

AMERICAN RIVER

M E S S E N G E R



Hometown Hero:
Tanya N. Crooks

Page 4



Red Cross & Raley's Team Up for Haiti Relief

Page 5



Alice in Wonderland: gothic whimsy in an update of Lewis Carroll's trippy tale

Page 10

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Volume 5 Issue 5

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

First Edition for March 2010

RT Faces Major Service Challenges

Millions of Dollars for Region at Stake



Photo from Sacramento Regional Transit website

Service changes will be implemented on Sunday, June 20th

Sacramento Region - To address an estimated \$13 million budget deficit for Fiscal Year 2010 and a cumulative \$25 million budget shortfall for Fiscal Year 2011, the Sacramento Regional Transit

District (RT) held a public hearing to discuss proposed service changes for implementation on June 20, 2010. The public hearing was held on Monday, March 8, in the RT Auditorium.

RT ridership and fare revenue have been adversely affected by the downturn in the economy, state furloughs and high unemployment. Fare revenue is now projected to be approximately

\$7.9 million below budget and sales tax based revenues dedicated to transit continue to decline.

State sales tax revenue, which experienced a decline this past summer of 8.8 percent, was further reduced by 10 percent in mid-February, for a total reduction of 18.8 percent or \$2.6 million for Fiscal Year 2010, and is expected to further decline by 14 percent or \$3.9 million in Fiscal Year 2011. In addition, Measure A local sales tax revenue is expected to experience a \$2.6 million reduction for Fiscal Year 2010 and potentially another \$3.9 million reduction for Fiscal Year 2011.

Despite a number of cost-cutting measures, including service reductions in September 2009, fare increases in January 2009 and September 2009, a hiring freeze, freezing employee pay, employee furloughs, and 60 layoffs scheduled for April 2010 - the RT Board must now consider the reduction,

(continued on page 2)

Special Commentary by Linda Budge and Kevin Hanley

As neighbors in the greater Sacramento region, our fates are tied together. The air we breathe, the roads we drive, and where we work and learn cross jurisdictional boundaries. As the U.S. Census Day approaches on April 1, it's important to every community that everyone take the Census. For every man, woman and child not counted, we will lose \$17,000 over 10 years.

If just one percent of people in our six-county region sit out, we will lose \$380 million. Dozens of state and federal programs allocate funds to your community based on how many people live there. Every 10 years, the Census is used to make sure every community across the country gets a fair count.

The potential losses to our community are real—and we've

already been feeling them for the last decade. Sacramento County is one of the top ten hardest to count places in the country. That adds up to an enormous loss for our schools, roads, and services.

We need to count everyone re-gardless of ethnicity, country of origin, or the circumstances in which they live. Our representation in Congress for a decade is based on how many people are here on April 1. It's too important for anyone to not be counted. Tell your friends, family and neighbors to take the Census. Your answers won't be shared with other government departments, but by filling out the form, you will help fund schools, roads, and services for your community.

Linda Budge is a Rancho Cordova councilmember and Kevin Hanley is an Auburn councilmember.

Are You Getting Ready For Some Spring Cleaning?



Sacramento County reminds residents to properly dispose of rubbish

Sacramento Region - Do you have old sofas, broken or old appliances, and other types of rubbish or landscape debris taking up space in your garage? Sacramento County Department of Waste Management and Code Enforcement is reminding residents about the many options they have to get rid of rubbish and bulky items.

"It is important that people dispose of their garbage in a safe and green manner," said Paul Philleo, Director of the Department of Waste Management and

Recycling. "Whether you take your garbage to a County facility, or call us to make an appointment, the County is ready to help you dispose of rubbish safely."

Disposing of rubbish legally also helps prevent illegal dumping. Did you know that if illegally dumped trash is traced back to you, you could be held liable even if you didn't do the dumping? That's why it is important to be sure to hire a licensed rubbish hauler to protect you, neighborhoods and the environment.

"Illegal dumping contributes to blight, drives down property values, encourages additional illegal dumping, is harmful to the environment and costs tax payers thousands of dollars to remove the junk and rubbish," said Carl Simpson, chief of Sacramento County Code Enforcement.

There are three disposal options available:

- **Make an Appointment** - The Department of Waste Management & Recycling provides its customers with a once-a-year pick up of bulky waste by appointment. Call 875-5555 to schedule a pickup if your collection service is Sacramento County.
- **Do It Yourself** - There are several licensed facilities where you can dispose of junk and rubbish for as little as \$20 a load. To find out more about these facilities, visit <http://www.sacgreenteam.com/facilities/default.htm>
- **Hire a Licensed Hauler** - Contact the County's Business License Unit at 874-6644 to verify a hauler license, or visit <http://www.illegaldumping.sacounty.net>

Citrus Heights Community Marching Band Holds Spaghetti Feed Fundraiser

Citrus Heights - The Citrus Heights Community Marching Band is hosting a Spaghetti Feed Fundraiser on Saturday, March 13th in the auditorium at Rusch Park that is located at 7801 Auburn Boulevard in Citrus Heights.

Providing background Italian music from 5 to 6:30 p.m. will be the Golden State Accordion Club. The marching band will perform at 6:30 p.m. Adding to the festivities will be two Opportunity Drawings that will include a performance by the marching band as one of the grand prizes. Dinner will be served from 5 to 7 p.m.

Adult tickets are \$8 each or \$15 for two. Tickets for children, 10 and under, are \$5. The menu will include meat-sauce or vegetarian spaghetti, salad, green beans, garlic bread, cake and the diner's choice of soft drinks, water or coffee. For more dinner information or to purchase tickets, call (916) 725-0198.

Since the Citrus Heights Community Marching Band was started in 2004, it has performed at many area parades, events, and fundraisers. The band has won



Come enjoy a great dinner and support the Citrus Heights Community Marching Band!

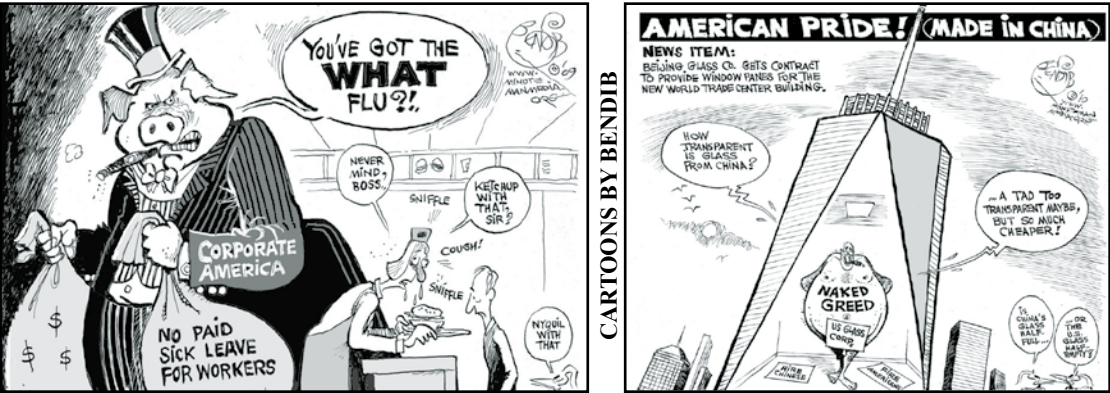
numerous awards and trophies—the latest was 1st place at Roseville Christmas parade. Band members range in age from 12 to 85 years. Both youth and adult majorettes are part of the performance. Adam Sartain is the Band Director.

The group has added a beginning band this year. "If you play a band instrument and would like to pick it up again

or even just want to learn to play music for the first time, you are invited to join us," said Kody Tickner, Beginning Band and Marching Director.

Sponsors of the band are the Hearts for Parks, Sunrise Recreation and Park District, and the City of Citrus Heights.

For more information, please contact Tickner at (916) 467-6783 or at chcmb@hotmail.com



By Jon Coupal,
Howard Jarvis Taxpayers
Association

How would you like to be able to borrow as much money as you want and not have to pay any interest? And better yet, when payments come due, you could borrow more to make these payments and still not have to pay any interest. Sound like a good deal? It certainly has been for the state of California for the past 39 years. It’s called income tax withholding. Behind closed doors in the Capitol, it is called “revenue acceleration” because it forces workers to pay government before taxes are actually owed. Many California workers have never known any other system. If at the end of the year they get money back, it is considered “found” money and they are pleased to have it. What is often overlooked is that government has been using their money without paying any interest. The taxpayer pays early and gets no discount or benefit. And if the taxpayer pays late, government still wins by collecting penalties

State’s Revenue Acceleration is an Attack on Taxpayers

and interest. In the private sector, this kind of deal is called a scam or “shakedown” and is usually enforced by muscular gentlemen with crooked noses. But the tax-and-spend lobby in Sacramento can never get enough of a good thing. This is why during last summer’s budget revision they quietly increased the withholding rate and then claimed they had solved the state’s budget crisis without raising taxes. When California workers began to see smaller paychecks in October, they were told by the politicians not to worry because they would not owe any more in taxes at the end of the year. Of course, we now know that in spite of these tax withholding and other budgetary gimmicks, California is again behind the budget eight ball. So it should come as no surprise that the usual suspects in the Legislature are looking at additional revenue acceleration. Senator Pro Tem Darrel Steinberg has proposed a new three percent withholding on independent contractors. Governor Schwarzenegger, who has returned to the “no new taxes” fold, calls it a tax increase, a charge, not surprisingly, Steinberg denies.

Independent contractors already must make estimated tax payments quarterly. Payment obligations were increased last year along with income tax withholding, so that they pay 70 percent of their estimated taxes in the first half of the year. Not only would additional withholding be another blow to independent contractors -- many of whom are self employed individuals or small businesses and who operate on a thin profit margin -- it would force business clients to become tax collectors for other businesses, creating bookkeeping and reporting costs. These costs would make hiring independent contractors less appealing, which would ultimately cost jobs. In 1972, Sacramento saw withholding as a way to provide more money to government. However, when government has more it means taxpayers have less. In both 2009 and 2010, increasing the rate of withholding is like taking blood from a patient already on life-support.

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.



by Joe Sobran

For some years now, the American media have marveled at what they called the eloquence and sheer oratorical genius of Barack Obama. He first won national attention with his speech to the 2004 Democratic Convention, which marked him as a rising star of the party; four years later, after the November 2008 election, he became the first candidate of African blood to gain the White House. His most impressive performance, it is widely agreed, was his March 18, 2008, speech on race. It disarmed the critical faculties even of such a normally caustic pundit as Maureen Dowd of The New York Times, who hailed it for what she deemed its depth and brilliance. This surprised me, for I’d heard part of it on radio, and it had struck me at the time as trite and incoherent. To this day, he has never produced a single memorable apothegm. A close look at the text of the 2008 race speech the other day more than confirmed my first impression. Obama has been a beneficiary of what G.W. Bush used to call “the soft bigotry of low expectations.” He is the first man to be propelled all the way to the presidency by white condescension. (Reminding us how, two decades ago, unwary male journalists were

No Cliché Left Behind

dazzled by Hillary Clinton’s intellect.) The first thing to be noted about this speech is its utter lack of originality, of either phrase or insight. Here are a few brief samples of his way with words: “America’s improbable experiment in democracy... stained by this nation’s original sin of slavery.... I believe deeply that we cannot solve the challenges of our time unless we solve them together.... This belief comes from my unyielding faith in the decency and generosity of the American people... [W]e all want to move in the same direction – towards a better future for our children and our grandchildren.”

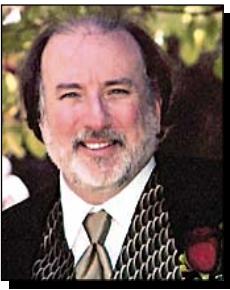
As usual, Obama contrasts the decent and generous “American people” with the greedy and selfish “special interests in Washington.” There seems to be little or no overlap between these two categories. He illustrates his unyielding faith by citing his favorite Bible stories, “the stories of David and Goliath, Moses and Pharaoh, the Christians in the lion’s [sic] den” -- oops! That one’s not in the Bible. Maybe Obama is mixing up the story of Daniel in the lions’ den with later accounts of Christians being thrown to the lions. This is not meant to be an exhaustive recitation of Obama’s gaffes, but one more demands our attention: “Let us be our brother’s keeper, Scripture tells us. Let us be our sister’s keeper. Let us find that common stake we all have in one another,” etc. Here the president is alluding to the story of Cain and Abel, evidently forgetting that Cain slays Abel; and when the

Lord asks Cain where Abel is, Cain replies insolently, “I know not; am I my brother’s keeper?” This is far from a moral exhortation; on the contrary, it’s more like a sarcasm: “How should I know where he is? I’m not his babysitter!” Obama delivered this masterpiece, as you may recall, to save his skin when his boorish pastor, Jeremiah Wright, had stirred up the hornets with his fiery sermons (“God damn America!”). It worked, because Obama’s slick delivery (he makes Bill Clinton sound like an endearingly pitiful rube) drew press attention away from his blunders and non sequiturs. And besides, how many journalists know the Bible? Most of them may be gullible enough to think there is a Bible story of early Christians in some lion’s den, or to suppose that “brother’s keeper” signifies fraternal affection. They aren’t noted for literacy, and they’d probably notice nothing amiss if Mark Antony said: “Friends, Romans, countrymen, loan me your ears.” Obama praised Wright as “a man who helped introduce me to my Christian faith.” That would explain a lot about his absurdly mangled version of the faith he professes. The devil can cite Scripture for his purpose, Shakespeare tells us; but surely the devil could do it more adroitly than Obama.

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AMERICAN RIVER MESSENGER

“Written by the people for the people”



Publisher - Paul V. Scholl

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RT Faces Challenges

(continued from page 1)

realignment or elimination of bus, light rail and paratransit service, as well as other cost-cutting measures to achieve up to \$25 million in cost savings. Major service reductions will result in additional layoffs of operators, mechanics and RT staff who support the operation and maintenance of bus and light rail service.

Nine service reduction scenarios were presented as potential options. RT staff also sought input from the RT Board and the public regarding all routes and services. The proposed service changes are scheduled for adoption by the RT Board on Monday, March 22, 2010, and if approved, would be implemented on Sunday, June 20, 2010.

Service change comments may be submitted in writing to the Planning department at P.O. Box 2110, Sacramento, CA 95812-2110 or by e-mail to servicechanges@sacrt.com. To view the staff report, visit www.sacrt.com and click on the "March 8 Public Hearing" icon on the home page. For route, schedule and fare information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Source: Sacramento Regional Transit District



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.

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GRANDMA'S HOME REMEDIES

She grew up in the Bayous and cotton fields of Louisiana. There were no drug stores or medical clinics to turn to back in those days. So she became interested in the study of medicines and tonics made from locally-growing swampland plants and herbs that her mama and grandma used to cure anything from bites, blotches, cold, flu, fever, and aches to warts, minor cuts even kidney stones. It might have tasted bitter, and the smell might be awful, but they worked. **Willie Gene Harrington** loves to trade home remedies with all she meets, and she shared some interesting remedies with me on my POPPOFF Radio Show. By the way, she goes into some great detail in her book *“Home Remedies From The Bayou”* in which she shares some one hundred clever home remedies. Here are some of her reme-

POPPOFF!

with Mary Jane Popp

dies that she says works about every time. And she ought to know, she has tried most of them.
Thorn and splinters: If you can't reach it with a sewing needle, use a cloth to tie a piece of salt pork fat on the skin where the object is imbedded. Go to sleep and the object will be lying on the fat in the morning when you wake up. Of course, you might think breakfast is being served in bed.
Coughs: Mix a little whiskey and honey together. Take two tablespoons. Hey, even if it doesn't work, you'll probably feel better.
Insect bites: Tobacco or snuff juice applied to the bite relieves the pain.
Ear aches: Drip warm milk into the ear.
Hyperactive children: Tea made from maypop leaves.
Minor cuts: Mix sulfur and lard into a paste and apply.
Varicose veins: Eat some huckleberries. Tasty anyway.
Reduce a fever: Rubbing alcohol rubbed on the body.
Kidney stones: two tablespoons of Crème of Tar Tar mixed in four ounces of orange juice. Drink this mixture six times in one day every year and never develop kidney stones.

Warts: Put a paste made of powdered Mayapple root onto almost any skin growth to reduce its appearance and new healthy skin will grow in its place.
Boils: Glass bottle heated and put against the boil.
Insect bites and stings: Tobacco or snuff juice relieves pain.
Stop Bleeding: In an emergency, use cold mud.
Fresh breath: Chew on mint leaves.
Soar throat and cough: Warm butter and lemon in a large spoon and sip.
I guess we sold our ancestors short. They had lots of remedies that are coming back. It's sort of what's old is new again. If you want more information about these home remedies, just go to www.natureslegacy.net. Willie Gene Harrington has lots more to share with you in her book “Home Remedies From The Bayou” that will both help and surprise you. Maybe I should start taking that castor oil my grandma' used to tell me would keep me young!!!

Join Mary Jane for the KAH! Noon News Monday - Friday and then again for POPPOFF 10 PM - Midnight.

Hometown Hero

Air Force Reserve Airman Tanya N. Crooks



Air Force Reserve Airman Tanya N. Crooks

Air Force Reserve Airman Tanya N. Crooks 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 Chong Crooks of Data Drive, Rancho Cordova, Calif. Crooks graduated in 2004 from Cordova High School, and received an associate degree in 2009 from San Joaquin Valley College, both of Rancho Cordova.



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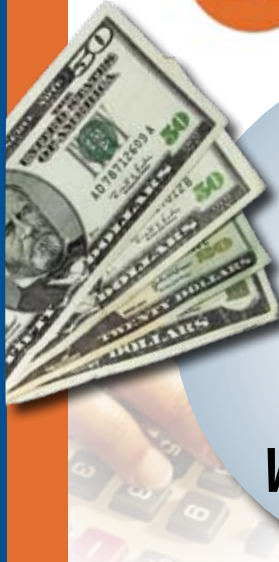


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Red Cross Accepts Largest Donation for Haiti Relief

Sacramento Region - Sacramento Sierra Chapter of the American Red Cross accepted their largest check for the Haiti Relief and Development Fund on Tuesday, March 9 from Raley’s President & CEO, Michael Teel. From January 16 through February 13, all 134 Raley’s, Bel Air, Nob Hill Foods and Food Source stores featured donation boxes for Haitian earthquake relief at their check stands, which brought in more than \$149,000. “We are incredibly grateful for the generosity of so many Raley’s customers and employees,” said Teel. “It’s a true testament to our community’s giving spirit – we knew many people wanted to aid relief efforts in Haiti, and by converting our Food For Families



Michael Teel, Raley’s President & CEO thanks everyone who donated.

collection boxes so 100% of donations benefit the American Red Cross, we received a tremendous response.” “I applaud the initiative that Raley’s has taken in responding to the devastation and destruction in Haiti by spearheading a month-long collection to support the Red Cross relief efforts,” shared CEO of the Sacramento Sierra

Chapter, Dawn Lindblom. To represent the supplies that these funds will provide for the people of Haiti, the Red Cross had on display and explained the type of relief items still being distributed in Haiti including blankets, tarps, kitchen sets and hygiene items. Attending the check presentation were Michael Teel, Raley’s President & CEO, Dawn Lindblom, American Red Cross Sacramento Sierra Chapter CEO, Steve Turner, American Red Cross Sacramento Sierra Chapter Board Chair, Jennifer Teel-Wolter, Raley’s Communitarian, David Fluit, Raley’s Pharmacy Supervisor and Haitian Aid Mission volunteer. The check was presented at the Raley’s Supermarket located at 4900 Elk Grove Boulevard in Elk Grove.

State Fair Volunteer Group Offers Money for College

Friends of the California State Fair Scholarship Program Now Accepting Applications from California Students

Sacramento – In periods of economic uncertainty it is often education programs, scholarships and grants for students that dry up, leaving some of the most promising students without support to cover college expenses. In anticipation of that trend, the Friends of the California State Fair have announced that it will continue its scholarship program for the 2010-2011 academic year. California college students and graduating high school students are eligible and must submit an application by Friday, March 12, 2010. This year, 24 scholarships will be awarded in the following areas: arts, general studies, agriculture, international studies,

teaching credential programs, fair management, business, sports management, history, viticulture, enology and culinary. “In times like these it is even more important to maintain a support base for California’s students,” said Friends of the California State Fair Executive Director Harry Moos. “The Friends of the California State Fair Scholarship Program is committed to offering more than \$27,000 in aid to ensure that some of California’s finest young people receive the financial support they deserve.” Applicants will be evaluated on the basis of personal commitment, goals established for their chosen field, leadership potential and

civic accomplishments. All applicants are also eligible for the Ironstone Concours d’Elegance \$5,000 outstanding candidate scholarship. The Friends of the Fair Scholarship Program was initiated in 1993 and is a collaborative effort of the Friends of the California State Fair, the California Exposition & State Fair and the California State Fair Agricultural Advisory Council. Scholarship applications can be found online at www.bigfun.org in the Competitions tab. *The 2010 California State Fair will be held from July 14 to August 1st at Cal Expo in Sacramento, Calif.*


River Cats Launch Search for “Voice of Summer” at Raley Field

West Sacramento - The Sacramento River Cats will host auditions to determine who will be their 2010 Raley Field Public Address Announcer, team officials announced today. The PA Announcer, whose voice will be an iconic representation of the ballpark experience to the countless River Cats fans in the region, will take the microphone at all 72 River Cats home games and all home playoff games. Those interested in auditioning must submit a reading three scripts to the River Cats by Monday, March 15th. Scripts are available at Rivercats.com. Submissions can be made in one of two ways; Email

a digital file (.wav, .wmv or .mp3) to the River Cats at promotions@rivercats.com. Email must include applicant’s name, age and contact info (email and phone number), or mail an audio CD or a video (DVD, miniDV or VHS), to the River Cats at “River Cats PA Announcer Search, 400 Ballpark Drive, West Sacramento, CA 95691.” All mail submissions must also include applicant’s name, age and contact info (email and phone number). After March 15th, a limited number of applicants will be selected to take part in live auditions at Raley Field on Saturday, March 20th, after which the River Cats will pick a winner. The team will announce

the winner prior to Opening Day. The River Cats begin their 2010 home schedule on Friday, April 16th when they host the Reno Aces (Triple-A affiliate of the Arizona Diamondbacks) at Raley Field at 7:05 p.m. Tickets for Opening Day at Raley Field are currently available only through purchase of River Cats Full Season Tickets, Mini-Plans and group packages. 2010 River Cats Season Tickets, Mini-Plans and group outings can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS(4487). For more information about the 2010 River Cats season, visit www.rivercats.com.

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by Marlys Johnsen Norris

It has been said, “One picture is worth a thousand words”. Looking at a photo does reveal the outward appearance of someone. They may be beautiful in the eyes of the one who handed you the picture to view because they really know and possibly love person. And of course, if it was a picture you were handing to someone to see, you would undoubtedly feel the same way. To be honest, looking at a photo of someone we do not know gives us little or no feeling of compassion at

Images of Love

all. It’s when we actually do know someone we connect! Someone many years ago had a vision in their minds eye and painted what they believed Jesus might have looked like. We have accepted his vision as actual and real and many of us have displayed similar photos or paintings in our homes and churches. Through the years others have drawn or painted similar images. (Take a look at a Northern California artists paintings at www.jansmall.com. And see what I mean.) Looking at Jesus picture actually make us feel closer to the One who came down from heaven and saved our souls. But we must not worship the picture but the person of Christ. We forget He may have looked very different. We do remember everything Jesus life exemplified. His life embodied love as he taught mankind about living an abundant life. We recognize the healing power of God. His dynamic character touched many lives in his short span of life. He showed and demonstrated to us - God’s love, grace and mercy. Father-God desires everyone to learn Jesus is the One who purchased forgiveness of every sin by His death, shed blood and resurrection for all those who accept Him as Savior and Lord. And Jesus alone is the provider of the greatest “Valentine” of love mankind could ever receive - the Gift of Eternal Life - enabling one to live in God’s home in heaven forever.

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

There’s a trap that will rob the joy and the freedom from your Christian life, if you allow it. Conformity. You begin living for the approval of others. You walk like they walk, you talk like they talk, do what they do to be accepted. You become more concern what other people think of you than what God thinks of you. “What will other people think? How do I look? How do I look to other Christians? How do I look to everybody else?” I forget about God. I’m trying to impress you by the way that I act or don’t act. The Bible says this is a trap. “The fear of human opinion disables; trusting in God protects you from that.” Proverbs 29:25 (Msg) This verse is talking about the fear of rejection. When we start worrying more about what other people think than what God thinks it causes all kinds of problems. It causes us to conform to peer pressure. We act one way at church and another way at home or work or school or with a certain group of friends. Why? Because

How to Avoid People Pressure!

we’re afraid of rejection. It keeps us from speaking the truth. It prevents us from giving and receiving love. Past hurts prevent future relationships. It causes shyness and loneliness. If you’re afraid of rejection, you end up building walls around your life rather than building bridges. You won’t get close to anybody. It produces depression and unhappiness. Living for approval of others is a miserable way to live. I don’t want to live this way and I don’t want you to live this way. How do we overcome the fear of rejection? We learn to live for an audience of One. There’s a myth behind the fear of rejection that needs to be exposed. The myth is, “I must have everybody’s approval in order to be happy”. You do not. But a lot of people subconsciously believe that. “I’ve got to be liked and approved of by everybody in order to be happy.” That’s not true! You do not need everybody else’s approval to be happy. You do not. The fact is God already likes you. There’s nothing you can do to get Him to like you any more than He does right now. So if God likes you and you like you and others don’t like you, guess who has the problem? The truth is there are some people in your life that you’re never going to please. Some of you are still trying to earn the approval of father or mother or spouse or whoever and the truth is you may never get it. That’s not saying anything about you – that’s saying a lot about them. It’s their problem. It’s because of who they are, not because of who you are. But here’s the good news: you really don’t need it. *You don’t need it.* You don’t need their approval to be happy. The Bible says in Romans 8:31-33, “If God is with us, no one can defeat us. He did not spare his own Son but gave him for us all. So with Jesus, God will surely give us all things. Who can accuse the people God has chosen? No one, because God is the One who makes them right.” That means you don’t have to worry about other people rejecting you because God is for you and you plus God equals majority! If God accepts you, who cares what anybody else thinks? Learn to live for His applause only. See you Sunday, Pastor Ray New Community Christian Church www.YourNewChurch.org

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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)

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Man Dies in Mobile Home Fire

Sac Metro Fire Report

Citrus Heights - at 7:39 am Firefighters were dispatched to a structure fire 5935 Auburn Blvd. Fire companies arrived to find a mobile home heavily involved with fire. Our search efforts located a male in his 60's who was overcome by the fire and did not survive. It took 20 Firefighters 8 minutes to bring the fire under control. No Firefighters



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DUI Driver Crashes Into Gas Pumps

Carmichael - On February 24, 2010, at approximately 10:35 p.m., Jason Metune, a 26 year old from Sacramento was driving a green 1991 Ford Explorer on eastbound Fair Oaks Boulevard turning northbound onto Walnut Avenue at an unknown speed. As Metune began to negotiate the turn, he made an unsafe turning movement and lost control of his vehicle, traveling over the raised curb and into the 76 gas station parking lot, striking a metal gas pump. The impact caused the Explorer to be engulfed in flames. Metune and his passenger exited the vehicle and fled the scene on foot. Approximately forty-five minutes

Passenger Dies in Traffic Collision

Orangevale - On February 21, 2010, at approximately 2:17 p.m., David Clarke, a 29 year old from Citrus Heights was driving a 2002 Ford pickup northbound on Hazel Avenue south of Oak Avenue in the #1 lane at approximately 40 mph. Michael Raggio, a 51 year old from Orangevale was driving a 2003 GMC Envoy southbound on Hazel Avenue south of Oak Avenue in the #1 lane at approximately 25 mph. As Clarke's vehicle crested a rise in the roadway, he observed that traffic was congested directly in front of his location. He applied the brakes of his vehicle in attempt to

stop and his vehicle began to rotate in a counterclockwise direction traveling into the two way turn lane and into the southbound #1 lane of Hazel Avenue. The front of the Ford struck the left side of the GMC. Clarke sustained minor injuries. Raggio was transported to Sutter Roseville with major injuries. A passenger in the left rear, Phyllis Raggio, a 73 year old from Orangevale was transported to Sutter Roseville where she later died from her injuries. The roadway was wet at the time of this collision. Alcohol and/or drugs were determined not to be a contributing factor in this collision.



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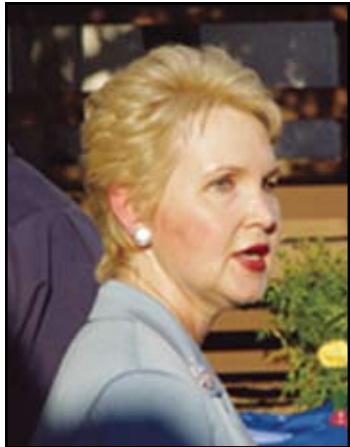
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“I Have Good News...”



By Roberta MacGlashan

One of the most unfortunate budget-induced losses to the communities I represent has been the loss of the Problem Oriented Police (POP) deputies in the Sheriff’s Department. While I proposed an alternative budget that would have saved funding for these positions, a majority of the Board of Supervisors was not willing to cut other programs in favor of this essential public service. But, I have good news: We will once again have POP services in the unincorporated communities of the Fourth District – Antelope, Fair Oaks, Gold River, and Orangevale. The funds come from a

neighborhood program budget set aside for each Supervisorial District each year. In the Fourth District, projects from Park District Youth Boards to the Antelope Ditch landscaping project have received a portion of their funds from this source. I have been very careful with how I have used these funds the last few years, and as a result had some money left over. I made the decision to allocate the remaining funds to pay for POP staffing until the end of this fiscal year. While it will not be the full-blown program that it once was, the resource will be substantial in addressing ongoing neighborhood problems before they become serious criminal issues. Over the past six months, two Sergeants in the Sheriff’s Department – Kate Adams and Eric Buehler – have been attempting to address these issues almost entirely on their own. Sergeant Adams has been responsible for Antelope, along with North Highlands, Rio Linda, and Foothill Farms. Sergeant Buehler has been working to address issues in Fair Oaks, Gold River, Orangevale,

Arden Arcade, and Carmichael. Needless to say, these two Sergeants have been quite busy on their own. I am pleased to know that they will now have some support, at least in the Fourth District. This has been one of the most valuable programs to me as a Supervisor, and I was very concerned when budget cuts caused it to be eliminated. While I cannot make any predictions about next fiscal year, I am reassured to know that this dedicated resource will have an impact through the end of June. In the meantime, I hold monthly meetings and am more than happy to pass on concerns to the Sheriff’s Department that are raised at my meetings. We meet in Orangevale on the first Friday of each month at Annie’s on Greenback Lane, and in Fair Oaks on the third Wednesday at Dianda’s in the Fair Oaks Village. In March, we will be hearing about the upcoming 2010 US Census, and in April I will be hosting the new Library Director. I hope to see you there.

County Update from Supervisor Roberta MacGlashan.

Local Girl Scout Cookies Not Affected

Sacramento - Girl Scout Cookies sold by Girl Scouts throughout much of Central California, including Sacramento, Modesto, and Stockton are not affected by recent reports of substandard cookie quality. We do not get our cookies from Little Brownie Bakers, nor do we sell the Lemon Chalet Cremes, which are the subject of concern. The goal of Girl Scouts is to provide a safe and accepting atmosphere where girls will develop

strong character and become motivated to succeed in their future careers. The annual Girl Scout Cookie Program remains the centerpiece for entrepreneurial and business development and ensures that young women gain a deeper understanding of the financial marketplace. In partnership with caring adults, girls develop qualities that will serve them all their lives, such as strong values, social conscience, and conviction

about their own self-worth. For more information on how to join, volunteer, reconnect or donate to Girl Scouts, call (800.322.4475) or visit www.girlscoutshcc.org



City of Citrus Heights Housing Assistance Programs

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Did you know the City of Citrus Heights offers up to \$40,000 in down payment assistance loans to eligible first-time home buyers? These funds won't last forever. Loans are reserved on a first-come, first-serve basis and the program expires soon! Contact NeighborWorks® Sacramento today to find out more about the program and learn how you get into a new home. Jennifer Remley, a recent program participant, says, “We are so thankful for this program and are grateful we were able to participate.” For more details and to fill out an application, contact NeighborWorks® at (916) 452-5361 ext. 227. Additional information is also available on the City’s Web site at www.citrusheights.net.

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Carmichael Times



by David Dickstein

Family Films



Alice in Wonderland
Opens March 5, rated PG
disney.go.com/aliceinwonderland.com

In a match made in Hollywood heaven and brokered by Disney, Tim Burton lends his trademark brand of gothic whimsy to an update of Lewis Carroll's trippy tale of a girl who falls down a rabbit hole and into a fantasy world inhabited by anthropomorphic creatures. Johnny Depp as the Mad Hatter adds to the promise of delicious insanity in his seventh time working under Burton's direction – sixth for co-star Helena Bonham Carter, who just happens to be the director's domestic partner.

How to Train Your Dragon
Opens March 26, rated PG
howtotrainyourdragon.com

Teens who think they have it rough today should consider themselves lucky they're not Hiccup Horrendous Haddock III, whose saga is set around the 10th century. The heir to the Viking chiefdom must prove his worthiness to his tribe and father by hunting down the fiercest dragon in the land. Trouble is, a hero Hiccup is not.

Films and DVDs for the Whole Family

Voice cast of DreamWorks' animated 3-D feature includes Gerald Butler, America Ferrara and Craig Ferguson.

Nanny McPhee and the Big Bang
Opens March 25, rated PG
universalstudios.com

The 2005 original didn't even reach \$50 million in domestic box office receipts, but that hasn't stopped its star, writer and executive producer – and Universal – from making a sequel, this one set on a farm. Emma Thompson reprises her role as the homely, yet effective nanny who knocks sense into misbehaving children through discipline and magic. Think "Supernanny" crossed with "Nanny and the Professor." Maggie Gyllenhaal and Ralph Fiennes co-star.



Family Home Entertainment

Curious George 2: Follow That Monkey (ages 4-9, March 2, not rated): No Will Ferrell or theatrical release this time, but that shouldn't tarnish the entertainment value of this feature-length animated sequel starring the world's most beloved mischievous monkey. His latest adventure, a separate story from the 2006 original, centers on helping a baby circus elephant be reunited with her family. Like its

predecessor, not much for grown-ups. Grade: B+.

Elmo's World: Let's Play Music (ages 2-5, just out, not rated): Combining animation and live action is this delightful title, the 19th compilation in the series starring the popular little red monster from "Sesame Street." A visit by violinist Miri Ben-Ari is a treat along with the bonus of 16 pages of downloadable activity and story sheets. Grade: A.

Ponyo (ages 3-7, March 2, rated G): Sweet-natured and, yes, even magical is this Americanized re-dubbing of a 2-year-old Japanese movie. Noah Cyrus, younger sister of Miley, voices a goldfish princess who longs to become a human after swimming away from home and being rescued by a 5-year-old boy. All ages will embrace the lessons of friendship and gorgeous animation. Grade: A.

Where the Wild Things Are (ages 5-10, March 2, rated G): Surprisingly deep for a movie based on a book with a mere 10 sentences, this is a charming adaptation of Maurice Sendak's classic tale about an unruly boy who goes on a mysterious adventure after being sent to bed without supper. The story is brought to life through live-action puppetry, off- and on-screen human performances and computer animation, but even so it might be too sedate for youngsters expecting whiz-bang action. Grade: B+.


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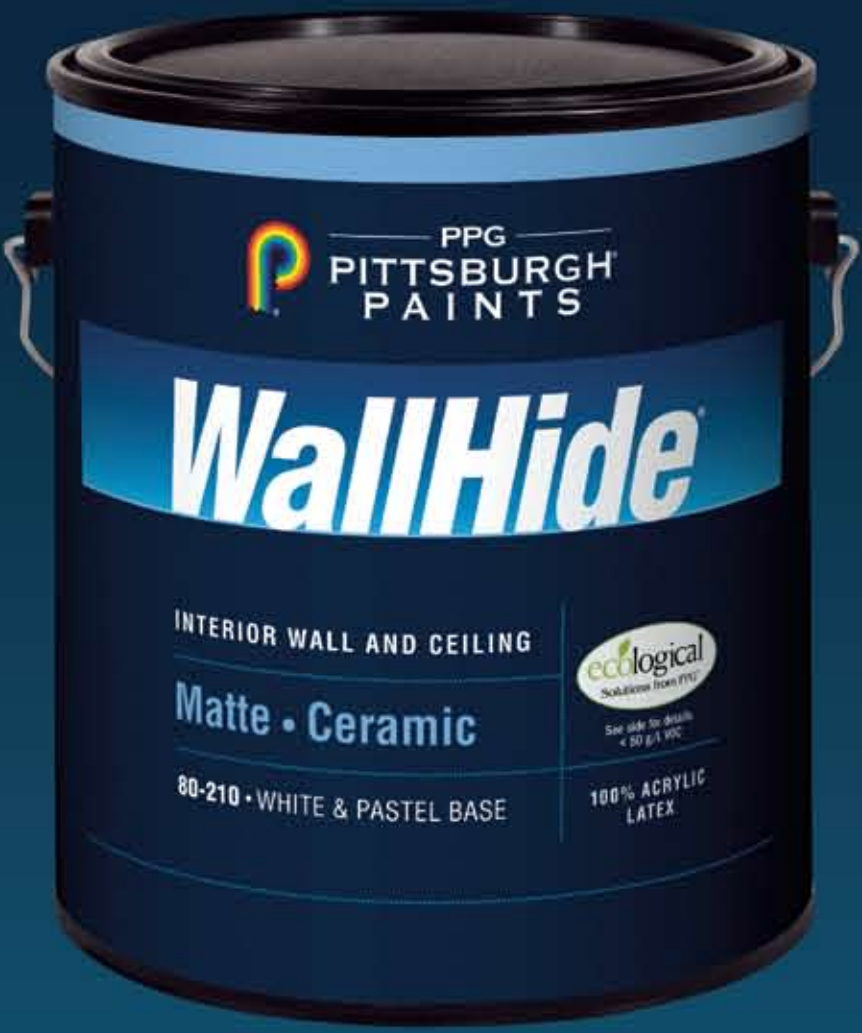
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