

AMERICAN RIVER

M E S S E N G E R



Suzanne Jones:
A 'Daughter of Reagan' in the Hunt for the 5th Assembly District

Page 4



Upwards Basketball Program a Great Success Story

Page 9



MPG
Wishes Everyone a Happy Easter

PRESORTED STD.
US POSTAGE
PAID
PERMIT 32
Rancho Cordova, CA

Volume 5 Issue 6

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for March 2010

United Football League Invites Sports Fans to Name Team



Sacramento UFL Head Coach Dennis Green

Sacramento Region - The United Football League is inviting sports fans in Sacramento to suggest their favorite name for the new professional football team that will play in the state capital when the 2010 UFL season kicks off.

Suggestions for team names began pouring into the mailbox of UFL-Football.com following the announcement on March 3 that the Sacramento UFL team will play five home games at Hornet Stadium at Sacramento State this fall.

Fans will also have the opportunity to potentially win some great 'Ultimate Fan Experience' prizes of four suite passes, and four on-field pre-game passes for a home game, an opportunity to meet head coach Dennis Green on the field during pre-game and PA recognition during the game.

Three entrants will be selected at random from among all eligible entries received to win the ultimate fan experience and be designated

'UFL Foundation Fans'. Entries must be submitted by 11:59pm EST on March 17, 2010. Full details and competition rules can be found at UFL-Football.com. "We want to empower the fans



of this new Sacramento United Football League team to give us their thoughts on the name that they feel has a strong local connection and that they will be proud to chant from the stands at Hornet Stadium," said UFL Commissioner Michael Huyghue. The UFL-Football.com website is

now hosting 'Your Town, Your Team, Your Name - You Make The Call', inviting football fans to start voting for their preferred choice of team names from a shortlist of six options or to suggest a different team name: Sacramento Condors, Sacramento Miners, Sacramento Pioneers, Sacramento Redwoods, Sacramento Senators, Sacramento Sting.

The Sacramento team will be led by head coach Dennis Green, who in his first United Football League season led the California Redwoods to a 2-4 record and his running back Cory Ross led the league in rushing with 462 yards. As a head coach in the NFL, Green compiled a regular season record of 113-94 with the Minnesota Vikings and Arizona Cardinals.

About The UFL: The UFL was developed to fulfill the needs of football fans in major markets currently under served by professional football by providing a high quality traditional football league comprised of world class professional football players. The UFL will serve the communities with pride, dedication and passion, and uphold a leadership role in the development of football worldwide. The UFL will provide every fan with an affordable, accessible, exciting and entertaining game experience. The United Football League debuted in October 2009 with four teams in Las Vegas, New York, Orlando and San Francisco for its "Premiere" season. The UFL offices are in New York, N.Y. and Jacksonville, Fla. The UFL is led by Commissioner Michael Huyghue and is being funded by a consortium of private investors.

For more information on the UFL and how to purchase tickets for the 2010 UFL season, please visit www.ufl-football.com

Soroptimist Club Awards \$3500 to Two Inspiring Local Women

Citrus Heights - Members of Soroptimist International of Citrus Heights (SICH) recently awarded \$3,500 for the Women's Opportunity Award to two young women. SICH is a volunteer service organization for business and professional women dedicated to improving the lives of women and girls, in local communities and around the world. The Women's Opportunity Award is an annual award offered by Soroptimists and most applicants have faced economic and social barriers, and many have suffered other personal hardships. Typically these barriers have prevented them from pursuing both their educational and professional goals. However, for two lucky winners, the women of SICH hope to provide a glimmer of hope and the support needed to continue on in the face of adversity.

The SICH award recipients were Jamie Lopez and Cherish Proctor. Both women were very deserving recipients. Jamie is pursuing a better life for herself and her three children by attending MTI College in Sacramento. She is pursuing a paralegal degree. Jamie's history brings a renewed determination to support her family. She found a strength and desire deep inside herself that has pushed her towards a college degree. Jamie is hoping her paralegal degree will help her establish a career that will help children who have become victims of human



WOA award winner Jamie Lopez and SICH President Lori Walker

trafficking. She is to be applauded for her efforts. SICH is excited to award her the Women's Opportunity Award. Cherish Proctor is the second award winner. She is a single mother of three beautiful children. Cherish

brother, Cherish now has custody of her three younger siblings. Cherish is now attending MTI College in an attempt to provide a future for her three children as well as her three siblings.

Both women are to be applauded for their efforts. SICH is excited to award them the Women's Opportunity Award.

These were just two of the stories that touched our hearts. With over 30 applications received, SICH had a tough time determining the winners. Soroptimist's believe in making a difference in our communities, one woman at a time.

Submitted by:
Lori Walker, President of Soroptimist International of Citrus Heights



came from a large family and her mother worked very hard, however, due to the tragic death of her younger

Tea Party Patriots Plan to Clean House from Capitol to Capitol

Sacramento - Last year, the Sacramento Tea Party Patriots held the largest Tax Day rally in the United States as they began their fight to bring fiscal responsibility, limited government through strict compliance to the Constitution and a free market. In less than one year, according to recent polls, The Tea Party Movement has become the most recognized and supported group over any political party.

The Sacramento Tea Party Patriots, the Official Grassroots American Movement, once again will host the mega popular Tax Day Tea Party on the west and south steps of the capitol. This rally, aside from having fantastic speakers and entertainers, will be the west coast's largest Tea Party Rally! While Washington DC will be holding the East Coast Rally, the Sacramento Rally will have a live feed to Washington and several other Tea Parties across the Nation! We will truly show that from Capitol to Capitol, the Tea Party Patriots are cleaning house!



In addition to the rally and sticking with the Tea Party Patriots goal of educating voters this election season, the North Steps of the Capitol, has been reserved by Grand Ol' Patriot Trumpeter in order to hold Candidate Alley. Visitors will have a chance to meet & greet candidates and educate themselves on various initiatives at this non-partisan event.

For more information about the Sacramento Tea Party Patriots Tax Day Tea Party Rally please visit, www.sacteaparty.com and for information on Candidate Alley visit, www.goptrumpeter.com. You can also Contact Ginny Rapini Co-Chair Sacramento Tea Party Patriots Tax Day Planning Committee, norcalteaparty1@yahoo.com, or call 530-389-2464.

Rancho Cordova Celebrates Arbor Day



Rancho Cordova - Two redbud trees were planted on the Rancho Cordova City Hall campus to conclude the City's Arbor Day celebration on March 11th. Participating in the ceremony were Shawn Colvin

(left) from the Sacramento Tree Foundation; Cyrus Abbar, the City's Public Works Director; Rancho Cordova Vice Mayor Robert McGarvey; and Todd Humphrey, the City's Facilities Manager. Rancho Cordova is an active partner in the Greenprint initiative which focal point is to double the region's urban tree canopy by planting 5 million new trees by 2025. The two trees, which were gifts from the Sacramento Tree Foundation, were planted by a new pathway in the southeast corner of the campus. The pathway was the Eagle Scout project of Lawrence Goedich and is the final segment of a half-mile walking trail that encircles the City Hall grounds. SMUD energy saving trees are available free of charge by contacting the Sacramento Tree Foundation at (916) 924-8733 x121.



CARTOONS BY BENDIB



Fair Oaks Cemetery Debate: Another Point of View

By John O'Farrell

Fair Oaks - As a 38-year resident of Fair Oaks, and member of the Fair Oaks Recreation and Park District Board and the Fair Oaks Planning Commission, I am very annoyed about the comments made by representatives of the Fair Oaks Cemetery District in a recent article in which they attempt to justify a wasteful lawsuit they have filed against the County and engage in baseless and offensive attacks against several of our County Supervisors. As I have extensive first-hand knowledge of this issue, it would be wrong for me to not set the record straight as soon as possible.

I was the LAFCo Executive Officer when the alleged "grievance" against the Cemetery District occurred in 1981. At the time, the Cemetery District wanted to expand its boundaries to not only increase its service area, but to also increase its tax base. This action took place 3 years after the Jarvis-Gann Initiative (Proposition 13) basically froze tax bases and tax rates and tax growth for all counties, cities and special districts in California. LAFCo staff and the Commission agreed to an expansion of the cemetery district boundaries, but with an important condition. That condition was no taxes accruing from the newly annexed territory. The Fair Oaks Cemetery District Board and General Manager in 1981, agreed to the LAFCo action which allowed the district to expand its boundaries, but with no corresponding increase in its tax base because any increase in its base would have had to come from the County, the fire, park or other special district providing more important and essential public services.

That was the deal, it was done, and now almost 30 years later, a five-person Cemetery District Board is trying to recover what they perceive as 30 years of "lost" tax revenue which the 1981 board and General Manager agreed to forego. Fast forward to present time. County Supervisor Roberta MacGlashan has been working with the Cemetery District staff and board

for at least the last three years to help them find other means of solving their financial problem as well as securing new land for burial space.

Supervisor MacGlashan has gone to great lengths to address the fiscal concerns of the Cemetery District while also serving as one of the most effective and prudent voices for fiscal reform at the County Board of Supervisors. Fair Oaks is tremendously fortunate to have her serving as our representative.

Fair Oaks Cemetery District is dealing with a projected deficit of space for burials in the next 10 years and needs to acquire and improve new land to accommodate future growth. In short, they want money to pay for new facilities.

The District originally proposed to impose a fee on new home building, bringing their request forward as the housing market was starting to decline. Representatives of the homebuilders threatened to sue if these fees were adopted. Prudently, Supervisor MacGlashan stepped in to facilitate a better solution to the identified problem.

She was concerned that, given the District's self-identified difficulties, they could not afford to defend a lawsuit if the fees were adopted. I know that she and her staff shared this serious and justifiable concern with the District on several occasions.

Supervisor MacGlashan held numerous meetings with the Cemetery District, County Staff, and large landowners in the District's boundaries - several of which I attended - and came up with a plan to deal with the projected land needed for future burial space.

Supervisor MacGlashan contacted several large landowners to solicit land donations on behalf of the Cemetery District, eventually finding a potential partner in Gencorp (Aerojet). GenCorp met with County and district representatives as far back as 2007 and previewed several possibilities in a cooperative fashion.

GenCorp's real estate unit, Easton Development Company, LLC, continues to stand ready and willing to invest time, money and effort to investigate options surrounding a

potential donation of land west of Hazel Avenue in the future. While there are many variables and much more work to do in formulating the final land plan, Supervisor MacGlashan and Gencorp deserve much credit for their efforts to date.

According to the District's own analysis, acquiring the land on their own could cost \$1.3 million. Supervisor MacGlashan has also presented solutions to deal with the costs of improving this land for cemetery use as well, but given that the Cemetery's problem is about 10 years off I think she has made a very responsible decision to focus on resolving the County own fiscal crisis first - and make no mistake, her work on that front has been impressive.

I think all residents of Fair Oaks owe Roberta a huge "Thank you" for her efforts on our behalf on this and countless other issues. The recent article also takes liberties in attacking Supervisors Susan Peters and Don Nottoli without cause. Susan and Don have both been engaged and responsive to the District's concerns.

It is clear that the Supervisors have worked very hard to find a solution to this matter. What is unclear is why the Cemetery District has decided to use taxpayer dollars to sue the County for their efforts on our behalf, forcing the County to spend limited taxpayer dollars to defend itself at a time of diminishing County services.

There is some irony to this whole fable. Over the last 30 years there have been a number of reports and recommendations made by LAFCo, the Local Government Reorganization Commission, possibly the Grand Jury, and other "good government policy advocacy groups" to suggest that Sacramento County's cemetery districts should be consolidated to give them collectively a stronger financial base and greater opportunity to secure new land for burials. The Fair Oaks Cemetery District, like the other cemetery districts, has always opposed this option as a viable solution to their problem. Is "local control" really that important?

Steinberg's Fake Reforms



By Jon Coupal, Howard Jarvis Taxpayers Association

state government is like expecting a BB gun to take down a rhino.

So along come Senate leader Darrell Steinberg who has created - at taxpayers' expense, of course - his own Office of Oversight and Outcomes. Talk about the fox guarding the henhouse. Steinberg, who represents a district covering much of Sacramento, an area laden with large numbers of public employees, first goes after the effectiveness of the Governor's furlough program. While there are some legitimate questions about the furloughs, they hardly represent a significant share of the waste in government. Columnist Dan Walters points out that there is massive waste in the administration and management of CalPERS that is likely to cost taxpayers hundreds of billions of dollars. As Walters writes, "when the Legislature stops wasting taxpayer-financed time on trivia and bores into the CalPERS debacle, maybe we'll take its 'oversight' seriously." Amen.

The second fake reform pursued by Mr. Steinberg involves the budget process. He blames a 76-year-old law requiring a two-thirds vote of the Legislature to approve a budget for lawmakers' recent inability to pass a budget by the constitutional deadline of June 15 each year. Steinberg is urging his colleagues to place on the ballot a measure -- based on one that has been promoted as an initiative by former Assembly Speaker Bob Hertzberg -- to eliminate

the supermajority requirement.

Hertzberg, never considered an ally of the taxpayers, was promoting the elimination of the two-thirds vote through his California Forward Committee, claiming his proposal had bipartisan support. However, the response was underwhelming. He was unable to raise nearly enough money to gather the signatures to place his proposal on the ballot, so he has passed the baton to Steinberg.

Steinberg wants the public to see this measure as "reform," but it is actually an effort to make it easier to spend more money and to increase the pressure to raise taxes.

Sure, a budget could be approved quickly with a simple majority vote. But at what cost? Since the concerns of the minority party could be ignored, the majority would ram through whatever they wanted without debate. The minority party, regardless of which party is in that position at any given time, still represents millions of Californians whose concerns deserve consideration.

Steinberg is engaging in political theater. He knows he needs a two-thirds vote of the Legislature to place this constitutional change on the ballot and he is not going to get it.

And if Steinberg's proposal were to reach the ballot, voters would quickly recognize that it is not reform, it is just an effort to grease the skids to make it easier to carry on business as usual.

Instead of posturing as a reformer, why doesn't the Senate leader push his colleagues to focus on the real issues facing California, like high taxes and a hostile business climate? Instead, lawmakers have been hard at work declaring a "No Cussing Week" and renaming the Legislative Office Building.

If not distracted by trivial legislation, lawmakers could implement the number one reform taxpayers would like to see: Legislators rolling up their sleeves and focusing on making California amore livable state. That would be a real change.

Jon Coupal is President of the Howard Jarvis Taxpayers Association - California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.

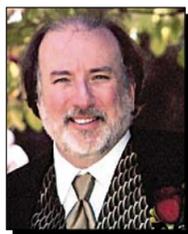
DEFENSIVE DRIVING CLASS

Our next Defensive Driving Class will be held on 20 and 21 Apr 2010 from 0900 to 1300 hrs, each day. This class is open only for military retirees/spouses. The class will be the Aerospace Museum of CA located on McClellan Park. If you want to sign up for this course, you must personally come into the Retiree Activities Office. Please do not call and ask to be signed up. It won't work. Cost for AARP Members: \$12; nonmembers: \$14. Make checks payable to: RAO. Questions can be answered by calling our volunteer staff at 561-7476.

AMERICAN RIVER MESSENGER

"Written by the people for the people"

Publisher - Paul V. Scholl



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.

The 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 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. The ARM is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1950)

Graphics & Layout	Tandra Banerjee
Distribution Assistant	Gabriel Scholl
Advertising Sales	Paul V. Scholl • Perry Hartline • Marion Solo
Contributing Writers	
Tim Reilly	Mary Jane Popp
Marylys Johnsen Norris	Kay Burton
Pastor Ray Dare	Susan Skinner
Accounting	Nicholson & Olsen CPA
Web Master	RJ at thesitebarn.com • JWS Promotions
News Services	King Features Syndicate • PRWEB NewsWire
	North American Precis Syndicate • Blue Ridge Press
	ARA Content • Family Features • WorldNetDaily
Photography	Amanda Morello • Susan Skinner

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

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 773-1111.

American River Messenger is a member of Messenger Publishing Group



We are proud members of these newspaper associations.



Share the joy of Easter Sunday with St. Francis Episcopal Church

April 4th Services at 9am and 11am
11430 Fair Oaks Blvd, Fair Oaks 966-2261

There's a place for you here!

Festive Coffee hour and Easter Egg Hunt at 10:15

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.

Call Lenka (916) 338-7156

STOP PAYING RENT!

Own a Beautiful MBK Home NOW!



Top 5 Reasons to Buy a New Energy Star® Certified MBK Home – NOW:

1. Unbelievable Affordability – Priced from the low \$140s*, your **monthly mortgage may be less than your current rent**, and all types of financing are available, including FHA, VA and Conventional loans. You **may even qualify for up to \$40K** towards your down payment and closing costs through the Citrus Heights First Time Home Buyer Program.**
2. A Smart Buy – Spacious floorplans offer an abundance of built-in, high-tech, **energy-saving features** that may save you money on utilities.
3. A Wise Investment – Property generally increases in value over time, so it's **wiser to own** and avoid inevitable rent increases.
4. Big Tax Breaks – You'll enjoy **ongoing tax benefits** each year when you deduct mortgage interest from your taxable income.
5. Historically Low Interest Rates – Current interest rates are shockingly low which means **lower monthly payments** for you.



CAMDEN PLACE IN CITRUS HEIGHTS

Single Family Duets &
Luxury Detached Patio Homes
987 - 1,793 Sq. Ft.
2 to 4 Bedrooms
1.5 to 2.5 Baths
From the \$140,000s*

Get Up to
\$40K from
Citrus Heights
Down Payment
Assistance
Programs! **

(916) 872-6161 MBKhomes.com

6116 Rockport Lane, Citrus Heights CA 95621

Welcome Center Hours: Saturday-Wednesday 10AM - 5PM

From I-80, exit Greenback Lane/Elkhorn Blvd. and head east on Greenback Lane. Turn right onto Auburn Blvd., go 1/4 mile and turn left on Camden Circle. Camden Place is located between Greenback Lane and Manzanita Avenue.



*Prices effective as of publication date. Subsequent sales may have resulted in unavailability of any or all price levels. A portion of the advertised incentives may have been used as a price reduction. Incentives based on buyer closing with MBK Homes' preferred lender. MBK Homes reserves the right to modify price, plan, features and specifications without prior notice or obligation. Square footage is approximate. Models do not reflect racial preference. **NeighborWorks is not affiliated with MBK Homes and MBK Homes makes no representations to the availability of or buyer's ability to qualify for the NeighborWorks Program. To learn more, call NeighborWorks at 916-452-5361 ext. 227. This is not a commitment to lend. Programs, rates, terms and conditions are subject to change without notice. Terms and conditions apply. Contact a MBK New Home Consultant for further details. License #00808253.



Suzanne Jones: A 'Daughter of Reagan' in the Hunt for the 5th Assembly District

by Perry Hartline

On Wednesday, March 3, at a meeting of the Fair Oaks Republican Women Federated held at the Northridge Country Club, Suzanne Jones declared herself in the hunt for the Republican Party nomination for California's 5th Assembly District.

This was a superb venue for her opening shot. Women Federated are the guardian angels of the Republican tradition, and the flame that lights the conservative movement. Many of the women present were the dowager princesses of the party. They're the good women who inspect candidates, and ensure the principles of republicanism aren't tossed or burned once a Republican takes office and the dirty work of politics begins. The young women members were there because they too want to see values and principles upheld – and because they need to be involved, perhaps as candidates someday. Jones is of the latter. She's a candidate, and a capital 'C' Conservative nurtured in the cheerful, confident conservatism of Ronald Reagan. In that sense she's a 'Daughter of Reagan.'

There was an added bonus to Jones' declaration this day. Chuck DeVore, unquestionably the most intelligent and most conservative of the Republicans clawing one another for the senate nomination put in an appearance to define himself to the women and ask for their support. Ironically not one of Sacramento's daily newspapers or any local broadcast media covered the event. The Bay Area's most experienced and able political reporter, Randy Shandobil of KTVU, Channel 2 Oakland-San Francisco, and this MPG reporter, who'll cover any discussion whenever more than one person is talking politics, were present.

The following interview was done over coffee at Borders Books Roseville following Jones' declaration.

Let's begin with you. Tell me who Suzanne Jones is.

I come from an Air Force family and grew up traveling around the world. After high school I married a military man and spent my adult life living as I always had:

traveling from one post to another; Georgia, Colorado, Germany, Texas, Virginia and back to Germany again. When I was little, my Mom said 'we were always Home as long as the family was together,' it didn't matter where we were stationed. But 'Home' was also something mystical, it was California, it was the U.S. I was very fortunate to be able to see the United States of America from afar and through the eyes of others. Being stationed so far away from home with other military families gave me a unique perspective on service, duty and honor. America was home and Americans were my big family. You appreciate it, hope for it, represent it and defend it. I am very proud of the years my husband spent in the Army and am very proud to have had the opportunity to stand with him and all our military patriots and represent and serve the military community as well as this country. Ask any military brat or anyone in the military and they'll say the same thing. My parents settled here in Citrus Heights in 1959. My three siblings and I grew up here and went to schools in Citrus Heights, Carmichael, Fair Oaks, Chico and Sacramento.

You say you're a 'Grass Roots' candidate. What's that?

Grass Roots simply means I will have to work very hard to get my message to the people of this District. Grass Roots means I don't have a huge war chest of money given to me by any special interest groups, whether from the far left or the far right. The good news about this is that I will not be "bought and paid for" by these special interest groups either. The fact is, I do not want to owe any special favors to any special interest group. The only people I want to owe a duty of service to are the constituents of Assembly District 5. The donations I have received thus far are from the voters and constituents. That's why it is called a "Grass Roots" effort, because the success of my campaign to win election to this office is dependent upon the financial support of my Grass Roots constituents, my family, my neighbors, my friends, and me. I haven't received financial support from special political interests, as my major opponent has.



Candidate Suzanne Jones

How do you feel about the US Constitution and State's rights?

I am a strict constitutionalist, plain and simple. The Constitution is a limiting document. It limits the powers of the United States, all those powers not delegated to the United States by the Constitution, nor prohibited by it, are reserved to the states. I believe in State's rights and that the federal government needs to keep their hands out of our states' business. I've spent years working towards service in California politics. I'm campaigning for the Assembly because I'm concerned about what the liberals are doing to us as a state and a nation. I believed that going to law school would serve me well if I entered into politics, but I do not feel it is a prerequisite for politics. That's why I went to law school, to be the best advocate and representative for the constituents.

What's the first thing you'd do for California?

[Chuckles] Where do I start? There are so many things we must fix. I'm not an island unto myself and am not capable of fixing California's problems alone. That'll be left up to Meg to accomplish. The first thing I'd do is build coalitions with other conservative lawmakers in the Assembly and work collaboratively to stop, roll back or repeal the burdensome

The bottom-line is the cost of living here is too high, but the cost of doing business is higher.

How would you get people to stay in California?

We have to give them a reason to stay.

First, our lawmakers must make it easier to do business in California. If businesses can't prosper and grow, they will go to a state where they will.

Second, California must have jobs. Job growth only comes if businesses are growing. Presently, businesses are dying, jobs are being lost, and people are being laid off. We can get people to stay if we change the way these things are going.

Third, California must have affordable living and affordable utilities. In order to be able to offer affordable utilities, the state must repair our infrastructure, energy grids, water storage and supply to meet the needs of California's population.

Finally, another incentive for people to stay is to offer a quality public school education for their children. Right now, California ranks 48th for the lack of quality in public education. This is not an incentive, it is a disgrace.

Okay, so what happens when California runs out of rich people?

This is a good question, where will the money come from? Maybe our liberal lawmakers will come up with an "exit tax" so they can get the last dollar from all the people who just couldn't afford to stay. It would be great if the Assembly and Senate would go nuts, screaming "You can't leave, we need the money!" Because this would show they understand they can't pay the bills if the working taxpayers, businesses and the wealthy leave. Since the state can't print money, that's not a solution. California shouldn't expect the Federal government to bail us out. They won't. In fact, Governor Schwarzenegger went to the Feds asking for assistance, but was turned down. He got nothing. And neither will anyone else. The bottom line is, if California runs out of rich people, working people, and small businesses, then it'll run out of revenue. If this happens, the state will likely be taken over by the federal government, much like a school district is taken over by the state when the District can no longer manage its money.

What about those people dependant on the state?

I believe it's our duty to protect and help the truly needy. We all know there are people who cannot help themselves. I believe the government cannot abandon these people. But we also must determine who is truly entitled and who is abusing or defrauding the system. Several of our current gubernatorial candidates have pledged to stop the waste, fraud and abuse of the welfare system. I pledge that I will work to assist in every way possible to accomplish this goal. These candidates know that if California fixes the welfare program the incentives for fraud and waste we'll be able to take care of the truly needy.

"California watchers" think the state's ungovernable. What do you think?

I'm not one to give up. I don't agree the state's ungovernable. If I thought that, I'd leave too. I know we must keep pushing to turn California around and

make it prosperous again.

However, until we stop spending more than we take in, it appears the legislature is incapable of governing in the best interests of the people. We have serious problems, and they're growing larger and grimmer every day because the left refuses to accept they can't have everything they want in a down economy and a time of declining incomes. The left-liberals won't cut or reduce programs, or say no to their special interest constituency. And the conservatives don't want to raise taxes. Until both sides agree to a compromise it appears the state's ungovernable. We'll never raise enough money through great and greater taxation. If this state continues on the current spending path we'll have heavy annual deficits until we reach the topple-over point.

What do you think is the state's number one problem?

Number one is the economy, by way of the budget. The private sector economy is our revenue stream and it's drying up. We must focus on growing the economy. If and when revenues rise the legislature must be disciplined about balancing the budget.

For years the state never had a revenue problem. The state always took in more revenue every year. The problem is the Legislature's inability to keep spending under control. Now the situation is more complicated because of the new economic reality, a reality of declining revenues, loss of businesses, loss of jobs, high unemployment rates and spending based on rosy revenue projections that always fall far short. The only solution is to get spending under control and base it on the current revenues. If we don't, we won't be able to pay for it. Our legislators are shopaholics that once had plenty of money to spend. When the money dries up you still have the addiction, but you don't have the money. Somehow, this legislature must deal with that fact and stop the out of control spending.

What's the number two problem?

Again it's the economy. Vis-à-vis high business taxes, extreme regulation, fees and fines. They must be cut. You can't tax or punish economic activity and expect the economy to grow. The most important thing we need to do right now is to grow this economy.

What's the third biggest problem?

Safe districts. When incumbent office holders are guaranteed re-election they stop listening to the people. I'm optimistic that we can change that with the redistricting coming up. I'm anxious to see what the redistricting commission is going to look like.

Is there a California problem you haven't addressed?

It seems the legislators don't care what the majority of voting Californians say. In fact they don't seem to care that the people leaving the state are the most productive and innovative of our citizens. They simply want to create new programs or protect the ones they've created. Hence no tax cuts, no reduction of social programs, no reigning-in of anointed regulatory agencies, and no control of their sympathy for everyone and everything other than small businesses and working class tax payers. In addition, the needs of the population in Southern California are much different from the needs of the population in the northern part, our legislators must serve the needs of all the people.

Need help with your mortgage? Worried about foreclosure? If so, WE CAN HELP!



GET HELP TO SAVE YOUR HOME!

Don't miss the opportunity to meet with HUD-Approved Counselors and Lenders Face-to-Face

It's FREE!

Friday, April 2, 2010

10:00am to 8:00pm - Counseling

City of Citrus Heights Community Center
6300 Fountain Square Drive, Citrus Heights, CA 95621
(FREE PARKING)

COME PREPARED! Bring copies of the following documentation;

- Two (2) Current Pay Stubs
- Two (2) Months Bank Statements
- 2008 or 2009 Tax Return including W-2
- A list of your monthly expenses
- Self-Employed Individuals must provide: four (4) months of the most recent bank statements; 2008 or 2009 tax return; a YTD Profit & Loss Statement
- Your most recent mortgage statement & any other related correspondence
- Copy of Homeowners Insurance Policy
- Copy of a Utility Bill
- Hardship Letter (in your own words)

INVITED LENDERS



REGISTER today by calling: 866-920-3311 or 877-487-1209
www.nidsacramento.org

To read the entire interview, go to www.AmericanRiverMessenger.com

The Easter Vacation from Hell

By Penny Howard

The kids bounced out of the car and ran to greet their cousin, Bobby. My sister, Pat, and her husband, Dick, were standing on their front porch with big smiles, waiting for me. What joy, as we hugged. We hadn't seen each other for more than a year, not since they had moved to Oroville.

It was the Spring of 1962, and we were going to spend Easter vacation together. I really hadn't been looking forward to Easter vacation at home. With all of the kids home for the week, and their friends running in and out of the house, getting snacks, and generally making messes everywhere, it didn't sound like a vacation to me. So, when Pat called and asked us to come up and visit, I jumped at her offer.

My husband, Bob, as Budget Director for Los Angeles County, was working day and night to hash out the annual budget for the county. So, he couldn't go with us. My oldest son, 19 year old Richard, was in his first year at West Point and was unable to come home. So, that left the four younger children, Dean, 13, Danny, 11, Russell, 10, Mary, 7, and Missy, the dog, eager to make the trip with me. It was a long way from Altadena to Oroville, but I was up to the task.

We left on Saturday and stopped to spend the night in Orangevale with my grandparents, arriving in Oroville mid-day Sunday. Pat and Dick lived in a serene wooded area with nearby fields of cows and sheep grazing. It was peace personified, and a joyous reunion was had by all that evening.

On Monday the first little mishap took place when Bobby was asked to take out the garbage after dinner. He couldn't resist the temptation to show off in front of his cousins

by trying to balance the bag on his head. Oops! It toppled over, spilling garbage and a large can of used grease on the floor. Of course the grease ran all over the floor, with most of it finding its way under the refrigerator. It was a major job moving the refrigerator, sopping up grease, and mopping the kitchen floor.

On Tuesday the toilet plugged up and overflowed onto the bathroom floor. Since it was the only bathroom for eight people, it meant an emergency call for a plumber. This mishap occurred when Bobby and Dean had gone in to shower after coming in all muddy after looking for gold nuggets in a nearby stream. No one had a clue as to what caused the toilet to plug up. Not until many years later did I learn the truth. Dean was playing a joke on Bobby by trying to flush his under pants down the toilet.

Wednesday morning while Pat was doing the laundry the waste water from the washing machine overflowed the laundry tub, flooding the service porch floor and soaking Danny's and Russell's sleeping bags, which were rolled up under the laundry tub. With limited bedroom space, that was where they slept, with Missy. We wrung the bags out as best as we could and hung them on the line outside to dry. Then we mopped up the laundry area.

Early Thursday morning Danny got sick and threw up all over his and Russell's sleeping bags, and getting some of it on Russell, which really grossed him out. I cleaned Russell up, and then washed the sleeping bags and hung them out on the line again to dry again. Later that afternoon Dean and Russell started itching all over. It soon became obvious they had come down with Poison Oak. Then

in the evening Mary started whining and complaining of a headache. We assumed she was feeling left out of things, because the boys excluded her from their activities. Their excuse? She was too young, and a girl besides.

Friday was departure day. As happy as Pat and Dick were to see us arrive, they were utterly ecstatic to see us leave.

I had no intentions of stopping overnight at my grandparents with four sick kids, so I stopped at a motel in Sacramento. Mary was still cranky and whiney, so I gave her and Danny each a half an aspirin and then went to the nearest pharmacy to get something to ease the itching of the Poison Oak.

The next morning I packed the kids and Missy into the car and headed home. Danny was lying in the back of the station wagon with a paper bag in case he had to throw up again. Missy kept him company. Dean and Russell occupied the center seats, itching miserably. The medicine I bought at the pharmacy wasn't helping at all. Mary sat in the front with me, whimpering most of the way home. Missy and I were the only healthy ones in the car.

By the time we got home it was clear why Mary had been whining and complaining. She broke out with measles. Danny had picked up a Flu bug. He was still feeling yucky. Russell's and Dean's Poison Oak was getting worse.

There was no Easter service for us at church, with the traditional egg hunt for the kids. And instead of them all returning to school on Monday so I would have some peace and quiet, they were all home sick for the rest of the week.

As much as I try, that is one Easter vacation I will never forget.

Celebrating 50 Years of Marriage



Richard and Marlys Norris celebrated fifty wonderful and exciting years of marriage

Fair Oaks - A memorable day celebrating fifty wonderful and exciting years of marriage was presented recently at Sunrise Community Church for Richard and Marlys Norris. Richard and Marlys' grandsons served as hosts to welcome guests as they entered the church. Tom Graves, a professional Gospel singer from Nashville entertained by singing to the hundred plus guests as they arrived.

Tom Graves opened the celebration with a special love song to the couple as they gazed into each other's eyes. Then, their dear friend and Sunday School teacher Joe Baginski presented meaningful vows for Richard and Marlys to repeat, followed by a short testimony of God's love, a toast and cutting of the cake. Marlys and Richard felt especially honored by the presence of their

daughter Linda Bear and grandsons Trevor and Kevin of Palmdale in So. California. They were surprised when a friend, Diana Sherick of Lakeport, California, who had known her since she was fifteen years old, drove a hundred miles to be with them. Many other friends also attended, including Warren and Charlotte Wray of Grass Valley and Ken and Mary Aicholtz of Chico, who knew the couple when they lived in Southern California over thirty years ago. Local friends attending were Rick and Lauri Runyon and daughter, Stephanie of Runyon Real Estate. Other family, friends and many church members the couple have known for over twenty years also attended the celebration. The event was organized and served by their Sunrise Sunday School Class and Oldies but Goodies Senior Women, a ministry Marlys began three years ago. Here's to celebrating 50 years of loving marriage!

Rancho City Employees Sponsor 2nd Annual Scholarship Applications are Due April 9th

Rancho Cordova - The 2nd annual COMMUNITY PRIDE scholarship, established and funded by Rancho Cordova City employees, will be awarded next month to a graduating high school senior who lives in Rancho Cordova.

The \$500 scholarship was established last year to show City employees' support of youth and education in the Rancho Cordova community.

Applications are available at the Rancho Cordova City Hall, 2729 Prospect Park Drive; the Neighborhood Services Center, 10665 Coloma Road, Suite 100; or

online at www.cityofranchocordova.org, click on COMMUNITY PRIDE Scholarship under Latest News & Updates.

Applicants must have a minimum 3.0 grade point average and have proof of acceptance at an accredited college, university, vocational, or technical college. They must write an essay about their student and community activities and about their academic plans.

Applications must be postmarked or delivered to the Rancho Cordova City Hall by 5 p.m. on April 9th.

Entries will be judged by a panel of City employees. The winner

will be announced April 30th.

"Honoring a graduating senior is our special way to recognize City youth and education," said Lisa Brown of the City's Human Resources Department and a member of the Employees' Advisory Team that coordinates the scholarship. "We want to reward young people who have demonstrated attributes of good citizenship in our community by helping them achieve their higher education goals."

For more information about the COMMUNITY PRIDE scholarship, please call (916) 851-8740.

May 22, 2010

California State Youth Pageant

11 Categories: Baby Darling to Mrs./Ms. Northern California Rep.

Scholarships: \$1000.00 - Miss * \$500.00 - Teen

Tickets at the door:
Seniors and children 12 & under can bring at least 5 cans of food or school supplies in lieu of a ticket to pageant.

All contestants receive free training in ramp walking, public speaking, skin and hair care.

We will be collecting the food and school supplies for needy families in our area.

For more information or to become a pageant sponsor contact Pageant Director, Mary Purvis at 721-3824

QUALITY MAKES A DIFFERENCE

QUALITY MANAGEMENT
52 years under local management and ownership.

QUALITY ASSETS
In 2009, we will complete our 21st consecutive year without any foreclosed properties on our books.

QUALITY SERVICE
Voted the Best Bank in many of our local communities.

SAFE—STRONG—SECURE

EL DORADO SAVINGS BANK

Serving our local communities for 52 years

35 locations to serve you
CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100
eldoradosavings.com

Member FDIC

DON'T DIE BROKE

What if your spouse dies today? Will you be on welfare tomorrow? Will you lose the house? What will you do next week?

What if I brought you a check for half a million dollars? Would that help - at least a little bit - for a while?

Of course you don't want to talk about life insurance. No one does. But those who do, don't die broke, and they live with peace of mind - knowing their loved ones or they themselves will be able to cope. **Life insurance is not about death. It's about life.**

For a few bucks a day you won't die broke. Talk to me.

Alan Canton • InsuranceSolutions123.com Agency
Fair Oaks, CA, 916-962-9296

BAUER

san juan car wash

Monday - Saturday 8 am - 6 pm • Sunday 9 am - 4 pm

We Accept All Competitors' Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash

5927 San Juan Ave
Between Madison & Greenback
Citrus Heights • 916-967-3083

\$3.00 OFF **Any Car Wash**

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 4/30/10

\$5.00 OFF **Any Car Wash Package**

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 4/30/10

\$10.00 OFF **Any Express Detail**

Starting at \$44.95
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 4/30/10

American River Messenger

Call 773-1111 To Advertise



God Is Waiting For You! Happy Easter

by Marlys Johnsen Norris

God does not ask us to be "perfect" before we can become His child. He merely wants us to become like a little child in our heart and to take His extended hand and listen to His words of love and instruction. He says, "Come, learn of me and I will give you rest". He accepts everyone just the way they are, but one must come to Him with a willing heart and a childlike faith. He exemplifies His love, grace and mercy at every opportunity to show one their destiny and purpose for living.

Often times we have watched people hesitate giving their hearts and lives to God because they think they have to be perfect and

complete before God will accept them. And this, is a lie from hell. Most likely because their personal vision of what God is like, in his holiness and perfection, they think they too must be Godlike to come to Him. And wouldn't that be equating oneself equal to God? Of course, and don't you know those ideas came from God's opposing force, the devil? Isn't that why the head angel Lucifer was cast out of heaven? He wanted to be equal with God.

In the same fashion on the opposite end of the spectrum is a person who is unable to accept God's forgiveness because they believe their sin is more than God can forgive. It too, is a lie from hell. The enemy of one's soul puts these ideas into one's mind to keep one from the promises of God and the abundance of His love. Forgiveness was fully paid for

by the Son of God who died on the cross to reconcile those who accept Him back to the Father. His forgiveness of sin and His deity was proved when all his blood was shed and He died and came back to life again. With His new body He walked through a wall into the Upper Room and met with His disciples. Doubting Thomas put his finger in the hand where the nails had been and He believed. Jesus came to show us the Way, the Truth and the gift of Life we can have eternally by inviting Him into our hearts and lives. Won't you believe today and come to Him?

Marlys Johnsen Norris
 Marlys5934@sbcglobal.net
"Intimacy Begins Going God's Way"
"Recipes for a Happier Marriage"
"God Moves Mountains, It was a Miracle"



by Pastor Ray Dare

Life has a way of wearing us down. We have a lot of things to worry about! The economy, politics, the direction of our country and unexpected things, uncontrollable things. As a result we get stressed and our minds get overloaded. What's been weighing you down lately? Has something beyond your control happened? A problem, a pressure or a conflict with one of your children, your marriage, with your job or with another person? Maybe you feel like you're about to go under because of the pressure in your life.

If you're carrying a heavy load and feeling overwhelmed by life's circumstances, I'm sorry. I'm sorry you're in those circumstances, but let me give you some good news. **"Come to Me** all you who are weary and carrying heavy burdens and **I will give you rest.** Take My yoke upon you...you will find rest for your souls for My yoke is easy..." Matthew 11:28-30. You have Someone who cares about you very much, His name is Jesus and He wants to help you through your circumstances. First Jesus says, "Come to

How to Put Your Mind at Rest

Me." How do you do that? You get alone by yourself and you just settle down, you read the Bible a little bit, you pray a little, you get quiet and your focus begins to shift. All of a sudden you're thinking less about your problem and you're thinking more about His power. You're thinking less about your circumstance and you're thinking more about His control. All of a sudden the stress starts to drain out of your life.

Next He says, "Take My yoke upon you." If you want to lower your stress level - give up control! That's why Jesus said, *"Take My yoke upon you."*

Let me give you a little tip. A yoke is not the yellow part of an egg that has all the cholesterol in it. A yoke is a wooden frame that joins two farm animals together. You say, "Wait a minute! That sounds like extra work to me!" The purpose of the yoke is actually to make your load lighter. The load is shared in a partnership. Jesus says, 'I want to help you carry your load.' A yoke is also used to guide, steer and direct. You're now in step with Him at His pace, His control. Jesus says, "My yoke is EASY". Question: Is your yoke easy? If you are feeling overloaded right now; if you're feeling stressed out today, it means one simple thing.

You're not properly yoked to Christ. His yoke is not upon you. You may be on your way to heaven but you're on your way stressed out! Any time you get under stress it means this - you have come to Christ and you have not given up control. Every time you get detached from God, you're going to get stressed out. You're going to be pulling the load by yourself.

The truth is you don't have one yoke on your life right now... you've got a dozen! You've got a financial yoke, a health yoke, a business or career yoke, relational yokes. You have all kinds of stresses. The answer is not Tahiti! The answer is Trust! You come to Christ. You give up control. You learn to trust Him.

Let me give you a little dose of reality. You were never really in control anyway. So you come to Christ, you give up control and you learn to trust. Come to Christ, give up control, learn to trust. You may have to say that fifty times a day to get it in your mind. That is the secret of stress management. *Come to Christ* and get time alone with God. Give up control and taking on His yoke. *Learn to trust* - You're God and I'm not, I trust You. See you Sunday, Pastor Ray New Community Christian Church www>YourNewChurch.org

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

Oak Avenue Free Methodist Church

8970 Oak Avenue, Orangevale, CA 95662 *Corner of Oak and Beech*
(916) 988-8815 • Pastors Andrew Webb & Robert Price
Office Hours: 9 am to Noon - Tuesday - Friday
Wednesdays: Senior's Bible Study: 1st & 3rd, 10 am - 11am
Evening Adult Study: 7 pm - 8:30 pm
Sunday School - 11 am For All Ages • Sundays Worship - 9:30 am
www.avefmc.org

Creating special moments
and sacred events.

Rev. Paul V. Scholl
Interfaith Minister, B.Msc.

916.773.7337
GO2DLYT@aol.com
Call to Discuss Your Wedding Plans
Go to www.LovingOutLoud.com/weddings

Hospitality
is our gift.

Come
visit us.

Christ the King

Passionist Retreat Center

6520 Van Maren Lane in Citrus Heights

Economy got you down?
Family or job issues bothering you?

Relax. Breathe deeply.
Retreat into our beautiful grounds, generous space,
and atmosphere of serenity. Visitors will find a peaceful
sanctuary in a monastic tradition, space to reflect
and opportunities to reconnect with God.
Walk among old growth oak and redwood trees.
Stroll through the stations of the cross or visit a labyrinth.
Weekend programs available. Community Mass Thursdays.
Meeting rooms available to rent.

Come to Your Center... and rediscover your center.

(916) 725-4720

100% Satisfaction Guaranteed

Better Hearing Made Easy

Get the world's first disposable hearing aid

If you or your loved one has mild to moderate hearing loss, the all-new Songbird® flexfit™ is the ideal solution. Easy and affordable, it offers a revolutionary alternative to costly traditional hearing aids. Use it only when you need it, just like reading glasses. Adjustable for a personal fit, it's perfect for those who want to improve hearing on their own terms—without sacrificing quality or comfort.

Improve your hearing without
hassle or major expense

- Crystal-Clear Digital Sound Quality
- Lasts for 400 Hours of Active Use*
- No In-Office Fittings or Maintenance
- No Batteries to Replace
- Order from Home—by Phone or Online

Makes conversations clearer and more enjoyable

You may not always need help hearing.
For the times you do, trust Songbird.

\$39⁹⁵

Two
Payments of

ASK HOW TO GET FREE SHIPPING!

Not available in stores

Try It Now Risk-Free†

Call 1-888-287-4963

Compact design
as shown in hand

Product worn as shown—
hides discreetly behind the ear

*Under typical use patterns, battery lasts for 400 hours of active use (when turned on). Make sure to turn the device off when not in use to maximize battery life. †Less shipping and handling. The Songbird flexfit™ disposable hearing aid is for mild to moderate hearing loss. Not intended for use by anyone under 18 years of age. Hearing loss can be a symptom of a medically treatable condition. Consult your doctor prior to using any hearing aid.

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

MISSING PERSON

If anyone has information of the whereabouts of **Eileen F. Sheftic**, formerly of 3922 Oak Villa Circle, Carmichael, California please contact Jerome E. Falbo, Esquire at 80 Jefferson Street, Winthrop, Massachusetts 02152. Telephone number 1-617-846-3433. E-mail address is lawfsg@verizon.net. (MPG)

Adult / Elder Care

Newly constructed, modern Care Facilities in Fair Oaks Private/Semi room. 1/2 off first month. No assessment fee. 24/7 on site care staff. Call 916-871-4267/947-8618. Will work with placement company. (MPG)

Special 50% Off 1st Month Care Private & Semi private rooms. For more info call 916-721-4721 (MPG)

Experienced caregiver for elderly. 24-hour care; healthy nutritious meals; reasonable rates. In Fair Oaks - room in comfortable home. Call 916-536-0701 (MPG)

ATTENTION!

Health and Wellness Success Coaches Needed. Able to work from Home. Will train. 888-279-7875, call 24hrs (MPG)

ATTN: Internet health and wellness company expanding. Seeking top sales Pro's. Will train right person. CALL 888-279-7875 24hrs. (MPG)

Auto Donation

DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

DONATE VEHICLE: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

Business Opportunities

ALL CASH VENDING! Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

Earn Money with Your Computer The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

Work From Home Earn \$1,000 to \$3,000 per week Free 14-minute movie that shows you how! www.setfree.com (MPG)

Are you tired of... Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owning you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (MPG)

Business Services

CLASSIFIED ADVERTISING ADVERTISING in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$550. Reach over 6 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SCAN.com (Cal-SCAN)

DISPLAY ADVERTISING in 140 Cal-SDAN newspapers statewide for \$1,500! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. www.Cal-SDAN.com (Cal-SCAN)

ADVERTISE ONLINE in a network of 50-plus newspaper websites. Border to Border with one order! \$7 cost per thousand impressions statewide. Call for details: (916) 288-6010. www.CaliforniaBannerAdNetwork.com (Cal-SCAN)

Computers

Computer Care Complete PC Care and Maintenance. Installs, upgrades, virus removal, wireless. Affordable prices - Same-Day Service. Call Todd 916-529-5954 (MPG)

Construction

Affordable Local Repairs - All Construction Phases. Lic#655184. Ph 869-0164. Ask for John. (MPG)

All Types of Construction - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

TRI US CONSTRUCTION Build new homes, additions and remodeling. Over 30 years experience, bonded and insured. Phone number 530-330-0185 Lic. # 476884 (MPG)

DayCare

Peña Family Daycare - Small in home family care. Clean and Safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www.penafamilydaycare.com (MPG)

Infant Openings Now First week free Lic # SAC53133 FCCH 916-489-5824 (MPG)

Drywall

Repair, remodel from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

Elder Care

PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

Electrical Services

Visit & Estimate For Free. 24 Hour, 7 Days. 916-213-7575 (MPGM)

Equipment for Sale

NEW Norwood SAWMILLS - LumberMate-Pro handles logs 34" diameter, mills boards 28" wide. Automated quick-cycle-sawing increases efficiency up to 40%! www.NorwoodSawmills.com/300N 1-800-861-7746 ext. 300N. (Cal-SCAN)

Fencing

Fencing Prime Time Fencing. Quality Redwood. Double & Single Gates. Repair & New. License # 835870. (916) 481-7315 (MPG)

Roy's Great Fences Quality work at affordable prices. New or repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

Affordable Fencing Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discount. Lic. 742683 916-773-1350 (MPG)

Sierra Pacific Fence, Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

Financial Services/ Money to Loan

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 lafindley@team72goodcredit.com (MPG)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Sltmt. 916-300-0611 (MPG) Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

For Rent / Lease

COMMERCIAL Office/Warehouse space. 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/ College Oak). Call Lisa West @ (916) 331-0840. (MPG)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

Gardeners

Smith's: Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling. 967-7543 or see www.SmithsLandscape.com (MPG)

Groomer

Pinkiepop, in home grooming service. 18 yrs. exp. \$5.00 discount. 1st visit. References. Call Victoria (916) 256-0487. (MPG)

Guitar Lessons

Guitar, 1st 2 Lessons Free. Classic, Flamenco, Standard. All ages & levels. 682-7082. (MPGM)

Handyman

Handyman, JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG)

Household Helper. You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG)

Handy Guys Small Jobs, Senior Discounts Gutter Cleaning - Deck's Woodwork 916-519-5135 Free Estimates (MPG)

A-1 Home Maintenance & Repair "Handy Man" California state certified electrician Plumbing repair. Fence repair. Free quotes - no job too small. Please leave message. 916-961-8059 (MPG)

Affordable! Decks, Dryrot, Wood Floors, Fans, Fixtures, Plumbing, Electric. Licensed 501-7843 (MPG)

Plumbing Services Specialty Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

LOW COST WEIGHT LOSS With Your Personal Coach. Start Free Call 916-599-1318 (MPG) Look Younger in Less Than a Day! www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

THE WEIGHT IS OVER Lose up to a pound a day. Fast growing Company Recession proof product. 916-474-4079 www.eat-choc-losewt.com (MPG)

Health & Beauty

If you used Type 2 Diabetes drug AVANDIA and suffered STROKE or HEART ATTACK, you may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727 (SWAN)

Health/ Miscellaneous

If you used Type 2 Diabetes drug AVANDIA and SUFFERED a STROKE or HEART ATTACK. You may be entitled to compensation. Call Attorney Charles Johnson 1-800-535-5727. (Cal-SCAN)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Wanted

Adult Residential Facility is in Need of Live-In Caregiver with experience in an ARF facility, good DMV record, and hardworking. Please call Orlando or Hermie at 916-487-4482. (MPG)

SPECIAL OPS. U.S. Navy Elite training. Daring missions. Generous pay/benefits. H.S. grad ages 17-34. Do you have what it takes? Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

TRUCK DRIVERS: CDL training. Part-time driving job. Full-time benefits. Get paid to train in the California Army National Guard. May qualify for bonus. www.NationalGuard.com/Truck or 1-800-GO-GUARD. (Cal-SCAN)

JOBS, JOBS, JOBS! No experience. Get paid to train. California Army National Guard. High School JR/SR & Grads/GED. Up to 100% tuition assistance. Part-time work with full-time benefits. www.NationalGuard.com/Careers or 1-800-GO-GUARD. (Cal-SCAN)

In-Home Caregivers Wanted Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

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)

AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchildren.org (MPG)

WANTED-AVON Party Hostess Earn 50% Total Party Sales 50% off Hostess order/Hostess privilege catalog Hostess and Guest Gifts Call Elizabeth 916-295-0185 (MPG)

Pathologist Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95608. (MPG)

Urgent F/PT Sale Reps needed Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916-612-6621 (MPG)

Health Care Marketing. We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myprobandimbusiness.com and watch a video News clip. Leave your name and email address to learn more, we will get back to you. (MPG)

SALES. Seeking Business minded Marketing rep's, New Technology/ Globally, Training available, F/PT, Residual income, Commission, Fax Resume 916.910.2002 (MPG)

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danlepez1980@yahoo.com if interested (MPG)

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15 (MPG)

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000 PT/ FT www.REBvision.com (MPG)

TIRE D OF BEING BROKE? Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (MPG)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint.

Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted - Drivers

SLT NEEDS CLASS A TEAM DRIVERS with Hazmat. \$2,000 Bonus. Split \$0.68 for all miles. Regional contractor positions available. 1-800-835-9471. (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)

Help Wanted - Sales

Would you like to be Mentored by a Millionaire? Proven System, Perfect timing. 24 Hr Recorded Message. CALL NOW!! 888-279-7875 (MPG)

House for Rent

3 Bedrm/1 Bathng frn lv kitchen/ laundryroom. Quiet location - \$825/mo. + sec. deposit. 971-1717(Daytime). (MPG)

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning, Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

DeAn's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

QUALITY WINDOW CLEANING PLEASE CALL MARK AT 612-8949. (MPG)

Homesitters on Wheels, Office needs two RVers with RV's for Petsitting 916-483-5146 (MPG)

Investment Property

(2) 1 Bedroom Units-Duplex. Block construction, great money maker! Asking \$110k. Located in Tucson, AZ. Call Jeff (520) 400-7895 (SWAN)

Landscaping

Lawn and Garden Service Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281(MPG)

Tall Weed Cutting Low Rates 916 524-7477 (MPG)

Full Yard Maintenance, one time clean ups & tree trimming. See our website: www.terrabellagarden.com or cto: Randy for info at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Lawn Service

American Lawn Service Weekly Service \$60/mo. Quote for one time service. 487-7905 (MPGM)

Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (MPG)

BANKRUPTCY LAWYERS: Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

Miscellaneous

Richmond's Hunting Club Come hunt with us - 20K acres. Doves, Quails, Pheasants, Ducks and Geese. For information: Dennis Sanders 530-913-5817 or Les Edwards 530-458-3814 (MPG)

TUPPERWARE Please call for a Free Catalog. Chris Krcmar 916-483-1671 (MPG)

Miscellaneous Items For Sale

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG)

Kawai upright piano and bench, used, excellent condition, oak finish. \$3000 Call: 916-988-2927 (MPG)

Mount Vernon Single Cemetery Lot Garden of Humility (front-end of building) \$5,000.00 Contact: 1-405-728-0420 (MPG)

Miscellaneous - Want to Buy

WANTED: OLD POSTCARDS 483-0622 (MPG)

Musical Instruments

Guitar, Acoustic Unused with accessories. \$85 Cash. 362-7118 (MPG)

GUITAR WANTED Looking for Older Guitars and Amps, Fender, Gibson, Martin, Fender, Marshall Amps. Will Pay up to \$2000.00 Cash!! (916) 966-1900 (MPG)

Musical Instruments for Sale

Kawi Console Piano Walnut, New Condition, \$1500 OBO. Call 863-1552 anytime. (MPGM)

Piano YAMAHA console w/ bench walnut good condition, one owner, \$1700.00. 916-349-0650 (MPG)

Notary

Mobile Notary Services Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (MPG)

Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (MPG)

24/7 Notary Services Anytime / Anyplace Call Dan @ 916-712-2661 (MPG)

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic914715 Ph 607-0523 (MPG)

Pets

Pet Sitting Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

Home Sitters on Wheels office needs two RVers with RV's for pet sitting. Call 916-483-5146 for more information. (MPG)

Annie's Pet Sitting Services Licensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (MPG)

Piano Lessons

Piano Lessons - All ages 1st lesson free. Rancho Cordova 916858-1571 (MPG)

Piano lessons for children and adults by experienced, creative teacher. Citrus Heights. For more information, visit www.anitraalexander.com, or call (916) 725-1054 (MPG)

Prayers & Novenas

THANKSGIVING NOVENA TO ST. JUDE O Holy Saint Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need. To you I have recourse from the depth of my heart and humbly beg to whom God has given so great power to come to my assistance. Help me in my present and urgent petition, in return I promise to make your name known and cause you to be invoked. Saint Jude pray for us all who invoked your aid. Amen. Say three Our Fathers, three hail Marys and Glorias. Publication must be promised. This novena has never been known to fail. I have had my request granted and will fill to publish my thanksgiving. (MPG)

Wanta go to heaven without dying? Rent the exciting movie "Left Behind" Pray aloud, "Lord Jesus, forgive my sins, come into my heart!" He Loves You! (MPG)

Real Estate Homes For Sale

200+ FORECLOSED CALIFORNIA CALIFORNIA Homes selling by auction April 6 - 11, 2010 valued from \$35k to \$600k. Get all the details at www.CalHouseAuction.com or call 1-866-259-4416. (Cal-SCAN)

Carmichael New Listing 1700 sq ft. 3/4 bedrooms + Pool Glenda 761-7548 (MPGM)

Granite Bay Listings View at www.lizyocakum.com Call 390-5634 (MPG)

Real Estate Loans

LOAN OFFICERS - NOW is the TIME To Work for a direct lender. 85% Commission (W-2), FHA, VA Reverse Mort-gages. For info go to www.OakTreeFunding.com click Virtual Agent. (Cal-SCAN)

Real Estate Out of State

BANK OWNED LAND! 10 acres. Fish Lake Valley, NV. \$39,750. Substantial discount, gorgeous views. Great recreational opportunities, upscale ranch community. Rainbow Trout creek frontage. Financing available to qualified buyers. 1-877-236-5204. (Cal-SCAN)

20-Acre Ranches Near Growing El Paso, Texas Only \$12,900. \$0 down, \$99/mo. Owner Financing, No Credit Checks. Money Back Guarantee. Free Maps/Pictures. 800-755-8953 www.sunsetranches.net(SWAN)

Restore Old Photos

Restore Old Photographs Share memories of special places and times with your family. (916) 483-6051 - Laws Studio, Crestview Center (Manzanita at Winding Way in Carmichael) (MPG)

RV Repair

CARLO'S RV REPAIR Local and Experienced owner/operator specializing in A/C repair, Electrical problems, Fuel injection, Complete brake jobs, Smog problems and so much more!! Call us if 1st you are considering a used RV purchase or need repairs Call Carlo 1st !! So Reasonable other shops simply can't compete! For Fast friendly service or advice, please call (916) 285-6049 (MPG)

Sales

Spring League Announced

Sign Up to Play in the Sunrise Junior Team Tennis League

Citrus Heights - The USTA announces it's time to sign up for the Sunrise Junior Team Tennis League and let the fun begin. Offered by local tennis organizations and volunteers, the junior tennis league program from the United State's Tennis Association, Northern California (USTA Northern California) is open to local area youth, ages 8 to 14. Perfect for the beginner player, the spring team tennis league is an excellent introduction to a sport they can enjoy for a lifetime.

The Sunrise Junior Team Tennis League is a program utilizing a local team tennis model developed by USTA Northern California. The program uses new easy-to-use progression equipment and fun games-based format to get kids playing tennis right from the start.

Sunrise Junior Team Tennis League Registration and Details

Where: Antelope Tennis Center.
Dates and Time: Each Saturday from April 13 to May 22 from 3:00 pm 4:00 pm. Participants: Boys

and Girls Ages 8 -14. Registration: Registration can be completed online at www.sunriseparks.com or by contacting Todd Gordo at (916) 725-0186 or tgordon@sunriseparks.com

Costs: A fee of \$65 is required at the time of registration and includes t-shirt, awards and USTA Membership.

USTA Northern California and the Sacramento Community Tennis Association are non-profit organizations that depends upon volunteer coaches, assistant coaches and ad-

ministrators to help run the Sunrise Team Tennis League. If you are interested in volunteering in any capacity, please contact Todd Gordon.

USTA Northern California is one of the 17 sections of the United States Tennis Association. For more information on USTA Northern California, log on to www.norcal.usta.com. For information on how to join USTA Northern California, go to www.letsrallypeople.com <http://www.letsrallypeople.com>



Dog Gone Yard Sale And Bake Sale

Citrus Heights - April 10 at C Bar C Small Dog Park area 9-2pm.

This is a fundraiser for POOCH Pet Owners Organization of Citrus Heights and several local rescue groups.

More info:
965-4684, Diane

Monthly Military Retiree/Spouses Meeting

Our next monthly military retiree spouses meeting will be held on April 13 2010 at the North Highlands Park and Recreation District, located at 6040 Watt Ave, North Highlands. Meeting time is 1030 hrs. Our speaker will be Mikel O'Riordan and he will address an Under-Used VA Benefit, called Aid and Attendance. You don't want to miss out on this informative meeting. Join us for a cup of coffee and excellent fellowship. Questions can be answered by contacting our volunteer staff at 561-7476.

CLEAN & SOBER LIVING

CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH THE ALCOHOL AND DRUG PROBLEM!
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

4125 Temescal Street, Suite A • Fair Oaks, CA 95628

THOMAS B. HAMMOND
PERSONAL & BUSINESS BENEFIT PLANNING

A FULL SERVICE FIRM

WE ARE YOUR SMALL BUSINESS BENEFITS SPECIALIST

- SUCCESSION PLANNING
- BUSINESS VALUATION
- BUSINESS BENEFIT PLANNING
- EMPLOYEE BENEFITS
- PERSONAL PLANNING
- ESTATE PLANNING

HELPING SACRAMENTO BUSINESSES FOR OVER 35 YEARS

916-536-1384

CALL US TODAY TO SET UP A FREE CONSULTATION

BONES LAW FIRM

4811 Chippendale Dr., Suite 307, Sacramento, CA 95841

Gordon G. Bones
Attorney at Law

The Law Firm provides the following legal services:

- Bankruptcy • Business and Corporate Matters
- Trust and Trust Administration
- Estate Planning • Probate and Conservatorship
- Family Law

P: 916.965.6647

F: 916.965.4218

gbones@boneslawfirm.com



Rand K. Jacobs

R.K. Jacobs Insurance Services

Home • Auto • Business

Office (916) 966-3733
Fax (916) 966-0177
4777 Sunrise Blvd., Ste. B
Fair Oaks, CA 95628
rjacobs@pacbell.net
Lic. #0535940

Business & Service Directory

<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Handyman</p> <p style="text-align: center; font-weight: bold;">Quality Labor & Maintenance</p> <p style="text-align: center;">Yard Work, Hauling, Gutter Clean, Odd Jobs</p> <p style="text-align: center;"><i>You Name It!</i></p> <p style="text-align: center; font-weight: bold;">(916) 613-8359</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Household Help</p> <p style="text-align: center; font-weight: bold;">House Cleaning</p> <p style="text-align: center;">Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates.</p> <p style="text-align: center;">Call Madeline (916) 723-1608</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Bathroom Remodeling</p> <p style="text-align: center; font-weight: bold;">AFFORDABLE BATHROOMS & ALL HOME REPAIRS</p> <p style="text-align: center; font-size: 0.7em;">Shower & Tub Enclosures Water Damage Flooring, Electrical, Carpentry, Drywall We do all phases—small & large jobs</p> <p style="text-align: center; font-weight: bold;">FREE ESTIMATES</p> <p style="text-align: center; font-weight: bold;">ANDERSEN CONSTRUCTION</p> <p style="text-align: center; font-size: 0.6em;"><i>Licensed & Bonded • CSL# 681664</i></p> <p style="text-align: center; font-weight: bold;">(916)-989-2689</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Home Repairs & Remodeling</p> <p style="text-align: center; font-weight: bold;">Roger's Construction Remodeling</p> <p style="text-align: center; font-weight: bold;">One Call for All</p> <p style="text-align: center; font-size: 0.6em;">License # 591157</p> <p style="text-align: center; font-weight: bold;">(916) 995-6364</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Garage Doors</p> <p style="text-align: center; font-weight: bold;">ACTION DOOR SERVICE</p> <p style="text-align: center; font-size: 0.6em;">CALIF. STATE LIC. #650461</p> <p style="text-align: center;">Garage Doors and Openers, service, repair, replace.</p> <p style="text-align: center; font-size: 0.6em;"><i>Serving greater Sacramento area since 1987.</i></p> <p style="text-align: center; font-size: 0.6em;">Free Estimates • Senior Discounts Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex.</p> <p style="text-align: center; font-weight: bold;">(916) 635-5951</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Photo Restoration</p> <p style="text-align: center; font-weight: bold;">Restore Old Photographs</p> <p style="text-align: center; font-size: 0.6em;">Share memories of special places and times with your family.</p> <p style="text-align: center; font-weight: bold;">(916) 483-6051</p> <p style="text-align: center; font-size: 0.6em;">Laws Studio, Crestview Center <i>Manzanita at Winding Way in Carmichael</i></p>
<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Fencing</p> <p style="text-align: center; font-weight: bold;">PRIME TIME FENCING</p> <p style="text-align: center;">Quality Redwood Double & Single Gates Repair & New</p> <p style="text-align: center; font-size: 0.6em;">License # 835870 Liability Insurance</p> <p style="text-align: center; font-weight: bold;">(916) 481-7315</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">HANDYMAN</p> <p style="text-align: center; font-weight: bold;">35 YRS. EXPERIENCE</p> <ul style="list-style-type: none"> • Doors • Re-wire Screens • Jambs • Screen Doors • Moldings • Home Repairs • Locks • Roofing • Hardware • Painting <p style="text-align: center; font-weight: bold;">Senior Discounts 916-536-9183</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Looking for People</p> <p style="text-align: center; font-weight: bold;">Self-Made Millionaire</p> <p style="text-align: center; font-size: 0.6em;"><i>looking for 10 people who want to earn 6 figures in the next 12-24 months.</i></p> <p style="text-align: center; font-size: 0.6em;">This is not a job.</p> <p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.7em;">CALL NOW!!! 1-888-219-7757</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Heating & Air</p> <p style="text-align: center; font-weight: bold;">Christopher's Heating & Air</p> <p style="text-align: center; font-weight: bold;">Commercial/Residential</p> <p style="text-align: center; font-style: italic;">We Service All Brands</p> <div style="text-align: center;"> <p style="background-color: black; color: white; padding: 5px; font-weight: bold; font-size: 0.8em;">FREE ESTIMATE</p> <p style="font-weight: bold; font-size: 1.2em;">Call Today 916-223-1744</p> </div>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Handy Man</p> <p style="text-align: center; font-weight: bold;">"Handy Man" "Carpenter Dave"</p> <p style="text-align: center; font-size: 0.6em;"><i>25 Years Experience • All Home Repairs</i></p> <ul style="list-style-type: none"> • Dry Rot • Painting • Doors/Floors • Windows • Decks/Tile/Patios • Bathroom • Roof Repairs • Sheet Rock Texture <p style="text-align: center; font-weight: bold; font-size: 1.2em;">(916) 548-8249</p> <p style="text-align: center; font-size: 0.6em;">Lic. # 325201</p>	
<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Adult Care</p> <p style="text-align: center; font-weight: bold;">Pop Ins With A Plus</p> <p style="text-align: center;">Senior In-home Care Specialists</p> <ul style="list-style-type: none"> • Complete personal care • 3 hr min to 24-hour care • Shopping/Errands • Transportation • LVN on staff • Hospice <p style="text-align: center; font-weight: bold;">(916) 247-1019</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Electricians</p> <div style="text-align: center;"> <p style="font-weight: bold; font-size: 1.2em;">BONHAM ELECTRIC</p> <p style="font-size: 0.6em;">Lic # 905104</p> </div> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">15% Off - New Year Special - thru March 2010</p> <p style="text-align: center; font-size: 0.6em;">• Panel Upgrades • Voice - Data • New Construction • Remodel • Repair</p> <p style="text-align: center; font-style: italic;">"Big or Small, We Do it ALL"</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">916-817-1764</p> <p style="text-align: center; font-size: 0.6em;">• 35 Years Experience • Senior Discounts • Quality Work</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Pet Care</p> <p style="text-align: center; font-weight: bold;">Under New Management</p> <div style="text-align: center;"> </div> <p style="text-align: center; font-weight: bold;">King's Court Pet Resort</p> <p style="text-align: center;">6740 Duncan Lane, Carmichael</p> <p style="text-align: center; font-weight: bold;">Buy 1 Night - Get 1 Night Free</p> <p style="text-align: center; font-weight: bold;">Space Available Through 1/31/10</p> <p style="text-align: center; font-weight: bold; font-size: 1.2em;">916-993-6987</p>	<p style="text-align: center; background-color: black; color: white; font-weight: bold; font-size: 0.8em;">Painter</p> <p style="text-align: center; font-weight: bold;">BRETT S. BUNTE PAINTING</p> <ul style="list-style-type: none"> • Quality Paint • Free Estimates • Commercial • Interior & Exterior • Residential Specialist <p style="text-align: center; font-size: 0.6em;">Lic #751513</p> <p style="text-align: center; font-weight: bold;">Call 916-509-2178</p>		
<p style="text-align: center; font-weight: bold; font-size: 1.5em;">RUSS MONROE'S</p> <p style="text-align: center; font-weight: bold; font-size: 0.8em;">FUNERALS & CREMATIONS</p> <p style="text-align: center; font-size: 0.6em;">FD 1404</p> <p style="text-align: center; font-size: 0.6em;">7960 WINDING WAY FAIR OAKS, CA 95628</p> <p style="text-align: center; font-size: 0.6em;">Tel (916) 9611265 Fax (916) 9612430</p>	<p style="text-align: center; font-weight: bold; font-size: 1.2em;">OPEN YOUR HEART AND HOME</p> <p style="text-align: center; font-size: 0.6em;"><i>Step up to the challenge! Have experience working with developmentally disabled adults and/or challenging behaviors? Have an extra bedroom?</i></p> <div style="text-align: center;"> <p style="background-color: black; color: white; padding: 5px; font-weight: bold; font-size: 0.8em;">Competitive stipend</p> <p style="font-weight: bold; font-size: 0.8em;">MAKE A DIFFERENCE! For More Information: (916) 383-9785 ext. 15</p> </div>	<p style="text-align: center; font-weight: bold; font-size: 1.5em;">ALTERATIONS</p> <p style="text-align: center; font-style: italic;">by Patina</p> <p style="text-align: center; font-weight: bold; font-size: 0.8em;">SPECIALIZING IN BRIDAL & FORMAL</p> <p style="text-align: center; font-size: 0.6em;">11082 Coloma Rd., Suite 7 Coloma Village Shopping Ctr. • Rancho Cordova</p> <p style="text-align: center; font-weight: bold; font-size: 1.1em;">(916) 853-1078</p> <p style="text-align: center; font-size: 0.6em;">WWW.ALTERATIONSBYP.PATINA.COM</p>	<div style="text-align: center;"> <p style="font-weight: bold; font-size: 1.2em;">Dianda's</p> <p style="font-style: italic;">Italian Bakery & Cafe</p> <p style="font-weight: bold;">(916) 966-3757</p> <p style="font-size: 0.6em;">RUM CAKE • ST. HONORE • CANNOLI COOKIES • PASTRIES • ALMOND TORTE</p> <p style="font-size: 0.6em;">Located in Fair Oaks Village 10131 Fair Oaks Blvd. Fair Oaks, CA 95628</p> </div>		

Meet the "New Doc" at "The Gentle Dentist on the Corner"



Ryan J. Everhart, D.D.S

on to earn his Doctorate Of Dental Surgery from the University of the Pacific Arthur A. Dugoni School of Dentistry, San Francisco, CA in 2008. Upon graduation he was inducted into the Tau Kappa Omega Honors Society. He is a member of many professional organizations, including the American Dental Association, the California Dental Association, the Sacramento District Dental Society, and the Sierra Study Club, a local component of the Seattle Study Club with Dr. Frank Spears. Dr. Ryan Everhart's interests include: soccer, winter sports, wakeboarding and boating, traveling, camping and hiking, scuba diving and photography. His fiancé, Amy, is a local dental hygienist and they plan to be married October 2010. We are excited to share the benefits of

the Everhart father and son team. Their extensive experience and education in family, cosmetic, and laser dentistry has made them well versed in many of the latest dental technologies. Dr. Ryan will be introducing Dental Implants and Fixed Denture options to our patients, along with all aspects of family dentistry. With the use of intra-oral cameras, digital x-rays, and computer imaging, they can immediately show and explain all treatment options to the patient. And for your convenience, Dr. Ryan will now be extending our hours to welcome patients Thursday evenings and Fridays. Call our office to schedule an appointment. 916-988-0300. Plan to come and see "The Gentle Dentist on the Corner" of Madison & Main Ave., Orangevale

Orangevale - Ryan J. Everhart, D.D.S., grew up in the Sacramento area where he graduated from Jesuit High School Magna Cum Laude. He received his undergraduate degrees, a B.S. and M.S. in Computer Science, from California Polytechnic State University, San Luis Obispo. He went

Upwards Local Basketball Program a Great Success Story



Upwards team members got a chance to "High 5" the Sacramento Kings as they entered the court at a recent game.

Air Markets, Sunrise Car Wash, Arby's, Carl's Jr's and Mountain Mike's Pizza of Fair Oaks, Big Spoon Yogurt, The Sacramento Kings and Messenger Publishing Group. A special "Thanks" goes out to Aaron Morales in the Sacramento Kings Group Sales Department for all his help with the Kings game event. Over 370 kids and their parents from the Upwards program attended.

The Upward Basketball program expects to grow again next year. They will be needing more facilities, coaches, referees, scorekeepers, and drivers.

Fair Oaks - The local Upwards Basketball program just completed their second successful season with a growing group of kids, an enthusiastic team of volunteers, and grateful parents who appreciated the kind and caring coaching.

This year's program grew to 155 children, up from last year's total of 39. This year they had 22 head coaches, 25 assistant coaches, 10 referees and 100 volunteers, all of whom were instrumental in helping the program become another success. It culminated with an award and recognition ceremony held at Fair Oaks Presbyterian Church on Saturday, March 6th.

"We have had an absolutely terrific season with lots of kids enjoying themselves, learning basketball and Christian



Both photos by Paul V. Scholl, MPG

Dan Chan the Magic Man entertained the children and the crowd attending the program finale and awards program at Fair Oaks Presbyterian Church.

values, and most importantly, just having fun", said Ken Friedman, League Director.

Main sponsors of the program included Play it Again Sports of Citrus Heights, Raleys and Bel

If you would like to offer your support, or become a sponsor, contact Ken Friedman at 745-3872. To find out more about the mission of the national program go to Upward.org.

"Voted Best Dentist"
"Best of Citrus Heights"

High Tech Dentistry from Warm and Caring Professionals




New Patients Always Welcome!

Over 20 years Experience • Laser Dentistry • Porcelain Veneers
Low Dose Digital Films • 12 months - 0% Financing (oac) • Emergency Care

\$50 Off
New Patient Exam
Offer expires April 30, 2010

\$99
Whitening for Life
Offer expires April 30, 2010

Telephone 916-988-0300 • www.EverhartDentistry.com
James M. Everhart, DDS Inc. • "The Gentle Dentist on the Corner"
9399 Madison Avenue • Orangevale • On the corner of Madison & Main



Ships and Trips  *Travel*

Trude Peterson Vasquez
Your Personal Travel Specialist in Fair Oaks
(916) 961-3282 business
www.Trude4Travel.com
Trude4Travel@pacbell.net

"I Specialize In Stress Free Vacation Planning"

SUPPORT YOUR LOCAL BUSINESSES

Home Care by Seniors for Seniors

There's a huge difference in the kind of home care you can receive from someone who really understands what your life is like as a senior. The concerns you have. The need for independence. Someone who like you, has a little living under his or her belt.



Our loving, caring, compassionate seniors are there to help. We offer all the services you need to stay in your own home, living independently.

- Companion Care
- Housekeeping Services
- Meal preparation/cooking
- Personal Care
- Overnight and 24-hour Care
- Transportation
- Shopping
- Doctor Appointments

- Yard Work
- Handyman Services
- and more!



SENIORS Helping SENIORS®
...a way to give and to receive®

Call us today.
Like getting a little help from your friends™.

916-372-9640

\$18

per hour

Top 5 Reasons For Choosing Merrill Gardens



- 1** Anytime Dining™
- 2** Happy Hours and Live Music
- 3** 60-Day Money Back Guarantee*
- 4** Month to Month Rental
- 5** Accredited Classes and Activities

Call Now for a Personal Tour!



*Call for details.
License #347001020

(916) 725-7418 Ext 11
7418 Stock Ranch Road
Citrus Heights, CA 95621
www.merrillgardens.com



MERRILL GARDENS
AT CITRUS HEIGHTS
A one of a kind retirement community

RETIREMENT & ASSISTED LIVING



RONI DEUTCH

Tax Center®



TAX TIME IS HERE. DON'T BE NERVOUS. WE KNOW TAXES.

Mention This Ad And Your State Taxes Are Done For Free!

5839 Manzanita Ave., Suite 8
Carmichael, CA 95608
916-338-5430

4141 Manzanita Ave.
Carmichael, CA 95608
916-482-4141

5484 Dewey Dr., Suite 235
Fair Oaks, CA 95628
In Safeway shopping center
916-844-1025

1850 Douglas Blvd.
Roseville, CA
916-797-2031



ASK RONI DEUTCH ABOUT THE MILITARY SPECIAL

CHPD Officers Injured, Suspect Dies

From Citrus Heights Police Dept. Reports



On 3/20/10 at approximately 1422 Hrs. CHPD Dispatch received a report of a family disturbance involving an intoxicated adult male at an apartment on Cavan Dr. Two CitrusHeightsPDOfficersarrived at approximately 1438 Hrs.

When the two officers arrived on scene they confronted a 35 year old male who was larger than each of the officers. Upon contact the officers reported the male suspect appeared to be intoxicated and belligerent. The officers contacted the suspect in a narrow pedestrian alley between Holly Springs Ct and Cavan Dr.

The officers confronted the suspect in the alley and he refused the officers' verbal commands to stop and cooperate. The officers used Tasers in an attempt to subdue the suspect but the Tasers were not effective in stopping him. The suspect charged one officer and violently attacked causing injury. The second officer attempted to control the suspect and a protracted fight ensued between officers and suspect. During the fight the

male officer was struck on the head by unknown means causing injury. That officer, believing both officers were in imminent threat of immediate death or great bodily injury, drew his service handgun and fired three rounds at the suspect striking him at least once. Evidence at the scene indicates there was a violent physical struggle between the two officers and the suspect in the walkway area of the alley.

Other Citrus Heights PD personnel responded and arrived to find a male suspect alive with a gunshot wound to the torso, an officer with a gunshot wound to her leg, and another officer with a head injury consistent with blunt force. Initial information received at the scene revealed one officer fired a weapon

striking the suspect. Paramedics arrived and transported all three injured persons to Mercy San Juan Hospital. The male suspect died at the hospital. The two officers were treated for injuries and were released from emergency care with follow up treatment to occur later.

The female officer suffered a wound on her leg that is consistent with a gunshot wound. While the source of that wound remains under investigation it was likely caused by a bullet fired by the other officer. This matter continues to be under investigation with further interviews of involved parties and analysis of the physical evidence.

The names of the two officers are not being released by the CitrusHeightsPoliceDepartment. Both officers have flawless officer safety records and any release of identities would take place at a later date. The Citrus Heights Police Department and Sacramento County District Attorney's Office are actively investigating at this time. We are waiting on information from the coroner's office before the identity of the suspect is released.

YOUR FREE WEDDING PLANNING BOUTIQUE
Vendor Portfolios • Wedding Books & Magazines • Unique Gifts • Free Bridal Events • Free Bridal Goodie Bag!

\$10,000 in prizes!
CAKE DIVE • DRAWINGS • GAMES
WIN \$2000 IN DIAMOND JEWELRY!
FROM ROGERS JEWELRY

THE Engagement PARTY
MAY 2 • 11:00 AM - 3:00 PM

The **ultimate** wedding planning party for the **bride AND groom!**

live music • caterer & cake sampling • demos & displays
on-site portraits & photobooth • DIY projects • lots more!

It's all FREE! Pre-register and get more info at EngagedSacramento.com

Library Hours: Tues - Fri 11am - 4pm, Sat 10am - 4pm
5530 Douglas Blvd., Granite Bay, at Quarry Ponds • 916.783.1100

Trends-n-Treats
PET SUPPLY - SPA - BOUTIQUE

QUALITY PET NUTRITION & GROOMING

ph. 916-536-0000
fx. 916-536-0105
email. millie@trendsntrreats.com
address. 5341 Sunrise Blvd.
Fair Oaks, CA 95628

www.trendsntrreats.com

Trends and Treats stocks a wide variety of pet nutrition for dogs, cats and small animals including raw diets. A huge selection of quality pet supplies, toys, baked goods and healthy treats.

A LOW COST vaccine clinic & NON ANESTHETIC dental cleaning is offered for dogs and cats the third Sunday each month, which includes a free physical exam by a Veterinarian.

Trends and Treats is only a "howl away" in the Quail Pointe Shopping Centre.

Just walk into our dining room and you'll understand why so many are enjoying exotic Thai cuisine.

SIAM PATIO
thai cuisine

9830 Fair Oaks Blvd.
1 Block West of the intersection of Fair Oaks and Sunrise Blvd.

844-0356

Business Hours:
Lunch: Tues - Fri 11:30 - 2:30pm
Dinner: Tues - Fri 5-9pm
Sat-Sun: Noon-9pm
CLOSED MONDAYS

DINE-IN • TAKE-OUT

Lunches Soup • Salad • Entree
Starting at **\$6.95**

50% OFF
LUNCH OR DINNER

Buy one entree with 2 beverages at regular menu price, get a 2nd entree of equal or lesser value at 50% off.

With coupon. Not valid with any other offers. Dine-in or take-out. Expires 3/31/10.

Party Trays
Catering Available
Call For Specials!!

Thai Cooking Classes on Mondays

LiveScan FINGERPRINTING

- Walk-Ins
- Appointments, After-Hours & Mobile Service

Located at the corner of Greenback & San Juan
7405 Greenback Lane
Citrus Heights, CA 95610-5603
916.725.1345 Tel
916.725.1772 Fax

Plus,
• Notary, Copies, & Fax Service

The UPS Store

Parenting is easy.
(Yeah, right).

Dial 2-1-1 for helpful, around-the-clock resources.

We know how difficult it can be. But now parents have somewhere to turn, anytime, day or night. With one call, you're connected to a wide variety of very helpful resources designed to assist parents and their families. And, best of all, it's free.

You'll find information and resources for health-related concerns, food and shelter, finding a job, parenting classes, a parent support line, even a crisis nursery. Our goal is to connect you with the people who can help.

Easter for Dogs-Pet Food Company and Doggie Day Care Create Unique Fundraiser

Citrus Heights - Two local retail businesses have joined forces to create an Annual Easter Egg Hunt for Dogs, a Fun raiser for WOUFF. Waggin' Tails Doggie Day Care and VibraPet Foods will combine a traditional Easter Egg Hunt with activities that families can enjoy with their dogs on March 27th from 10:30 am - 1pm. The event will be held at Waggin' Tails located at 8516-D Auburn Blvd., Citrus Heights, CA 95610. The differences between the two businesses are minimal as Waggin' Tails provides outside fun and activities for dogs daily, and VibraPet Foods offers healthy food and treats for the pampered pet. The two businesses have something else in common: a love of animals, especially dogs.

"All of us are dog-owners, and all of our dogs were homeless once," says VibraPet Foods Owner Kris Fuentes. "And to be able to use our businesses to help WOUFF connect homeless dog owners with resources is a great feeling."

A traditional Easter Egg Hunt will include dog treats shaped like eggs, placed in plastic eggs that will be provided by the two companies.

At this year's event, there will be an Easter Bonnet contest beginning at 10:30 with a grand prize spa basket from Waggin Tails and VibraPet Foods. There will be two other chances to win prizes, At noon we will have Doggy Limbo, where the contestants are divided by size and must jump over a hula hoop, and the Crooked Path

game, where the owners must hold an Easter Egg on a spoon and maneuver their way through a crooked path while keeping their leashed dogs next to them. The team with the best time will be the winners. There will be a dog trainer, on hand through the event to give training and obedience advice.

There is an off leash play park available for well behaved dogs during the event. Tickets to the event are \$5.00 per egg carton, available at the door on the day of the event, at Waggin' Tails Doggie Day Care.

For more information visit www.vibrapet.com, or www.waggintails95610.com or call Waggin' Tails at 916-247-9361 or VibraPet Foods at (916) 601-3584.

Hometown Hero

Air Force Airman Brian A. Simmons



Air Force Airman Brian Simmons

Air Force Airman 1st Class Brian A. Simmons graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Libby and Greg Simmons of Pershing Ave., Orangevale, Calif.

Simmons is a 2009 graduate of Casa Roble High School, Orangevale.

Easter Eggstravaganza

Location: Fair Oaks Park, 11549 Fair Oaks Blvd.

Schedule of Events:

- 8am-11am Breakfast
- 9am-1pm Carnival games
- 9am-1pm Ages 0-3 Egg Hunt
- 9:30am Ages 4-5yrs Egg Hunt
- 10:15am Ages 6-7yrs Egg Hunt
- 11:00am Ages 8-10yrs Egg Hunt
- 11:45am Ages 11-13yrs Egg Hunt
- 12:30pm Ages 14-adult "Adult Egg Hunt" (\$3 ea)

Saturday, April 3rd, 8am-1pm



The Fair Oaks Recreation & Park District presents an "Eggciting" Easter adventure featuring a FREE egg hunt for all ages. Please join us for a morning breakfast, carnival games, choo-choo rides, bounce houses, an egg toss competition, and much more!!

Calling all adults... please help raise funds for the Fair Oaks Youth Advisory Board by purchasing a ticket for \$3 each for the Adult Egg hunt. Carnival Tickets are \$.50 each or \$10 for the package deal. No refunds, no exceptions! All ticket sales will end at 12:00pm, one hour before the event ends.

"Parks & Recreation Makes Life Better!"

For more information (916) 966-1036 ex 17 or see www.fairoakspark.org

Adopt A Cat: SAKrescue Needs Your Help

To prepare for the upcoming kitten season, a special effort to place adult cats into loving homes will be in effect for the months of March, April and May. SAKrescue is offering an adoption special of \$60 per adult cat or 2 for \$100. The cats are all spayed or neutered, have all their shots up to date including rabies, have been FELV tested, and have been treated with Advantage™ for flea control.



Donations of food, litter, (scoop-able for adult, and regular clay litter for babies) and Kitten formula are always needed and can be left at Incredible Pets.

Cash donations can be made to Sacramento Area Kitten Rescue, P.O. Box 418233, Sacramento, CA 95841. Phone 916-491-1657.

Easter at Northminster

March 28th - April 4th 2010

<i>Palm Sunday</i>	March 28th 9:55 AM
<i>Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.</i>	
<i>Maundy Thursday</i>	April 1st 6:30 PM
<i>Participate in a small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Music by our choral and bell choirs.</i>	
<i>Good Friday</i>	April 2nd 7:00 PM
<i>In our Good Friday service we remember Jesus' sacrifice on the cross through candles, darkness, and music. We invite you to join us for our deeply moving Tenebrae service.</i>	
<i>Easter Sunday April 4th</i>	
<i>Early Son-Rise Service</i>	7:00 AM
<i>Join us early at the church for this very inspirational service.</i>	
<i>Traditional Service</i>	9:55 AM
<i>We celebrate this glorious Resurrection Day with our choral and handbell choirs leading us in joyous, inspirational praise and traditional music. Come celebrate with us.</i>	
<i>Northminster Presbyterian Church</i>	3235 Pope Avenue (between Watt and Fulton) Jack Raymore, Pastor (916) 487-5192

FOURTEENTH SEASON

SACRAMENTO CHORAL SOCIETY & ORCHESTRA

DONALD KENDRICK MUSIC DIRECTOR

Mondavi Matinee Series

Sunday, March 28 at 2 PM
Mondavi Center, UC Davis

With projected English supertitles

Spring 2010

Brahms - Ein Deutsches Requiem
Jessica Siena, Soprano
Stephen Janzen, Baritone
Discover why Brahms' Requiem may be the most comforting, humane requiem ever written.

Brahms - Alto Rhapsody
Maya Layhani, Mezzo
Special Guest Men's Chorus:
Sacramento State University Chorus
and Sacred Heart's Schola Cantorum

Brahms - Academic Overture

Siena

Janzen

Layhani

Mondavi Box Office | 1-866-754-2787

Tickets \$30 - \$40 | Students half-price | Group sales (10+) \$5 discount

SacramentoChoral.com | Pre-concert video podcast

Easter Sunday Services

Sunrise Service
6:30 am

I Am the Resurrection!

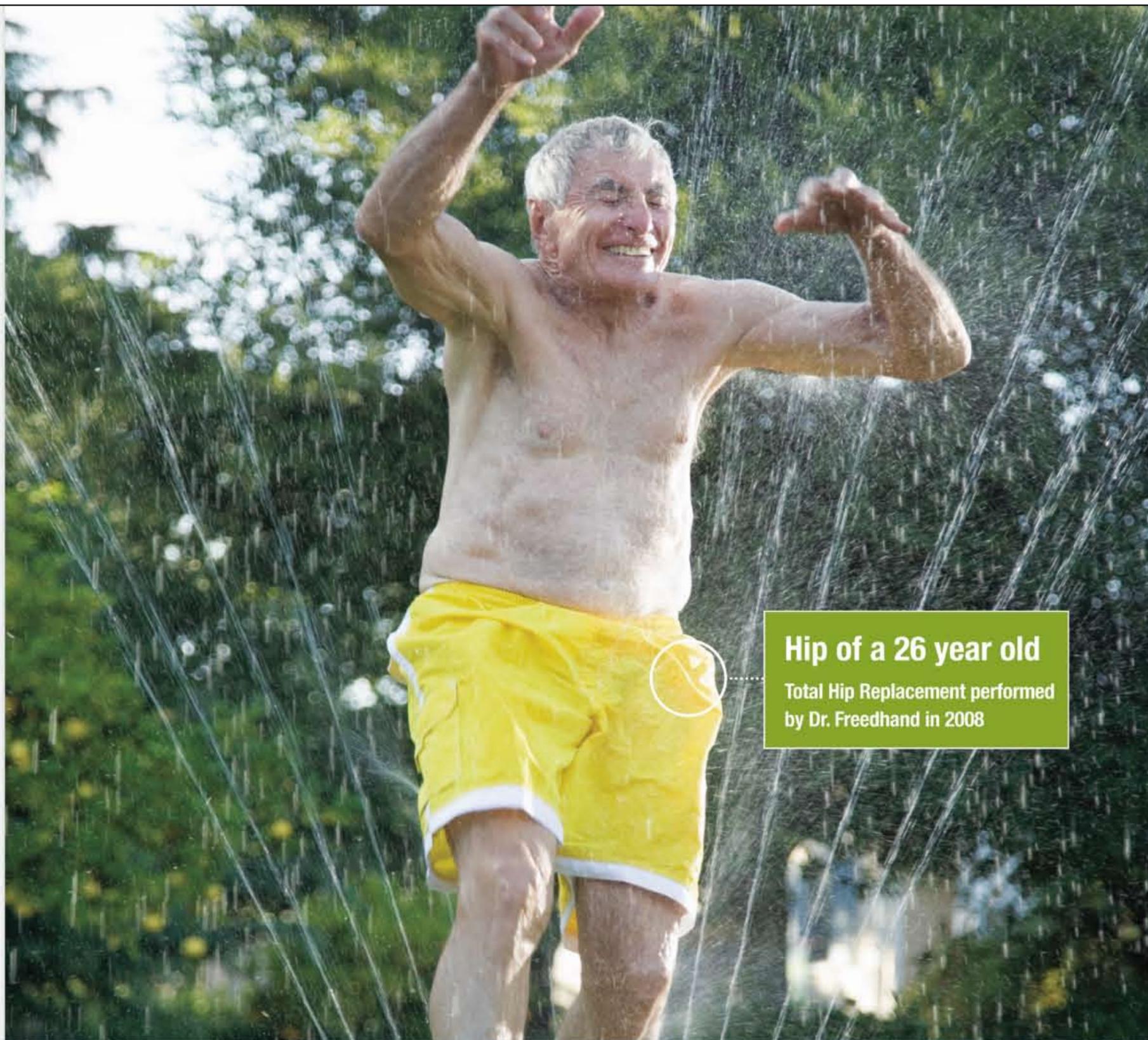
Celebration Service
9:30 am

He Lives!

Sunday School
11:30 am

Sunday Discovery Program for Children

Oak Avenue Free Methodist Church
8790 Oak Avenue (Corner of Oak & Beech), Orangevale, CA 95662
oakavefmc.com



Hip of a 26 year old
Total Hip Replacement performed
by Dr. Freedhand in 2008

With a new hip, you too can feel like a kid again

Our free seminar will show you how two doctors can get you back to an active lifestyle fast

Less pain. Quicker recovery. Our breakthrough knee and hip replacement could have you up and walking the same day, thanks to new minimally invasive surgical techniques. Find out how at a free, fact-filled seminar hosted by the Coon Joint Replacement Institute, a new, world-class orthopedic center of excellence located at St. Helena Hospital.



Dr. Thomas Coon, M.D., Orthopedic Surgeon

Regarded as the world's authority on minimally invasive surgical techniques for knee replacement, Dr. Thomas Coon will speak on his breakthrough alternative to traditional total knee replacement—QuadSparing™ total knee arthroplasty and MAKOplasty® partial knee resurfacing.



Adam Freedhand, M.D., Orthopedic Surgeon

Known for his pioneering work in introducing the anterior approach to total hip replacement, Dr. Adam Freedhand will speak on new breakthrough surgical techniques for hip replacement.



MAKOplasty® Partial Knee Resurfacing

Learn about MAKOplasty®, a technique that resurfaces the damaged area of the knee without compromising the healthy bone and tissue surrounding it. The robotic-arm assisted, minimally invasive procedure may offer a smaller incision and a faster, less painful recovery than traditional total knee replacement surgery, with many patients back on their feet in just one day.

**Join Us for a Free Seminar
Register Today**

March 31, 2010

**6:00 pm registration
6:30 – 8:00 pm seminar**

Marriott—Rancho Cordova

11211 Point East Drive | Rancho Cordova, CA 95742

RSVP to 800.540.3611

*Space is limited. Hors d'oeuvres and refreshments served.
napavalleyjointcare.org*

ST. HELENA

**COON JOINT REPLACEMENT
INSTITUTE**

St. Helena Hospital