

# AMERICAN RIVER

## M E S S E N G E R



**Street of  
Dreams**

**Page 2**



**On Your  
Mark, Get  
Set, GO!**

**Page 11**



**Her  
Finest  
Hour**

**Page 12**

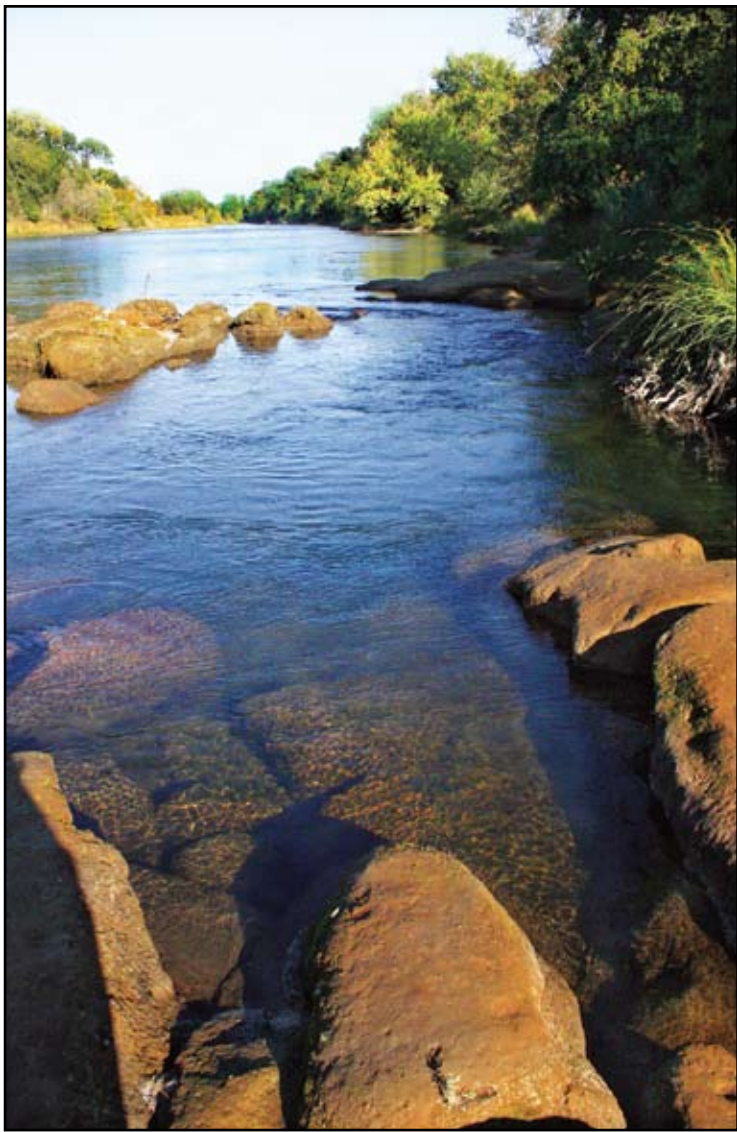
PRESORTED STD.  
US POSTAGE  
**PAID**  
PERMIT 32  
Rancho Cordova, CA

Volume 4 Issue 16

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

Second Edition for August 2009

## Our Golden Treasures



**Don't Miss Your Chance to Submit Your Best Photo of a  
County Regional Park!**

**Sacramento** - As the region enters into the dog days of summer, Sacramento County Regional Parks wants to remind all photographers and nature lovers alike that now is the perfect time to grab your

camera, get outside, and take your best shot of any of our Regional Parks for the 50th Anniversary Regional Parks photo contest. The contest theme is *Sacramento County Parks: Our Golden Treasure*.

The deadline to submit a photograph is **September 25**.

"This photo contest is a great way for people to get outside and celebrate our regional parks," said Liz Bellas with County Regional Parks. "The contest is open to people of all ages and skill levels, so we are inviting everyone to participate in this contest and show off your best photos."

Categories for this contest include: Open Space, Wildlife, People at Play and Innovative Photography. There is a \$5 fee per entry and people can enter a maximum of three times.

Winning photographs will be displayed downtown in the County Administration building; additionally, all grand prize winners (one from each category) will have their pictures featured on a professionally designed, special edition commemorative poster. Printing of this poster has been generously donated by IPS Printing, at 2020 K Street Sacramento.

Don't miss this opportunity to capture our regional treasure with your best photograph. Further explanation of the categories, official contest rules and additional information can be found online at [www.sacparks.net](http://www.sacparks.net). You can also call Regional Parks at 916-875-5925.

## Sacramento to Host the Only Civilian Air Force Week in the U.S.



**The airshow is a great way for youth to interact with pilots and get a firsthand experience with high-powered aircraft.**

**Sacramento** - The California Capital Airshow is more than just a weekend of family fun. It is a platform for encouraging young people to reach for the stars. As a non-profit organization, the Airshow assists young people interested in aviation, aeronautics, aerospace, and related fields with a scholarship program. Over the past 3 years, they have awarded over 60 scholarships to local students.

"This Airshow not only hosts a remarkable roster of military and civilian aircraft both flying and on display," said Darcy Brewer, Executive Director of the Airshow, "but it's also an amazing opportunity for kids of all ages to meet the pilots, and hear first hand their inspiring stories and experiences."

The United States Air Force selected Sacramento, home of the California Capital Airshow, to host the only civilian Air Force Week in the Country. Air

Force Week Sacramento 2009 kicks off September 5th with a 5k Mud Run and 'The Band of The Golden West' performing at Gold Rush Days. The week is filled with many more exciting events and culminates with region's much loved Fourth Annual California Capital Airshow, featuring the United States Air Force Thunderbirds.

The mission of Air Force Week is to thank all of the region's many veterans, support those men and women who currently serve, and inspire the next generation to make a difference.

"Air Force week will highlight the great work being done by America's Airmen around the Globe" stated Col. Mark Dillon, 60th Air Mobility Wing Commander. He went on to explain that this event is an opportunity for the Sacramento community to meet those individuals who make the United States Air

Force the best in the world.

Friday September 11th, leading into the big Airshow is the Aaron Tippin Concert at the Capital Mall. Mr. Tippin regularly performs for our men and women stationed in Iraq and Afghanistan, and he is dedicated to supporting our troops. He is a pilot and a patriot, and this event is the perfect prequel to the Airshow.

For more information about Air Force Week Sacramento 2009 event schedule and the California Capital Airshow information, log on to [www.californiacapitalairshow.com](http://www.californiacapitalairshow.com). Tickets are currently available online. General admission tickets are available online for \$15. Tickets will cost \$20 at the gate. Reserved seats are available for \$40 and Governor's Club tickets that include VIP parking are available for \$175. Sponsorships are also available.

## Rid the Old Fridge and Reap Some Cold Cash

**Sacramento** - SMUD will pay customers \$35 for their spare operating refrigerator or freezer. Old refrigerators can add up to \$125 to an annual electric bill because they use up to three times more power than newer models.

SMUD wants to help customers lower their bills and their energy demand, especially during the hot summer months. When older refrigerators and freezers are taken out of service and recycled, the customer saves money through lower electric bills and the entire community benefits from lowered power demand on the grid, especially when supplies are at their lowest levels, hot summer afternoons.

The SMUD goal is to recycle 8,000 spare refrigerators and freezers, saving more than 1.3 megawatts of electricity annually, enough electricity to power about 1,000 average-sized homes. Interested customers should act soon to take advantage while funds are available. The offer will run until the 8,000-refrigerator/freezer goal is reached and no later than December 31, 2009.

SMUD has contracted with JACO Environmental to pick up the appliances from customers' homes and recycle the old units. JACO is an experienced appliance recycler that will schedule pick-up and transport the appliance to their facility.

JACO will then recover and recycle all component parts and properly dispose of potentially harmful chemicals found in the cooling system and insulation.

There are some program guidelines: 1) The refrigerator or freezer must be in working condition, and between 10 and 27 cubic feet in size to qualify, 2) Up to two units may be recycled per residential address, 3) The refrigerator-recycling program is done on a "first-come-first-served" basis.

SMUD customers can sign up for the program by contacting SMUD's contractor, JACO, toll-free, at 1-800-299-7573 or by visiting [smud.org](http://smud.org) and clicking on the Rebates tab.

## Leadership Citrus Heights Oct. 6th

**Citrus Heights** - The Citrus Heights Chamber of Commerce is accepting applications for the seventh annual 2009-2010 Leadership Citrus Heights program, which will commence on October 6, 2009.

The class meets for eight months and is limited to 25 adult participants. Mercy San Juan Medical Center is the event sponsor,

hosting the classes each month in the medical center conference room at the hospital on Coyle Avenue, and providing dinner to the participants. The classes will be held the 1st Tuesday of each month for 4 1/2 hours with Graduation taking place on June 1, 2010.

Contact the Chamber for an application. Last year's Leadership

Citrus Heights sold out so interested parties are encouraged to act soon. The Chamber can be reached at (916) 722-4545 or [bettie@chchamber.com](mailto:bettie@chchamber.com). Applications are available at the Chamber office located at Fountain Square 7115-A Greenback Lane. The class is open to men and women who live or work in Citrus Heights.

**Officer Lizz Dutton, Public  
Information Officer**

**Sacramento** - Vehicle theft is in its third year of decline in California; its largest decrease in more than 10 years. According to California Highway Patrol (CHP) statistics, in 2008 there was a 12.2 percent decrease in the number of vehicle thefts statewide. While the sizable shift is encouraging news for members of California's law enforcement community, the insurance industry and vehicle owners statewide, there's still more work to be done.

"Even with the decrease in vehicle theft, the economic loss to Californians continues to exceed \$1 billion," said CHP Commissioner Joe Farrow. "I applaud the work of our officers as well as police officers and sheriff's deputies

throughout the state to reduce the incidences of vehicle theft. With the continued efforts of California law enforcement agencies, coupled with prevention efforts by the public, we hope the numbers will continue to fall with each passing year."

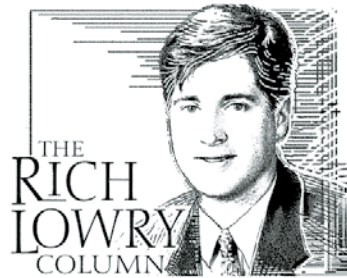
Of the 199,766 reported stolen vehicles in California last year, 86.8 percent of those vehicles were recovered. Among the state's 58 counties, Sierra County showed the biggest reduction in the percentage of vehicles stolen at 100 percent. Conversely, Mono County had a 133.3 percent increase in the number of vehicles stolen last year. Southern California continues to be a hot spot for vehicle theft. Approximately 55.8 percent of all thefts occurred in Los Angeles, Orange, Riverside, San Bernardino and San Diego counties.

"The cheapest form of defense is to simply employ the anti-theft devices that are standard on all vehicles: locks," added Commissioner Farrow. "Lock your car and take your keys."

Additional tips to ensure your vehicle remains where you left it: Park in a well-lit, populated area, Don't warm up or leave your vehicle running unattended, Consider a visible or audible device that alerts thieves the vehicle is protected, Immobilizing devices prevent thieves from bypassing the ignition and hotwiring a vehicle, Tracking devices can be very effective in helping authorities recover stolen vehicles.

Honda and Toyota models continue to be popular among car thieves; Toyota has consistently ranked as the most frequently stolen pickup truck since 1984.





# Obama’s Option Play

One of the few strictly accurate things that President Barack Obama routinely says about his health-care reform is that it’s much bigger than just the so-called public option. Yet when his administration signaled that the public option could be dropped, the left threw a collective tantrum.

Why the uproar over what Obama at his recent Colorado town hall called a “sliver” of reform? After all, the left should be delighted about the movable feast of statism in the congressional bills: new mandates on employers and individuals, \$1 trillion in new spending over 10 years, heavy regulation on insurers, a vast accretion of new bureaucratic power, and higher taxes. What’s not to like?

But nothing offers the near-term promise of moving toward a single-payer government-controlled system quite like the public option. A few Democrats are occasionally unguarded enough to speak about it publicly. A single-payer activist confronted liberal lion Barney Frank with a camera, demanding to know why he didn’t support single-payer. Frank shot back that he favors such a system, only he realizes ObamaCare’s public option is the best way to get from here to there.

Indeed, Obama says at his town-hall meetings that moving to single-payer would be “too disruptive” -- too many people now get insurance through their employers. By beginning to tip people out of private coverage, ObamaCare’s public option would conveniently remove that prudential obstacle to a government-run system.

The public option is a laughably ill-disguised Trojan horse. The left is emotionally vested in it for exactly this reason. It’s the proxy

for the long-cherished goal of socialized medicine. If it can’t be achieved by a new, young, liberal president with sizable majorities in both houses of Congress, what’s the use? Even without the public option, ObamaCare will effectively transform the private insurers into public utilities and set the predicate for more government intervention later. But it won’t hold the same ideological romance.

The question is whether Obama has already waited too long to dump it. He’s poisoned the well with Republicans who are disinclined to sign on to anything big, and he may have ruined his health-care brand with the center. If so, he’ll get little credit for modifying his plan, only blame from his agitated base. And he’ll need all the political juice he can muster if he’s really going to march congressional Democrats through a party-line vote for an expensive bill partly paid for by cutting a half-trillion dollars from Medicare and Medicaid.

It’s not inconceivable that the entire effort could collapse. Obama learned every lesson of HillaryCare except the essential one. Hillary wrote a bill in the White House; Obama gave Congress free rein. Hillary got savaged by the special interests; Obama bludgeoned them into cooperating. And Obama probably figured he is smarter, defter and more persuasive. So he managed to avoid all of Hillary’s tactical mistakes while repeating her central error of proposing a frighteningly sweeping takeover of health care. Ain’t arrogance grand?

*Rich Lowry is editor of the National Review and co-author of the new spy thriller “Banquo’s Ghosts.”*

*(c) 2009 by King Features Synd., Inc. ©*



# Street of Dreams

by Julie Parker

Don Troutman took off on a drinking binge to Lodi after an argument with his wife. When he returned, the police were waiting for him. “She falsely accused me of being violent, and the police said, ‘You can’t come back. You have to settle this first.’ I slept in a field for about a week. I didn’t have my clothes, so I went to the second hand stores and bought a sports coat, tie, shirt, shoes, and went to work.”

It didn’t take long for his co-workers to notice something was wrong. “I had a yellow complexion, and maybe the weeds in my hair gave a clue. They said they thought I was drinking too much.” He had already received a couple of DUIs, and had been involved in an accident. The assistant manager, following his Mormon faith, decided to “save” Don, instead of terminating him. Don’s employer performed an intervention, and paid for a recovery program at Starting Point.

When the program ended, so did his marriage. He stayed with his uncle for a couple of days, then moved into a four-bedroom house with some men who had also graduated from the program. The environment offered mutual support and accountability. Don appreciated its importance when one of his brothers died of a drug overdose due, in part, to an addiction riddled home environment. “A person who has stopped drinking or using can find themselves sitting alone in an apartment or motel room, lonely. ‘This is recovery? This sucks. I’d rather die drinking than be bored and lonely.’”

This epiphany ultimately led to the creation of Clean and Sober Transitional Living (CSTL, Inc.) in 1989, which now offers a detox program, a recovery home with counseling, and 16 “sober living homes” in Fair Oaks and Orangevale so residents may continue living a healthy, sober lifestyle. A row of seven houses, affectionately called the “Street of Dreams,” has welcomed residents as far away as New York. “We’ve got one guy who’s been living with us for 13 years. Most people will stay anywhere from maybe three months to two, three years.”

Continuing his own personal growth, Don has become a Certified Alcoholism and Other Drug Addictions Recovery Specialist II (CAS II), a CAS instructor, and a Certified Recovery Program Manager through the California Association of Addition Recovery Resources (CAARR).

“The Alcohol Research Group of Berkeley is studying the effects of sober living on people, and looked at our place,” says Don. “At the end of the first year, they said that 64% were clean and sober. Those are pretty good odds, because at AA they say that only 1 or 2% are successful.”

“I’ve seen a lot of miracles. I’ve seen a guy come in here terminal, with six months to live, and lived with us for six years. I’ve seen guys that come in and didn’t have two nickels to rub together,

and now own a home and have a family. A guy came in two weeks ago to a meeting to share that he was here seven years ago, lived with us for two years, and he just got his electrical contractor’s license, and he owns two houses.”

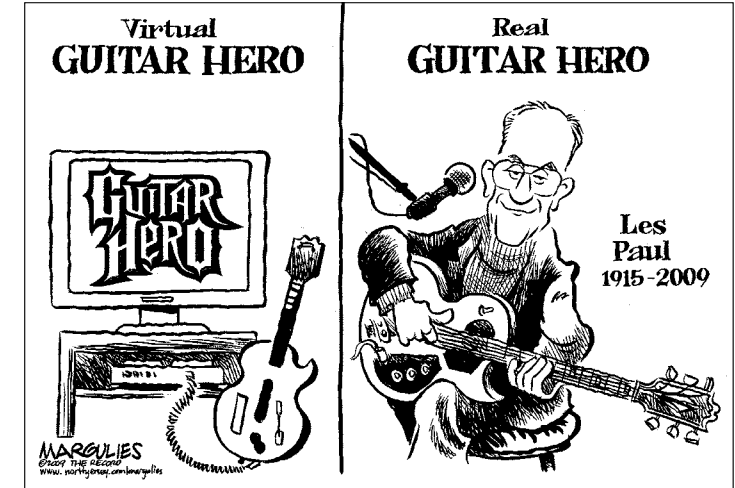
Don’s personal life has also expanded on many levels. He is married with children, and has become a major real estate investor. “I’ve brought my credit rating up from the mid-300s to the high 700s. I ride a Harley Davidson, got a new truck, and have a RV, I live a pretty good life from doing what I’m doing. There is the personal satisfaction, also, of helping a lot of people.”

“Everybody wants to start a



Don Troutman stands in front of the realization of his dreams come true

Clean and Sober,” says Don. “There are several around town, but they don’t always have integrity, and they don’t always use good judgment. Sometimes, there are real estate entrepreneurs who want to make a positive cash flow off the real estate. They don’t know very much about recovery. They just want to pull \$700 to \$800 per bedroom on a five-bedroom



house, and that’s a nice positive cash flow without any regard to what’s going to happen. “Running Clean and Sober is a full-time job, and Don hasn’t taken many vacations over the past 20 years, but he’d like to buy a new motorcycle and ride

institutionalize the field; make it more like psychiatry. The real successes are happening on the social level, from the guy talking to another guy at the dinner table. These folks get more out of that, than spending an hour and a-half with a counselor, because when they have 22 ½ hours for the rest of the day, they’re not with a counselor, so what are you going to do then?”

He is a proponent of SB-986, which would require the licensing and regulating of adult recovery maintenance facilities, allowing neighborhoods of a facility the recourse to file complaints.

On September 2, a large rally will be held at the State Capitol called Recovery Happens. There will be a 12-step meeting inside the capitol, in addition to speakers and entertainment. Don anticipates a crowd of approximately 2,000 people. “We need to let the politicians know that recovery works.”

To learn more about Clean and Sober, visit their web site at [www.clean-and-sober-living.com](http://www.clean-and-sober-living.com).

*In the future, someone you love may be forgotten. You may be forgotten, too. Julie Parker preserves life stories so loved ones will be remembered for generations, through interviews, consultations*

AMERICAN RIVER  
MESSENGER

“Written by the people for the people”

**Publisher - Paul V. Scholl**

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

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

Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. The ARM is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1950)

Graphics & Layout  
Distribution Assistant  
Advertising Sales

Tandra Banerjee  
Gabriel Scholl  
Laure Rauch • Perry Hartline  
Cathy Schaefer • Marion Solo • Peter Francis

Contributing Writers

Tim Reilly  
Marlys Johnsen Norris  
Judy Zimmerman  
Laura Snyder

Mary Jane Popp  
Kay Burton  
Susan Skinner  
Dave Ramsey

Lauren Forcella  
Karen Linamen  
Amanda Morello  
David Dickstein

Accounting  
Web Master  
News Services

Nicholson & Olsen CPA  
RJ at thestiebar.com • JWS Promotions  
King Features Syndicate • PRWEB NewsWire  
North American Precip Syndicate • Blue Ridge Press  
ARA Content • Family Features • WorldNetDaily

Photography

Amanda Morello • Susan Skinner

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

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

American River Messenger is a member of  
Messenger Publishing Group

We are proud members of these newspaper associations.

7th Annual  
**PANC AUCTION-4-ACTION**

Armstrong & Getty  
Dr. Bach & The Jazz Practitioners

S.S. Parkinson

**Cruisin’ to a Cure**

“UNTIL THERE’S A CURE...  
HOPE AND HEALING EVERYDAY”

Saturday  
**SEPTEMBER 12<sup>TH</sup> 2009** 5-9 P.M.

Scottish Rite Masonic Center  
6151 H Street, Sacramento  
For Information: 1-866-979-PANC

Parkinson Association  
Northern California  
Until there's a cure... hope and healing everyday

\$1500 “Balcony” Table of 10  
\$2500 “Penthouse” Table of 10  
\$75 “Inside Cabin” Ticket Per Person  
\$750 “Ocean View” Table of 10

PANC is a qualified non-profit organization. Federal Tax ID#68-0372037.



# Hear Physician’s Perspective on Obama-Care

Sacramento Republican Women, Federated invite you to hear Linda Halderman, MD., FACS, speak as a pragmatic voice of reason in the debate on reforming the funding and delivery of Healthcare in the USA. The luncheon is Wednesday September 2, 2009, at the North Ridge Country Club at 11:30 AM, 7600 Madison Avenue, Fair Oaks. Dr. Halderman is a board-certified General Surgeon specializing in breast cancer diagnosis and treatment, She has served south rural Fresno County’s uninsured and under insured women with breast cancer until



Linda Halderman, MD., FACS

Medi-Cal and other underpayment caused her to close. She now

continues to practice as a general and trauma surgeon in rural areas. Since April 2008, she has served as the Senior Policy Advisor to the California State Senate Health Committee. Dr. Halderman is a prolific author whose works have appeared in local, national and international publications. In addition, she’s a frequent guest on both radio and television. Don’t miss this very informative meeting. For Luncheon Reservations call Cammie at 916-939-9560. The cost of this event is \$25.00

# Tragic Accident Takes Life of Sergeant

On August 6, 2009, at approximately 1:00 p.m., off-duty Sergeant Kelly Lara, a 43 year old employed with the Sacramento Sheriff’s Department was driving a black Toyota MR2 on westbound I-80 at Longview Drive. A 2009 Freightliner tractor/trailer driven by 38 year old Lori Nieves from Connecticut was merging onto westbound I-80 at Longview from the right shoulder into the #3 lane.

As traffic in the area observed the big rig merging, witnesses stated that a vehicle made an unsafe lane change into the path of the Toyota causing Lara to take evasive movement and lose control of her vehicle. While out of control, her vehicle spun clockwise and the drivers’ side of her vehicle struck the left rear of the big rig. Lara sustained fatal injuries and was pronounced deceased at the

scene. Lara was enroute to work at the Sacramento International Airport when the collision occurred. She is a 15- year veteran with the Sheriff’s Department. CHP dispatch received calls of a red vehicle driving recklessly in this area prior to the collision. With the assistant from the Williams CHP area, the driver and vehicle have been located and the investigation is still on going.

# Mother of Six Dies in Auto Accident

By Lisa West

On July 27, 2009, a memorial service was held for Kathleen Stone Wood, 52, a long-time resident of Folsom. Wood died on June 20, 2009 in a single-car accident on Highway 50, according to California Highway Patrol Public Information Officer, James Young. Kathy Wood was returning home from an LDS Church Girls Camp where she and her husband, Kent V. Wood, were speaking to the youth group. Kent Wood was seriously injured and spent nearly one month in the hospital. Born in Oakland, California, Kathy graduated from Downey High School in Modesto. She was very active in music, dance and theatre. Wood graduated with a B.Mus in Vocal Pedagogy from Brigham Young University in 1979. She was a well-known vocal performer with the BYU A Cappella Choir, the Oratorio Choir, and the Opera Theatre. During a tour of Europe with the BYU A Cappella Choir she performed before Queen Sophia of Spain. In 1976 Kathy and Kent Wood were married in the Oakland LDS Temple. Following her husbands graduation from BYU, he attended dental school in San Francisco and later opened a dental practice in Antioch, California. While there, Kathy organized and directed the Antioch Children’s Chorus for 4 years. She and her husband performed lead roles in Civic Light Opera and Musicals such as Oklahoma and Music Man. The couple later relocated the dental office to Folsom and in 2004 Kent retired from dentistry. He currently teaches Astronomy, part-time as an adjunct associate professor, at Folsom Lake College. Kathy was also very involved in education as a teacher of music, both privately and as a substitute teacher for the San Juan Unified School District. She was a community activist and organizer devoting her time to issues related to children and families. She was the creator and director of W.A.I.T. (Wise Abstinent Informed Teens), a youth



Kathleen Stone Wood

speakers group that visits local schools to promote abstinence before marriage. Along with her husband and children, she participated in several humanitarian missions to Peru, Tonga, and Mexico, providing service, goods, and assistance to needy families and communities. She is survived by her parents and five siblings, her husband, Kent, who continues to recuperate from his injuries, and their six adult children; Elisabeth, 32, a musician based out of Berlin, Germany. Daniel, 30, studying neuroscience in Ontario, Canada. Sean, 28, a singer-songwriter based out of Brooklyn, New York. Eric, 25, is a pre-law student at Utah Valley University. Jason, 23, recently enlisted with the Marines and will be reporting for duty in February 2010. Christina, 18, will begin dental assisting school in Provo, Utah this fall. Mostly due to the diligence of their mother, all four boys attained the rank of Eagle

Scout in the Boy Scouts of America. A life-long, active member of The Church of Jesus Christ of Latter-Day Saints, Kathy served in various ward and stake callings, including ward and stake Young Women President and Music Chairperson. Her most recent calling in the Church was teaching high school students during early-morning seminary classes, a calling she embraced fully. She also frequently served in the Sacramento LDS Temple. In the words of her husband, Kent, “Kathy is a woman of grace, integrity, compassion, and kindness. She is a woman of faith; a woman of God”. For additional updates, and to leave messages for the family, visit their family blogsite at <http://kentandkathywood.blogspot.com/>

Photo courtesy of the Wood family



**COUNTY CLERK/RECORDER**  
**EAST AREA COMMUNITY SERVICE CENTER**

- Birth, Death and Marriage Certificates
- Marriage Licenses and Civil Marriage Ceremonies
- Official Record Viewing and Copies
- Recordable Document Depository

9:00 a.m. – 4:00 p.m.  
Monday through Friday  
(excluding holidays)

Located in Raley's shopping center,  
Madison at Hazel

5229-B Hazel Avenue  
Fair Oaks, CA 95628  
(916) 874-6334  
[www.ccr.saccounty.net](http://www.ccr.saccounty.net)

dedicated to delivering the highest level of treatment to our patients while providing the utmost consideration, care, and respect.

Free Teeth Whitening For New Patients


Fair Oaks Smile Comprehensive family dental care



Call Today 916-536-9410

4826 SANJUAN AVE  
FAIR OAKS ,CA 95628  
NORTHRIDGE PLAZA  
(RALEY’S PLAZA)  
[fairoakssmile@live.com](mailto:fairoakssmile@live.com)

Saturday & Late Appointments Available




More than neighbors... friends

“It didn’t matter what they told me, I was sure I’d lose my independence when I moved to a retirement community. But my daughter was worried about me living alone; I wasn’t eating right, and, frankly I was lonely.

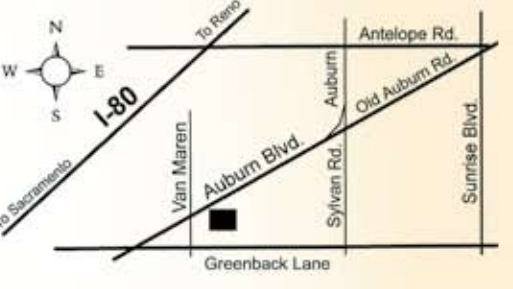
I moved to Crosswood Oaks, and I’m having the time of my life. The funny thing is that my daughter still worries because now I’m never home. I told her to stop worrying – I’m with my new friends.”

Take a tour and stay for lunch. Talk to our residents about why they made the move to retirement at Crosswood Oaks.




Crosswood Oaks

A Capital Senior Living Community • [www.crosswoodoaks.com](http://www.crosswoodoaks.com)



6650 Crosswood Circle  
Citrus Heights, CA 95621  
(916) 969-6161





# POPPOFF!

with Mary Jane Popp

## EVERLASTING MATRIMONY

Tis' the season for getting hitched, but did you know the divorce rate for first marriages is 50%? How about 67% of second marriages and 74% of third marriages end in divorce? I was shocked when I read these statistics, but the truth does hurt when you discover that even the number of people getting married has declined 40% from 1970 to 2002. And we thought the hippie sixties didn't do well by marriage. So, do you get your advice from the likes of Dr. Phil or Dr. Laura types? If you do, think twice. Psychiatrists have the highest divorce rate. You've heard all the psycho-babble, now you get it from those who have succeeded like 50-75 years wedded. I thought I was doing well at 39 years, but then I had Sheryl Kurland on my Radio Show "POPPOFF" and she opened my eyes big time. In her book "Everlasting Matrimony" Sheryl interviewed a "sprinkling of America" as she put it representing a diversity of faiths, ethnicities, and cultures. What they did have in common is they were married 50-75 years. So how did they do it, and what can we learn from them? I mean these are the

real-life experts, aren't they? Here are ten tips to insure your relationship lasts:

- 1) Don't discuss sensitive subjects when you are hungry.
- 2) Great conversation leads to great sex.
- 3) Eat marshmallows to improve communication. I know. You're probably saying...excuuuuse me...what's that all about? I love this one. You can't talk when you are eating marshmallows, so you have to listen. And good communication is being a good listener. It breeds respect for one another.
- 4) Accept that some days love will sizzle, others, it'll fizzle.
- 5) In the heat of battle, cease fire.
- 6) Weather turbulence with laughter.
- 7) Forgive, forgive, and forgive some more.
- 8) An occasional cocktail from time to time helps.
- 9) Remember the "D" word = Determination, not Divorce.
- 10) **A good relationship is 75/25...and both sides must give 75%.** I was curious too. It means you really both get 150%. Not bad, huh?

Sheryl got some Quotable Quotes on marriage from these real life experts like:

"I decided early on I had two choices: to stew with my anger or give Louise a kiss and make



up. In most cases I chose the kiss. Now I have added a ten-second hug with the kiss. It is amazing how ten seconds of her warm body melts away my anger.

- Leon Fradkin married to Louise since March 25, 1948.

"One thing to remember: If your boyfriend has a few bad habits that annoy you, take my word for it, they get worse as he gets older."

- Edyce Ellis married to Morrie since September 3, 1948.

Sheryl covered it all in her book "Everlasting Matrimony" from communication to surprises, traditions, selflessness, forgiveness, and humor which she said was a prime piece of advice. Need more info? Go to [www.everlastinmatrimony.com](http://www.everlastinmatrimony.com). Rick, we made it to 39 years. Love you more than ever!!!

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

# Woman's Thursday Club Sept. Luncheon

*Fair Oaks* - The Woman's Thursday Club of Fair Oaks will hold its Membership Luncheon on Thursday, September 10, 2009, at the Fair Oaks Presbyterian Church, 11427 Fair Oaks Boulevard, Fair Oaks, CA. The luncheon will be from 11:30 AM to 2:00 PM. The purpose of the luncheon is to launch the new club year and introduce the club to those who are interested in joining. All sections, special interests and philanthropies will be represented. The Women's Thursday Club of Fair Oaks was organized in March of 1902 by a group of like minded women in the community. It is open

to women residing in Fair Oaks and the surrounding areas. All of the club's past and present activities indicate the significant role the club has played in living up to its motto "Service, Culture and Friendship". General meetings are held on the second Thursday of each month from October through May at the Women's Thursday Club of Fair Oaks' clubhouse in Fair Oaks. Varied programs of special interest to the members are presented at these meetings. Sections also meet once a month but on different days. The club holds a fashion show luncheon in the spring to fund the three scholarships it offers to

community high school graduating seniors for advanced education. Other supported projects include the Children's Receiving Home of Sacramento, Fair Oaks Chamber of Commerce special events, Fair Oaks Summer Band Concerts, Maryhouse, and the U.S. Forest Reforestation Project. There are separate sections for members to enjoy. They are Book, Bridge, Chat and Chew (social), Good Earth Garden, and Theater. For more information or to receive an invitation to the luncheon please contact Terry Roberts at 916-965-3630

# Oakland Raiders Now on KTKZ AM 1380

Janna Zapara , Promotions Director

We are proud to announce that KTKZ AM 1380 has acquired the Sacramento broadcasting rights for the 2009 Oakland Raiders season. KTKZ will be Sacramento's home for the Oakland Raiders all season long. We look forward to a long and successful relationship

with the Raiders, their fans, and all of the Raider retail partners. With the acquisition of the Oakland Raiders, KTKZ AM 1380 adds to what has already become Sacramento's #1 home for local sports, a lineup that already includes: the Oakland A's, Cal Berkeley Football, Cal Berkeley Basketball, and Local High-School Football.

In addition to local sports, KTKZ is Sacramento's home for intelligent conservative talk with nationally known political names such as Hugh Hewitt and Michael Medved.

For more information of KTKZ's show line-up, the Oakland Raiders and everything else KTKZ, visit [www.ktkz.com](http://www.ktkz.com).

## DON'T DIE BROKE



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

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

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

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

is 123

Alan Canton • [InsuranceSolutions123.com](http://InsuranceSolutions123.com) Agency  
Fair Oaks, CA, 916-962-9296

## Thinking of Changing Banks? ✓Check the El Dorado Advantage

- |  |   |
|--|---|
| ✓ <b>SIMPLY FREE</b> Checking                    | ✓ Purchase & Refinance Loans  |
| ✓ <b>FREE</b> Senior Checking with Interest      | ✓ Home Construction Loans   |
| ✓ <b>FREE</b> Direct Payroll Deposit Checking    | ✓ Owner-Builder Loans   |
| ✓ <b>FREE</b> VISA Check Card                    | ✓ Fixed & Adjustable Home Equity Line of Credit Loans   |
| ✓ <b>FREE</b> Internet Banking with Check Images | ✓ Friendly, Personal Service at No Extra Charge   |
| ✓ <b>FREE</b> Online Bill Payment                | ✓ 35 ATMs at El Dorado Branches   |
| ✓ <b>FREE</b> Telephone Banking                  | ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the Safest and Strongest Banks in the U.S. Since 1993 |
| ✓ Interest Checking                              | ✓ In 2008, we completed our 20th consecutive year without any foreclosed properties on our books  |
| ✓ Business Checking                              |   |
| ✓ Investors Money Market Checking                |   |
| ✓ Gold Money Market Savings                      |   |



**EL DORADO SAVINGS BANK**

*Serving our local communities for over 50 years*

[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

Member  
**FDIC**

**EQUAL HOUSING LENDER**

*Memories fade...  
but meaningful moments will be cherished forever*



- ❖ Activities and program specific to residents with memory impairments
- ❖ Nurturing, home-like environment
- ❖ Beautiful outdoor courtyard with gazebo
- ❖ 24 hour care by staff trained in dementia care
- ❖ Secure setting
- ❖ Short term/respite program

**Citrus Heights Terrace**  
*Memory Care Community*

**(916) 727-4400**

7952 Old Auburn Road  
(between Sunrise and Antelope)

**CIMINO CARE**

[www.CitrusHeightsTerrace.com](http://www.CitrusHeightsTerrace.com)

License # 347001498

# Victory Christian School

## We offer your Family:

- 🚌 Outstanding academics with a Biblical worldview
- 🎵 Music for Kindergarten through 12th grade
- 🎭 An award winning choir and band
- 📖 AP English, AP Physics, and AP Calculus
- 🏀 Sports Program

## And Now We Offer:

**Our Home School Bridge Program  
Plus a Free Bus Shuttle from Folsom  
AND Fair Oaks!**

## We are offering 2 pick-up locations:

**For Folsom:**

**Safeway at Iron Point  
and Prairie City Roads**

**For Fair Oaks:**

**Safeway at Madison  
and Hazel Avenues**

## Contact us now for Fall enrollment!

**Call us at:**

**Jr./Sr. High • (916) 488-5601**

**Elementary • (916) 488-6740**

**Or visit us on the web at: [www.victorycs.org](http://www.victorycs.org)  
3045 Garfield Avenue Carmichael, CA 95608**







by Pastor Ray Dare

As you study the life of Jesus and what He said to people, you’ll notice He almost always started with, “Don’t be afraid. . .Fear not. . . peace be with you.” Why? Because God knows the damage fear does to us. Fear causes all sorts of negative effects in your life, emotionally, physically, and relationally. How do you break free from fear? You overcome fear through love. You accept God’s love and learn to love others just the same. “Where God’s love is, there is no fear, because God’s perfect love drives out fear. It is punishment that makes a person fear, so love is not made perfect in the person who fears.” 1 John 4:18 (NCV)

There are different levels of fear. There are trivial, superficial fears, but then there are more significant fears.

## How To Overcome Fear

Unsettling fears, such as the fear of abandonment, the fear of rejection, the fear of failure, the fear of people and the opinions of others. But those aren’t even your deepest fears.

There is a deeper fear that is the source of all other fears. No matter how hard you try you will never get rid of the other fears until you deal with this root. What is it? What is your deepest emotional need in life? Your deepest need in life is to feel 100%, totally and unconditionally loved. Completely loved. Not for something you’ve done or could do or could be or should be, but just for who you are right now. That’s why God said, “perfect love cast out all fear, for fear has to do with punishment.”

When you accept God’s love for you, then you don’t have to prove yourself anymore. You don’t have to spend your life trying to impress other people because you already know that God loves you. If you know God loves you, who cares what anybody else thinks? Do you know how freeing that is? All of a sudden your identity and self-worth are not caught up in what others think of you.

How do you get this kind of confidence? 1 John 4:15-17 (NLT)

“All who proclaim that Jesus is the Son of God have God living in them, and they live in God. We know how much God loves us, and we have put our trust in him. God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect. So we will not be afraid. . .”

Once you accept God’s love you can begin loving others with this same love. It improves your relationships. It takes the focus off of you and puts the focus on them. When you get the focus off of yourself and on to others it frees you from fear.

God says to you, “Let me love you.” It gives you the freedom to be real, to be yourself, to be honest. To others God wants to say, “Let me love others through you”. God’s love for you gets the focus off of you and onto what others need. Allow God to love others through you. That’s how you break free from fear. Perfect love casts out all fear.

See you Sunday, Pastor Ray

New Community  
Christian Church  
www.YourNewChurch.org

## Answers Offered for Times of Loss, Uncertainty

Christian Newswire -- In uncertain times such as Americans are facing, friends Wilson Adams and David Lanphear are unafraid. They’ve already journeyed through heartbreaking losses to find healing and hope at the end of the tunnel.

Adams, a minister, experienced divorce and fought for -and won- custody of his three young children. He experienced firsthand the struggles of single parents. Lanphear, an attorney, lost first his oldest son, Adam, who died in a car accident, and five years later his wife, who suffered a massive heart attack and died after a week in a coma.

The two teamed up to write about their experiences in their new book, “A Life Lost . . . and Found: A Journey of Hope and Healing Through Tragedy” (WinePress Publishing, 2009).

“We decided to write this book after we began to share our respective journeys through loss,” says Lanphear. “The book is a journey of tears and smiles. It ends with a strong sense of hope, because God is always in control.”

Adams and Lanphear took a hike together in Yellowstone National Park, where they each tackled a climb--higher than either anticipated--to the same vista but by different paths of ascent. The climb on the mountain became a metaphor for life challenges and for tragedy, the mountain of adversity, which the authors encourage readers to climb along with them.

Adams and Lanphear write with passion and compassion. As they tell their stories, they allow readers

to feel their immense hurt and sorrow--and to witness and learn from their recovery and growth.

Adams currently lives in Murfreesboro, Tennessee, with his wife, Julie, a registered nurse. They have raised four children and have two grandchildren.

Lanphear and his wife, Debbie, whom he married in 2005, live in Bowling Green, Kentucky. They enjoy being grandparents and counseling young couples about the marriage relationship.

To purchase a book visit [www.winepressbooks.com](http://www.winepressbooks.com) or call 877-421-7323. To schedule an interview or for a review copy contact Abigail Davidson at 360-802-9758 or [abigail@winepressgroup.com](mailto:abigail@winepressgroup.com).

## Singles Summer in the City Dance August 29

Christian Singles Network will hold a Summer in the City Dance for single adults Saturday, August 29, from 7 PM to 11:30 PM. at Carmichael Presbyterian Church, 5645 Marconi Ave., near Fair Oaks Blvd, Carmichael.. The evening features DJ dance music of all types from 8-11:30 by Dale Chessey and dance lesson in the Salsa by Richard from 7-8 PM. Dress is casual. The ticket price of \$15 presale or \$20 at the door includes hors d’oeuvres, non alcohol beverages and the dance lessons.

Christian Singles Network, Northern California’s largest inter-church singles group founded in 1992, holds weekly events and dances every 3 weeks through the rest of the year. Call the number below for directions or more information. The music is a mix of rock and roll, ballroom, Latin, country and Christian music.

Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome CSN has been holding dances 17 years, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.

Pre-sale dance tickets are available on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or at Berean Bookstore in Sacramento, and Jireh’s Bookstore in Placerville; or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722, Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information, to receive more information about activities, or directions call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars, getaways, and parties.



by Marlys Johnsen Norris

The prophetic words of the Scriptures are recorded in Isaiah 53 telling mankind about the first coming of Jesus Christ. These now fulfilled, we are now awaiting the events of recorded Scriptures pertaining to His second coming. Many Biblical scholars tell us all indications suggest that it can happen

## Jesus Is Coming Again !

at any time. Is the bride/church ready?

The question remains for each individual, are we ready? Our focus and affections should be so much on Christ and his sacrifice and provision for us--we can easily let loose of all earthly possessions. But can we? Have we become so materialistic we have also lost sight of our “first love” and our personal relationship with Him?

We mistakenly live in the scope of the temporal and rarely think about the things that are eternal. As we approach the near time when Christ will return, we need to be diligent and ready ourselves for His coming and think more about the eternal. God’s word clearly tells us the “build-up our treasures in heaven” and that certainly does not mean the material things of this world. We build up treasures in heaven by the good deeds done to help and build-up others in their journey to know and love God with their heart and soul. We do not brag about our efforts but give God all the glory for what-ever happens.

Jesus can return at any time. In fact the Word of God tells us-- it will be “in a twinkling of an eye”--but in the meantime, we are to persevere and wait patiently. It is important to know exactly what we believe and live by those convictions with expectations, ready for His Second Coming.

Marlys Johnsen Norris  
NCPA Award Winning Author  
[Marlys5934@sbcglobal.net](mailto:Marlys5934@sbcglobal.net)  
“Intimacy Begins Going God’s Way”  
“Recipes for a Happier Marriage”

Oak Avenue Free Methodist Church

8970 Oak Avenue, Orangevale, CA 95662

Corner of Oak and Beech

(916) 988-8815 • Pastors Andrew Webb & Robert Price

Office Hours: 9 am to Noon - Tuesday - Friday

Wednesdays: Senior’s Bible Study: 1st & 3rd, 10 am - 11am

Evening Adult Study: 7 pm - 8:30 pm

Sunday School - 11 am For All Ages • Sundays Worship - 9:30 am

www.avefmc.org

BCI

BOB CLOUSE

INSURANCE SERVICES

What We Do:

Personal Insurance

- Auto
- Homeowner
- Renters
- Condos
- Boats & Yachts
- Motorcycles & ATVs
- Motorhomes

Commercial Insurance

- Auto Service
- Construction
- Restaurants
- Wholesale
- Retail
- Professional Offices
- and many more...

BCI has provided consistently excellent, innovative and dependable insurance services to our clients for more than 30 years. BCI is an independent insurance firm, we pride ourselves on the personalized and professional services we provide to our clients.

9267 Greenback Lane, Suite B-6 • Orangevale, CA 95662

916.988.3457 Office • 916.988.1503 Fax

License #0550206

Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628

Pastor Charles Carter (916) 967-3915

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

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

Service Schedules

Sunday Schools (All Ages) 9:45 am

Sunday Worship 11:00 am

Sunday Evening 6:00 pm

Wednesday Evening 7:00 pm

Come and Experience God’s Amazing Grace

(Located south of Madison; just east of Dewey)

Call for More Information

BAUER

san juan car wash

Monday - Sunday 8:30 am - 5:30 pm

We Accept All Competitors’ Coupons

Locally Owned & Operated

Professional Auto Detailing

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

5927 San Juan Ave

Between Madison & Greenback

Citrus Heights • 916-967-3083

\$3.00

Any Car Wash

OFF

BAUER San Juan Car Wash

Citrus Heights • 916-967-3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 09/30/09

\$4.00

Any Car Wash Package

OFF

BAUER San Juan Car Wash

Citrus Heights • 916-967-3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 09/30/09

\$10.00

Any Express Detail

OFF

BAUER San Juan Car Wash

Citrus Heights • 916-967-3083

Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 09/30/09



Adult / Elder Care

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

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

Auto Donation

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

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

**AAAA\*\* DONATION** Donate Your Car, Boat or Real Estate, IRS Tax Deductible, Free Pick-Up/Tow Any Model/Condition Help Under Privileged Children. Outreach Center. 1-800-928-7566 (NANI)

**Donate A Car Today To Help Children And Their Families Suffering From Cancer.** Free Towing, Tax Deductible, Children's Cancer Fund Of America, Inc. [www.ccfoa.org](http://www.ccfoa.org) 1-800-469-8593 (NANI)

**DONATE A CAR – HELP CHILDREN FIGHTING DIABETES.** Fast, Free Towing. Call 7 days/week. Non-Runner OK. Tax Deductible. Call Juvenile Diabetes Research Foundation! 1-800-578-0408 (NANI)

Business Opportunities

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

**EARN \$500-\$2500 WEEKLY** processing mail. Great opportunity! Postage & supplies furnished. Processors needed **NOW!** No travel. **FREE** information! Call Regional Crisis Centers **NOW!** 1-800-895-1791 (SWAN)

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

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

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

**Do you dream of owning your own business?** Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (MPG)

Business Services

**CLASSIFIED ADVERTISING** in 240 Cal-SCAN newspapers for the best reach, coverage, and price. 25-words \$450. Reach 6 million Californians! FREE email brochure. Call (916) 288-6019. [www.Cal-SCAN.com](http://www.Cal-SCAN.com) (Cal-SCAN)

**DISPLAY ADVERTISING** in 140 Cal-SDAN newspapers statewide for \$1,550! Reach over 3 million Californians! FREE email brochure. Call (916) 288-6019. [www.Cal-SDAN.com](http://www.Cal-SDAN.com) (Cal-SCAN)

**NEWS RELEASE?** Cost-efficient service. The California Press Release Service has 500 current daily, weekly and college newspaper contacts in California. FREE email brochure. Call (916) 288-6010. [www.CaliforniaPressReleaseService.com](http://www.CaliforniaPressReleaseService.com) (Cal-SCAN)

Computers

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

**GET A NEW COMPUTER** Brand Name laptops & Desktops BAD or No Credit – No Problem Smallest weekly payments avail. It's Yours NOW 1-800-932-3721 (NANI)

**Brand New Laptops & Desktops** Bad Credit, No Credit – No Problem. Small Weekly Payments – Order & get FREE Nintendo Wii system! 1-800-804-7273 (NANI)

Construction

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

**TRI US CONSTRUCTION** Build new homes, additions and remodeling. Over 30 years experience, bonded and insured.

Phone number 530-330-0185 Lic. # 476884 (MPG)

DayCare

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

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

Drywall

**Tap - Texture - Patch** No job too small, very reliable. 28 years experience 916-961-7248 (MPG)

Elder Care

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

Fencing

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

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

Financial / Money to Loan

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

**Get Out of Debt in Months!** Avoid Bankruptcy. Not a high priced consolidation company or a consumer credit counseling program. Free consultation CREDIT CARD RELIEF 1-866-475-5353. (Cal-SCAN)

**TAX RELIEF** Do You Owe Over \$15,000 in BACK TAXES? Need to Settle State, Business, Payroll Tax Problems, Eliminate Penalties, Interest Charges, Wage Garnishments, Tax Liens! Call American Tax Relief 1-800-496-9891. FREE, Confidential, No obligation, consultation. (Cal-SCAN)

**DROWNING IN DEBT? 1-866-415-5400 We Can Help!** Stressed out from aggressive collection calls? We Can Help You Today! Free Consultation! Call Today Toll Free! 1-866-415-5400 (NANI)

**DEBT CONSOLIDATION** – One Easy Monthly Payment – Lower Interest Rates – Eliminate Late Fees – Qualify for Cash Back – Regaining Control of Your Finances is Our Priority - 1-877-347-7807 (NANI)

**Real People helping Good People find Real Debt Solutions!** Linda Findley 916-300-0611 [lafrindley@team72goodcredit.com](mailto:lafrindley@team72goodcredit.com) (MPG)

**STOP YOUR DEBT INSANITY** Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmnt. 916-300-0611 (MPG)

**Reverse Mortgages** If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

**LAWSUIT LOANS?** Cash before your case settles. Auto, workers comp. All cases accepted. Fast approval. \$500 to \$50,000 866-709-1100 [www.glofin.com](http://www.glofin.com) (NANI)

**\$\$\$ GET LAWSUIT CASH** NOW Oasis Legal Finance #1. See us on TV. Fastest Cash Advance on injury cases-within 24/hrs. Owe nothing if you lose your case APPLY FREE CALL NOW 1-866-353-9959 (NANI)

For Rent / Lease

**Upscale Townhome in Creekridge** 3/2 2 car garage charc ch Tennis, pool, yd maint. \$1395/mo + \$1200 pet 390-5634 (MPG)

**Fast Approval. \$300** . Move In. Quiet, clean apts. Excellent locations. Fair Oaks. 961-3053 (MPG)

**Ex Suites** @1.50 SF Carmichael, 144 / 276 SF Sec Entry, Cov Parking. 916-483-5044 (MPG)

**Spacious Clean Townhome** in Carmichael, \$1,050/month. 1400+ sq.foot, 2 car garage, washer/dryer, dishwasher, community pool. Call 831-521-2403 for appt. (MPG)

**"In-Law" Quarters for rent.** 1 bed/1 bath, kitchen, washer/dryer hookup, separate entrance. Beautiful Fair Oaks neighborhood. \$700/mo, (916) 952-6454 or email: [jehtesham@gmail.com](mailto:jehtesham@gmail.com) (MPG)

**2 bed, 2 bath, 2 car garage halfplex home** Backyard, fireplace, near nice park. Includes refrigerator and washer/dryer. Easy access to I-80 and American River College. \$1100/mo. (916) 952-6454 or email [jehtesham@gmail.com](mailto:jehtesham@gmail.com) (MPG)

Gardeners

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

Handyman

**Handyman,** JR Handyman Service Randy 916-880-6742 Joel Carter 916-637-3825 (MPG) **Household Helper.** Your 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)

**Gold Country Handyman.** Build - Remodel - Repair Free estimate 916-391-4706 Richard Romero Lic. 847423 (MPG)

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

**Handy Guys** Small jobs, Senior Discounts Gutter Cleaning - Decks, Woodwork 916-519-5135 Free Estimates (MPG)

Health and Beauty

**Lose Up To 30 Lbs in 30 Days @ 30% Off** Quick Start Program January only! 1-888-834-6203 or 513-421-9252 (MPG)

**25 PEOPLE WANTED** to lose up to 30lbs in 30 days! Dr recommended! 888-233-4967 [hmhealth4u@hotmail.com](mailto:hmhealth4u@hotmail.com) (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](http://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. 916-474-0079 [www.eat-choc-losewt.com](http://www.eat-choc-losewt.com) (MPG)

**Aloetto Cosmetics** offers the very best Aloe-based skin care products in North America. If interested in 'Buying or Selling' contact me at 916-624-2303. (MPG)

Health and Beauty

**ONLINE PHARMACY** Buy Soma Ultram Fioricet Prozac Buspar, \$71.99/90 QTY or \$107/180 QTY PRICE INCLUDES PRESCRIPTION! We will match any competitor's price! 1-888-507-3415 or [www.trinx.org](http://www.trinx.org) (NANI)

Heating & Air

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

Help Wanted

**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)

**ATTENTION: International Wellness Company Expanding ONLINE COMPUTER WORK!** Work from anywhere 24/7. Great pay. Will train. Request info online: [www.KTPGlobal.com](http://www.KTPGlobal.com) or 1-800-330-8446. (Cal-SCAN)

**MECHANICS:** Up to \$15,000 BONUS. Keep the Army National Guard Rolling. Fix Humvees, Strykers, etc. Expand your skills through career training. [www.NationalGoGuard.com](http://www.NationalGoGuard.com)/Mechanic or 1-800-GO-GUARD. (Cal-SCAN)

**ELECTRICIAN PAID TRAINING.** Salary, medical/dental, 30 days vacation/yr, \$ for school, more. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

**Earn up to \$30 per hour.** Experience not Required Undercover shoppers needed to judge retail and dining establishments Call 800-742-6941 (NANI)

**\*\*BODYGUARDS WANTED\*\*** FREE Training for wanted. No Experience OK. Excellent \$\$\$ Full & Part Time. Expenses Paid When you Travel. 1-615-228-1701 [www.psbodyguards.com](http://www.psbodyguards.com) (NANI)

**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](http://www.frchildren.org) (MPG)

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

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

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

**Aide for Group Home** Graveyard Shift. Requirements: One-year Experience, Good DMV Record. Located in Carmichael. Call 916-487-6758. (MPG)

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

**\$\$\$ WORK FROM HOME \$\$\$** Earn Up To \$3,800 Weekly Working from Home assembling Information Packets. No Experience Necessary! Start Immediately! FREE Information. CALL 24 hrs. 1-888-202-1012 (NANI)

**\$\$\$ START NOW \$\$\$** Earn Extra Income Assembling CD Cases from home! No Experience Necessary. Call our Live Operators for more information! 1-800-405-7619 Ext 2181 [www.easywork-greatpay.com](http://www.easywork-greatpay.com) (NANI)

**\$\$\$ 21 People Wanted \$\$\$** Earn \$1,200 - \$4,400 Weekly Working From-Home Assembling Information Packets. No Experience Necessary! Start Immediately! FREE Information. Call 24hrs 1-888-298-2090 (NANI)

**Earn up to \$500 weekly** assembling our angel pins in the comfort of your home. No experience required. Call 813-699-4038 or 813-425-4361 or visit [www.angelpin.net](http://www.angelpin.net) (NANI)

**SALES,** Seeking Business minded Marketing rep's, New Technology/ Globally. Training available, F/P/T, 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 [daneleperez1980@yahoo.com](mailto:daneleperez1980@yahoo.com) if interested (MPG)

**OPEN YOUR HEART AND HOME** Step up to the challenge! Have experience working with developmentally disabled adults and/or challenging behaviors? Have an extra bedroom? Competitive stipend.

**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/M/PT FT [www.REBVision.com](http://www.REBVision.com) (MPG)

**\*\*AWESOME CAREER\*\*** Government Postal Jobs! \$17.80 to \$59.00 per Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call 1-800-983-4384 ext. 54 (NANI)

**AWESOME CAREER OPPORTUNITY** \$20/hr., Avg \$57K/yr. Postal Job!! Paid Training/Vacations, OT. Full Benefits. Pension Plan. Call M-F, 8-5 CST. 1-888-361-6551 Ext. 1036 (NANI)


**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)

**Government Jobs-\$12-\$48/hr** Paid Training. Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-8353 x 2100 (NANI)

**TIRED OF BEING BROKE?** Get paid daily. No experience required. Local training. 888-211-4268 [www.happyandhealthyfamily.com](http://www.happyandhealthyfamily.com) (MPG)

**STRESSED OUT?** Work from home & get paid daily! [www.happyandhealthyfamily.com](http://www.happyandhealthyfamily.com) 888-211-4268 (MPG)

**ASSEMBLE MAGNETS & CRAFTS FROM HOME !!** Year-round Work! Excellent Pay! No Experience! Top US Company! Glue Gun, Painting, Jewelry & More! TOLL FREE 1-866-844-5091, code 5 \*\*Not available MD\*\* (NANI)

**Single Again Magazine Online** is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at [www.SingleAgain.com](http://www.SingleAgain.com). To apply, send your email to [publisher@singleagain.com](mailto:publisher@singleagain.com). 

**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)

**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)

**Pharmaceutical/Medical Sales Rep** Earn \$45,000 - \$80,000 Per Year/Account Executive, Manager, Sales Representative Entry to Upper Level, Paid Training, Bonuses. **Call Toll Free 800-723-5414 x7215** (NANI)

Help Wanted - Sales

**OVER 18? AVAILABLE to TRAVEL?** Earn Above Average \$\$\$ with Fun Successful Business Group! No Experience Necessary. 2wks Paid Training. Lodging, Transportation Provided. 1-877-646-5050. (Cal-SCAN)

Household Help

**House Cleaning** Sparkling clean home guaranteed. Professional petcare. 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 two RVers 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.terrabelgarden.com](http://www.terrabelgarden.com) or cto Randy for info at 454-3430 or 802-9897. (MPG)

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

Legal Services

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

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

Men's Suits For Sale

**Men's Suits** Men's 42 Jacket, 36-38 Waist Assorted used men's suits in very good condition. \$25-\$35 each. Buy one or all. Call 773-7337 (MPG)

Miscellaneous

**Reach over 30 million homes with one buy.** Advertise in NANI for only \$2.795 per week! For information, visit [www.naninetwork.com](http://www.naninetwork.com) (NANI)

**FREE DIRECTV 5 Months!** Includes ALL 265+ Digital Channels+ Movies with NFL Sunday Ticket! Ask How Today! **FREE DVR/HD Receiver!** Packages from \$29.99 **DirectStarTV 1-800-620-0058** (NANI)

**Brand New Laptops & Desktops** Bad Credit, No Credit – No Problem. Small Weekly Payments – Order & get FREE Nintendo Wii system! 1-800-804-5010 (NANI)

**DIRECTV FREE 5 Months!** Includes ALL 265+ Digital Channels+ Movies with NFL Sunday Ticket! Ask How Today! **FREE DVR/HD Receiver!** Packages from \$29.99 **DirectStarTV 1-800-973-9044** (NANI)

**SEARS CENTRAL COOLING Systems** - Great Financing Options available on ENERGY STAR® qualified systems such as CARRIER® & KENMORE® \*\* see details [www.sears-homepro.com/nan](http://www.sears-homepro.com/nan) 1-877-669-8973 Offer Expires 09/22/09 (NANI)

**Grant Writing.** We propose your project until funded. Guaranteed. All areas. 530-243-4294 (SWAN)

**AIRLINES ARE HIRING** – Train for high paying Aviation Maintenance Career. FAA approved program. Financial aid if qualified – Housing available. CALL Aviation Institute of Maintenance (888) 349-5387 (NANI)

**\$\$\$ ACCESS LAWSUIT CASH NOW!!!** As seen on TV. Injury Lawsuit Draggng? Need \$500-\$500,000++ within 24/ hrs after approval? Compare our lower rates. APPLY NOW 1-866-386-3692 (NANI)

**ATTEND COLLEGE ONLINE** from Home. \*Medical, \*Business, \*Paralegal, \*Accounting, \*Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 [www.CenturaOnline.com](http://www.CenturaOnline.com) (NANI)

**\*\*ALL Satellite Systems are not the same.** HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

**Earn up to \$30 per hour.** Experience not Required. Undercover shoppers needed to judge retail and dining establishments. Call 800-723-3708 (NANI)

**OLD GUITARS WANTED!** Fender, Gibson, Gretsch, Martin, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjoes. 1930's thru 1970's TOP CASH PAID! These brands only please. 1-800-401-0440 (NANI)

**TUPPERWARE** Please call for a







CLEAN & SOBER

LIVING

CSTL, Inc.

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

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

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

THOMAS B. HAMMOND

PERSONAL & BUSINESS BENEFIT PLANNING

A FULL SERVICE FIRM

TBHM



WE ARE YOUR SMALL BUSINESS BENEFITS SPECIALIST

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

HELPING SACRAMENTO BUSINESSES FOR OVER 35 YEARS

916-536-1384

CALL US TODAY TO SET UP A FREE CONSULTATION

BONES LAW FIRM

4790 Dewey Drive, Suite C Fair Oaks, CA 95628

Gordon G. Bones

Attorney at Law




The Law Firm provides the following legal services:

- Loan Modification and Home Mortgage Workout • Bankruptcy
- Technology Contracts • Business and Corporate Matters
- Trust and Trust Administration • Estate Planning
- Probate and Conservatorship • Family Law

P: 916.965.6647

F: 916.965.4218

gbones@boneslawfirm.com



R.K. Jacobs

Insurance Services

Home • Auto • Business

Office (916) 966-3733

Fax (916) 966-0177

4777 Sunrise Blvd., Ste. B

Fair Oaks, CA 95628

rjacobs@pacbell.net

Lic. #0535940

Business & Service Directory

Handyman

Household Helper

Hauling, Gutter Clean, Odd Jobs, Light Demolition

You Name It!

(916) 613-8359

Household Help

House Cleaning

Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates.

Call Madeline

(916) 723-1608

Bathroom Remodeling

AFFORDABLE BATHROOMS & ALL HOME REPAIRS

Shower & Tub Enclosures  
Water Damage  
Flooring, Electrical, Carpentry, Drywall  
We do all phases -small & large jobs

FREE ESTIMATES


ANDERSEN CONSTRUCTION

Licensed & Bonded • CSL # 681664

(916)-989-2689

Landscaping

*"Landscapes Within Your Dreams"*



McGUIRE EARTH WORKS

www.mcguireearthworks.com

LANDSCAPE CONSTRUCTION

OUTDOOR LIVING CENTERS

WATERFALLS

C-27 # 412296

Established 1980

9314 Greenback Lane

Orangevale, CA 95662

President

TIM McGUIRE

(916) 989-9713

Fax (916) 989-9706

mcguire\_earthworks@sbcglobal.net

Technology

SPECIALTIES PLUS

COPIER REPAIRS

20 YEARS

Alan & Pam Jennings

723-8430

Drafting/Design

Architectural Drafting and Design

Custom Homes  
Remodels and Additions  
Design Build

Full Commercial Services also Available

Steven C. Patterson

architect

(916) 798-9362

Tree Care

Tree Care Incorporated

10% Senior Discount

On Tree Pruning, Removal & Stump Grinding

ISA Certified Arborists

Free Estimate - Fully Insured

Lic # 475196

852-9500

Heating & Air

Christopher's Heating & Air

Commercial/Residential

We Service All Brands

FREE ESTIMATE

Call Today

916-223-1744

Garage Doors

ACTION

DOOR SERVICE

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

Pop Ins With A Plus

Pop Ins With A Plus

Senior In-home Care Specialists

- Complete personal care
- 3 hr min to 24-hour care
- Shopping/Errands
- Transportation
- LVN on staff
- Hospice

(916) 247-1019

Landscaping

Tall Weed Cutting

Low Rates

(916) 524-7477

Construction

RC Castleberry Construction

Remodel • Baths • Kitchens

Call 296-5848 or 289-8294

Lic # 759103

Photo Restoration

Restore Old Photographs

Share memories of special places and times with your family.

(916) 483-6051

Laws Studio, Crestview Center

Manzanita at Winding Way in Carmichael

Annuity Owners Could Pay 50% To IRS For Taxes!!!

Many annuity owners are losing half of their annuity to taxes and most are not even aware of the problem. The IRS is not required to tell annuity owners about little known tax laws that could save thousands of dollars in income and estate taxes.

Call today get your FREE copy of the booklet that could save you thousands of dollars in needless taxes.

Call 800-619-5438

24 Hours for FREE Booklet

Form #ARP-2009

M. Rodriguez / CA Insurance Lic # 0B87828

Household Help

DeAna's HOUSEKEEPING

Immaculate, Fast, Honest, Dependable.

I care about what I do.

Call me,

(916) 549-4915

Energy Savings

Heating & Air/Energy Savings

KEEP COOL THIS SUMMER AND SAVE MONEY

Cut Up To 40% Off Utility Bills

STAY COMFORTABLE

Call NorCal Energy Savers

1-800-828-3606 • Cell 335-6602

Relocation Services



SENIOR RELOCATION AND TRANSITION SERVICES

Serving all of Northern California

916-966-8745

compassionaterelocations.com

Tree Service/Yard Work

Phipps Tree Service

TRIM OR REMOVE TREES & SHRUBS

YARD CLEAN-UP

POWERWASH

DRIVEWAYS • PATIOS • DECKS

Free Estimates

SCL # 706464

601-2172

Hauling Service

Affordable Hauling

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

RUSS MONROE'S

FUNERALS & CREMATIONS

FD 1404

7960 WINDING WAY

FAIR OAKS, CA 95628

Tel (916) 9611265

Fax (916) 9612430

OPEN YOUR HEART AND HOME

Step up to the challenge!

Have experience working with developmentally disabled adults and/or challenging behaviors?

Have an extra bedroom?

Competitive stipend

MAKE A DIFFERENCE!

For More Information:

(916) 383-9785 ext. 15

ALTERATIONS by Patina

SPECIALIZING IN BRIDAL & FORMAL

11082 Coloma Rd., Suite 7

Coloma Village Shopping Ctr. • Rancho Cordova

(916) 853-1078

WWW.ALTERATIONSBYPATINA.NET

Dianda's

Italian Bakery & Cafe

(916) 966-3757

RUM CAKE • ST. HONORE • CANNOLI

COOKIES • PASTRIES • ALMOND TORTE

Located in Fair Oaks Village

10131 Fair Oaks Blvd. | Fair Oaks, CA 95628



Advertise Your Business Here at Low Monthly Rates

Call 773-1111



# Orangevale Rotary Names People of the Year



Coral Procter receives her plaque as Public Servant of the Year from Rotarian Jim Buntin.

Orangevale - Each year Orangevale Rotary recognizes people who have made a significant contribution to the life of the Orangevale community. This year's Teacher of the Year Award went to Mike Hallen, a history and psychology teacher at Casa Roble High School since 1974, who has a knack for making history come alive by telling engaging stories about historical events. He has also guided 38 student trips to

Europe. Renee Puentes, Store Manager at Walmart, earned the award for Business of the Year because, upon opening the new store in Orangevale, he began participating in community affairs and making donations to schools, libraries, etc. The Public Servant of the Year award was given to Coral Procter, Branch Supervisor of the Orangevale Library, who works diligently and competently to make the library all that it can be, offering to help patrons with all their library needs. Bob Clouse, of Bob Clouse Insurance, was named Citizen of the Year because of his participation in virtually all Orangevale events. Past Master of the Orangevale Grange, he also served four years as Master of the State Grange, and eight years serving at the national level.

# New Christy Minstrels Benefit Concert



Sacramento -- New Christy Minstrels Benefit Concert The New Christy Minstrels will perform at St. Ignatius Parish Center at 3235 Arden Way, Sacramento on Friday, September 11, 2009 at 7:30 in the evening. Tickets are \$35 for general seating and \$25 for bleacher seating. V.I.P. seating including appetizers and wine is \$50 (space is limited). For tickets, please call (916) 482-9666 ext. 212. Proceeds of this event benefit St. Ignatius Parish General Fund and Ministries. The very first of the big folk groups of the '60s, the New Christy Minstrels was

founded by Randy Sparks, who still leads the group today. With a total of five original minstrels—continuity almost unheard of in the music industry—the New Christy Minstrels features the very same performers who achieved worldwide acclaim in 1962-64, still dazzling audiences

younger entertainers to achieve the same identifiable NCM sound that has thrilled folks who care about singable melodies and memorable words for generations. The restored group has broken attendance records in several prestigious theaters, and has never appeared in concert without a standing ovation. They not only offer a wonderful show, they promise it.

Be sure to tell your friends and neighbors this will be a great trip down memory lane! You can check out the group at <http://www.thenewchristyminstrels.com>



NEW TECHNOLOGY IN MEDICINE

Learn how to: **Take Charge of your health**

Medical Equipment at Home

New Scientific Evidence

Look & Feel Younger

Reverse Aging

Weight Loss

Cheryl Lee

916.803.1950

Do You Have...

- Pain • Arthritis • Acid Reflux • Diabetes
- Skin Problems • Stomach/Digestion
- Knee/Foot Pain • Memory Loss
- Neuropathy • Energy Loss
- Back Problems • Shingles
- Gas/Indigestion/Bloating

By Appointment Only

9198 Greenback Ln. #208

[www. highlevelwellness.com](http://www.highlevelwellness.com)

Massage Therapy

by Jenn

916.640.7763

[www.massagetherapybyjenn.com](http://www.massagetherapybyjenn.com)

"Always affordable, quality care you deserve."

9198 Greenback Ln. #208

Orangevale, Ca 95662

Jennifer Landers, CMT

Delivery Routes Available

**CALL 916-773-1111**

Messenger Publishing Group

Fair Oaks

CHAMBER OF COMMERCE

A Few Minutes of Your Time

Will Help Make Fair Oaks

a Better Place to Live, Work and Play!

Dear Fair Oaks Residents:

Fair Oaks Recreation and Park District is seeking your input on a comprehensive Parks and Recreation Master Plan. The objective of this plan is to translate the community's values and vision into an action plan for parks, recreation facilities and programs.

Three community meetings will be held to give Fair Oaks Residents the opportunity to provide input and help make the plan a success. Community input is the cornerstone of the Master Planning process and the District would like to obtain as much comprehensive input as possible. The upcoming meeting dates and times are identified below.

Community Input Meeting #1

Wednesday September 16, 2009

6:00 P.M. – 8:00 P.M.

Location: TBD

Community Input Meeting #2

Monday September 21, 2009

6:00 P.M. – 8:00 P.M.

Location: TBD

Community Input Meeting #3

Tuesday September 29, 2009

6:00 P.M. – 8:00 P.M.

Location: TBD

\*For meeting location information, please contact the Fair Oaks Recreation and Park District.

Please Note: Residents are welcome to attend all three meetings, however, the meetings are designed with the same format and information gathered at each meeting will be compiled into one overall document.

Should you have any questions or need assistance, please contact Margaret Voorhees at 966-1036 ext. 18 [mvoorhees@fairoakspark.org](mailto:mvoorhees@fairoakspark.org).

We appreciate your time and look forward to your participation.

LOVE FOLK, AMERICANA and the BLUES?

How about beautiful Riverfront Camping, Hiking and a River Trip all with Live Music

American River Music Festival

Over 25 Performances including:

JACKIE GREENE and Tim Bluhm as The Skinny, Singers, City Folf, Jimmy La Fave, Blame Sally, Eliza Gilkysln & Nina Gerber, Jonny Mojo w/MindX and many more....

SEPT. 18-21 ~ IN COLOMA

3 DAYS CAMPING & ALL MUSIC: \$99

Single Day Main Stage Tickets \$35 in advance

[www.americanrivermusic.org](http://www.americanrivermusic.org) 530.622.6044

All American Speedway

NASCAR

WHELEN ALL-AMERICAN SERIES

NORTHERN CALIFORNIA'S PREMIERE DESTINATION FOR NASCAR RACING

Saturday Night's in Roseville, CA.

Gates open at 4 pm Main events start at 6pm

Over the years the All American Speedway has seen some of the top Stock Car Drivers in America Provide Saturday night thrills.

(916) 786-2025

[WWW.ALLAMERICANSPEEDWAY.COM](http://WWW.ALLAMERICANSPEEDWAY.COM)

800 ALL AMERICA CITY BLVD

ROSEVILLE, CA 95678





# Boy bounced school-to-school feeling suicidal

by Lauren Forcella

**Dear Straight Talk:** I just picked up my 16-year-old son from a street corner after he was incommunicado for a week. He’s very mixed up, and I need help. Right before freshman year, I moved to LA but he didn’t want to go so he moved to his dad’s in a pretty rough school district. He fell in with a bad group, smoking pot, drinking, and flunking school, so we moved him to LA with me. But he was miserable in LA, so for sophomore year I moved back to the district we had lived in originally hoping he would reacquaint with his grade school friends whom he claimed he missed. That didn’t work either. They “weren’t there for him anymore” and he wanted to live with his dad again. But his dad had remarried and moved to Colorado. Our son lasted there for a few months until they had a blowout and he came back here to live with me, whereupon he wanted to return to the rough school district “where his real friends were”. At a loss, I let him live with a classmate there, driving over weekly to check on him. But, Lauren, he’s flunking school, he’s threatened suicide a few times, and this morning he was really depressed saying his life isn’t worth living. Nothing we do seems to work. We’ve tried counseling, but he’s totally anti-therapy. What should I do? - Stockton, CA

**Katie, 16, Auburn, CA:** You must take his suicide remarks seriously! Hopping from place to place, he has no support system. Drugs and alcohol attract a “posse”, not true friends — plus drugs and alcohol are overwhelmingly associated with suicide. Do not let him live outside your house. As for counselors, it me took three years to find one I liked, but I did it.

**Maureen, 17, Redding, CA:** You’re lucky this is happening now. My brother waited for adulthood to get in trouble and now we can’t force him into rehab or therapy. Decide which household he will live in for the next two years and keep him there. Find a therapist he can bond with. Drug test him and put him in rehab if he tests positive. He might resent being controlled but he needs it.

**Brie, 18, Ashland, OR:** I started at a new school freshman year and quickly landed with the wrong crowd, too. I also wanted to move back, but I’m glad I stuck it out. It takes time to make good, quality friends versus the “immediate friend” who cannot be trusted. Kids need boundaries. A 16-year-old should not be living with a friend.

**Beau, 20, Citrus Heights, CA:** At 16, I also had suicidal thoughts. My father was dying, my mother was abusive, there was not a single thing to count

on. What saved my life was thinking about the people I loved and everything in front of me.

**Ashley, 21, Auburn, CA:** So what if he's anti-counseling! Anyone talking about suicide needs help! He is obviously self-medicating with drinking and drugs. Stop letting him move around and take control even if he gets mad at you. You are saving his life!

**Dear Stockton:** Listen carefully. Your son is a “10” on the at-risk scale. You and his dad need to grow a backbone and give your son ONE home — whether he likes the school or not. If he goes AWOL, or continues to mention suicide, do not delay enlisting professional help to escort him to a hospital or psychiatric facility. Don’t join the parents who tragically underestimated their child’s suicide remarks. Such remarks are a primary warning sign. Please call 1-800-SUICIDE. In addition to emergency suicide prevention, this 24/7 confidential hotline will inform you of local short- and long-term care facilities where you son can be evaluated and stabilized.

To ask a question or be a panelist, write us at [www.straighttalkforteens.com](http://www.straighttalkforteens.com) or P.O. Box 963, Fair Oaks, CA 95628.

## Family Fair and Car Show

Enjoy a fun-filled day for all ages!

The St. Ignatius Family Fair & Car Show will showcase classic, hot rod and custom models. Also: carnival games, bounce house and other kids’ activities, live music and entertainment, bingo hall, beer garden and great food!

FREE admission!

Car Show entry deadline: September 5

Free dinner for the first 60 cars to enter!

Awards ceremony: 4 p.m.

Contact: Phil Balestreri at (916) 402-3724

Saturday, September 12, 2009 11 a.m. to 8 p.m.

St. Ignatius Church & Parish School

3235 Arden Way, Sacramento (916) 482-9666

[www.stignatiussac.org](http://www.stignatiussac.org)

# Everyone’s A Winner at Orangevale’s Relay for Life

The American Cancer Society’s Relay For Life of Orangevale at Louis Pasteur Middle School is fast approaching: September 19 & 20. Cancer survivors, relay team participants, parents, children, the Orangevale community – all will experience the power and enthusiasm of a community joining together in the fight against cancer. Uplifting ceremonies, team competitions, theme laps, live entertainment, a children’s camp—everyone is included, everyone wins ! You don’t have to be on a team to visit and experience the “magic” of Relay.

Don’t miss out on the chance to win the top raffle prize of Orangevale’s Relay For Life: 4 passes to Disneyland ! Thanks to the extraordinary efforts and energy of Mary King, our Sponsorship and Donations Chairperson, there are a variety of great raffle prizes this year. Gift cards to many local restaurants, hair and nail salons, edible arrangements, movie passes, guest passes to local gyms, skate rentals, bowling passes, free tux rental -- just to name a few. Relay teams will also be selling raffle tickets to many other exciting prizes. Your chances of winning are very high !

Over the past several months Orangevale’s twenty-one relay teams have organized many fun events and parties to raise money for their team and to promote Relay For Life in the community. Car washes, pizza nights, bunko and poker nights, a fire works booth, an aperitivo and luminaria party, rummage sales, and many more. Along with the generous donations of local sponsors, the teams are well on their way to reaching and surpassing this year’s goal of \$60,000.

Each team has committed to educatingtheparticipantsandpublic about cancer research, prevention and patient services. There is no finish line... until we find a cure ! Attendees will be encouraged to go on a “treasure hunt” visiting each campsite to search for answers to a variety of questions on their treasure card. Everyone who turns in the treasure hunt card will receive a gift and be entered into a drawing for a special prize.

Cancer survivors will receive a “royal” welcome at the Survivors’ Hospitality Tent: a purple survivor’s shirt, a gift bag, and a complimentarybreakfast,lunchand dinner. Survivors along with their caregivers will be invited to walk the first lap of the 24-hour event after Saturday morning’s Opening Ceremony at 10 a.m. As a prelude to the September 19 & 20 Relay For Life, local cancer survivors and their caregivers are invited to a complimentary Mexican dinner donated by La Placita on September 2 (6 – 8 p.m.) at the Orangevale Community Center. Contact Lorraine Silvera if you’d like to attend the Survivors’ Dinner or learn more about Orangevale’s Relay For Life: (806-8261)

## Sheriff Meetings in Orangevale

The following is a list of dates and locations for the meetings. These meetings are every month with the exception of Orangevale. Orangevale is scheduled for every other month. Due to the holidays, there will only be one meeting for Orangevale in November and no meetings at all for December.

<b>Orangevale Community Meeting</b> 2nd Tuesday (alternating months) September 8th @ 1815 hours Orangevale Community Center 6826 Hazel Ave	<b>Gold River Community Meeting</b> 3rd Tuesday (monthly) September 15th @ 1815 hours
<b>Gold River Community Center</b> 11715 Gold Country Blvd.	<b>Fair Oaks Community Meeting</b> 4th Tuesday (monthly) September 22nd @ 1815 hours La Vista School 4501 Bannister Road

## American Cancer Society Relay For Life of Orangevale Cancer Survivor Dinner, September 2nd, 6 – 8 p.m.

The3rdannualOrangevale Relay For Life will take place at Louis Pasteur Middle School September 19-20, 2009. To honor and celebrate the many cancer survivors in our community, we invite local survivors and their loving caregivers to accept our invitation to a special pre-Relay event at the Orangevale Community Center September 2nd. A Mexican dinner donated by the La Placita restaurant, an uplifting and entertaining program, raffle prizes and gifts await our honored guests.

Learn more about the Relay For Life of Orangevale and all of the special ceremonies, services and surprises planned in your honor. Call Lorraine Silvera, Event Chair, for more information and to make a reservation: 806-8261. We look forward to meeting you soon!

**Join us in the fight against cancer!**

## LiveScan FINGERPRINTING

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

Plus,

- Notary, Copies, & Fax Service

Located at the corner of Greenback & San Juan

7405 Greenback Lane  
Citrus Heights, CA 95610-5603  
916.725.1345 Tel  
916.725.1772 Fax

### The UPS Store®

## "The First Family Name in Sacramento Martial Arts"

Bring this coupon to the Robinson’s TKD in your neighborhood

## Fitness Focus for Better Grades!

50% discount on six months of classes

Exp. September 30, 2009

CST #205/435-40

*Ships and Trips Travel*

**Trude Peterson Vasquez**  
*Your Personal Travel Specialist in Fair Oaks*  
(916) 961-3282 business  
[www.Trude4Travel.com](http://www.Trude4Travel.com)  
[Trude4Travel@pacbell.net](mailto:Trude4Travel@pacbell.net)

**“I Specialize In Stress Free Vacation Planning”**

**The German Deli**  
*German Meats • Imported Beer & Wine • Catering*

**Ask about our Mail Order Service! (916) 349-9493**

5859 Auburn Boulevard  
Sacramento, CA 95841

[www.sacgermandeli.com](http://www.sacgermandeli.com)  
[sacgermandeli@sbcglobal.net](mailto:sacgermandeli@sbcglobal.net)

- ✕ Grow the perfect orchid
- ✕ Organize a charity drive
- ✕ Own a small dress shop
- ☐ Meditate in the mountains
- ✕ Never cook again
- ☐ Volunteer to read for the blind

**Life’s a journey.** For part of it, your parents take care of you. For another part, you return the favor. When the time comes, we can help. Mostly, by making sure to honor your parents for a life well lived. If you need it, check out our Alzheimer’s and Dementia care with revolutionary Snoeselen therapy. Call 916-972-1313 or go to [aegisliving.com](http://aegisliving.com).

**We are a pet-friendly community!**

== ASSISTED LIVING & MEMORY CARE ==

## Aegis Living

We’re the people who make life better.

**ÆGIS OF CARMICHAEL** 4050 WALNUT AVE. 916.972.1313

RCFE # 347001/686



## ***Race Relations***



Dr. David A. Clark

Sal Arrigo, Jr. has worked in the field of Gerontology for more than 25 years. He is a professor at Sacramento St. University and American River College. Sal is also the Development Chair for the Alzheimer's Aid Society and will have a Silver Lining as a regular column in this newspaper. You can contact him at 916-448-7001.



*The San Juan  
Spirits Girl's  
Soccer Team  
came out in full  
force to support  
the run.*



*West Coast  
Plumbing  
Contractors, led by  
Lisa West, was one  
of the largest teams  
in the race. You can  
always count on  
family!*

100% Satisfaction Guaranteed

# Better Hearing Made Easy

## Get the world's first disposable hearing aid

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

**ALL  
NEW!**

### Improve your hearing without hassle or major expense

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

Makes conversations clearer and more enjoyable

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

**\$39<sup>95</sup>**  
Two  
Payments of

**ASK HOW TO GET FREE SHIPPING!**

Not available in stores

**Try It Now Risk-Free<sup>†</sup>**

**Call 1-888-287-4963**

Compact design  
as shown in hand


Product worn as shown—  
hides discreetly behind the ear

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

PH0720835

# Worried About Identity Theft?

## We Have a Million Reasons You Should Choose LifeLock®




Todd Davis  
CEO of LifeLock  
55N 457-55-6452

Credit monitoring doesn't stop identity theft. It only alerts you after your identity has been stolen. But LifeLock works to help stop identity theft before it happens by proactively reducing your risk - even if your information gets in the wrong hands. And what we don't stop, we'll fix at our expense, up to \$1 million.

Identity theft is still one of America's fastest growing crimes. Over 8 million Americans were affected last year, at a cost of over \$50 billion. LifeLock, the industry leader in proactive identity theft protection, can help.


Whether you're protecting yourself or your family, LifeLock has the identity theft protection you need. And remember, what we don't stop we'll fix at our expense. That's our \$1 Million Total Service Guarantee. Sign up today and you'll receive LifeLock at 10% off and risk free for 30 days.



**30 Days FREE  
& 10% OFF**

USE PROMO CODE **MPG8**  
call or go online

[www.LifeLock.com](http://www.LifeLock.com)  
800-LIFELOCK (543-3562)



**LifeLock.**  
#1 in Identity Theft Protection

Never share your Social Security number unnecessarily. No payment, no obligation for 30 days. After 30 days, your credit card will automatically be billed. You can cancel at any time without penalty. This offer is exclusive to new members only and does not apply to existing LifeLock members.





# Patricia Diane “Trish” Scholl

August 2nd, 1958 – August 6th, 2009

## Life and Love give us what we need.

By Paul V. “Pauli” Scholl

A few days ago my wife passed away in her sleep. As I found her early that morning, it was surreal, shock-waves in an instant, panic, crushing realization and a sinking unimaginable.

“Trish, wake up. Wake up! Oh, come on baby please wake up! Trish, wake up!”

Calling 911 as I looked upon her, checking for all the signs. “Oh, come on baby, please wake up...”

The emergency crew arrived quickly. Confirmation was quick. Police arrived, asking only the necessary questions. They went next door to get my neighbor to stay with me until the coroner arrived. “Trish, wake up...”

It seemed only minutes before the coroner was in the room, asking again only the necessary questions, compassionate and professional. “Can I just lay with her for awhile?” I did, and I told her how I loved her, as I did every day we were together. I held her, just as I wrapped my arms around her all those nights watching goofy television shows together. I kissed her face.

That morning, as I lay next to her on the bed, with the sun rising through the window of our bedroom, I again studied the beautiful lines of her face. The curvature of her cute little nose, the lips I’d kissed thousands

and those who do not. And you have to let it go. Everyone has a loss when death comes. It can bring out their very best, and sometimes the very worst. But it does not mean they do not love. When you are the one having to make all the final decisions having to include the emotions of dozens of hurting people, some you know well and some you know never really cared to know you, you have to listen clearly and act through love. You must always do what you know is what your loved one had wanted. It’s not a time for selfishness or confrontation. It is a time of honor, duty, righteousness, and most assuredly a full display of the deepest and most passionate love of which you are capable. Love must be everywhere.

The sacred symbolism, the significance of the spiritual hourglass surrounding it all, and this printed memorial in no way is meant to elicit pity or condolences, to glorify my own pain or to paint a picture of anything less than the truth. It is meant to be a gift. A gift that at least one man out there reading this will look at his wife with more love and understanding, and never again take the most simple moments with her for granted. It is a gift to at least one woman out there who will recognize and acknowledge the love her husband gives her everyday. A gift to a husband and wife that will share a deeper love, a greater joy, and a longer commitment to a marriage as intended by God.



Patricia Diane Scholl in her finest hour

The first play was a ground ball to me, I turned and threw to her at second, and she turned a beautiful double play. 6 to 4 to 3. I ran over to her and we introduced ourselves with a big smile and a high five.

She was due up at our first turn to bat. I remember watching her walk up to the plate from the dugout. Her walk. Man, oh man, what a walk. I was smitten. As it turned out I was in the wrong game, and on the wrong team. But I was right on time.

“We had time together many years ago that no one here even realizes happened. She was magic to me then. She is magic to me now.”

I read a poem I had written for her over twenty years ago named “What Happened at Carnelian Bay”. It spoke of our love for each other from twenty years ago. As I went through some of her keepsakes days later, I found a copy tucked away in a secret place.

### How I proposed

She was always so much fun at the ballpark. She would keep score, eat peanuts, drink beer and tell a story all at the same time. That was the plan. Sharing her in her element of joy and enthusiasm.

The A’s were loosing all night long...when Miguel Tejada hit that game winning double to defeat the Yankees in the bottom of the ninth to win by coming from behind, it was a dream come true.

Through all the yelling and celebrating, I turned and asked her,..... “Will you marry me?” She stopped breathing, had to sit back down, “What?” and had to ask me to say it twice. “Yes” never sounded so glorious.

“On that wedding day, I knew, I was the luckiest man on the face of the earth”

Readings offered throughout the service were given by her big brother Joe, representing the family, long-time friends Jakki and Lorrie representing her many close friends, our daughters Christina and Jennifer, and her good friend Terri. All very poignant and appropriate, describing the many facets of her life.

### Our wedding rings and their symbolism.

We designed them together. The roses represent ourselves, the three leaves on each rose represent our children, and the three diamonds represent the spiritual aspects of divine love.

“Gabriel, You have been my son many times.

Christina and Jennifer, you will always be my daughters.”

### Her last birthday

On Trish’s last birthday, just this past August 2nd, Trish spent the entire weekend with her grand daughters. She was in the closest place to heaven she could be. My son Gabriel and I were having a father and son weekend, staying at the very same hotel were Trish and I spent our honeymoon on the north coast.

had for life. It symbolizes the deep spiritual passion we had for each other. And it is with that passion for her; that I share this last poem, and end this ceremony of remembrance for my wife, Patricia Diane Scholl.

Thank You my beloved, for letting me be your Hero.”

### A Victor Hugo poem, read at the memorial, and on our wedding day

When two souls, which have sought each other  
for however long in the throng,  
have finally found each other,  
when they have seen that they are matched,  
are in sympathy and compatible,  
in a word, they are alike,  
there is then established for ever between them  
a union,  
fiery and pure as they themselves are,  
a union which begins on earth and continues for ever in heaven.  
This union is love, true love,  
such as in truth very few men can conceive of,  
that love which is a religion,  
which deifies the loved one,  
whose life comes from devotion and passion,  
and for which the greatest sacrifices are the sweetest delights.

Amen.

love of my arms into the warmth and the love and the light of Yours.

Trish filled every room she entered with love and joy and laughter. Trish was a big baseball fan, loyal to the Oakland A’s. She had great love of music, dancing, games and many other sports. She was a big supporter and organizer of teams for annual Relay for Life/American Cancer Society events in Vacaville and the Sacramento area. She was very active in the Lincoln, CA Chamber of Commerce, recently being named their ambassador of the year. She lived her life with great passion for life, always giving of her time to family and friends in need.

Memorial services were held Thursday, August 13th at 11:00 am at Saint Mary’s Catholic Church, 350 Stinson Avenue, Vacaville.

Born in Fairbanks, Alaska, she has lived for the past few years in Roseville. She was 51 years old. She is survived by her loving husband Paul V. Scholl of Roseville, owner of the Messenger Publishing Group, two daughters Christina Rae Whedbee and Jennifer Lynn Simms, son-in-law Christopher Simms, stepson Gabriel Lucas Scholl, parents Joseph and Judy Gregorich of Vacaville, brothers Joseph, David, Tommy Dale, Timmy and Ricky, sister Victoria and their families, and her dear grand children Hailey Smiley, Kearsten, Kylie and Kendra Simms, along with dozens of nieces and nephews,



There was always a “fiery” passion

of times, the forehead that touched mine in tough times, just as I had looked upon her all those mornings. She was so serene, no anguish or struggle obvious, only calm.

The coroner waited until I was ready, as if you’re ever really ready to let go of the one you expected to spend the rest of your life with in love and joyful living.

There are few things in life more final than watching a coroner’s vehicle drive down your street taking your loved one’s body away.

### Ceremony and Burial Plans

Many asked “How can you do the service yourself” and “Are you sure you are up to it?” and others not sure of motive asked “Why?” Once the very idea of having to prepare a service came there was no doubt I had a duty to my wife to perform it myself. There was no uncertainty, no fleeting thought, anxiety or indecision. I knew only I could give my wife what she truly wanted, in life and in death.

Seeming stoic, separated, at times I’m sure aloof, it was duty to my wife first and foremost. I was doing what had to be done to give her the reverence, respect and spiritual safety in both worlds.

All the while, my heart was breaking into more pieces than there are stars in the sky. The universe failing in its immensity to secure room enough for the hole I was falling through.

“Jesus, my Lord and Saviour; at some point, please just catch me.”

No matter how loving, how well intended, you believe a family is in their caring, there will always be issues. You will find those who have social graces and those who do not. You will find those who understand grace itself,

### The beginning of the ceremony

Taking my place as Rev. Paul, and husband “Pauli”

“Today, I stand before you, As a minister, As a brother, As a son, As a father, but most importantly, for this day, I stand here as the adoring Husband of Patricia Diane Scholl I am presiding over this ceremony, because Trish asked me to. When we were married, she had said she had only wished that I could be both her groom and the minister, because she loved to watch me perform wedding ceremonies. Today, I grant her that wish”

### How we met

We met for the first time over twenty years ago on a softball field in Fairfield, California. I was on another



Always the loving Grandma

field waiting for a team that never showed up. She waved to me to “Come on, we’re starting” from an adjacent field. Thinking I was somehow in the wrong place, I ran to her and took shortstop. They had already started the game, with the first batter getting a hit. She was playing second base.



“The luckiest man on the face of the earth”

“I’m having a dream, about having a dream, about having a dream, and in that dream guessing who it will be that will wake me up.”

Trish had a great relationship with her mother-in-law, Margaret Scholl of Fairfield. She would often take her on trips to see matriarchs of the Scholl family throughout the bay area, just to get to know the family history. She would also take her shopping, a sometimes difficult task for an 86 year old great-great grandmother. Trish was greatly accepted and loved by the entire Scholl family.

Trish also had a wonderful and special relationship with her stepson Gabriel. They had a bond all their own. She was his sounding board, his rock.

Days later, as I held my daughters one more time before they left our home, headed back to their own worlds, the tears and weeping came



A special bond with Gabriel

over me, unstoppable, “I hope that you have learned one thing, how deeply a man can love a woman.”

God, I know I ask this days too late, for she is already with you, grant her spirit safe passage. May she fly from the warmth and the

We tried to get back in time for the early evening so I could be with her, but we were caught in traffic and I was hours late. She waited. We shared a piece of birthday cake, and a kiss. I gave her her birthday gift, a new music box with a picture on it of what I wanted to create with her in our backyard. A beautiful and lush surrounding of a gazebo where we could go out every morning and share our coffee and thoughts together. The tune? What a Wonderful World.

### Presentation of the Roses by the Naughty Nieces

During the ceremony, 300 roses were presented to everyone in attendance by the Naughty Nieces, all the women in the family who regularly get together one or two weekends each year just to bond as the women in the family. Trish was the only one to have never missed one of those weekends.

### As they handed the roses out I read:

These roses are given to you today as an extension of Patricia’s love

They are your keepsake. Trish always loved the surprise of coming home to roses. Last night, she was surrounded in her rest by the dried petals of every rose I have given her throughout our marriage.

### “300 Roses”

Love comes and goes in the silence of the night

By any other name

You and Love are just the same

Both warm and deep within in my heart

My roses, my kiss, my soul

Every rose a kiss

Every petal an “I love You”

Every look in your eyes

Another hour in my heart

Rest now my sweet, adored and cherished wife

300 roses will be returned ten fold to everyone you loved

to everyone you’ve touched

Shhh! ----- You can hear Love coming...

### Our marriage

We had big dreams. We were married at a sacred time, on a sacred date. The symbolism representing one’s body and soul being reflected by another’s body and soul, perfect in their reflection. A perfect union. Complete recognition of one another.

Countless times we would call each other, or leave messages at that sacred time, morning or night. Everything else stopped for a kiss.

When she prepared a meal, no matter what, where, or when, I could taste all the love that she put into that gift for me. Never, never, was there a meal that didn’t taste like love.

In marriage, we served each other. We saved each other.

Trish spoke to me the other night. She chose red for her day.

### “Pauli, I want red”

“Red symbolizes the passion Trish