consolidation loan or one of those consumer credit counseling programs

CREDIT CARD RELIEF
for your FREE consultation CALL
888-505-1183

We're here to help you Monday - Friday from 9am-9pm EST
Not available in all states

AAG American Advisors Group

Looking for extra cash?

Find out how a reverse mortgage can help you!

If you're 62 years old and own your home, you can:

- ✓ Receive tax-free cash*
- ✓ Eliminate your existing mortgage
- ✓ Stay in your home**

"My best advice? Call AAG to receive my FREE information pack."

Former Senator Fred Thompson
AAG Paid Spokesperson

Call now for your FREE DVD and Info Pack
1-888-928-0984



Make the Switch to Dish Today and Save Up To **50%** **



Promotional Packages
starting at only ...

\$19.99
mo.
for 12 months

SIX PACKAGES UNDER \$50

Prices valid for 12 months. Requires 24-month agreement

FREE

PREMIUM MOVIE CHANNELS

HBO **CINEMAX**

SHOWTIME **starz**

For 3 months.

ASK ABOUT

HIGH SPEED

INTERNET

AS LOW AS

\$14.95
mo.

where available

FREE

SAME DAY
INSTALLATION
IN UP TO 6 ROOMS
Where available.

**CALL TODAY -
INSTALLED TODAY!**

**Savings applies to AT120, AT120+, AT200, and AT250 with HD programming, 2 year agreement and credit qualification.
Discount applied to first year of service in form of online and promotional credits plus free HD for Life which is a \$10/mo credit.

Call Now And Ask How To Save Up To 50% **

1-888-927-3075

Call 7 days a week 8am - 11pm EST Promo Code: MB0113



Blockbuster @Home (1 disc at a time): Only available with new qualifying DISH service activated during promotional period. For the first 3 months of your subscription, you will receive Blockbuster @Home free (regularly \$10/mo). After 3 months, then-current regular price applies. Requires online DISH account for discs by mail; broadband Internet to stream content; HD DVR to stream to TV. Exchange online rentals for free in-store movie rentals at participating Blockbuster stores (excludes Puerto Rico and U.S. Virgin Islands). Streaming to TV and some channels not available with select packages. Promotional offers require activation of new qualifying DISH service with 24-month agreement and credit qualification. Cancellation fee of \$20/month remaining applies if service is terminated before end of agreement. 3-month premium movie offer value is \$135. After each applicable promotional period, then-current price applies unless you downgrade. Free Standard Professional Installation only. All equipment is leased and must be returned to DISH upon cancellation or unreturned equipment fees apply. Upfront and additional monthly fees may apply. PrimeTime Anytime feature not available in all markets. Recording hours vary; 2000 hours based on SD programming. Equipment comparison based on equipment available from major TV providers as of 1/17/13. Some Hopper with Sling features require compatible mobile device. All prices, packages, programming, features, functionality and offers subject to change without notice. Offers available for new and qualified former customers, and subject to terms of applicable Promotional and Residential Customer agreements. State reimbursement charges may apply. Additional restrictions may apply. Offers end 5/21/13. HBO®, Cinemax® and related channels and service marks are the property of Home Box Office, Inc. SHOWTIME is a registered trademark of Showtime Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. All new customers are subject to a one-time, non-refundable processing fee.