

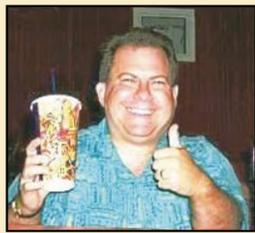
# AMERICAN RIVER

## M E S S E N G E R



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**MPG Wishes Everyone A Happy Valentine's Day**

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Volume 5 Issue 3

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

First Edition for February 2010

## Court Ruling Will Devastate Charities and Booster Clubs

*We can add 17,000 more slot machines, but the Governor wouldn't want charities to use electronic bingo machines to survive?*

Sacramento - Just when California charities need financial assistance the most, a court ruling by the Ninth Circuit Court of Appeals bans an important fundraising tool by blocking charities from using electronic bingo machines to raise money.

Starting February 1, 2010, California charities can no longer operate electronic bingo games, severely limiting their ability to raise desperately needed funds.

The impact is immediate and devastating.

Electronic bingo machines raise millions of dollars to support local charities every year, but special interests have pushed to ban the popular games and stop this critical funding source. Bingo fundraising

supports extracurricular programs at numerous schools in the Sacramento area.

Electronic bingo was put in jeopardy last year when special interests urged State Lawmakers to ban the games. In what was described as a "back room deal" legislation seeking to ban electronic bingo games was rushed through the Capitol in just 11 days. Despite strong opposition from non-profit charities, Governor Schwarzenegger signed the legislation.

Charities and disability advocates immediately challenged the law in federal court, arguing the electronic bingo machines are necessary tools to ensure players with disabilities have equal access

to bingo games. Sacramento Federal District Court Judge John Mendez sided with the charities, granting a preliminary injunction in April 2009, which allowed charities to continue operating electronic machines until a trial scheduled for August, 2010.

However, the Ninth Circuit Court of Appeals overturned the Mendez decision in December 2009, a decision that forced charities to shut off their machines on January 31, 2010.

This devastating move will leave hundreds of California charities without a reliable fundraising source unless a sufficient alternative is presented.

For more information see [www.savecharitybingo.com](http://www.savecharitybingo.com)

## The Death of Hollywood



Even sandbagging could not protect Hollywood Video from flood of bankruptcy.

By Perry Hartline

It was Tivo, Netflix and the movie rental kiosks at Raley's and Safeway; it was the cost of keeping a staff and a location in a broken economy; and cautious families guarding nickels. The Hollywood Video stores in Fair Oaks and Carmichael are stumbling to the grave two years after the Citrus Heights and Gold River stores went dark. By mid-March twenty-two people will be EDD statistics.

Parent company Movie Gallery, in Willsonville, Oregon, filed for Chapter 11 bankruptcy protection February 2. It was the second time in three years. Nationwide 805 starving stores are turning off the lights, and thousands of people will be unemployed, kids working their way through school, housewives working part-time to help their families, and some who's only income was Hollywood. A handful of small towns will have no stand-alone video rental and sales outlet.

Where else in Carmichael and Fair Oaks could you find

a freelance video game or film critic, usually a neighbor, standing next to you. "You know anything about this movie?" A careful look at you, then a look at the box in your hand, back to you, then the truth. "Yeah, that really sucks. If you want something scary try this one. I almost spewed my frappuccino when that thing got loose and started chewing people!"

The staff reviews were delicious. When you weren't sure, you asked the kids in black behind the counter. They'd kick it around and someone who felt strongly would say, "If you want to know about Pearl Harbor don't get that, get Tora! Tora! Tora! It's long, but it's honest. The one you have there only looks like a war picture. It's a cartoon. It's really stupid!" Then as an afterthought, "You might like it though." You end up getting them both - and find out the kid was right.

Where will we find ancient movies we've never seen? Classics and foreign films we'd never consider watching if they

weren't on the shelf in front of us? Where will we find an on-staff gamer who game-speaks to our kids? Online? Maybe. Someday. In our neighborhood.

Want a new slightly used movie? Maybe a hard to find oldie? In the waning days it will be a Dutch auction at Hollywood Video. You can play chicken with the prices on DVDs. As the days pass the prices drop until the DVDs are gone. Same for the posters, light fixtures and stands.

It was the cost of the movies and games, the bricks and mortar, and the kids in black behind the counter that made Hollywood Video what it was. And that's what killed Hollywood Video - and Linens 'n Things, Circuit City, Good Guys even Levitz and Sharper Image.

Neighborhood businesses, some of them chains employing our neighbors, are dying. Who will fill the empty spaces? As a town, as a nation, we need a place to visit, chat a minute, and learn something. Goodbye, Hollywood.

## Rate of Buying Businesses Declines

The rate of buying businesses in Sacramento County last month (January, 2010) was off 18% from the activity recorded in the first month of last year, according to BizBen.com--businesses for sale in California.

There were 27 small and mid-sized Sacramento County businesses sold in January '10, a drop from the 33 deals completed January '09. The city of Sacramento accounted for 19 of the transactions. Citrus Heights recorded 3 sales and one completed escrow each was posted in Carmichael, Elk Grove, Fair Oaks, Folsom and Galt. "We're expecting to see the county report increasing sales in

following months, compared to the same months last year," said Peter Siegel, MBA, founder and CEO of BizBen.com. "That's what happened in much of the state in January. California's entrepreneurs were buying businesses at a rate that exceeded, by 24%, the activity of last January.

Siegel noted that "uncertainty has hung over the business market like a cloud, but people need to move forward, and the increases in much of California are an expression of that pent-up demand. "Another factor slowing activity has been the difficulty in getting purchase money loans" he said. "But California buyers

and sellers are pretty resourceful and they've been working out seller financing programs and other strategies to complete their deals without the help of lenders."

"If the Obama Administration can get more cash into the small business arena, as has been promised, we should see substantial growth in Californians buying businesses," according to Siegel.

Sales statistics for Sacramento County, by city, (see the BizBen.com Sacramento County sales statistics page) are: Carmichael: 1, Citrus Heights: 3, Elk Grove: 1, Fair Oaks: 1, Folsom: 1, Galt: 1, Sacramento: 19

## Can Anybody Find Me SomeBUNNY to LOVE ?



Sacramento--With Valentine's Day just around the corner, the Sacramento SPCA is urging people to visit the shelter to Find SomeBUNNY to Love!

The SPCA will kick-off a Rabbit Adoptathon on Friday, February 12. Through February 28, the SPCA is reducing rabbit adoption fees to just \$20 (more than half-off regular adoption prices). Every rabbit is spayed or neutered before adoption, and every adoption includes a free follow-up veterinary check-up.

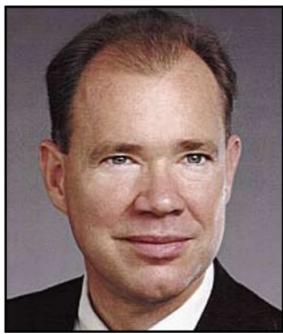
The SPCA cared for more than 150 homeless rabbits in 2009. Rabbits are bright,

inquisitive, social and affectionate animals that enjoy the company of people and often other gentle animals, including other rabbits. Rabbits are quiet, clean animals and are reasonably easy to litterbox train, making them excellent indoor companions.



February is National Adopt a Rescued Rabbit Month. The SPCA is taking the opportunity during this special month to spotlight the rabbits housed at the shelter, and to educate people about these unique companions.

Visit the Sacramento SPCA today at [www.sspca.org](http://www.sspca.org) to see some of the shelter's adoptable bunnies, or come to the SPCA shelter through February 28 to Find SomeBUNNY to Love. The SPCA is located at 6201 Florin-Perkins Road in Sacramento and is open Tuesday-Sunday from 11 am - 6 pm.



By Jon Coupal,  
Howard Jarvis Taxpayers  
Association

# Taxpayers -The Chopped Liver of the Budget Debate

taxes.” These taxes, falling mostly on businesses, would be triggered if the state does not receive the nearly \$7 billion it wants from the federal government. Dianne Feinstein’s excoriation of Arnold for the tone of his demands is not a hopeful sign that California will get anything close to the money that leaders from both parties say we are entitled to. The proposed taxes on businesses are bad enough – taxes which eventually fall on consumers – but one of these taxes would also be an extension of the child tax which voters overwhelmingly rejected last May. Again, hitting the very citizens from whom our leaders expect help in getting out of the recession.

Taxpayers have another “chopped liver” moment when they see the regurgitation of the budgetary gimmicks that have been so discredited in the past. Let’s start with the obvious gimmick of proposing a constitutional amendment to require more to be spent on higher education than on prisons. Isn’t this just another example of “ballot box budgeting?” And, by the way, why is the governor trying to suck up to the powerful education lobby when nothing he will do will ever please them? Exempting education from spending reductions might poll well, but will we ever get real education reform without some sort of competitive pressure being applied to our behemoth educational bureaucracies?

Another disappointment from the governor is his pressing for the adoption of the recommendations of the Tax Commission. The key proposal is a “business net receipts tax” having many of the same characteristics of a European style “value added tax (VAT).” This method of taxation hides the actual tax from the view of the consumer. While the governor says we must be “bold,” it is neither bold nor wise to play a game of “hide the tax” with hard-earned taxpayer dollars.

Lest one think that taxpayers

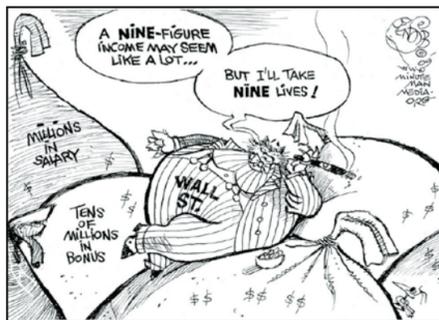
are wholly disappointed with the governor’s proposals, he should be given credit for tackling prison spending. His proposal to use the private sector to run prisons will surely anger the powerful guards’ union, but there is no excuse for California paying nearly twice what other states pay for incarceration.

Also good is the governor’s emphasis on jobs. Still, he needs to be reminded that government can provide few meaningful jobs. Streamlining the permitting of construction projects and creating CEQA exemptions will take the brakes off job creation and help bring down California’s astronomically high 12.3% unemployment rate. (Of course, the best thing he could do for employment is to acknowledge that the science over global warming is less than clear and maybe, just maybe, we ought to suspend AB 32 implementation until California finds its economic footing).

Finally, the governor is doing the right thing in sounding the alarm over California’s unsustainable pension system. As the governor stated, pension liabilities have increased 2,000%, while revenue has risen 24%. This is an albatross that will ultimately sink any hope for California’s future unless it is reformed.

And while the criticism of Schwarzenegger for producing another fantasy budget may be well founded, the reaction of the liberals in the Legislature has been a fantasy on hallucinogens. Karen Bass claims that “the budget amounts to a big pile of denial.” Who is in denial, Madam Speaker? Your party’s jihad against taxpayers has inflicted most of the damage to this state. Heck, even Bill Lockyer said as much.

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.



# The Real Dangers of Consumerism

By Daniel Graham

Not all consumerism is bad. Consumerism is appropriate in the marketplace. It is good to be careful consumers, to exercise the freedom to choose within our budgets and personal tastes, and to protect ourselves from fraudulent or predatory businesses.

Consumerism becomes problematic, however, when we let it permeate the rest of our lives, for example, our approaches to government, Church, and even family.

Consumerism corrupts government. Since the 1960s, citizens and politicians alike increasingly view government as a buffet of goods and services. Policy debates devolve into crass arguments about which politician can provide the greatest value for the least taxes. Appeals to the virtues of freedom and self-reliance are lost; civic duty becomes irrelevant. The healthcare debate is an example of the triumph of consumerism over virtue. The consumer-oriented government, destined to grow without limits, is thereby doomed to become oppressive. The irony is that consumer-oriented citizens will eventually despise the government they created.

Consumerism is even more poisonous for the Church and explains the exodus. Juila Duin, religion editor for The Washington Times, details the hemorrhage of membership in her engaging book, *Quitting Church: Why the Faithful are Fleeing and What to do about it*. The modern church, in keeping with the times, uses marketing methods to recruit new members. Membership equals money. Senior

clergy run the church on a corporate model, offering more and more services, novelties, and conveniences.

For example, the Diocese of Arlington just set up a program where parishioners can auto-pay donations by credit card or bank transfer without the inconvenience of attending church services. The members of the laity become customers, rewarding the clergy-managers depending on perceived value. The members of the laity, behaving like prudent consumers, shop for a better value -- or they quit church altogether.

Some clergy argue that we need to attract the unchurched with goods and services, then steer them toward God. In business, that marketing strategy is called bait-and-switch, a tactic despised by consumers and doomed to failure. Such tactics demean religion. If we approach religion as consumers, we will eventually be disappointed in the goods and services. Most likely, we will join the ranks of the millions of consumer-oriented Christians who stop going to church.

It is ironic that politicians and clergy attack consumerism in the marketplace, while at the same time they embrace consumerism as their mode of operation.

The saddest aspect of consumerism is its effect on families. If spouses treat one another as employees or customers, or as sources of goods and services, then marriages will be in deep trouble. Consumer-oriented parents manage their children. Some parents boss their children like little employees who are usually wrong. Other parents kowtow to their children, the little customers

who are always right. Eventually parents become disappointed in their children and the children become disappointed in their parents.

Consumer-oriented families have no staying power. These family members like the hearth-and-home perks: Thanksgiving dinner and warm apple pie, companionship and sentimentality. However, when a family member becomes damaged goods -- stricken with dementia, for example -- the consumer’s impulse is to send the damaged goods back or at least get the damaged goods out of sight. The healthy family members may decide that the stricken member’s life is not worth living -- the goods and services consumed are not worth the costs. They calculate that the cost of being a family exceeds the benefits, and the consumer-oriented family falls apart.

We need to work hard to reverse this disturbing trend so that consumerism does not ruin our love of country, our faith, or our families. We need to keep consumerism where it belongs -- only in the marketplace.

Daniel Graham is an award-winning novelist. Some of his books include *TENEBREA RISING*, *THE POLITICS OF MEANING*, and *THE WRITING SYSTEM WORKBOOK*. His new book, *CAN DO WRITING* is already on the reading lists for major universities such as Harvard Business School and Queens College, Toronto. The *FAMILY MATTERS* column is copyright © 2010 by Daniel Graham and <http://www.fgfbooks.com>, the website of the Fitzgerald Griffin Foundation. All rights reserved.

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**Publisher - Paul V. Scholl**

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## Widowed Persons Association of California, Inc.

**Office Hours**  
10:00 am - 3:00 pm  
Monday through Friday  
916-972-9722

**Newcomer’s Buffet & Social**

Any and all widows or widowers may attend

**Third Monday evening at 5:30 pm**

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

*This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.*

**Sunday Support**

Any and all widows or widowers are invited

**Every Sunday from 3:00 pm - 5:00 pm**

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

*Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm - 5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.*

## FAIR OAKS CEMETERY MEMORIAL DAY AND AVENUE OF FLAGS CEREMONY HONORING WOMEN AIRFORCE SERVICE PILOTS

**The Twelfth Annual Memorial Day Ceremony will be held Saturday, May 29th at the Fair Oaks Cemetery, 7780 Olive Street, Fair Oaks, with formal ceremonies starting at 10 AM. Vice Chairman of the Fair Oaks Cemetery District, Thomas Askins will be the Master of Ceremonies. The musical program will be provided by the American Veterans Band, conducted by Warren “Bud” Turner.**

*The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area. This year’s theme is to honor “The Women Airforce Service Pilots” (WASP).*

**The cemetery will be also decorated with hundreds of flags lining its roadways as “The Avenue of Flags.” We will also be adding more names to the Veterans Memorial Wall. Honored Speaker, Brigadier General, Mary J. Kight, Assistant Adjutant General for the California National Guard. She will speak on what it was like to fly planes during WWII.**

Congressman Dan Lundgren has provided a flag that has flown over the nation’s capitol. This flag will fly over the Veterans Memorial for one year in honor of all Veterans of the Women Airforce Service Pilots (WASP). The flag honoring All Veterans of the Armed Services, which was flown over the memorial this past year, will be retired and formally presented to Bob Clouse, Board Chairman Fair Oaks Cemetery District.

A formal Color Guard and Rifle Salute Team from VFW District 17 will provide military honors and assist the Commanders of the local VFW, American Legion and the VFW Auxiliary to the laying of the wreath at the memorial in honor of over thirteen hundred veterans who are buried in the cemetery.

**Covered seating will be available for veterans and visitors. Dedicated seating will be available for veterans of World War II and their wives. The Fair Oaks Historical Society and the Orangevale/Fair Oaks Grange will provide complimentary refreshments after the ceremony.**

# Upward is a Family Affair



Upward Sports Volunteers (left to right): Steve Bernhard, Marc Welty, Jay Myers, Scot Bernhard, Ray Myers, & Tom Medley.  
Players (left to right, front row): Kyle Welty, Emerson Myers, & Tim Welty

By Ken Freedman

Jay Myers coached his son's basketball team last year at Fair Oaks Presbyterian Church and has joined the staff as a Coach Commissioner, but it goes even

further than that. He has one brother-in-law and two cousins who are now coaches as well. His father is now a referee, and cousin Scot's father-in-law is also a referee. In addition

to that, three of the families' children play in the league.

More than 520,000 children in 46 states and four countries participate in Upward Sports leagues learning skills for the sports arena and values for life. Some 480,000 volunteers, coaches and referees serve as role models and mentors on and off the court.

There is joy in volunteering when you are really making a difference in a child's life. Upward Sports is designed with the concept that it isn't the game but the child. Building self esteem and learning discipline as well as being part of a team is what it is about.

Fair Oaks Presbyterian has 155 children and 22 teams playing this season. Practices started in December and the first of the games began in January. The season will conclude in March with a celebration for the players and families.

# Citrus Heights Chamber of Commerce Celebrates its 52nd Year



Pictured (left to right) enjoying the event are Steve Miller, City of Citrus Heights Councilmember, Jayna Karpinski-Costa, Mayor of Citrus Heights, Chris Boyd, Citrus Heights Police Chief, Bob Pascuzzi, Chief Financial Officer for Mercy San Juan and Bryan Gardner Marketing Director for Mercy San Juan. Photo by Amanda Morello.

On January 29th, the Citrus Heights Chamber of Commerce held its annual installation dinner and fundraising auction at the new Citrus Heights Community Center.

The event was attended by a large contingent of local business people, politicians and city executives, all dressed in elegance for this gala event celebrated at the first time in the new facility.

The Chamber, directed by Bettie Cosby, Chief Executive Officer, with loyal support from Renee Larscheid, Membership Director, continues to be a driving force in the support and development of local business. They offer ongoing training events and luncheons and leadership training through the chamber organization.

Jayna Karpinski-Costa, Mayor of Citrus Heights, led the swearing in of the new Chamber of Commerce Board of Directors

for 2010. Entertainment for the evening was presented by singer Peggie Diamond, and the Upstage Production dancers, directed by Connie Savage. The event was catered by Randy Peters Catering of Citrus Heights.

Event committee members who helped tremendously to stage the event were, Peggy Anderson, Kristi Barker, Trish Dawson, Peggie Diamond, Lezlie Lang, Charlie Miller, Emily Neeland, Diane Pleines,



Mary Purvis, Carol Spiker, Alx Smith, Donna Sturla and Paul Savage. Event Volunteers who also lent a big hand in creating the event were Ruth Artates, Troy Barker, Nick Clark, Sheri Cook, Dale and Margaret Ingvarsdson, Melissa Mistler, JA Neeland, and Desiree Traynor.

Event Gold Sponsors included Mercy San Juan Medical Center and the City of Citrus Heights. Additional sponsors were Atlas Disposal Industries, C&M Mortgage, Citrus Heights Police Department, Pacific Gas and Electric, River City Bank, Sides & Ferkovich Accountancy, Corp., SureWest, Williams-Paddon Architects and Planners, Inc., Allied Waste Services, Lucky Derby Casino, National University, Sacramento County Supervisor Roberta McGlashan, Waste Management and Western Health Advantage.

## SUPPORT YOUR LOCAL BUSINESSES

**Where's God in This? Come & Explore**

Sunday, February 21, 2010  
11:00 AM

St. Francis Episcopal Church  
11430 Fair Oaks Blvd  
916-966-2261

[www.sfepiscopal.org/site](http://www.sfepiscopal.org/site)  
[stfrancis\\_fairoaks@sbcglobal.net](mailto:stfrancis_fairoaks@sbcglobal.net)

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Mondavi Center, UC Davis *Concerts with projected supertitles*

**Brahms - Ein Deutsches Requiem**  
Sunday, March 28 at 2:00 PM  
Jessica Siena, Soprano  
Stephen Janzen, Baritone  
Discover why Brahms' Requiem may be the most comforting, humane requiem ever written.

**Carmina Burana - Carl Orff**  
Sunday, May 2 at 2:00 PM  
Leah Crocetto, Soprano  
Chester Pidduck, Tenor  
Michael Sokol, Baritone  
Special Guests:  
The Sacramento Children's Chorus

*Find out why the Sacramento Bee proclaimed in June 2005: "The SCSO owns Carmina Burana."*

Tickets: Mondavi Box Office: 1-866-754-2787 or [SacramentoChoral.com](http://SacramentoChoral.com)

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Simple steps to be Red Cross Ready

- ★ **Get a Kit:** Assemble disaster supplies like water, food, a flashlight, portable radio, and medication.
- ★ **Make a Plan:** Pick a place where family members can gather in a disaster and figure out in advance how you'll get in touch if communication is disrupted.
- ★ **Be Informed:** Find out what types of disasters your area is high risk for and how local authorities will contact you if a storm is headed your way.

Taking these steps could change a life, starting with your own!

[www.redcross.org/beredcrossready](http://www.redcross.org/beredcrossready)  
*A Real Fine Place to Start!*

**American Red Cross**

Sara Evans, country superstar and Red Cross Celebrity Cabinet member

# POPOFF!

with Mary Jane Popp

## TIS THE SEASON OF LOVE...LOST !!

You've heard the saying "hell hath no fury like a woman scorned." Well, you can count on it. Guys, if you believe women are the fairer sex, then you will be taking it right between the eyes if you decide to do the dastardly deed.

Greg Clothier will verify this fact. He and his wife Ann have been Private Investigators, and yes, they specialize in cheaters. So when they penned "A Woman's Guide to Revenge" you can be sure the information comes from first hand experience. The stories are funny but true about getting even. No one can spot philanderers better than this couple, and the stories prove it...like the woman who found out her husband was planning a trip to meet his mistress, and she lovingly packed his suitcase with underwear that she'd rolled in poison oak. Obviously, this woman found out just how sweet revenge can really be. Bottom line is, don't back your woman into a corner.

Greg will also share signs that point to a cheating spouse like: He cleans up his old car or buys a new one. He won't tell you his e-mail password. He

picks petty fights. He criticizes your manners. He buys a new wardrobe. He comes home in a good mood. Now some of these may have rational explanations, but it more of a combination of things not just one of the above.

Greg and Ann tell these true stories from their files that will give you insight to what can happen to turn your world upside down like the one about Susan and Alan. Susan was a full time homemaker. Alan had an affair. Susan forgave him, and as some women do, blamed herself for getting too involved with the kids and promised herself she would spend more time doing her husband's favorite things. For awhile it was all right. And for awhile it was. Business was good and their life seemed to be back to normal.

Then a year ago, Susan related, Alan began to change. He threw away his glasses and got contact lenses (another classic sign). He spent more time on his appearance and started wearing trendy clothes. When he left on trips to Santa Barbara, he now wore upscale cotton slacks and loafers instead of his usual conservative suits. More ominously, Alan began to complain that his business was losing money. He insisted they cut



back on everything...vacations, dinner parties, shopping trips. He even took Susan's credit cards away claiming they couldn't afford to charge anything. The story gets worse, but there are lessons to be learned from these stories, and the Clothiers tell all.

Cheating husbands and scheming boyfriends aren't just the stuff of novels, they are real-life louts who betray the trust of their mates, squirrel away assets, and leave untold numbers of women betrayed and destitute. But "A Woman's Guide to Revenge" changes that with real life stories from those on the front line. So, my advice to you is beware of the fairer sex, she may deal out what is fair to you. HAPPY VALENTINE'S DAY!!!

Join Mary Jane for the KAHN Noon News Monday - Friday and then again for POPOFF 10 PM - Midnight.

# Hometown Hero



**Air Force Airman Anastasia D. Miles**

## CITRUS HEIGHTS

Air Force Airman Anastasia D. Miles 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.

She is the daughter of Troy Miles of Tremain Drive, Citrus Heights, Calif.

Miles is a 2009 graduate of New San Juan High School, Citrus Heights.



Call Lenka (916) 338-7156

## 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.



## GENEALOGY SEMINAR

Root Cellar - Sacramento Genealogical Society - will hold its Spring Seminar Saturday, March 27, 2010 at the Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd., Fair Oaks, California, 9am to 3:45pm. Guest speaker Daniel M. Lynch, author of "Google Your

Family Tree", will present four sessions: Introduction to Google for Genealogists; Using Google for Genealogy Research; Google News Archive, News Timelines and Google Alerts; Google Images, Video and other Tools for Genealogy.

Fee: \$22/members; \$27/non-members; \$32 after March 12 or at the door as space permits. Optional lunch \$7. Raffle prizes. Registration form at [www.rootcellar.org](http://www.rootcellar.org) or contact Sammie Hudgens, (916) 481-4930.



Jennifer Landers, CMT

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(Between the Sunset & Wildridge lights)

## DON'T DIE BROKE



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## Lichen K-8 School PTA Sends "Valentine To The Earth"

*Citrus Heights* -- The Lichen K-8 School PTA is hosting their first annual E-Waste collection event on Saturday, February 13, 2010 from 9am to 1pm in the Raley's Parking lot at Antelope Road and Lichen Drive (near I-80 and Antelope). The event entitled "Valentine to the Earth" in honor of the Valentine's holiday the following day, seeks to raise funds for Lichen K-8 School while making the earth a little nicer place to live.

The PTA will partner with California Electronic Asset Recovery (CEAR, Inc. Rancho Cordova, CA) to recycle the e-waste collected at the event. "It is important to us that we work with a firm that is a certified E-Steward and who shreds all hard drives and handles all hazardous materials in a way that benefits our earth," said PTA President Laura Taylor. Taylor credits a partnership with the Antelope Crossing Business Association with helping to facilitate such an event. "The

businesses in our local area have been a huge support to our school, so naturally we wanted to work with them on this important event." PTA Volunteers will be on hand to accept e-waste such as computers, monitors, laptops, hard drives, televisions, telephones, stereos and small home appliances such as microwaves, toasters, and blenders. They cannot accept large home appliances at this event.

## Boy Scout Information Nights

*Get involved with Scouting!* Troop 281 is Gold River's Boy Scout Troop.

We invite your family to attend one of our informational meetings:

**Gold River Discovery Center**  
2200 Roaring Camp  
Instruction Pod B

Tues., Feb. 9, 2010  
from 7:00 - 8:30 pm

Tues., Feb. 23, 2010  
from 7:00 - 8:30 pm

By attending one of these meetings, you should be able to:

- Learn about planned outings and activities for 2010
- Meet current troop leadership
- Learn how your son can learn leadership skills
- Ask questions
- Learn how you can get involved

We have asked a representative from the local Venture Crew to attend our Boy Scout Troop 281 informational meetings. Venturing is part of the Boy Scout program for youth (girls and boys) age 14 through 20.

For more information, please refer to our Troop website: [www.troop281.net](http://www.troop281.net), the local Boy Scout Office's website: [www.gec-bsa.org](http://www.gec-bsa.org) or just give us a call at (916) 852-9333

## Citrus Heights Community Marching Band

*Citrus Heights* -- The Citrus Heights Community Marching Band is an all volunteer community program for novice musicians from teens to seniors. We are proud to announce our new Beginning Band program, the first of its kind in our area, which will offer the opportunity to learn to play and perform on a musical instrument.

We are also preparing to

unveil our new Youth Music program, a free class that will allow children ages 8-12 to learn to play the Recorder, a low-cost flute-type instrument.

If you play a concert band instrument, or used to and would like to pick it up again, or even just want to learn to play music for the first time, please contact Beginning Band and Marching

Director, Kody Tickner at [chcmb@hotmail.com](mailto:chcmb@hotmail.com), or (916) 467-6783.

The Bands practice Monday or Tuesday nights at the Citrus Heights City Hall, and some instruments are available to borrow with membership. We perform a variety of parades and civic functions throughout the year, and we're looking for new musicians

## Changes in Community Healthcare to be Featured at Chamber of Commerce



Brian Ivie, President of Mercy San Juan Medical Center

Brian Ivie, President of Mercy San Juan Medical Center will be the featured speaker at the Fair Oaks Chamber of Commerce monthly Business Luncheon, Thursday, February 18, noon at the Fair Oaks Clubhouse, 7997 California Avenue.

He will discuss the state of community healthcare, healthcare reform and Mercy San Juan's new patient tower improving access and bringing expansive services to the

area. The \$125 million expansion adds 110 private hospital beds and increases the hospital's overall capacity to 370 beds.

The meeting is open to the public and reservations are required. Cost of the luncheon is \$15.00 for members with reservations and \$20 for walk-ins, future members and guests. The entree is meat/vegetable lasagna. Deadline is February 12. For further information call 967-2903.

## County Supervisors Lower Developer Fees

The Board of Supervisors unanimously approved a temporary reduction of development fees for building in the North Vineyard Station area.

"The reduction amounts to about 15 percent, or about \$4,200 per unit, said Steve Pedretti, the county's Engineering Director. This follows the Board's decision to increase

sewer credits for residential developments last week which equates to about \$6,500 per unit.

These reductions are part of the County's continued effort to examine all development fees to create a comprehensive fee plan that will help developers get back in business.

The county is experiencing a 52-year low in building permit business

having only issued 184 single-family home building permits in the last 12 months compared to 619 permits two years ago.

The suspension of the annual fee increase applies to all plan areas for another year, the second year of suspension, in addition to a fee reduction for the North Vineyard Station.

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## Sacramento Works Career Center

Citrus Heights, 7011 Sylvan Road, Suite A, Citrus Heights, CA 95610

The Sacramento Works Career Center - Citrus Heights will hold a "How to do business with SMUD" presented by Sacramento Municipal Utility District, on February 12, from 9:30 am - 11:30 am.

- Learn about the Supplier Education and Economic Development SEED Program or Small Business Program
- Learn about the bid/proposal requirements

- Find out about upcoming contracting opportunities

The workshop is free of charge. Register online at [diane@crossroadsdiversified.com](http://diane@crossroadsdiversified.com) or call Diane Louise @ 916-676-2540

## Asm. Huber Hosting a Series of Neighborhood Coffees

*Sacramento* -- Assembly-member Alyson Huber is hosting a series of neighborhood coffees during February. She invites residents of the 10th Assembly District to come join her for a cup of coffee and discuss state issues. Residents are encouraged to bring their questions, ideas and solutions regarding state legislative issues that affect the community.

Thursday, February 11th  
4 p.m. to 6 p.m.  
Starbucks, Gold River Town Center  
2095 Golden Center #10  
Gold River, CA

Tuesday, February 16th  
4 p.m. to 6 p.m.  
Starbucks, College Greens Shopping Center  
8393 Folsom Blvd.  
(Corner of Folsom Blvd. and Julliard Dr.)  
Sacramento, CA  
Thursday, February 25th

4 p.m. to 6 p.m.  
Starbucks, Target Shopping Center  
7505 Laguna Blvd  
Elk Grove, CA

Please call (916) 319-2010 or visit [www.asm.ca.gov/](http://www.asm.ca.gov/) huber for more information.

## 2 Alarm Fire in Fair Oaks

*Fair Oaks* - At 7:19, February 5th, Fire fighters arrived to find a one story home in the 5100 block of Oak Point way with flames shooting 50 feet in the air and threatening neighboring homes. The 911 call was delayed which gave time for the fire to intensify. It took over 34 fire fighters 19 minutes to bring the fire under control. The home owner was treated and transported to the hospital for smoke inhalation and a minor burn on his head. No fire fighters were injured. The estimated structural damage is \$400,000.00 and the fire cause is under investigation.

Metro Fire would like to remind our citizens to exit your home immediately and phone 911 from either a cell phone or a neighbor's house if your home is on fire.

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by Marlys Johnsen Norris

Don't we all have expectations? Expectations of other people's reactions and of our conscious efforts to please others. Of course we do! When we live our lives doing what is right, we automatically expect a favorable response outcome. Yet, I have heard that we should not have expectations about anything because expecting something good from our efforts is setting ourselves up for a great big disappointment. They tell us we need to examine our motivations for what-ever we have done. Are we doing it for the wrong reason?

# Expectations

God certainly does not reward any action when our motivation is not according to His will. Years ago I counseled a friend who was dissatisfied with her marriage partner and was attracted to another man who was affording her attention. She wanted to pursue a relationship with this other man. She could not see this as a sin in her life. I listened to her story. Then she asked me to pray for that this relationship would be a completely satisfactory. She had no idea of what she was asking me to do. She knew that I love to pray for the needs of people, but I had to tell my friend the truth-- "I could not pray for this because it was out of the will of God." She was very surprised and I am sad to say also, hurt. Obviously she was not familiar with the Word of God and was shocked her friend refused to pray for her request. She was very disappointed because she had "expectations"

both of me and of God. Had I prayed for this situation, I would have entered into a sinful act. When disappointment becomes the order of the day, every one of us can look back and see that it was a direct result of having an "expectation" about the response or result. We must trust in a loving and mighty God to balance the affairs of our lives. He knows all about us to the very number of hairs on our head. Plus He loves us with an everlasting and unconditional love and proved it to us when Jesus, through whom (God) of the universe, died to redeem men. He spilled His blood to rescue sinners from the eternal fires of Hell and reconcile them to Himself. (Hebrews 1:2)

*Marlys Johnsen Norris, Author  
Marlys5934@sbcglobal.net  
"Intimacy Begins Going God's Way"  
"God Moves Mountains, It was a Miracle"*



by Pastor Ray Dare

You have more untapped potential on the inside of you than you've ever imagined. If you will begin to develop this potential, God will do greater things in your life than you ever thought possible. You were made for more than just getting up and going to work and coming home and getting up and doing it all over again and again for 50 or 60 years. You must understand that you are a person of destiny. You are here in God's divine plan. He has strategically placed you here at this particular time in history because He has great confidence in you to be the person, the leader He's made you to be for Him. God didn't choose Moses, or David, or Paul to live in this hour. He chose you to live in this hour to make a difference with your life. The Bible tells us in 1 Timothy 1 to "Stir up the gift of God..." that is within us. God is counting on you to make a difference and He has given

# You Were Made For More

you incredible gifts and talents that must be developed. The enemy will tell you you're just a housewife. You're just a business person. You're just a plumber. You're just an accountant...whatever. No. Listen friend: God has given you something very important to do for Him. You've got to be obedient, you've got to be open to following the God-given dreams and desires He's put on the inside of you. So many people are waiting for a big voice to boom out of heaven to instruct them what to do. But most of the time, it's not like that. It's going to be a simple desire. The Bible talks about "A still, small voice". You may be sitting around waiting for the right time to do what God's been telling you to do. You think as soon as my kids get out of school, I'll do it. I'll be obedient to God. I'll get involved. As soon as this big project at work gets over, then I'm going to get involved. Whenever the right time comes, then I'm going to do what God's calling me to do. But friend, you all know as well as I do, there will never be a right time. The time to do what God's telling you to do is right now. We've got to quit making excuses. Everyday you put it off you're missing

out on God's best for your life. Let me challenge you: Don't hide your talents. You've got to stir yourself up and step out in faith and do what God's been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get involved. Act on the dreams and desires He's put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you can imagine. We are living in a very historic and critical time in God's timetable. He's counting on you and me to rise up and be leaders and to make a difference in this generation. Soon, you and I will be giving an account to our Master as to what we've done with the talents He's entrusted to us. We must make the most of the time. Be serious about your relationship to God. Stay focused on the things of God. Stay in church. Be faithful. Don't hide your talents anymore. Be quick to obey God. If you will dare step out in faith and begin developing the potential He has placed within you, God will use you in incredible ways!

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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)

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**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)

**New 1 bd /1 ba** in Fair Oaks, off street parking, no pets. Non-smoker. \$750/11 utilities. 2 wk Free. Call 916-966-0898. (MPG)

**1 bd /1 ba "In-Law" apartment** above nice Fair Oaks home. Separate entrance, W/D hookup, small kitchen. Owner pays water, sewer, trash. No smoking. Available 3/1. \$700/mo. (916) 952-6454. (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)

**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/ Miscellaneous**

**HERNIA REPAIR?** Did You Receive A COMPOSIX KUGEL Mesh Patch Between 1999-2008? If the Kugel patch was removed due to complications of bowel perforation, abdominal wall tears, puncture of abdominal organs or intestinal fistulae, you may be entitled to compensation. Attorney Charles Johnson 1-800-535-5727 (Cal-SCAN)

**Heating & Air**

**AC Repair** Low Prices 487-4609 (MPG)

**Help Wanted**

**EMERGENCY MEDICAL TECH** Must be H.S. grad ages 17-34. No experience needed. Paid training, benefits, vacation, regular raises. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

**WAREHOUSING TRAINEE** Good pay, regular raises, great benefits, \$ for school, vacation. No experience needed, HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (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)

**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 916612-6621 (MPG)

**Health Care Marketing.** We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myrotandimbusiness.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 danielpez1980@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)

**Exp & professional filing clerk** needed to organize and file for private residence. Must have own trans. Hrs: 12:30-5:30pm, m-w-f. \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (MPG)

**TIRED 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 - 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 Bath/lg fm/ 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)

**DeAna'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 20 RV's with RV's for Petsitting 916-483-5146 (MPG)

**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 ctc 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)

**Legal Services**

**Need an Attorney?** Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or eicamitchell@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-east side 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)

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

**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 lic#914715 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 20 RV's 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 916/858-1571 (MPG)

**Prayers & Novenas**

**MOTHER THERESA PREDICTION 2009** You were chosen to receive this novena. The moment you receive it, say:

*Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done, on earth as it is in heaven, give us this day our daily bread and forgive us our trespasses as we forgive those who trespass against us and lead us not into temptation, but deliver us from evil. Amen.*

*"Father, please protect and bless the person reading this message..."* **GOD WANTED ME TO TELL YOU,** it shall be well with you this coming year. No matter how much your enemies try this year they will not succeed... You have been destined to make it and you shall surely achieve all your goals this year. For the remainder of 2009 and all of 2010, all your agonies will be diverted and victory and prosperity will be coming in abundance. Today God has confirmed the end

of your sufferings, sorrows and pain because HE that sits on the throne has remembered you. He has taken away the hardships and given you JOY. He will never let you down.

This is a Novena from Mother Theresa that started in 1952. This is a powerful Novena.

**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**

**Smart Buyers Check out this one in Gold River** Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. \$515,000. Lorraine Foster, ReMax Gold 916-933-6100 (MPG)

**Motivated Seller - Great Buys - two homes - Good Areas.** #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000. #2 Dream Kitchen w/granite-tiled & beautiful bathrms & floors. \$260,000. Glenda Hill 761-7548. (MPG)

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

**FORECLOSED HOME AUCTION.** 100+ Homes / February 20. View Full Listings www.Auction.com RE No. CO1031187. (Cal-SCAN)

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Improve and maintain your body and health - good posture; correct breathing; flexibility; stretching; balance; strength training; endurance; stress relief; laughter and enjoy. Join us for an hour of healthy activity.

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**9:30 - 10:30 AM**  
**Swanston Community Center,**  
**2350 Northrup Ave.**  
**Sacramento CA 95925.**  
**Cost is only \$5.00.**  
**Call (916) 333-6464 or (916)**  
**489-2435 for more information.**

## Fair Oaks Historical Society

### Second Sunday Open House Hours

The Fair Oaks Historical Society invites you and your family to visit its History Center which will be open to visitors on February 14th, from 1pm to 4pm, during its monthly Open House. The History Center is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Street, Fair Oaks.

Docents will be available during this event to help with local lore and fact. Admission to the History Center is free. For directions to History Center, please visit our website: www.fairoakshistory.org. To schedule a student tour or request further information please call Lois Frazier, Chief of Docents, at 967-2967.

## DMV Offices Closed Fridays Feb 12 & 19

**Sacramento --** The Department of Motor Vehicles (DMV) reminds customers that all public offices will be closed on Fridays Feb. 5, 12 and 19, 2010, in keeping with the Governor's Executive Order S-13-09. All Offices will be open on Friday, Feb. 26. The Department offers a number of online services through its website (www.dmv.ca.gov) including payments for vehicle registration and driver license renewals via secure debit transactions, filing a notice of release of liability, change of address, and scheduling appointments. Customers who have a registration renewal date that falls on Feb. 5, 12, and 19 will have penalties waived until the next business day.

**Don't Stand In Line, Go Online!** Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site (www.dmv.ca.gov), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions via the telephone by calling (800) 921-1117. For registration and driver license renewals, customers must have their six-digit Renewal Identification Number

## Tickets Still Available for the Annual Citrus Heights Rotary Crab Feed

"Come for the crab, but you will absolutely fall in love with the salad and minestrone soup" declares Jennifer Riffe of the Citrus Heights Rotary Club. For the first time, the annual crab feed, silent auction and raffle will be held at the brand

new Citrus Heights Community Center; 6PM, Saturday, February 13th. Tickets are \$40 each. For more information, call Jennifer Riffe at Nor Cal Auto Body 722-7437. Proceeds from the crab feed go to support local worthy

projects, charities, and scholarships. "Our annual crab feed is the major fund raising event for our club. However, we keep the feed affordable making sure those who attend have a great time while supporting our very

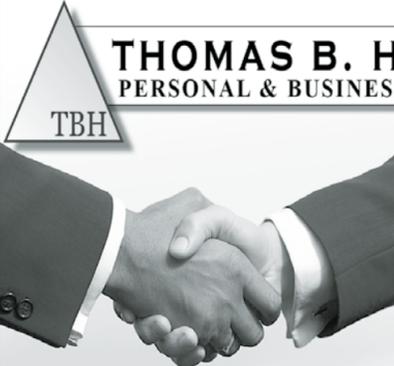
worthwhile projects such as our Dictionary Project which makes sure that every third grader in Citrus Heights gets a high quality dictionary that is theirs to keep." says club president, Steven Bruce.



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# Business & Service Directory

<b>Handyman</b>	<b>Household Help</b>	<b>Bathroom Remodeling</b>	<b>Technology</b>	<b>Garage Doors</b>	<b>Photo Restoration</b>			
<p><b>Quality Labor &amp; Maintenance</b>                  Hauling, Gutter Clean, Odd Jobs, Light Demolition  <i>You Name It!</i>                  (916) 613-8359</p>	<p><b>House Cleaning</b>                  Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates.                  Call Madeline                  (916) 723-1608</p>	<p><b>AFFORDABLE BATHROOMS &amp; ALL HOME REPAIRS</b>                  Shower &amp; Tub Enclosures                  Water Damage                  Flooring, Electrical, Carpentry, Drywall                  We do all phases - small &amp; large jobs                  FREE ESTIMATES                  ANDERSEN CONSTRUCTION  <small>Licensed &amp; Bonded • CSL # 681664</small>                  (916)-989-2689</p>	<p><b>SPECIALTIES PLUS COPIER REPAIRS</b>  <b>20 YEARS</b>  <i>Alan &amp; Pam Jennings</i>  <b>723-8430</b></p>	<p><b>ACTION DOOR SERVICE</b> CALIF. STATE LIC. #650491                  Garage Doors and Openers, service, repair, replace.                  Serving greater Sacramento area since 1987.                  Free Estimates • Senior Discounts                  Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex.                  (916) 635-5951</p>	<p><b>Restore Old Photographs</b>                  Share memories of special places and times with your family.  <b>(916) 483-6051</b>                  Laws Studio, Crestview Center                  Manzanita at Winding Way in Carmichael</p>			
<b>Carpeting</b>	<b>HANDYMAN</b>	<b>Looking for People</b>	<b>Heating &amp; Air</b>	<b>Handy Man</b>	<b>Handy Man</b>			
<p><b>Carpet Your Whole House For Under \$1000!</b>                  (Based on 80 Yards)  <b>Call Mike</b>                  (916) 308-6844</p>	<p><b>35 YRS. EXPERIENCE</b></p> <ul style="list-style-type: none"> <li>• Doors</li> <li>• Jamb</li> <li>• Moldings</li> <li>• Locks</li> <li>• Hardware</li> <li>• Re-wire Screens</li> <li>• Screen Doors</li> <li>• Home Repairs</li> <li>• Roofing</li> <li>• Painting</li> </ul> <p><b>Senior Discounts</b>  <b>916-536-9183</b></p>	<p><b>Self-Made Millionaire</b>  <i>looking for 10 people who want to earn 6 figures in the next 12-24 months.</i>                  This is not a job.  <b>CALL NOW!!!</b>  <b>1-888-219-7757</b></p>	<p><b>Christopher's Heating &amp; Air</b>                  Commercial/Residential  <i>We Service All Brands</i>  <b>FREE ESTIMATE</b>  <b>Call Today</b>  <b>916-223-1744</b></p>	<p><b>"Handy Man" "Carpenter Dave"</b>                  25 Years Experience • All Home Repairs</p> <ul style="list-style-type: none"> <li>• Dry Rot</li> <li>• Doors/Floors</li> <li>• Decks/Tile/Patios</li> <li>• Roof Repairs</li> <li>• Painting</li> <li>• Windows</li> <li>• Bathroom</li> <li>• Sheet Rock Texture</li> </ul> <p><b>(916) 548-8249</b>                  Lic. # 629370</p>	<p><b>Dog Rescue</b></p> <p><b>DOG RESCUE</b>                  Gary                  (916) 334-2841                  Please Adopt or Foster                  Because so many really great dogs are dying for a good home...                  ShelterMOU                  @hotmail.com</p>	<p style="text-align: center;"></p> <p style="text-align: center;"><b>BONHAM ELECTRIC</b>  <small>Lic # 905104</small></p> <p style="text-align: center;"><b>15% Off - New Year Special - thru March 2010</b></p> <p style="text-align: center;">• Panel Upgrades • Voice • Data • New Construction • Remodel • Repair  <i>"Big or Small, We Do it ALL"</i></p> <p style="text-align: center;"><b>916-817-1764</b>  <small>• 35 Years Experience • Senior Discounts • Quality Work</small></p>	<p style="text-align: center;"><b>Under New Management</b></p> <p style="text-align: center;"></p> <p style="text-align: center;"><b>King's Court Pet Resort</b>                  6740 Duncan Lane, Carmichael  <b>Buy 1 Night - Get 1 Night Free</b>  <b>Space Available Through 1/31/10</b>  <b>916-993-6987</b></p>	<p><b>Affordable Hauling</b>                  Michael L. Anderson                  Owner                  You Call - I Haul                  P. O. Box 7146                  Citrus Heights, CA 95621                  Phone: 916-783-0148                  Cell: 916-717-4443                  Fax: 916-783-0148</p>

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# Painless Lasers Can Improve Your Oral Health

Without good periodontal health, there cannot be good general health. Periodontal disease (commonly known as gum disease) can affect the state of your whole body. Over the past few years, studies have shown a definitive link between your oral health and your general health.

Recent studies show the link between Periodontal Disease (unhealthy gums and the supporting bone) and other systemic diseases like diabetes, low birth weight babies and most recently heart disease. It is important that your dental provider be proactive in treating your periodontal health.

The use of Diode Lasers is still considered a rather cutting edge technique. Most Diode lasers used in dental offices are the 940 nm wavelength. This is a very mild wavelength that is "painless", and will not harm or remove hard tissue.

Procedures called "Laser Bacterial Reduction" can be performed at regular cleaning visits. The goals and benefits of this treatment are:  
 1. Increase and improvement of periodontal health  
 2. Reduce the number of harmful bacteria below the gum tissue

3. Soften the calculus so it is easier to remove
4. Improve gum health by decreasing bleeding and inflammation
5. Mouthwashes don't affect the bacteria within the pocket, but the laser will
6. Unlike the use of antibiotics there are no systemic affects and no allergies

The other common uses for the diode laser are:  
 1. Treatment of cold sores and canker sores  
 2. Elimination and decrease of cold sensitivity at the gum line  
 3. Frenectomies and gingivectomies



For patients with existing periodontal disease, using the laser in deeper pockets of 4mm and greater to remove diseased tissue

within the pocket and stimulate reattachment of the periodontal fibers is called "Laser Assisted Periodontal Therapy/LAPT".

It is estimated that over 80 percent of the adult population has gum disease of one degree or another. Here at Dr. Everhart's office we are practicing the latest in technology. We take pride in the fact that our fight against periodontal disease is uncompromising. Our high standard of care includes the integration of the Diode laser in our Periodontal Therapy Treatment. Traditional Scaling and Root Planing is performed along with decontamination of diseased pockets with the use of lasers. These two combined treatments have had an outstanding result in pocket depth resolution and disease remission. Our goal is to achieve disease remission and maintain that status with a closely monitored hygiene approach.

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# Gold River Racquet Club Honored by USTA



Marty and Mike accepting the award from Linda Peltz, Awards Committee Chair

The United States Tennis Association Northern California (USTA NorCal) awarded Gold River Racquet Club the Member Organization of the Year. The award was given at USTA NorCal's annual Awards Celebrating Excellence in Service (ACES) gala held at the Palace Hotel in San Francisco on January 30, 2010 and was accepted

by Marty Rothfels, Director of Tennis and Mike Burchett, General Manager. ACES are presented in several categories and the awards celebrate players, programs participants and volunteers for their continued commitment and services to tennis.

The award given to Gold River Racquet Club is for service to the tennis community, service to

its members through junior and adult programs, and historical perspective. The Member Organization of the Year Award was instituted in 1981 by USTA. Gold River Racquet Club will now compete nationally against 16 other organizations that were nominated by their section of the USTA for Member Organization of the Year.

Gold River Racquet Club has been a force in the tennis community for 24 years. Gold River has hosted the NCAA Division II Women's event, USTA Senior Intersectional Team Championships and 10 years of World Team Tennis just to mention a few of our events. They have had the good fortune to have the likes of Connors, Agassi, Borg, Roddick, Davenport, Navratilova, McEnroe and so many other great players grace our courts. Gold River also has hosted over 50 USTA NorCal tournaments for juniors and adults over these last 24 years, and has hosted USTA adult league district and national events.

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# Films and DVDs for the Whole Family



by David Dickstein

## Family Films

**Beauty and the Beast 3-D**  
Opens Feb. 12, rated G  
beautyandthebeast.com

3-D technology has come a long way since Disney's instant classic first dazzled us with stunning 2-D animation and music and story to match. Because of this, and to add to the film's \$377 million worldwide gross, Disney is re-releasing theatrically the only animated "Best Picture" Oscar nominee, only this time in 3-D. "Human Again," a song cut from the original 1991 version, but added to the 2001 IMAX reissue, is included in the latest rev.

**Percy Jackson & The Olympians: The Lightning Thief**  
Opens Feb. 12, rated PG  
percyjacksonthemovie.com

Zeus' master bolt is missing and 12-year-old Percy Jackson is the prime suspect. As if he doesn't already have enough challenges with a missing mom, a penchant for getting expelled from school and being diagnosed with dyslexia and ADHD. Oh, and might be the son of Poseidon, the Greek sea god. Adventure ensues in this Chris Columbus-

directed adaptation of the popular 3-year-old book series.



## Family Home Entertainment

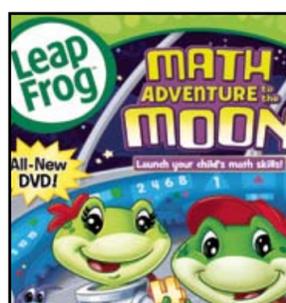
**Daring Kids with Miriam Peskowitz** (ages 5-10, released Feb. 9, not rated): Learning how to fish, play chess and build a birdfeeder doesn't sound much like a dare, but that's how this teacher, speaker and workshop leader packages her low-budget, yet idea-inspiring video great for families looking for weekend and rainy day activities. Grade: B+

**Elmo's World: Let's Play Music** (ages 2-5, released Feb. 2, not rated): Combining animation and live action is this delightful title, the 19th compilation in the series starring the popular little red monster. Joining Elmo for musical learning are his buddies Mr. Noodle, Abby Cadabby and Baby Bear. A visit by violinist Miri Ben-Ari is a treat for Elmo and small fry viewers alike. DVD comes with 16 pages of downloadable activity and story

sheets. Grade: A.

**The Hoobs: Hoobloads of Learning & Fun** (ages 3-6, released Feb. 12, not rated): This children's TV show from The Jim Henson Company has become a cult favorite in the U.K. since 2001 and is just now catching on Stateside. Five colorful creatures from Hoobland travel the universe to file entries in the Hoobapaedia, an enormous reference database. Grade: B

**LeapFrog: Math Adventure to the Moon** (ages 2-6, released Feb. 9, not rated): This edutaining title sends preschoolers to the moon, and along the way teaches them counting, sorting, addition and other early math skills. Older DVDs feature LeapFrog characters Lilly, Edison and Tad covering language skills, and is just as good. Grade: A



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# RC Mayor Issues Weighty Challenge

Rancho Cordova – That’s the community weight loss goal challenge issued Monday (February 1st) by Rancho Cordova Mayor Ken Cooley, who teamed up with local business and community organizations to issue the Rancho Cordova “Great Health Challenge.” Kicking off a 10-month community-wide effort to embrace healthy physical activity while dropping at least one pound each month between February and November, the Great Health Challenge includes an internet-based tracking system and fun activities and rewards aimed at getting residents and business groups in the community off the couch and into the action.

If the goal is met, the entire community will drop a total of 40,000 pounds of weight during the promotion – or 20 Tons in 2010. The challenge is for participants to drop at least one pound a month during the campaign and reap the benefits

even a 10-pound weight loss can bring, including a healthier heart, reduced incidence of diabetes and increased general well-being. Individuals who “live, work, play or pray” in Rancho Cordova are encouraged to logon to [www.20tonsin2010.com](http://www.20tonsin2010.com) to register.

The challenge was issued by the Mayor during the February 1 Council meeting, where he noted the importance of good health not only to the individual, but to the local economy, as well. “Healthy employees help spur and invigorate business success as the cost of healthcare decreases, absenteeism is reduced and productivity climbs.” Cooley said. “Getting fit is not just a good idea for our citizens, it’s important to our economic health, as well.”

The Great Health Challenge takes aim at alarming statistics which show half of California’s adults are overweight and are at risk for many chronic conditions, including diabetes,

heart disease, cancer, arthritis, stroke and hypertension. One in four California children between the ages of nine and 16 are in the same boat. Noting Rancho Cordovans like to express their community spirit by responding to a good challenge, Cooley said he hopes many citizens will sign up to be part of the health and fitness challenge. So far, sponsors of the Great Health Challenge include the City of Rancho Cordova, Cordova Community Council, Rancho Cordova Chamber of Commerce, and [Go.RanchoGuide.com](http://Go.RanchoGuide.com) but the ultimate goal is to have dozens of businesses and their employees, organizations, sports groups, faith groups, even youth organizations, pledging to drop a few pounds to help reach the community-wide goal of 20 tons. For more information on the Great Health Challenge – 20 Tons in 2010, please contact Melody Mayer at [melody@20tonsin2010.com](mailto:melody@20tonsin2010.com) or call 916-247-8217.

# El Dorado Savings Bank Reports Higher Earnings, No Foreclosures

El Dorado Savings Bank based in Placerville, California, reported earnings for 2009 at \$10.7 million representing a 12% increase over 2008. In addition, El Dorado completed its 21st consecutive year without any foreclosed property on the books. “We are very pleased with the strong performance of the bank, especially considering the challenging economic environment”, said Chairman and CEO, Thomas C. Meuser.

El Dorado ended the year with assets of \$1,656,273,713 representing an increase of \$36.4 million over year-end 2008. Savings deposits rose by \$67.3 million, or 5%, compared to 2008. “Many new customers moved their accounts to El Dorado Savings Bank during the year due to the ongoing volatility in the markets and the bank’s excellent reputation”, stated Meuser. Along these lines, El Dorado was named one of the top 20 banks in the United States by the Weiss “Safe Money Report” and also continued to receive the highest ratings from Bauer Financial, Veribanc and IDC Financial Publishing. When asked about El Dorado’s ability to maintain growth and profitability during difficult economic times, Meuser stated, “We kept our focus on quality assets, while much of the competition became involved in sub-prime home loans or large commercial loans and real estate development loans. El Dorado lost some business during that period, but now we are experiencing the benefits of our long term strategy.”

El Dorado Savings Bank ended the year with Core Capital of \$151.6 million, or 9.15% of assets, which is well above the 6% regulatory requirement for a “well-capitalized” bank. “Risk based capital”, which measures the quality of El Dorado’s assets, was 30%, three times the well-capitalized requirement of 10% and one of the highest ratios in the industry. El Dorado Savings Bank

operates 32 branches in Northern California and 3 in Northern Nevada including branches at 7895 Lichen Dr., Citrus Heights, 4701 Manzanita, Carmichael, 4768 J St., and 5801 Folsom Blvd., Sacramento.



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## real estate auctions

### Sacramento Area Homes - Feb 15th & 16th



15141 Willow Creek Rd, Plymouth

Nominal Opening Bid: \$100,000  
PLYMOUTH, CA  
• 15141 Willow Creek Rd  
Two-story Country home with long, covered front porch. 4BR 2.5BA 4,200+/- sf. Kitchen has granite counters, recessed lighting, island, double-oven, cook-top, built-in microwave, breakfast nook and tons of cabinet space.  
Open House: 1-4pm Sun Feb 7th, 14th and 2 hours before sale.

Nominal Opening Bid: \$10,000  
SACRAMENTO, CA  
• 9776 Woodhollow Way  
2BR 2BA 1,208+/- sf duplex. Auctioning only one unit. Built in 1979. Approx .09ac lot.  
Open House: 1-4pm Sun Feb 14th and 2 hours before sale.

Above properties sell: 12pm, Tue Feb 16th at 15141 Willow Creek Rd, Plymouth, CA

Nominal Opening Bid: \$25,000  
FAIRFIELD, CA • 2644 Baltic Dr  
4BR 2.5BA 2,362+/- sf. Built in 1990.  
Open House: 1-4pm Sat Feb 13th and 2 hours before sale.  
Sells: 4pm, Tue Feb 16th

Nominal Opening Bid: \$50,000  
FORESTHILL, CA • 6446 Coe Ct  
Pristine 3BR 2BA 1,900+/- sf home.

Nominal Opening Bid: \$10,000  
VALLEY SPRINGS, CA  
• 1264 Gill Ranch Rd  
3BR 2BA 1,608+/- sf. Built in 1983. Taxes approx \$3718 '09.  
Open House: 1-4pm Sat Feb 13th and 2 hours before sale.  
Sells: 1:45pm, Tue Feb 16th

Nominal Opening Bid: \$50,000  
LAKE ALMANOR, CA • 3345 Cedar Ln  
3BR 2BA 1,433+/- sf.  
Open House: 1-4pm Sun Feb 7th, 14th and 2 hours before sale.  
Sells: 10:45am, Mon Feb 15th

Nominal Opening Bid: \$50,000  
FORESTHILL, CA • 6379 Green Pine Ct  
3BR 2BA 1,406+/- sf. Built in 1980.  
Open House: 1-4pm Sun Feb 7th, 14th and 2 hours before sale.  
Above properties sell: 6:30pm, Mon Feb 15th at 6446 Coe Ct, Foresthill, CA



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# Daffodils Bring Hope to Local Cancer Patients



According to the American Cancer Society, cancer will affect the lives of one in every two men and one in every three women. "By participating in Daffodil Days, you are giving hope by enabling the American Cancer Society to offer free programs and services to improve the lives of people facing cancer" said Sarginson.

The American Cancer Society offers many free programs such as: Road to Recovery, a transportation program for those who need a ride to and from cancer-related treatment; Reach to Recovery and Man to Man, a program where cancer

survivors provide one-on-one support to those who are newly-diagnosed; and Look Good...Feel Better, a program taught by cosmetologists that teaches women how to mask their physical side-effects of cancer treatment.

The ordering deadline is March 1, 2010. Orders over \$150 will be delivered on March 23rd but pick up locations are available for smaller orders. For more information, or to order your flowers, please call the American Cancer Society toll-free at 1-800-ACS-2345, visit [www.cancer.org](http://www.cancer.org) or email [SacramentoDaffodils@cancer.org](mailto:SacramentoDaffodils@cancer.org). Thank you!



**Supports the American Cancer Society**

**Please Join Us!**



For cancer patients, hope will arrive this spring in the form of bright, yellow daffodils courtesy of the American Cancer Society. One of the first flowers of spring, daffodils have become a symbol of hope; to the American Cancer Society, daffodils represent the hope for a cancer-free world.

The Gift of Hope is part of the American Cancer Society's annual Daffodil Days, a campaign that raises

money for cancer research, educational programs, and free services for cancer patients and their families. The Gift of Hope program enables the American Cancer Society to deliver bouquets of daffodils anonymously to cancer patients at medical centers and facilities throughout the greater Sacramento area.

A Gift of Hope, a bouquet of 10 daffodils, is not delivered to a specific cancer patient and the donor's name is not attached to the gift. A minimum of \$25 is suggested, but donations of \$50, \$75, \$100 or more will help support greater numbers of cancer patients and their families.

"Daffodil Days provides an opportunity for an average

person to demonstrate their compassion for those battling cancer. Every Gift of Hope donation makes a difference in the lives of real people fighting cancer, whose faces light up when they receive a surprise daffodil bouquet," said Vita Sarginson, corporate relations manager with the American Cancer Society. "Compassionate individuals and companies are not only cheering on these courageous cancer patients; they're saying that the community is behind them, and that we're funding research that may find a cure."

In 2009, American Cancer Society delivered more than 2,500 Gifts of Hope to more than 37 facilities in the greater Sacramento area.

The American Cancer Society's

## Daffodil Days®

Give Daffodils. Give Hope.™



Join the American Cancer Society in finding a cure for cancer and saving more lives. The dollars you donate through the Daffodil Days campaign support the Society's groundbreaking research, education, early detection efforts, advocacy, and patient services. Purchase flowers, send a bouquet to a local cancer patient or become a volunteer coordinator.

Call 1-800-ACS-2345 or visit [www.cancer.org/daffodilsonline](http://www.cancer.org/daffodilsonline).



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- Expanding Your Capacity for Greater Love

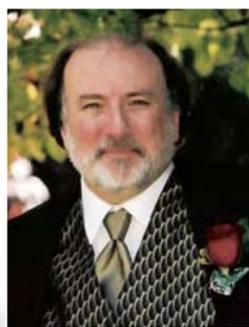
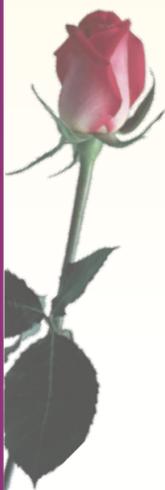
## Meditation for Your Heart, Mind and Soul

February 25th, Thursday, 6:30 to 9:00 pm

Learn Simple Meditation & Stress Reduction Techniques; how to regain your lost energy; balance overwhelming stresses and find new clarity in your life.

Workshop includes:

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- Countering effects of modern life anxieties and stresses
- Learn simple techniques to use anytime, anywhere • How to re-energize Your Daily Life



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Rev. Paul has been teaching stress reduction and meditation workshops since 1995 at many continuing education and spiritual centers. He is an ordained Interfaith Christian minister, spiritual and grief counselor. He has served as a hospice chaplain and hospice volunteer trainer. He has also served in the fast-paced publishing industry for more than twenty-five years.

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March 11th: *Setting Spiritual Boundaries*  
March 18th: *Meditation - Heart, Mind & Soul*



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To register email Rev Paul at [go2dlyt@aol.com](mailto:go2dlyt@aol.com), or call 916-773-1111.

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