

AMERICAN RIVER

M E S S E N G E R

Assemblyman Niello



Performance
Based Budgeting
Deserves a Look

Page 7

Cordova Soccer Champions



Juventus,
winner of the
District Cup
Tournament

Page 13

Livestock Industry Tax



Prepare for
tofu and empty
pastures

Page 14

Career & Resource Fair



January 28
at University
of Phoenix

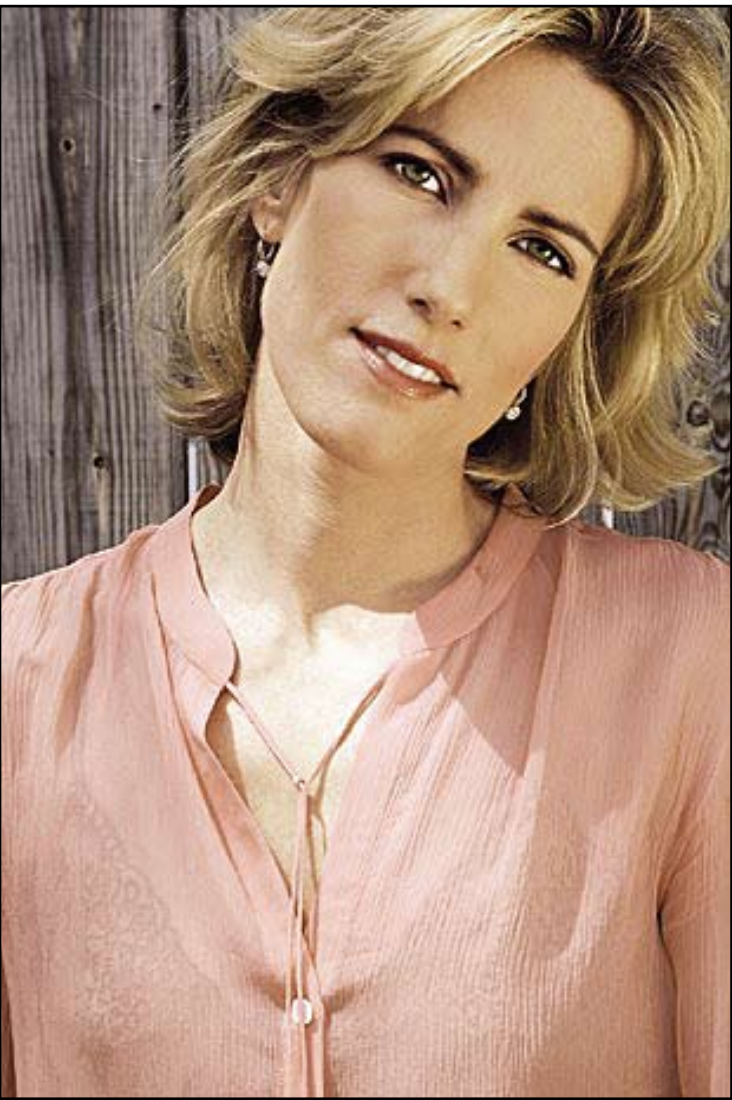
Page 15

Volume 4 Issue 1

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

First Edition for January 2009

Laura Ingraham Show Joins Local KAHl Radio



Conservative Talk Show Host Laura Ingraham

Auburn - The Laura Ingraham Show joined KAHl Radio AM 950 on January 5th. Always articulate and entertaining, "The Laura Ingraham Radio Program" has been adding legions of listeners since her launch into national syndication in 2001. Smart, funny, and ahead of the curve in politics and the culture, Laura's busting down the door of the "boys only" radio club. Her show takes listeners on a wild ride through the colliding worlds of politics, the news media, and Hollywood.

Her legal, political, writing, and television background distinguishes Laura in the field of increasingly homogeneous radio syndication. Whether she's on the watch for evidence of media bias, political hypocrisy or

Hollywood inanity, Laura infuses her program with a level of energy and commitment to conservative principles that grabs hold and won't let go.

In addition to hosting her own syndicated radio program, Laura is an author, frequent columnist and television commentator. Her book The Hillary Trap, first released in June 2000, was recently re-released as an updated paperback version. Her latest book, Shut Up & Sing: How the Elites in Hollywood, Politics...and the UN are Subverting America quickly became a bestseller.

In her book Power to the People, Ingraham focuses on what she calls the "pornification" of America. She discusses issues such as traditional family values, education, and American

patriotism. Power to the People stresses the importance of getting involved in the culture. "The main thread that runs through these topics I cover in the book is civic involvement and civic virtue. Get in the game. Start a blog, report on what is happening at your local PTA. If you are a parent, and you are disgusted at what you see on your kid's computer screen, do something. Track where your kids go on the Internet. Tell your kids that you are going to review where they are on the Internet. Be a parental filter. Learn about threats that face America - from within and out. Education is the first line of defense." Power to the People, was released on September 11, 2007, and topped Amazon's bestseller list on September 14.

Laura worked as a speechwriter in the final two years of the Reagan Administration at the White House, the Department of Transportation and the Department of Education. She went on to graduate from the University of Virginia School of Law, where she was Notes Editor of the Law Review. She served as a law clerk on the U.S. Court of Appeals for the Second Circuit, and then on the Supreme Court of the United States for Justice Clarence Thomas. After clerking, Laura worked as a white-collar criminal defense attorney for Skadden, Arps, Slate, Meagher & Flom. Laura is a graduate of Dartmouth College.

Smart political talk isn't just for the boys anymore. Just say no to stupid radio and get hooked on Laura. It's not just a talk show - It's an addiction.

Bob Hilton, Director of Sales for the radio station said, "I am ecstatic and proud to present this wonderful conservative approach to our broadcast. It is a voice that needs to be heard, and is available to all of our listeners both on the radio and the internet worldwide." The show airs weekdays from 6 to 9pm.

KAHl can be found at 950 AM and streaming live at KAHl.com. The show is also available on podcast. Find out more about Laura Ingraham at LauraIngraham.com

Folsom Boulevard Businesses Join Forces in Rancho Cordova

Rancho Cordova - The Reinventing Folsom Boulevard Business Group in Rancho Cordova has scheduled its first meeting of 2009 for Monday, January 26th at 6 p.m. in the Mills Station building, located at 2900 Mather Field Road. This meeting is a follow-up to the community forum that was held last October, where the attendees expressed an interest in continuing to meet as a business group.

"The purpose of this new group is to pool resources and information and to work towards meaningful goals to improve the business climate along the Folsom Boulevard corridor," said Megan McMurtry of the City of Rancho Cordova Economic Development Department which is hosting the meeting.

Property owners and representatives from businesses on or near Folsom Boulevard, from Bradshaw Road to Sunrise Boulevard, are encouraged

to attend.

Topics of discussion will include identifying security problems and solutions, marketing area businesses, and planning events for the corridor. "We will also explore creating subcommittees and recruiting additional members for the group's steering committee," said McMurtry.

"The City will provide administrative support for the Reinventing Folsom Boulevard Business Group but its success will depend on the level of local participation," she commented.

For more information about the meeting or to RSVP, please contact McMurtry at (916) 851-8782.

The City of Rancho Cordova is celebrating its fifth anniversary of incorporation. City Hall is located at 2729 Prospect Park Dr., Rancho Cordova, CA 95670. The phone number is (916) 851-8700 and the web address is www.cityofranchocordova.org.

New Firehouse Opens



Tim Lash, Engineer, Jay Skidmore, Captain and Ty Eidam, Captain proudly man their truck and answer questions about the new community station.

Orangevale - The Sacramento Metropolitan Fire Department opened its latest new firehouse on Saturday, January 10th to a supportive crowd of over 250 people. Fire Chief Don Mette led the ceremonies, which included a "ribbon cutting" as one of Station 29's fire trucks was driven into the firehouse under appreciated applause of neighbors and friends.

The new station is the fourth to be opened by Sacramento Metro Fire Department since 2006. The previous neighborhood fire station was a temporary site, which had

been operating from a converted home since 1964.

Also attending the event were Deputy Chief Geoff Miller, Deputy Chief Jim Eastman, Board President Lawson, Directors Trujillo, Granados, Goold and Clark. The firehouse was designed by M.F.D.B. Architects, Inc. and constructed by Allen Bender, Inc. General Contractors.

The new Station 29 is located at 8681 Greenback Lane in Orangevale and will primarily serve Orangevale, Citrus Heights, Fair Oaks, Folsom and the surrounding communities.



Fire Chief Don Mette

Navy League Builds America's Future Through Successful Youth Programs

Sam's Club, El Camino & Watt Ave, Rick Lindley, Club Manager & Patty Frank, Membership Manager recently presented a Grant check for \$1500 to Navy League Sacramento Council Vice President Military Affairs, John Meyers in support of the Council's Monthly Award Programs. John Meyers, on behalf of the Navy League Sacramento Council presented a Certificate of Appreciation to Sam's Club Manager Rick Lindley for their generous grant. This ceremony took place during Sam's Club open house to all non members Veterans in the community.

This Grant will be used in our community to help the Navy League build America's future through successful youth programs like the Naval Sea Cadet Corps and the Navy League Foundation Scholarship Program. The Sacramento Council, chartered in 1956, is involved in supporting and promoting youth-oriented organizations and activities in Sacramento such as the Sea Cadets, the Young Marines,



L-R: John Meyers, VPNLC, Rick Lindley, Sam's Club Manager, store employee, Mike O'Docharty, SVPNLC, Joe Fraccolla, PAO, Zoe Ann Murray, Director, Malcolm Tucker, President NLC.

and the Navy JROTC program at Luther Burbank, and the Marine Corps JROTC program at J.F. Kennedy High Schools. The grant will also be used to purchase equipment, awards, administrative

supplies, maintenance and repair of equipments as needed.

For more information call Joe Fraccolla, Public Affairs Officer, 916-638-8720.

Impaired Driver Enforcement Program Receives Grant

from Citrus Heights Police

Citrus Heights - More traffic enforcement and safer streets are coming to Citrus Heights in the coming year. Increased special traffic enforcement measures are on tap as a result of a recent \$106,863.00 grant awarded by the Office of Traffic Safety to the Citrus Heights Police Department. The Citrus Heights Police Department is dedicated to keeping our roadways safe through both enforcement and education.

The Selective Traffic Enforcement Program (STEP) grant is to assist in

efforts to deal with increased traffic safety problems and reduce the number of persons injured and killed in traffic collisions. The grant activities will specifically target DUI offenders and drivers with suspended or revoked licenses. This will be done through the use of DUI and driver's license checkpoints, DUI saturation patrols and special enforcement operations aimed at drivers with suspended driver's licenses who continue to drive.

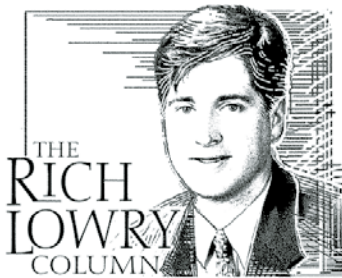
The grant follows a 2007/2008 grant that funded the purchase of a DUI trailer, lighting equipment, traffic control signs,

digital cameras, portable breath test equipment and overtime to conduct special enforcement activities.

"When more people buckle-up and drive sober and safely, we save lives. It's just that simple," said Christopher J. Murphy, Director of the Office of Traffic Safety. "This grant will help make Citrus Heights just that much safer of a place to live and work."

Funding for the grant comes from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

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



Farewell to the War Presidency

Holding forth in the Oval Office, President George W. Bush is as upbeat and self-confident as ever, even if markedly grayer. Yet a sense of yesterday hangs about him, not just because Barack Obama is already de facto president, but because the war on terror that animated his presidency has faded in the public mind.

To talk to Bush about his presidency is to enter a time warp, a world where the 9/11 attacks loom large, where the transformation of the Middle East is an urgent priority, and where the president’s energy is devoted to managing a very hot war in Iraq.

The most consequential event of Bush’s presidency was a terror attack, and the most consequential decision was an invasion of another country. The world will hold nasty surprises for Obama, but he clearly hopes to focus on the homeland -- and not in the sense of “homeland security.” The central indices of his presidency probably won’t be people liberated and terrorists killed, but jobs created and energy-efficient light bulbs installed.

The public has done worse than reject President Bush, it has -- despite all the heat still generated by his administration’s controversies -- passed him by. As the Arabs say, the dogs bark, but the caravan moves on. And Bush feels it.

“Over time,” Bush says, “because we were effective at protecting the homeland, the fear of an attack began to dissipate. People knew that there was an attack in London and that would raise concerns, but there wasn’t this, you know, on-edge awareness anymore. And so the job of the government is in some way self-defeating toward

keeping the country alert and aware.”

In defending his decisions, Bush hearkens back to that bygone era. “You cannot isolate Iraq without placing it in the post-9/11 environment and what life was like,” he says.

As Condi Rice recently said, “If you were in a position of authority on September 11th, then every day since has been September 12th.” So it was for Bush, with the management of two wars on top of it.

Recalling Iraq’s descent toward full-scale civil war in 2006, Bush says: “This was all-consuming during this period of time.”

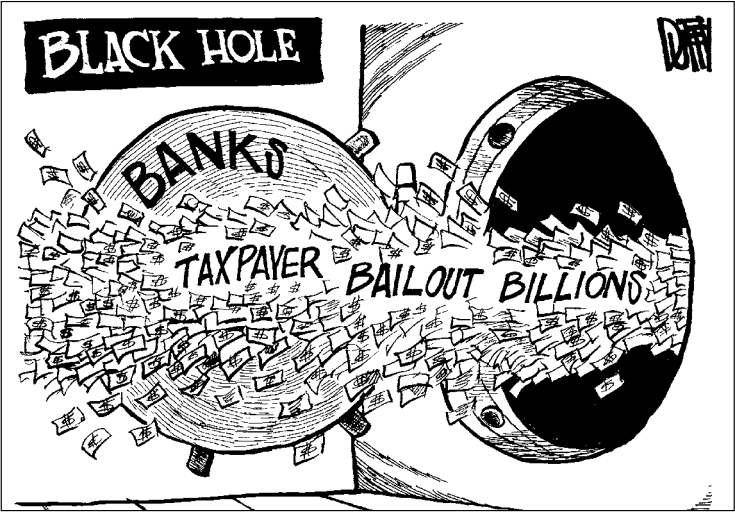
With the surge, Bush set out to create conditions in Iraq that would make the war sustainable for his successor. He succeeded. The new Iraqi-U.S. security agreement, Bush says, “enshrines a presence and the doctrine of return on success that gives the president, the new president, some latitude.”

John McCain campaigned on the success of the surge and on the same sense of urgency about the war on terror as President Bush. People didn’t reject McCain’s views so much as the very notion of another war presidency.

Bush has been diminished by events and his own failures, but there’s a largeness to his character -- in his sincerity and courage -- that will only be appreciated long from now. He’s confident “conservatives will rebound,” with “new ideas” and “new blood.” A first step is adjusting to a world where a war presidency seems passé.

Rich Lowry is editor of the National Review.

© 2008 by King Features Synd., Inc.



Do We Need the First Amendment?



by Joe Sobran

At times you get the feeling that liberals regard prayer as a threat to the First Amendment.

The U.S. Supreme Court has led the way, moving from the position that public-school prayers are unconstitutional to its latest refinement, the view that student-led prayers at public high-school football games are also, by extension, unconstitutional. After all, the loudspeakers are paid for with public money and the prayers are uttered with the implicit approval of the school.

This new addition to the liberal Deposit of Faith has provoked a reaction, especially in the South, where folks tend to feel that separation of church and state must not be construed to mean separation of church and football. Now the people in the stands are praying aloud together

in defiance.

Needless to say, the New York Times is in an editorial lather about it, seeing these prayers as the seeds of another Spanish Inquisition. The Paper of Record admits that voluntary prayer is probably constitutional, but feels that that doesn’t make it less menacing. Or less unmannerly: just think of the hurt feelings of non-Christians in the stands who feel excluded when the Christian hordes launch into the Lord’s Prayer!

“It’s not a legal issue, but a sensitivity issue,” says Jay Kaiman of the Anti-Defamation League in Atlanta. So the Lord’s Prayer is now insensitive? Interesting. Lots of people take the Lord’s name in vain without worrying about Christian sensitivities; Christians seem to be the only minority Hollywood doesn’t mind offending — or positively delights in offending. What does the Anti-Defamation League have to say about that? Or would swearing and blaspheming be “free speech” issues?

“Jewish organizations say the prayer movement is spreading a divisive message,” reports the Jewish Telegraphic Agency. It seems that exercises of First Amendment freedoms are “divisive” only when Christians exercise them.

If only liberals would read the First Amendment as closely as they do the Second Amendment. They insist that “the right to keep and bear arms” is qualified by the purpose of “a well-regulated militia.” Why, when it comes to separating church and state, do they

ignore the words “Congress shall make no law respecting”? Why do they think “Congress” — the legislative branch of the federal government — means state and local governments and their schools? Why do they pretend that the slightest encouragement of religion amounts to an “establishment of religion,” when the specific historical meaning of “establishment” is so clear — as witness the fact that Congress itself has always had chaplains to open sessions with a prayer?

Of course all these church-state quarrels could be avoided if we separated school and state. No government — federal, state, or local — has any business molding children’s minds. Yet most people take for granted that the government is and must be responsible for education at every level, from pre-school to grad school.

When you combine that assumption with the separation of church and state, religious education — the most important education of all — is squeezed out. As C.S. Lewis noted, the modern world insists that religion be a purely private affair, then shrinks the area of privacy to the vanishing point. When the state moves in, separation means forcing the church to move out. And the state keeps moving into new domains which it claims as its own.

Which suggests another question. Why don’t liberals fret about transgressions of the Tenth Amendment as much as they worry about transgressions of the First?

Is that limitation on the federal government’s powers less important, less comprehensive, less binding, less central to the very nature of this Republic?

While the First Amendment has become the subject of Talmudic elaborations, the Tenth Amendment has dwindled into a dead letter. The great principle of dividing and dispersing power — the very genius of the original American system — is at least as vital to freedom as the specific protections of the First Amendment; in fact it includes them, since if the federal government were confined to its enumerated powers it would have no authority to infringe freedom of religion, speech, press, and assembly. If we took the Tenth seriously, we wouldn’t need the First. But try explaining that to a liberal.

Reprinted by permission.

The Reactionary Utopian by Joe Sobran is copyright (c) 2008 by the Fitzgerald Griffin Foundation, fgfBooks.com, P.O. Box 1383, Vienna, VA 22183. All rights reserved. This column was originally published by Griffin Internet Syndicate on September 7, 2000.

Joe Sobran is an author and a syndicated columnist. See his latest writings at <http://www.fgfbooks.com/Sobran-Joe/Sobran.bio.html>, and see him on YouTube at <http://www.youtube.com/watch?v=NJZ3FZ4iiv>.

Sacramento Bandits Use Every Trick to Get New Taxes



by Jon Coupal

The governor and the majority in the Legislature are continuing to hold up already hard-pressed Californians for more money.

Since we pay some of the highest taxes in the nation and have one of the highest rates of unemployment, one is reminded of the classic western “The Magnificent Seven,” where a bandit gang keeps returning to the same poor village to rob the helpless farmers of what little they possess. Where are Steve McQueen and Yul Brynner when we really need them?

Of course our larcenous politicians would prefer to portray themselves as being like Robin Hood, taking from the rich and giving to the needy. But several of their proposed tax hikes are highly regressive -- hitting low and middle income Californians the hardest. This is especially true with the schemes to raise

gas taxes, sales taxes and the car tax. And who are they giving to? Well, for them, the especially needy include the state’s public employees, who, according to the U.S. Census Bureau, are the highest paid in the nation.

While Californians are losing their jobs in a tough economy, leaders of the legislative majority are refusing to consider having state workers take off just two unpaid days per month to help relieve the state budget deficit. Ask the formerly employed workers of Circuit City or Mervyns if they would have preferred a furlough of two days a month in place of their current status: Unemployed. The entitlement mentality of California’s public sector is staggering.

As Assembly and Senate leaders Bass and Steinberg push their high-tax agenda by means fair and foul -- they have tried to approve new taxes with a simple majority vote in clear violation of the state constitution and

Proposition 13 -- other politicians are resorting to psychological warfare.

State Treasurer Bill Lockyer has announced that without a new budget all infrastructure projects will be halted and workers laid off. And, in a letter to state agencies, Controller John Chiang says unless the state gets more money, as early as February 1, he will begin paying the state’s bills with “registered warrants,” or, in everyday language, “IOUs.” Not only would those doing business with the state be paid with these warrants, but honest taxpayers, who have paid their full share of taxes and then some, would receive an IOU in place of a refund.

So instead of tightening government’s belt as the rest of us are doing with our businesses and families, the politicians are holding a gun to the the heads of taxpayers saying, agree to pay more in taxes or get a fistful of IOUs.

However, further analysis

shows this be be little more than a scare tactic. Chiang aide Hallye Jordan has told NBC news IOUs are not the only option. Even without a deficit resolution the state could simple delay payment of refunds, possibly up to the constitutional deadline of May 30.

Californians should not give in to these threats or they will find themselves submitting to these bandits every time they return for more. The politicians’ right to tax and spend is upheld only by the good will of the people. This they have forfeited. They must make cuts to bring the budget into balance and give taxpayers a chance to recover, thrive, and eventually produce more tax revenue for government which, at the moment, seems to be these bandits’ only interest.

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

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 \$20 per year within Sacramento county, \$30 outside Sacramento county. The ARM is published twice monthly.

Call 916-773-1111 for more information

Graphics & Layout -
Distribution Assistant -
Advertising Sales -

Clif Edwards
Gabriel Scholl
Perry Hartline • Carolyn Harrison
Shannon Mladineo • Yolanda Knaak
Marion Solo
Jeri Murphy

Classified Sales -
Editorial Support
Contributing Writers -

Tim Reilly
Mary Jane Popp
Marys Johnson-Norris
Kay Burton
Judy Zimmerman
Phil Cowan
Pastor Ray Dare
Yolanda Knaak
Accounting -
Nicholson & Olsen CPA
Web Master -
RJ at thesiebarn.com • JWS Promotions
News Services -
King Features Syndicate • PRWEB NewsWire
North American Precip Syndicate • Blue Ridge Press
ARA Content • Family Features • WorldNetDaily
Amanda Morello • Mary Pearson

Photography -

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

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

American River Messenger is a member of
Messenger Publishing Group

MPG

We are Proud members of these newspaper associations.

Endowment Care
Cemetary District
Established 1903

(916) 966-1613
Office Hours
M - F 7:30 A.M. - 4:00 P.M.
7780 Olive Street, Fair Oaks

During and After:
Free Standing Garage Project

Customer Reward!
Instant \$250 rebate on
your signed contract!

**TWO YEAR
WORKMANSHIP
WARRANTY**

We are confident
that our
reputation
speaks for itself.

*Minimum purchase \$3000 for 100%
rebate, other exclusions may apply.

Visit www.hsgconstruction.com to see our work!

PROUD MEMBER OF:
BETTER BUSINESS BUREAU
FAIR OAKS CHAMBER OF COMMERCE
HOME BUILDERS ASSOC. OF NO. CA
STATE CONTRACTORS LICENSE BOARD
NATIONAL ASSOC. OF HOME BUILDERS
TEDECO CERTIFIED CONTRACTOR

HERITAGE
SERVICE GROUP
CONSTRUCTION & REMODELS

LICENSE #B41305

Sacramento:
916 961-7366
Cameron Park:
530 676-2066



Bringing back the draft

by Lauren Forcella

Dear Readers: The “draft” is a dirty word for many Americans. But every New Year I like to share what’s on my mind — with hopes that it starts many conversations!

The last year we had a draft was 1973, when the Vietnam War ripped this nation apart. The young of this country went crazy with justified anger over having to fight — and probably die — in a senseless war. The draft was the prime mover in why our young were so passionate, so demanding of change, so actively participating as citizens. It was even the draft — hell no, we won’t go! — that ended the war.

Thirty-six years have passed and America has asked nothing of the 18- to 24-year-old crowd. Home life has changed, too. Very few children are required anymore to roll up their sleeves and apply elbow grease for the benefit of the family. Parents are busy, kids are overscheduled, many eat what they want, go to bed when they please, and most don’t know the first thing about handling tools, preparing a meal, even running a vacuum cleaner. We have become a nation of largely apathetic, mostly overweight youth who have few skills beyond running personal electronic devices.

Last New Year, I wrote “The Male Crisis” (JAN 2, 2008) and begged you to read Boys Adrift by Dr. Leonard Sax. I still beg you to read this book. It explains how boys have been “feminized” by our current educational system, ADHD drugs, video games, and plastics, resulting in an epidemic of lazy boys and lazy young men. I mention it again because when one-third of 22- to 34-year-old men still live with parents, and 14 percent of able-bodied, mostly college-educated men are not working — and not interested in working — we have a problem Houston.

When I hear America compared to the fall of Rome, I think back to Vietnam and wonder what would have happened if, instead of ending the draft, we had expanded it to include non-military service. (Youth were not just howling about the war. They were protesting many of the same social, political, and environmental problems that dropped Rome — all of which are worse today.) No one would’ve batted an eye. The draft was an acceptable part of life; people just didn’t want this particular war.

But, that didn’t happen. The draft was eliminated and youth were effectively amputated from public service. We “silenced the radicals” by not needing them. Whether this silencing sprang from Machiavellian design, or short-sightedness, not setting a place at the table for idealistic young adults is bad business for freedom.

I propose we bring youth back to the table by reinstating the draft. My vision is that youth could apply to military service — or to service

in renewable energy, environmental restoration, disaster response, organic agriculture, transportation, urban renewal, education, after-school programs, drug and alcohol programs, suicide prevention, health care, infant care, elder care — all of which are crying for help.

While these needs are being served, apathy would fall away. Youth would gain real-life skills and become competent, self-directed, socially-involved adults (with no need to fake a British accent while traveling to avoid being called “dumb Americans”). At the end of their service, a GI Bill would launch them into the next phase of adulthood with debt-free education or low-interest mortgages or business loans — an essential foothold in these prohibitively expensive times.

That’s my vision. I thought the draft was a dirty word, too, until I realized how rejuvenating it would be, not only for the whole country, but for our young people, personally. For them to put sweat-equity into their homeland, to make it stronger and better, to be able to say, “I did that, I am part of America”, that would be very powerful. And then to receive compensation designed to jump-start their adult lives... I only wish it was available right now for my own kids.

Write to Straight Talk at www: StraightTalkForTeens.com or PO Box 963, Fair Oaks CA 95628

POPPOFF!

with Mary Jane Popp

FINE IN 2009

Can you believe it’s that time again when we look forward to the new year in wild anticipation. But what will the new year hold? I checked in with Psychic/Numerologist Esther Bear. She’s got our numbers. We started a new cycle last year that controls money, power, big business, government etc. This cycle runs through 2016. Every year tells what the important influences are so life will be easier. Last year we started with new goals and ambitions. So, in 2009, plant the seeds of your future and watch them grow in the next few years. If you planted those ideas last year, they could culminate this year. Now you can let the opportunities come to you. This year, unlike last year, you do not have to be aggressive. Let partnerships come to you. Just be patient. Things can go slow at times. Hang in there. If they do not come to fruition this year, look out next year!

Here’s the 2009 plan:

JANUARY: Remind everyone what your goals are. Time to express yourself. Take up a creative endeavor.

FEBRUARY: No changes. Keep that nose to the grindstone. Make plans for next month’s changes.

MARCH: If you planned well last month, now you can make those changes. Make those calls and contacts that benefit you. Take a mini vacation. Will do you good.

APRIL: If your goals have something to do with community service, now is the time to make contacts to help you... parties, social gatherings etc.

MAY: Slow down month. Body and brain not connected. Take up studies to help achievements. Quiet time and reflection.

JUNE: Offers of money and work can come. Get the offers in writing. Offers can be elusive. Don’t trust verbal contracts.

JULY: Study what you have done so far. Throw out everything not useful.

AUGUST: Do what you did last year. Be more aggressive and let everyone know what you want to achieve.

SEPTEMBER: Kick back and wait for things to come to you. Watch for accidents because of lack of concentration.

OCTOBER: Repeat January. Keep calling contacts and talking about your dreams. But get things in writing.

NOVEMBER: Same as February. Let things just happen. You may be error prone. No major changes or decisions. Make plans.

DECEMBER: Same as March. Make changes. Replace what’s not working. Take another mini vacation to clear your head and refresh ideas.

Finally, next year...2010...is the highlight of last year and this year. Next year is a time of expansion and self-awareness. Anything you did not get this year, you should get next year if you planned and executed properly. Sooooo, keep your head on straight. Do not believe everything you hear unless you check it out. Ger things in writing and avoid that spacey feeling that can surely cause accidents. 2009 is your cross-over year to an enjoyable and fun next year.

So there you have it. Follow the plan and feel fine in 2009! A HAPPY AND BLESSED NEW YEAR TO YOU AND YOURS!!!

Check out the “POPPOFF” Radio show Monday thru Friday on AM-950 KAH1 10 AM - Noon for provocative fast-paced informational and entertaining radio listening!



The Adjustable Pillow...
Filled with Pearl Sized Puffs of Virgin Wool!

- Wool eliminates overheating & night sweats!
- Sleep in a dust-mite-free & chemical-free bed!
- Wool is mold, mildew & bacteria resistant!
- Relief from allergies, sinus & respiratory problems!
- No fire retardent chemicals in wool!

All Organic Bedding... for adults, children & infants.
Luxurious Wool Mattress Pads & Comforters On Sale.

ON SALE NOW!

Order Online:
www.wooliebees.com



Joni Hilton

A Chip Off The Old Block

similar presentations, but that’s your tax money at work, keeping things politically correct and filling our children’s heads with marvelous new options and possibilities.

And now came question-and-answer time. Various students raised their hands to ask the monks about their studies, their clothing, their favorite foods. Now Nicole, at that time quite the animal fanatic, raised her hand and asked, “Are you allowed to have pets?”

Only the monk didn’t hear her exactly right. He only got the short e vowel sound, and thought she said something else. And, I might interject, this tells you what’s really on these guys’ minds. So he said, “Oh, no, we’re not allowed to have sex,” and the entire assembly, teachers included, burst into laughter. Nicole, needless to say, was mortified and dying of embarrassment.

One might think it couldn’t get worse, but the monk then continued, wagging his finger and elaborating on why there would be “none of that,” until Nicole was forced to shout, “I said PETS!” Everyone was still in stitches, as the monk just calmly went on to say there were a few cows wandering about, and maybe a dog or two. But

it was too late to salvage the moment, and the entire school was red-faced and giggly. Ninety five per cent of them hadn’t even seen “the film” yet.

And so Nicole is living my same life. Who would have thought such things could be passed on genetically, but there you go. Proof positive. There is an embarrassing moments gene, and it is alive and well in my descendants.

Joni Hilton is an award-winning playwright, the author of 16 books, holds a Master of Fine Arts degree in Professional Writing from USC, and is frequently published in major magazines. A former TV talk show host in Los Angeles, she is also a TV spokeswoman across the U.S. for various corporations, and highly in demand as a public speaker. She is Founder of Holy Cow, an organic line of cleaning products (holycowproducts.com), the winner of dozens of cooking contests, and a former model and Miss California. She is married to Bob Hilton, and they are the parents of four children. For book reviews, recipes, purchasing information about her books, and more, simply type Joni Hilton into Google or Yahoo.

Listen to “The Joni Hilton Show” streaming live, weekdays 9-10 am on www.KAHL.com or 950 AM



The incoming Board of Directors stand with Supervisor Susan Peters (center). The new Board includes (L-R) Fred Revas, Gary Anderson, Burnie Lenau, Donna Deterding, Tami Beaulieu, Chris Schoonveld and Ross Davidson. Not pictured is Peter Tateishi.

The incoming 2009 Board of Directors for the Carmichael Chamber of Commerce were welcomed by dinner attendees to the “Banquet with Burnie” event, held Friday evening at The Palace in Carmichael. The new board was sworn into service by Supervisor Susan Peters.

Carmichael is planning its 100th birthday this year, and the Chamber of Commerce will be taking the lead for creating an unforgettable event for the entire community. You can contact the Chamber at 481-1002 to find out more. If

you would like to participate in the event, or volunteer your help to make it a great day for your neighbors and the community, call Kris Kingdon at the Chamber office.

California MENTOR

OPEN YOUR HEART AND HOME!

Family home agency-
CALIFORNIA MENTOR

is looking for people who are willing to provide care and guidance for adults (18yrs +) with developmental disabilities.

Have an extra bedroom?
Have experience working with adults with disabilities?

Make a difference in someone’s life!

Tax Free Stipend ranging from \$800-\$1800 per month

Info line (916) 383-9785 ext. 15

Protect Your Loved Ones with Comprehensive Health Insurance

Individual Health Plans for as Low as	Family Health Plans for as Low as
\$3.00 a day!	\$8.00 a day!

Call 888-284-9444

Get affordable, comprehensive health insurance with one fast, easy phone call.

Mon - Thu 8am - 11pm EST
Fri 8am - 8pm EST
Sat 10am - 6pm EST

✓ Top Rated Health Insurance Plans
✓ PPO, HMO, and HSA Eligible Plans
✓ Affordable Alternative Options

Getinsured

Ad provided by MediaBids.com. 1-866-236-2259.

Elks Provided Christmas To Thousands of Military Famililes Throughout California



From L to R: Rancho Cordova Elks “Catch The Spirit” Project Manager Bob Burns Jr., and California Army National Guard Double Deuce Transportation Battalion E-7 Sgt Adams organizing the “Christmas Basket” deliveries. (Photo by Neil Bodine)

by Al Russell

The Rancho Cordova Elks Lodge “Catch The Spirit” Project was established to provide assistance to military families in need throughout the Northern California area. It also provides assistance to families of “At-Risk Youth” in the local community. During the December Christmas holiday season, the project provided “Christmas Baskets” to

1,642 National Guard and U.S. Army, Navy, Marine, and Coast Guard families throughout Northern and Central California. The project also provided 100 additional “Baskets” to the Rancho Cordova Police Department to deliver to families of “At-Risk Youth”. Each family received a turkey or a ham; three huge boxes filled with crackers, cookies, nuts, juice, soups, fruit, canned goods, stuffing, rice,

boxed meals, bread and pastries; a case of Prego spaghetti sauce, and a case of sodas. Overall, 11,494 boxes were delivered, including 400 toys and 40 Christmas trees. Additionally, a complete Christmas dinner was provided to 350 U.S. Army Reserve personnel of the 319th Signal Battalion and their families.

Troops and families from the National Guard and Reserve units put in a large amount of off-duty time to pack and assemble the “Baskets” so that others could have a nice Christmas. Other members of the community helping the Elks in the effort were the local California Conservation Corps, the local chapter of the American Red Cross, the Rancho Cordova 4-H Club, the Navy Sea Cadets, the National Guard Explorer Scouts and the Rancho Cordova Police Department. Vehicle and air support from the Guard and Reserve Commands, and the generous donations from the various businesses and food suppliers also contributed to the success of the project, along with the donation of warehouse space by Buzz Oates, and a grant from the Elks National Foundation. The Army Guard and Reserves and the Marine Reserves provided over 50 military vehicles to move the provisions, and the Air National Guard provided a C-130 to deliver “Baskets” to Los Alamedas and San Diego for families of the 40th Infantry Division.

Orangevale Trucker Honored for Outstanding Safe-Driving Performance

Gabriel Gonzalez recognized for 15 years of safe driving with FedEx Ground in Sacramento

Grassroots Newswire - FedEx Ground, the small-package ground delivery service of FedEx Corp., has recognized Gabriel Gonzalez, a resident of Orangevale, for achieving 15 years of safe driving without a preventable accident.

Gonzalez has been a professional truck driver for 15 years with FedEx Ground and works out of the company’s Sacramento facility. “FedEx Ground drivers are among the most highly skilled in the industry, and the fact that Gabriel has reached this important milestone shows a commitment to making the nation’s roads safer for everyone,” said Dan Rubado. “Safe drivers like Gabriel

embody our unwavering focus on safety in everything we do.” With one of the safest fleets in the country, FedEx Ground has more than 20,000 vehicles on the road. Three times, the American Trucking Associations (ATA) has recognized FedEx Ground with the President’s Trophy, the industry’s most prestigious honor for safety.

Two Alarm Fire Damages Fair Oaks Strip Mall

A nearby Fire Station saves adjacent businesses

from the Sacramento Metropolitan Fire District

On Dec 28,2008 at 4:15 pm the Sacramento Metropolitan Fire District arrived at 4140 Sunrise bl. to a strip mall involved with fire.

A second alarm was requested due to the potential with the strip mall construction. The building was right around the corner from Engine 31. A nearby Fire Station meant water was able to be applied earlier which prevented the fire from spreading across the entire strip mall. The fire was limited to the end unit occupied by a liquor

store, other units suffered minor smoke damage. It took over 32 fire fighters to bring the fire under control in just 13 minutes. No one was injured and the damage is estimated at 500,000.00. Metro Fire investigators are not ruling out a bathroom fan as the source of heat which ignited the building.

Military Graduates Hometown News



Air Force Airman Ricardo A. Nappier has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, core values, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree relating through the Community College of the Air Force.

He is the son of Estelle Nappier of Maretha St., Citrus Heights, Calif.

Nappier is a 2007 graduate of Mesa Verde High School, Citrus Heights.



Air Force Airman Shanesha A. Tillman has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, core values, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree relating through the Community College of the Air Force.

She is the daughter of Leetta Allen of Bannister Road 4000, Fair Oaks, Calif., and Isaac Tillman of Tallyho Drive, Sacramento, Calif.

Tillman is a 2008 graduate of Rio Americano High School, Sacramento.



Army Reserve Pvt. Jared M. Johnson has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

Johnson is the son of Penny Clark of Husch Way, Rancho Cordova, Calif.

In 2008, the private graduated from Cordova High School, Rancho Cordova.

QUALITY MAKES A DIFFERENCE

QUALITY MANAGEMENT

Over 50 years under local management and ownership.

QUALITY ASSETS

In 2008, we completed our 20th consecutive year without any foreclosed properties on our books.

QUALITY RATINGS

Highest financial ratings from Bauer Financial, Inc., Veribanc, and IDC Financial Publishing, Inc.

SAFE—STRONG—SECURE



EL DORADO SAVINGS BANK

Serving our local communities for 50 years

35 locations to serve you

CARMICHAEL • 4701 Manzanita Ave. • 481-0664

Member
FDIC

eldoradosavings.com



R08

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

\$2.00 OFF

Any Car Wash

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 03/30/09

\$4.00 OFF

Any Car Wash Package

BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 03/30/09

\$10.00 OFF

Any Express Detail

Starting at \$44.95
BAUER San Juan Car Wash
Citrus Heights • 916-967-3083
Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 03/30/09

JESUIT HIGH SCHOOL

A COLLEGE PREPARATORY FOR YOUNG MEN



Catholic High School Placement Test

SATURDAY, JANUARY 24, 2009

8 AM GYMNASIUM

OFF GORDON LANE AT FAIR OAKS BLVD

For More Information and to register on-line,
PLEASE VISIT OUR WEBSITE AT WWW.JHSSAC.ORG



Calling all future Marauders...
The saga continues!

Sheriff Monthly Meetings

Please mark your calendar and forward this email to your friends and neighbors who live and work in the community.

The Sheriff's POP team will now be meeting every month with each community. Community meetings are an open forum for residents and business owners. Residents are asked to discuss crime and other community concerns.

Problem Oriented Police Deputies (POP Deputies) will be present to answer questions. POP will address those concerns with the appropriate response and provide each concern with an update at the following meeting.

This schedule will continue as planned until further notice.

Northeast Area community monthly meetings schedule. Meetings begin at 6:15 PM

January 13th 2nd Tuesday, monthly Orangevale Orangevale Recreation and Park District, located at 6826 Hazel Avenue.

January 20th 3rd Tuesday, monthly Gold River Gold River Community Center Board Room, located at 11715 Gold Country Blvd.

January 27th 4th Tuesday, monthly Fair Oaks Sheriff Service Center, located at 8525 Madison Avenue.

Elks Charity February Bridge Party

CHAR AAUW Educational Foundation Bridge Luncheon: February 7, 2009 @ 10 AM, Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael, CA 95608. Open to the public, the bridge luncheon will raise funds to support university scholarships for women. For reservations and additional information, contact 967-5934.

No

Kids
Debt
Drugs
Spouse
Smoking
Baggage

Looking for similar over 45
for Select Straight Singles Group
Send inquiries to: NKDSB@att.net

New Year Brings New Laws

Several new laws designed to help strengthen existing DUI laws

from Officer Lizz Dutton,
Public Affairs Officer

With a new year on the horizon, the California Highway Patrol (CHP) wants to remind motorists of a handful of new laws, passed by the Legislature and signed by Governor Schwarzenegger, that go into effect in 2009.

“The overall safety of the motoring public is our primary concern,” says CHP Commissioner Joe Farrow. “Not only will these new laws enhance a motorist’s safety, many of them are a step toward ridding the roadways of drunk drivers and the tragedy they cause.”

Below are the major changes to driving regulations and vehicle equipment.

Texting While Driving (SB 28, Simitian) This new law makes it an infraction to write, send, or read text-based communication on an electronic wireless communications device, such as a cell phone, while driving a motor vehicle. Previously this was only illegal for individuals under 18 years of age, but now has been expanded to all drivers.

Driving Under the Influence (DUI) Zero Tolerance (AB 1165, Maze) This new law prohibits a convicted DUI offender from operating a motor vehicle with a blood alcohol level (BAC) of .01 percent or greater while on probation for DUI. The law requires the driver to submit to a Preliminary Alcohol Screening (PAS) test, a portable breath test to determine the presence of alcohol. If the driver refuses, or if the driver submits and has a BAC of .01 or greater, a citation will be issued, the driver’s license will be taken and driving privileges will be suspended. In addition, the vehicle will be impounded.

Ignition Interlock Devices (IID) (SB 1190, Oropeza) This new law reduces the BAC from .20 percent to .15 percent or more at the time of arrest to trigger a requirement for the court to give heightened consideration for the installation of an IID for a first-time offender convicted of DUI of an alcoholic beverage.

Ignition Interlock Devices (SB 1388, Torlakson) Effective July 2009, this new law transfers authority for the administration of mandatory IID programs from the state courts to the Department of Motor Vehicles (DMV). This law also authorizes the DMV to require any driver convicted of driving with a suspended license due to a prior conviction for DUI to install an IID in any vehicle that the offender owns or operates.

Alcohol-Related Reckless Driving (AB 2802, Houston) This new law requires the court to order a person convicted of alcohol-related reckless driving to participate in a licensed DUI program for at least nine months, if that person has a prior conviction for alcohol-related reckless driving or DUI within ten years. Additionally, the court is required to revoke the person’s probation for the failure to enroll in, participate in, or complete a licensed DUI program.

Global Positioning Systems (GPS) (SB 1567, Oropeza) This new law allows a portable GPS device to be mounted in a 7-inch square in the lower corner of the windshield on the passenger side of the vehicle, or in a 5-inch square in the lower corner of the windshield on the driver’s side. These are the only two locations on a windshield where a GPS device can be mounted. The GPS device can only be used for navigational purposes while the motor vehicle is being operated, and it is required to be mounted outside of an airbag deployment zone.

Motorcycles (AB 2272, Fuentes) This new law changes the definition of a motorcycle by deleting the weight limitation and deleting the separate definition for electrically powered motorcycles. The law will now allow fully enclosed, three-wheeled vehicles to have access to high-occupancy vehicle (HOV) lanes regardless of occupancy.

Clean Air Stickers: Misuse and Penalties (SB 1720, Lowenthal) This new law makes it an infraction for anyone who forges, counterfeits, falsifies, passes, or attempts to pass, acquire, possess, sell, or offer for sale a genuine or counterfeit “Clean Air Sticker.”

911 Telephone System Abuse (AB 1976, Benoit) This new law increases the penalties for any person who knowingly uses, or allows the use of, the 911 telephone system for any reason other than an emergency. Those who misuse, or allow the misuse of, the 911 telephone system are guilty of an infraction, and subject to either a written warning or a fine.

Special License Plates (AB 190, Bass) This new law, when approved by local authorities, allows veterans whose vehicles display plates honoring Pearl Harbor Survivors, Legion of Valor recipients, former American Prisoners of War, Congressional Medal of Honor recipients, or Purple Heart recipients to park their vehicles that weigh not more than 6,000 pounds gross weight, without charge, in any metered parking space.

Studded Pneumatic Tires (AB 1971, Portantino) This new law allows the use of pneumatic tires with retractable metal-type studs, year round, as long as the studs are retracted between May 1 through October 31. However, the law prohibits a tire with retractable metal-type studs on a vehicle from being worn to a point that the metal-type studs protrude beyond the tire tread when retracted.

Spilling Cargo Loads (AB 2714, Keene) This new law eases restrictions on cargo loads of straw or hay to allow individual pieces that do not pose a threat to life or property, to escape from bales of straw or hay that are being transported by a vehicle upon a highway, so long as those bales are loaded and secured according to federal regulations.

Assault on Highway Workers (SB 1509, Lowenthal) This new law provides an increased penalty for assault and battery crimes committed against Caltrans highway workers who are engaged in the performance of their duties.





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

Regional Transit Fare Increase Now in Effect for Riders

In response to an \$18.3 million loss in state funds for Fiscal Year 2009, the Sacramento Regional Transit District (RT) will increase bus, light rail and complementary paratransit fares effective Thursday, January 1, 2009.

The new fares will increase the Basic fare by 25 cents (to \$2.25), the Basic daily pass by \$1 (to \$6) and the Basic monthly pass by \$15 (to \$100). Discount fares will increase accordingly.

The fare for complementary paratransit services operated by Paratransit, Inc. will increase by 50 cents (to \$4.50). The Paratransit monthly pass price will not increase and will remain at \$100.

Due to the fare increase, RT light rail fare vending machines will not accept pre-paid passes and tickets displaying 2008 pricing (June 30, 2010 expiration date) on or after January 1, 2009. Light rail passengers must exchange these Basic and Discount daily passes or single-ride tickets for new fare media. Bus passengers may continue to use pre-paid passes and tickets displaying 2008 pricing (June 30, 2010 expiration date) on buses only by paying the additional fare.

RT will conduct exchanges of fare media (June 30, 2010 expiration date only) with additional payment at RT’s Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street light rail station) in downtown Sacramento. The Sales Center is open weekdays from 8 a.m. to 6 p.m. and Saturdays from 10 a.m. to 2 p.m. For route and schedule information, call 916-321-BUSS (2877) or visit www.sacrt.com.

Business & Service Directory

<div>Handyman</div> <div>Household Helper. You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean (916) 613-8359</div>	<div>Household Help</div> <div>House Cleaning Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline (916) 723-1608</div>	<div>FundRaising</div> <div>Take Your Fund Raising Over the Top ! Funding is a never ending challenge for non-profits! No Matter What Your Cause... <i>Travel is the Ultimate Fund Raiser!</i> Let us show you how to tap into one of the largest industries in the World! Learn how to raise funds by taking advantage of the largest trend in travel: Online Booking! 42¢ of every dollar spent on the internet is Travel! Our innovative affinity program provides your organization with your own online travel website (similar to Expedia®) which can help generate thousands of dollars for your organization when members and supporters book their personal travel through your customized website. CALL or Email for additional information: Bob Cushman (916) 343-0505 Email: bob@bobcushman.com</div>	<div>Household Help</div> <div>DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, (916) 549-4915</div>	<div>Technology</div> <div>COPIER REPAIRS <i>Alan & Pam Jennings</i><ul style="list-style-type: none">• FREE Estimates on all Brands and Models• Volume Copying• New and Used Sales• Lowest Prices on All Brands(916) 723-8430</div>
<div>Pets</div> <div>DOG RESCUE Gary (916) 334-2841 Please Adopt or Foster Because so many really great dogs are dying for a good home... ShelterMOU@hotmail.com</div>	<div>Plumbing</div> <div>VICTORY PLUMBING-SEWER-DRAIN <i>Superior Quality...Outstanding Values!</i> Your Local Plumbing Expert Family Owned & Operated Licensed & Insured Small Jobs & Remodels Welcome Monday to Saturday 7 am to 7 pm Call 916-482-4190</div>	<div>Handyman</div> <div>Affordable Handyman Service Reasonable • Dependable • Hardworking Yard work • Gutters • Rototilling • Tree & Shrub removal • Clean-Up • General Labor • Concrete Removal • Fences • Light tree trimming • Odd Jobs & More! Lester (916) 838-1247 Lic. # 126758</div>	<div>Garage Doors</div> <div>ACTION DOOR SERVICE Garage Doors and Openers, service, repair, replace. <i>Serving greater Sacramento area since 1987.</i> Free Estimates • Senior Discounts Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex (916) 635-5951</div>	<div>Funerals</div> <div>Russ Monroe's Funerals & Cremation fd 1404 7960 Winding Way Fair Oaks, Ca 95628 Tel: (916) 961-1265 Fax: (916) 961-2430</div>
<div>Landscaping</div> <div>Tall Weed Cutting Low Rates (916) 524-7477</div>	<div>Handyman</div> <div>Local Handyman <i>All the typical 'handyman' services</i><ul style="list-style-type: none">• Deck & Fence Repair• Dry Rot/Termite Damage• All Phases of Remodeling 30 Years ExperienceNo Job Too Big or Small!Call Tom (916) 868-2715</div>	<div>Photo Restoration</div> <div>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)</div>	<div>Alterations</div> <div>ALTERATIONS by Patina SPECIALIZING IN BRIDAL & FORMAL 11082 Coloma Rd., Suite 7 Coloma Village Shopping Ctr. Rancho Cordova (916) 853-1078 www.Alterationsbypatina.net</div>	<div>Advertising</div> <div>Place Your Ad in this directory! Reach over 250,000 potential customers every month. Call (916) 773-1111</div>

Prop 8 Official Proponents Respond to New Legal Issue Raised by California Attorney General

Proponents say, “The Attorney General is inviting this Court to declare a constitutional revolution.”

Christian Newswire - As directed by the California Supreme Court, the official proponents of Proposition 8 and their campaign committee, ProtectMarriage.com -- Yes on 8, today filed legal arguments responding to a new and unprecedented legal theory proposed by the California Attorney General to invalidate the voter-passed measure. Proposition 8 added a new section to the “Declaration of Rights” of the California Constitution, to read: “Only marriage between a man and a woman is valid or recognized in California.”

Today’s filing represents the latest development in three lawsuits originally filed by opponents of Proposition 8 claiming that it could not be enacted as an initiative amendment, but rather only by a constitutional “revision,” which requires either a two- thirds vote of the Legislature or a statewide Constitutional Convention.

Responding to the legal challenges in mid- December, the Attorney General agreed with the official proponents that Proposition 8 was properly enacted by voter initiative, and therefore did not require a vote of the Legislature. The Attorney General also rejected claims by Prop 8 opponents that the measure violated the separation of powers between the branches of government.

But in the concluding 15 pages of his December brief, the Attorney General proposed a new, unprecedented legal theory that Proposition 8 -- despite being a properly enacted constitutional amendment -- is itself unconstitutional because it violates

“inalienable or natural rights.”

That led the California Supreme Court to ask Proposition 8’s official proponents, who had already intervened in the cases to defend the people’s vote, to file a brief responding to the Attorney General’s new “inalienable rights” theory. Here are some excerpts from today’s court filing:

- “We will not mince words. The Attorney General is inviting this Court to declare a constitutional revolution. His extra-constitutional vision is one of unprecedented judicial hegemony, a sweeping power vested in the least-democratic branch that overrides the precious right of the people to determine how they will be governed.” (Page 1.)

- “With all respect, the Attorney General has invented an entirely new theory, grounded in ringing principles of natural law and natural rights, but utterly without foundation in this Court’s case law.” (Page 1.)

- “The [Attorney General’s] argument is not only unprecedented but contradicts the most basic understanding of the role of the judiciary in a constitutional democracy. This Court has never presumed to have the power to strike down - in the name of undefined inalienable or natural rights - constitutional amendments properly enacted by the people.” (Page 3.)

- “The Attorney General’s theory fails at every level because the people have the final word on what the California Constitution says and there is no higher legal authority within California to which the judiciary can appeal.” (Page 4.)

- “The Attorney General does not cite a single California case suggesting that the judiciary has authority to strike down properly-enacted amendments to the

Constitution for violating article I, section 1 or undefined notions of inalienable rights or natural justice. This Court’s jurisprudence is devoid of anything approaching such a far-reaching principle.” (Page 4.)

- “The Attorney General’s theory would fundamentally alter the role of the California judiciary. ... It would, in brief, constitute the California judiciary as the supreme overseer of the people’s use of their constitution-making power - a result patently contrary to popular sovereignty. The creation of such a judicial oligarchy would constitute a profound revision of the California Constitution.” (Page 11.)

- “The practical result of the Attorney General’s theory is that the people can never amend the Constitution to overrule judicial interpretations of inalienable rights.” (Page 13.)

Legal briefing by the parties will continue through January 2009. A hearing on the cases could be held as early as March 2009. Kenneth W. Starr, former Solicitor General of the United States and a former Judge on the United States Court of Appeals for the District of Columbia Circuit, will argue the case before the California Supreme Court on behalf of Proposition 8’s official proponents.

Copies of written briefs are available online at the California Supreme Court’s website: www.courtinfo.ca.gov/courts/supreme/highprofile/prop_8.htm. Kenneth W. Starr will not be granting media interviews, but ProtectMarriage.com General Counsel Andrew Pugno is available to provide background information. The cases are Strauss v. Horton, S168047; City and County of San Francisco v. Horton, S168078; and Tyler v. State of California, S168066.

Will New Administration Affect Your Investment Moves?



Kirk Camunetz

Next week, President-elect Obama will become President Obama. Like people across the country, you will no doubt be greatly interested in how his actions will affect a wide variety of domestic and foreign-policy issues. But from a personal point of view, you may also be thinking about what an Obama Administration will mean for your investment strategy.

In reality, the actions of any administration generally have only a limited impact on the financial markets. In our complex, interconnected world, a variety of factors — from actions of the Federal Reserve to corporate profits to oil prices to political instability abroad — all play a key role in determining the fortunes of the stock and bond markets.

Consequently, you need to take a truly global perspective on your investment strategy — and avoid getting caught up in the potential ramifications of who’s in charge in Washington. Nonetheless, you may still want to pay some attention to potential changes introduced by the new administration.

Here are a couple of areas to consider:

New legislation— You may want to follow the progress of new legislation proposed by the Obama Administration. For example, will a successful push toward “green” energy benefit renewable energy companies? Right now, no one can

answer this question. In fact, even if these changes are enacted, it will take some time to sort them out to determine what, if any, impact they could have on various market sectors. So, your best bet is to watch the course of legislation and its aftermath.

Investment taxes— It seems likely that the Obama Administration and Congress will allow the Bush tax cuts on capital gains and dividends to expire. While you need to be aware of this development, you don’t necessarily have to make major changes to your investment strategy. In the case of capital gains taxes, you can delay them by simply holding on to your stocks for the long term — which you should be doing anyway, as stocks are a long-term investment. And even if the dividend tax increases, dividend-paying stocks may still be good investment choices, because they usually represent solid, profitable companies that seek to reward their investors. However, if you are concerned about the effect of higher capital gains and dividend taxes, you might want to consider an investment such as tax-exempt municipal bonds. You’ll benefit most from these “munis” if you’re in one of the higher tax brackets.

As you review possible changes in your investment strategy due to moves made by the new administration, you may want to take the opportunity to “rebalance” your portfolio by adjusting your investment mix. Under normal circumstances, such rebalancing could involve capital gains considerations, since you might be selling appreciated assets. However, given the steep market decline of recent months, it’s quite possible that you can now sell part of your assets at a loss to offset any gains you might have — and if you don’t have any gains, you can carry the loss forward to future years.

So, pay attention to what’s

HAVING MORE RETIREMENT ACCOUNTS IS NOT THE SAME AS HAVING MORE MONEY.

When it comes to the number of retirement accounts you have, the saying “more is better” is not necessarily true. In fact, if you hold multiple accounts with various brokers, it can be difficult to keep track of your investments and to see if you’re moving toward your goals. At the very least, multiple accounts usually mean multiple fees.

To learn why consolidating your retirement accounts to Edward Jones makes sense, call today.

Kirk Camunetz
Financial Advisor

8920 Greenback Lane Suite D
Orangevale, CA 95662
916-989-0920

www.edwardjones.com Member SIPC

Edward Jones
MAKING SENSE OF INVESTING

happening in Washington, and, at the same time, look for opportunities to rebalance. But keep in mind that your long-term investment strategy should be based on your individual needs, goals, risk tolerance and time horizon. And that’s true in all political and economic environments.

This article was written by Edward Jones for your Edward Jones financial advisor.

Raley’s Hosts Commercial Contest

\$5,000 Shopping Spree Goes to Winner

Raley’s is hosting a call for commercials among customers with a huge prize up for grabs. Customers simply create a homemade commercial about Raley’s private brands (or why they love them, how they use them) and the grand prizewinner will get a \$5,000 shopping spree to Raley’s!

To enter, follow three simple steps:

1. Create an original 30-second commercial using Raley’s Fine or Fresh brands or Nob Hill Trading Co. products and come up with a clever name for the submission.
2. Post the commercial to a

publicly accessible video share website (like You Tube, for example), or save the entry on a readable digital format, like a CD or DVD, and mail it in to the address provided on the entry form.

3. Fill out the entry form on raleys.com, with directions on where to find your submission (either provide the link to your video or print the form and mail it with your entry).

Entries are accepted now through Jan. 31, 2009. The grand prize will be awarded in Raley’s gift cards, so customers can redeem the prize on groceries, fuel, household needs and more at their local store. Gift cards are accepted at Raley’s, Bel Air Markets and Nob Hill Foods stores.

Subscribers to Raley’s weekly e-newsletter – TableTalk – will choose the winning video from the top three contenders, so if you haven’t registered your e-mail address on raleys.com with TableTalk for weekly e-coupons, now’s the time! Make sure you too can cast your vote – sign up for TableTalk on raleys.com.

To read official rules and find more information about the contest, visit raleys.com.

Raley’s is a privately-owned supermarket chain with headquarters in West Sacramento, CA. The company is comprised of four chains — Raley’s, Bel Air Markets, Nob Hill Foods and Food Source — located in Northern California and Nevada.

Get A Jump On Cleaning Up This Year!

Quick Service Waste Disposal and Recycling Facilities

Now is a great opportunity to get ahead of the spring-time rush by taking advantage of the annual winter lull at the Kiefer Landfill and the North Area Recovery Station County waste disposal facilities.

“We are generally slower this time of year, which means no lines and quick turn-around for customers,” said Paul Philleo, Director of the County Department of Waste Management and Recycling. “It’s a great time to get in and get out.”

Now is a great time to get rid of that broken appliance or old sofa taking up needed space, or bring in automotive wastes that have filled up your garage, including old tires, motor oil and other automotive fluids, and car batteries.

Don’t forget about your old TV’s that are not ready for the DTV transition on February 17. Both County facilities accept electronic waste at no charge. The Kiefer Landfill, located at 12701 Kiefer Blvd and Grant Line Road in Sloughhouse, is the primary solid waste disposal facility in the County and accepts household waste from

the public. The North Area Recovery Station, located at 4450 Roseville Road in North Highlands, accepts waste from the public, businesses and private waste haulers. To find a list of acceptable materials and fees for both facilities, please visit the Department of Waste Management and Recycling’s website at www.sacgreenteam.com or call 916-875-5555.

*Annie Parker
Communications and Media Office
Municipal Services Agency,
County of Sacramento*

Gardening for the Health of It

Gardening for seniors (50+) covers all aspects of gardening including guest appearances by UC Master Gardeners plus planned field trips. This 18 week class, sponsored by San Juan Unified School District, has a \$20 material fee payable to instructor on the first day of class.

Class begins January 21 ,Wednesday morning, 9:00 AM till 12:00 noon at McMillan Center, Fair Oaks Park, 8020 Temple Drive., Fair Oaks. For more information call Alicia @ 966.3535.

ARE YOU GLUTEN FREE?

AUTHENTIC, DELICIOUS GLUTEN FREE PIZZA
NOW AVAILABLE TO EAT IN OR TAKE OUT AT:



**11711 Fair Oaks Blvd
Fair Oaks, CA 95628
916-961-1800
stevespizza.com**

Also available in:

**• Davis • Truxel • Eldorado Hills
• Woodland • Elk Grove • Roseville**



**WWW.STILLRIDINGPIZZA.COM
203-683-7238**

Home Delivery Routes Available

Citrus Heights, Carmichael, Fair Oaks & Orangevale. Must have valid CA Drivers License & Current Auto Insurance. Independent Contractor.

American River Messenger 773-1111

Pay for college without going broke

Fair Oaks man teaches free workshops to help parents save thousands in process

FAIR OAKS---Parents that are planning on sending a child to college in the next few years, but aren’t quite sure how to pay for it can now rest a little easier.

Tary Farnholtz of Dollars for College, Inc. has been educating parents in the community about what to do if they haven’t saved enough for college.

‘It’s really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they’re facing a bill of \$18,000-\$45,000 a year, and they don’t know who to turn to,’ he says. ‘Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a six-figure income.’

Tary’s affiliation with College Planning Specialist of Carlsbad, CA who have worked with over 3000 families in the last 15 years ranging from single moms to corporate CEO’s, swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make.

‘Simply put, we show parents the truth that they aren’t hearing anywhere else about how the college process really works, and how they can get their child into a top school, help that student pick a career that will suit them and pay them well, and save thousands of dollars in the process.’

Parents will have a few opportunities to hear Tary speak. He is teaching his class ‘How to Give Your Kid a 4-Year College

Education...Without Going Broke!’

The workshop dates are Tuesday, January 20th, 6:15-7:45pm. held at the Carmichael Library, 5605 Marconi Avenue, Carmichael, CA 95608 and Saturday, January 31st at 10:15-11:45am. held at the Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks, CA 95628.

‘We’ll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it’ll be like learning how to get a brand new Lexus for the price of a used pick up truck,’ he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more.

‘They will learn a ton, and I do my best to make the class fun,’ he says. ‘It’s like I’m giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly!’

Don’t forget: the class is totally free, but seats are limited by the size of the room and many families have had to be turned away at the door of recent workshops due to no reservation being made. You can reserve a seat by calling (916) 966-8800 or schedule a FREE, no obligation, one-hour consultation.

Performance Based Budgeting Deserves a Look



by Assemblyman Roger Niello

You all know that this year’s state budget has reached a severe crisis. You’ve read my ideas about how we got here and what it’s going to take to get out of this crisis in this space many times before. I’ve heard from many of you wondering about how we ever got to this point. And, while I recognize it won’t solve our short-term problems, I wanted to discuss with you today a major change to the way we do our budgeting that I believe the State of California needs to consider.

You wouldn’t hand over your hard earned money to a mutual fund company without getting somekind of a prospectus in return--what funds are we investing in, what is the performance of said funds over time, etc.

So why do we allow our tax dollars to be “invested” without some indication of whether the programs being invested in are performing?

Unfortunately, California’s budget is typically evaluated on whether the budget is delivered balanced, and on time. The State’s total budget now stands at more than \$140 billion a year, but our budget is largely based on giving programs what they got the year before, plus a growth

measurement. This doesn’t give us any idea of whether the program is performing, and it forces us to make changes only on the margins. In addition, this process has a way of locking spending within programs and artificially limiting the power and discretion that lawmakers have to move money within policy areas to the most successful strategies, agencies, or programs.

In an environment of severely limited resources, we should be asking performance questions based on outcome data and arguments for a program beyond just the need. The bottom line should be a budget that sets goals and both demands and communicates outcomes.

These are the ideas behind “performance based budgeting” in which budget measures are keyed according to their objectives, and evaluated over time based on whether these objectives are being met. Several states use such measures in their state’s budgeting process. For example, Virginia, widely acknowledged as a state with a deeply ingrained culture of fiscal responsibility, has been using this system for years. Here’s how it works:

Take the health area of the budget, for example. Consider one program currently funded in Virginia’s state budget, Childhood Immunizations.

Objective: We will increase immunization rates of children at two years of age.

Governor’s Key Summary: We will increase the percentage of two-year old children in Virginia who are appropriately immunized to 90 percent by June 30, 2009.

Then, on an annual basis, Virginia is able to chart the performance of the program. Policymakers can look at this budget item and the charted data and evaluate whether to allocate more money to the program.

Louisiana is another example of a state that uses performance based

budgeting. In fact, Louisiana statutorily requires strategic planning, operational planning, performance accountability, and performance reporting for all Executive Branch agencies.

The beauty of performance based budgeting is not only that it allows policymakers to better establish priorities and track progress, but that it allows you, the public, to hold lawmakers accountable and keep tabs on whether programs are achieving theirpurportedobjectives. Another example from the State of Virginia is the state’s “online dashboard” published on the Department of Transportation’s website. This website allows Virginians to keep tabs of a variety of performance measures, including vehicle accident fatalities, congestions, and even the nuts and bolts of the agency’s fiscal management. If you’d like to take see the Virginia Department of Transportation’s online dashboard, go to Virginia’s online dashboard, go to <http://dashboard.virginiadot.org/Default.aspx>.

There are many models for performance based budgeting, and these are only a few examples. But the general idea is one that deserves our consideration. Performance measures put policymakers from both parties on the same side of the table, armed with the same data as they work together to craft responsible budgets. It is futile to talk about expenditures and revenues in the absence of performance data that tells us if we’re effectively using the money we already have. In the end, the saying goes that the definition of insanity is doing the same thing time and time again but expecting different results. If this year’s challenged state budget has taught us anything, it’s that it is time to change the way we do things and move toward a culture of more responsible budgeting.

The Joy of “Despereaux” A Tale Brightly Told In Animation



A film review by Tim Riley

THE TALE OF DESPEREAUX (Rated G)

Not all cute mice belong to the Walt Disney animated universe. Our newest champion is a tiny, brave mouse named Despereaux Tilling, graced with such oversized ears that he should probably be called the Dumbo of Mouseworld. “The Tale of Despereaux,” based on the best-selling children’s book by Kate DiCamillo, celebrates the virtues of this unique mighty mouse, the most unlikely of valiant heroes who lives in a storybook medieval world that lends itself beautifully to colorful animation.

The story is set in the magical Kingdom of Dor, an inviting place that draws people from around the world. Dor is as renowned for its great soups as France is for its cheese. This is what appeals to the rat Roscuro (voiced by Dustin Hoffman), who arrives at the kingdom just in time for the annual Royal Soup Day on which Chef Andre (voiced by Kevin Kline) reveals his latest culinary masterpiece. Alas, by virtue of a series of mishaps, Roscuro lands in a bowl of soup, causing a terrible accident resulting in the death of the Queen. Banished to the filthy sewers of Ratworld, Roscuro longs to return to the place inhabited by humankind.

Meanwhile, over in the thriving society of Mouseworld, a tidy, cozy and friendly place, the brave and

virtuous mouse Despereaux (voiced by Matthew Broderick) lacks the required timidity and adherence to conformity that is expected of all mice. Failing to cower or display fear, Despereaux flouts the traditional ways of Mouseworld, much to the consternation of his parents and teachers. When he spends time in the Royal Library, it is not to eat the books but rather to read the great stories that inspire his imagination. For his enthusiasm to experience life at its fullest, Despereaux is soon banished to the castle dungeon and the world of the rats.

Another story unfolds in the Royal Castle, which since the death of the Queen has turned into a dark and gloomy place. The King, consumed by grief and oblivious to the needs of his kingdom, sits alone in his music room and plays somber tunes on his lute. Princess Pea (Emma Watson) feels loneliness and isolation in the castle, and longs to escape her doldrums. While the Princess bemoans the burden of her royal birthright, homely servant girl Miggery Sow (Tracey Ullman) dreams of becoming a princess, even though she fails to understand that one must be born into royalty.

“The Tale of Despereaux” devolves into a more complex plot than one would imagine feasible for a family animated entertainment. The story requires the various realms of Mouseworld, the Royal Castle and Ratworld to collide in a giant scheme of treachery and deception. For one thing, Miggery plots against the princess for personal gain and strikes an alliance with the denizens of the dark underground in the castle dungeon. And so, Princess Pea is kidnapped and delivered to Ratworld, where the fate that awaits her should prove disturbing, if not downright frightening, to small children.

Oddly enough, this family entertainment has its share of menace and gloom that could prove unsettling. However, the air of

uncertainty and dread sets the stage for Despereaux’s inevitable bravery and heroic rescue efforts on behalf of the Princess. In the end, the principal characters find redemption and forgiveness. Roscuro reclaims his dream of chivalry and derring-do. Despereaux becomes all that he can be, mustering his courage to become the knight in shining armor that saves the imperiled Princess. For all its visual beauty and inspired animation, “The Tale of Despereaux” is most beautiful for its earnest exaltation of the timeless virtues of bravery, forgiveness and redemption. It’s a winning message that trumps the cynicism so easily found in popular culture.

DVD RELEASE UPDATE

History is a lot more fun when it is serialized in a Showtime cable series. That’s the case with “The Tudors,” a no-holds-barred look at Henry VIII (Jonathan Rhys Meyers), the promiscuous British monarch whose move to divorce Queen Katherine and marry Anne Boleyn prompted an excommunication by Pope Paul III. “The Tudors: The Complete Second Season” revisits the turbulent world of the King’s expansive appetite. Anne’s failure to provide Henry with a male heir sets the wheels in motion for her eventual beheading and sends the King into the arms of Jane Seymour (Anita Briem). The third season of “The Tudors” returns to Showtime in the spring of 2009, with Joss Stone joining the cast as Henry’s fourth wife, Anne of Cleves. Meanwhile, I also want to make you aware that one of the all-time best TV detective series is getting its second season released on DVD. “Mannix: The Second Season,” which stars Mike Connors, features all 25 episodes. In this second season, the tough-talking Joe Mannix has set up his own agency, aided by his loyal secretary Peggy Fair (Gail Fisher), a young widow and mother, whose policeman husband died in the line of duty.

Mercy General Hospital Gold Seal of Approval

Mercy General Hospital and Mercy San Juan Medical Center Recertified with “Gold Seal of Approval™” for Outstanding Stroke Treatment Programs

Mercy General Hospital in Sacramento and Mercy San Juan Medical Center in Carmichael have been recertified with the Gold Seal of Approval™ for stroke care from the Joint Commission. Catholic Healthcare West, the parent company of the local Mercy hospitals, has three hospitals with primary stroke centers in the Sacramento region, including Woodland Healthcare in Woodland.

According to the National Stroke Association, stroke is the third leading cause of death in the U.S. and the number one cause of adult disability. Each year, 750,000 people experience a new or recurrent stroke.

Mercy General Hospital and Mercy San Juan Medical Center have been Joint Commission certified primary stroke centers since 2004. Woodland Healthcare, a CHW hospital in Woodland, has been certified since 2006. Mercy General Hospital and Mercy San Juan Medical Center have made recent enhancements to their stroke programs, including upgraded radiology departments and new CT scanners as well as a new biplane interventional suite at Mercy General Hospital.

Both Mercy General and Mercy San Juan are focused on providing comprehensive stroke care, education and improved awareness to the community, as well as participating in national and international stroke research, according to M. Asim Mahmood, MD, regional stroke medical director for Mercy’s Sacramento service area. “We are bringing superior stroke treatment and expertise to the Sacramento region,” said Mahmood. “This includes cutting edge interventional therapies for ischemic and hemorrhagic strokes and even a telemedicine program that will provide access to our stroke specialists for local and rural hospitals.”

“Our hospitals with primary stroke centers reflect Mercy’s commitment to stroke care and the community,” said Brian Ivie, president of Mercy San Juan Medical Center. “We are proud of our stroke specialists and caregivers for all of their hard work and dedication to providing outstanding stroke care to our patients.”

Mercy General and Mercy San Juan are also working closely with the American Heart/American Stroke Association as part of a three-year collaborative effort to raise the awareness of stroke risk factors and stroke therapies in the Greater Sacramento Area.

The Joint Commission’s Primary Stroke Center Certification is based on the recommendations for primary stroke centers published

by the Brain Attack Coalition and the American Stroke Association’s statements/guidelines for stroke care. A list of Joint Commission-certified programs is available at jointcommission.com.

About Mercy General Hospital
Mercy General Hospital has been serving the Sacramento community for more than 100 years. Founded by the Sisters of Mercy, Mercy General has been at its current site in the heart of East Sacramento since 1925. Mercy General Hospital has 342 licensed beds, a physician staff of more than 800, delivers 2,800 babies annually and leads the state in open-heart surgery. Mercy General is one of six Sacramento area hospitals that are part of Catholic Healthcare West (CHW), a system of 42 hospitals and medical centers in California, Arizona and Nevada and the nation’s eighth largest healthcare system. In 2007, CHW provided more than \$922 million in community benefit and free care for the poor.

About Mercy San Juan Medical Center
Mercy San Juan Medical Center is a 260-bed facility that serves more than 150,000 people each year from north Sacramento County, south Placer County and beyond with a broad array of quality programs and services. Mercy San Juan has made the Thomson national “100 Top Hospitals” list each of the last two years by excelling in such areas as quality care, patient safety and growth. Doctors are the cornerstone behind teams of healthcare professionals who lead nationally recognized programs such as bariatric surgery, cardiac, neonatal intensive care and trauma. Mercy San Juan is part of Mercy, which also operates Mercy General Hospital, Mercy Hospital of Folsom and

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

THOMAS B. HAMMOND

PERSONAL & BUSINESS BENEFIT PLANNING

A FULL SERVICE FIRM

TBHB



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

Weekly SUDOKU

Answer

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

Magic maze

Answers

WORDS TAKEN WITH A “PILL”



Puzzles are on Page 12

King Crossword

Answers

Solution time: 25 mins.

S	T	A	G		S	A	T		S	W	A	Y
P	A	R	R		P	H	I		H	I	R	E
A	L	E	E		R	A	N		E	P	P	S
S	C	A	M	P	I		Y	A	L	E		
			L	I	G	H	T	O	F	D	A	Y
P	L	A	I	N		A	I	L		O	W	E
L	I	M	N		J	I	M		C	U	L	T
O	R	B		S	I	T		T	U	T	S	I
D	A	R	K	K	N	I	G	H	T			
		O	N	Y	X		H	E	L	I	U	M
B	A	S	E		I	D	O		A	O	N	E
E	V	I	L		N	U	S		S	T	I	R
D	E	A	L		G	E	T		S	A	T	E

ADDICTION! IS A BIOPSYCHOSOCIAL DISORDER THAT IS TREATABLE!

CLEAN & SOBER LIVING

Call today to find out what your options are!

Clean & Sober Detox & Outpatient (916) 965-3386 www.cleanandsoberdetox.org

Clean & Sober Recovery (916) 990-0190 <http://www.candsrecovery.com>

Clean & Sober Living (916) 961-2691 www.clean-and-sober-living.com



by Pastor Ray Dare

Exodus 15:22-27 (NIV) “Then Moses led Israel from the Red Sea and they went into the Desert of Shur. For three days they traveled in the desert without finding water. When they came to Marah, they could not drink its water because it was bitter. So the people grumbled against Moses, saying, “What are we to drink?” Then Moses cried out to the Lord, and the Lord showed him a piece of wood. He threw it into the water, and the water became sweet...Then they came to Elim, where there were twelve springs and seventy palm trees, and they camped there near the water.”

2008 may have been a very difficult year for you. If so, I have good news! God is a God of Restoration. Great delights follow great disappointments. Eventually there is a turn around. Verse 27 says they left Marah, “Then they came to Elim where there were twelve springs and seventy palm

Your Year of Rest & Recovery

trees and they camped near the water.” An oasis! With springs and palms! To find twelve springs and seventy palms in the middle of the Sinai desert was paradise. A place of absolute delight! Marah was the disappointment; Elim was the delight.

Question: How far was Elim from Marah? How far was the place of delight from the place of disappointment? If you were to get out a geographical map and look at the Sinai, you’d discover that Elim is five miles from Marah. Five miles! It was just around the corner! They stopped at Marah and they were complaining and griping, being negative, worrying and criticizing Moses when Elim was just five miles down the road! They were ready to give up when all they needed was just down the road!

What’s the point of this story? Too often we stop at Marah and get discouraged and disappointed by life and we just stay there in the place of disappointment and discouragement when God has a place of rest and recovery just down the road! The message is: There’s hope! Things are going to change! God is leading you to a place of rest and recovery. He’s not going to leave you at Marah. Your Elim

is just down the road. So, you keep on praying. You keep on giving. You keep on serving. You keep on trusting. You keep on reading your Bible. You keep on going to church. Elim is right around the corner!

2008 may have been a Marah experience for you. In fact, right now life is bitter and distasteful. It stinks, it’s hot and dry. Your needs aren’t being met. It’s a flat out a difficult situation to swallow. It’s no fun at all. Maybe you’re facing a financial Marah. Maybe you’re facing a physical Marah with health issues. Maybe you’ve been in a spiritual Marah; you feel spiritually dry inside. Does God have anything to say to you? Absolutely!

“The Lord says, “I will give you back what you lost to the stripping locusts, the cutting locusts, the swarming locusts, and the hopping locusts...” Joel 2:25 (NLT) May this be your year of rest, recovery and restoration.

Join me this Sunday as I share a message I’m calling “How To Reach Your Full Potential”

See you Sunday, Pastor Ray
New Community Christian Church www.YourNewChurch.org

He Always Causes Us to Triumph!



Trish Pearson

by Carolyn Harrison

Trish Pearson has faced many trials in her life. To those who are alone and discouraged she is a perfect example of how God can restore our soul and cause us to triumph through trials, devastation, and divorce when we turn to Him.

Trish was raised Catholic and attended church most holidays as a young girl with her mother. Reflecting back she remembers when she sat in church with her sister and brother, and could not participate in taking communion with them. She hadn’t taken the necessary classes as they did. As she reflects back she remembers feeling God did not love her.. That feeling of rejection stayed with her into her adult life.. Then in 1981 her life was turned upside down when she received a phone call that her brother was in the hospital murdered by someone he had worked with. She was 21 and he was 25, and she had always looked up to him, and now he was gone. A devastating blow. Within weeks her sister moved out of state and suddenly Trish was left alone with her mother and father. She was desperately trying to comfort her mother and father, while she was still grieving over the loss of her brother, and trying to pick up the pieces of a broken family. It was during this time she became very angry, and felt so alone. She now recognizes that she had a God sized hole in her heart.

In 1998 another trial came upon her, her health. She was diagnosed with a rare Thyroid disease, then a year later developed a rare Liver disease. Her doctor wanted to do a routine procedure, but ended up hitting a main artery. She lost 2 units of blood and almost died. While healing at home she received a call that something was wrong with her dad. He had an aneurysm, so they performed surgery, but the surgery damaged many organs, and he died a year later. This was another great loss for Trish. Eventually, the pressure and devastation also caused her marriage to fall apart. Soon Trish found herself alone, and divorced. During one of her stays in the hospital in Placer County, a Chaplin came to her room and asked if he could pray for her. Feeling lost Trish remembers the comfort she felt when he prayed. Not long after her encounter with the Chaplin she was home from the hospital, and in the shower. She got down on her knees in the shower, and began crying out to God. “Please help me God! I am lost, lonely, and tired. I can’t go on!” That was a turning point for Trish when shortly after a friend at work asked her to go to church. Someone told her “God loves you so much and wants a personal relationship with you!” She then received her first bible in 2002. Trish began rejoicing at God’s goodness, and has been growing ever since. She discovered she really could have a personal

relationship with God through His son Jesus Christ. Trish now attends Adventure Christian Church in Roseville and takes part in the women’s ministry mentoring other women, and pointing them also to Jesus Christ .

Trish is a beautiful reminder to all who know her, that God is compassionate, and will use even our weakness and despair to bring us into a relationship with Himself. As Romans 8:28 quotes “He works all things together for good to those who love Him, and are called according to His purpose” In this case, He is using Trish according to His purpose, to comfort and mentor other women with the same struggles. Trish now quotes Psalm 28:7 “The Lord is my strength and shield my heart trusts in Him and I am helped. My heart leaps for joy and I will give thanks to Him in song”

CarolynHarrisonisaSacramento freelance writer. She has 4 children and resides in Carmichael, Ca. Her pursuit and passion is to write local glory stories, and publish the needs of local families and friends in her column, nominated by friends and families in the community. Carolyn believes the needs of most can be met by getting the word out, and by caring people in the community, who have a desire to help others if and when they know of a specific need. If you would like to nominate a family or friend in need, to possibly have their need published please e-mail her at careteamhelp@yahoo.com

BIBLE

TRIVIA

by Wilson Casey

1. The main stories of Jesus’ birth are in Chapters 1 and 2 of Matthew and which other book? *Mark, Luke, Romans, Revelation*
 2. From Matthew 1: 18, when Mary became pregnant, she and Joseph were in what relationship? *Married, Engaged, Just friends, Strangers*
 3. For the journey to Bethlehem, how did Mary and Joseph travel? *Bible not specific, Walked, Rode donkey, Boat*
 4. At the birth of Jesus, who was king of Judeaea? *Solomon, Herod, Balak, Belshazzar*
 5. What was the home city of Mary and Joseph? *Capernaum, Nazareth, Aphek, Shechem*
 6. Of these, which wasn’t a gift from the wise men? *Silver, Myrrh, Gold, Frankincense*
- ANSWERS: 1) Luke; 2) Engaged; 3) Bible not specific; 4) Herod; 5) Nazareth; 6) Silver
- For more trivia, log on to www.TriviaGuy.com.

© 2009 King Features Synd., Inc.



by Marlys Johnsen Norris

Approaching another New Years many people attempt to make some kind of resolution that they just might keep that will enhance and enrich their lives. For some it becomes “old hat” and they know they will not keep it so they just don’t make resolutions anymore.

Have you often wondered what would happen if you changed the word resolution to a “vow” with God? Any kind of “vow” with God is never to be broken because God considers an agreement with Him-- reverent

LIVING FOR GOD™



By Calvin and Lisa Wulf

“Top Ten Must Haves”

“Life is more than food, and the body more than clothes.” Luke 12:23 (NIV)

“Hi! What’s up?” she asks, cradling the phone on her shoulder as she types.

“Come with me tonight. They’re modeling all the latest fashions at the mall,” coaxes her friend. “It’s their Top Ten Must Haves for the Season.”

New Year’s Resolutions – Good Memories

and serious. One good thing about a “vow” is, God will help you and not leave you alone to struggle with the changes you desire to make in your life.

Possibly this is about creating and building brand new memories about your life! Memories that bring one joy and peace and that are everlasting when they are remembered years later. Many people have beautiful childhood memories that stick with them as one grows old—and they even help sustain inner happiness. Memories become gifts from heaven with age. In childhood parents and loved ones created and added something special to those memories that are precious.

When we mature it is time that we become responsible to create our own

memories and when we seriously begin; we find immeasurable help by associating with people who love God and honor them with their life. Absolutely everyone starts at a point of ignorance about such things and areas in their life that need change. One is not alone! All people have a deep need to be loved and cared about. When they get a glimpse of God’s love for them everything changes. One will find this desire of their heart by “Seeking God with their heart mind and soul.” (Matthew 6:33) May this help you to truly have a Happy New Year.

Marlys Johnsen Norris
Award Winning Christian Author
Contact me at: Marlys@sbcbglobal.net

“Hey, that sounds great. My stuff is just so drab and I look positively anemic. I need a fashion pick-me-up.”

“Well then, let’s get ready for some serious shopping!”

Appearance is everything. Unless we look good we don’t feel on top of our game. Trendy scarves or a sharp tie put a winning spin on our serve. Who dares leave home without the latest accessory? After all, we don’t want the fashion police posting our picture on the Internet.

Whatever is new, whatever is cool, whatever is vogue - let us think upon these things. We can’t possibly live with last year’s must haves. In catering to our desires, one local chain store boasts 100,000 pairs of shoes in stock. But what about those who don’t have any shoes?

If our closets are packed to the limit and we’re still out buying new things, what does that say about us? Perhaps we don’t really need all this stuff. Maybe a better strategy is to keep our material consumption to what is truly necessary.

Jesus has a lot to say about charity and simplicity. He asks us to help others. He asks us to live simple lives. Perhaps charity and simplicity are the only true must haves for anyone who chooses to follow Christ.

Want to try lightening your load? Here’s how:

- Think first. Do you really need more stuff or do you already have enough?
- Consider others. Donate your unused shopping money to charity.
- Try a completely new look. Let God be your fashion consultant.

Is it time to clean out your closet? Are you ready to dump your must haves? It’s not easy. It’s counter culture. But God is on the move. If you want to catch him, you’ll have to travel light

Living for God (TM) offers resources on Christian living. Check them out at www.livingforgod.net or call (719) 578-8837.

© 2008, Calvin R. Wulf and Lisa Are Wulf

Introducing the National Bible Bee

Christian Newswire - The Shelby Kennedy Foundation is excited to introduce the first-of-its-kind annual National Bible Bee, a motivating Bible memory competition for children and youth from 7 to 18. The goal of the Bible Bee is to build godly character in young people by calling them back to the lost discipline of Scripture memorization. Most people are familiar with the Scripps National Spelling Bee, where youth compete annually in the Nation’s longest- running educational contest. While it is certainly beneficial for our children to commit the spelling of words to memory, imagine how much more life- changing it will be for them to memorize the Word of God.

Local Bible Bee Contests will be conducted throughout the United States on Saturday, September 12, 2009. One

hundred finalists from each of three age categories will then advance to the National Bible Bee for a two-day, world-class competition which will be held in Washington D.C. on November 5-6, 2009.

The Shelby Kennedy Foundation is the home of Bible Bee Headquarters. The Bible Bee Staff is currently assisting parents, teachers, pastors and Christian leaders across the country who are planning and coordinating Local Bible Bees. The deadline for registering to hold a Local Bible Bee is January 31, 2009. Those interested in hosting Local Bible Bees in their communities are encouraged to call 1-888-3- BIBLE-B (1-888-324-2532) for introductory information.

The Bible Bee Competition will distribute more than \$260,000 in prize money with \$100,000 being awarded to the

first-place winner of the top age category. The long-term vision of Bible Bee Competition is to equip children and youth to be bold ambassadors for Jesus Christ to the next generation. If you would like more information about the Bible Bee or would like to schedule an interview, please call Kit Rasche at (619) 401-0385, ext. 101, or e-mail Kit at krasche@biblebee.org.



*Building Character...
One Verse at a Time*

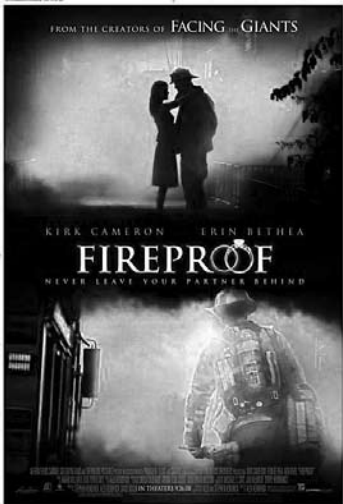
Inspirational Movie Showing at Orangevale Chuch of Christ

Fireproof starring Kirk Cameron

See the #1 inspirational movie of 2008, Fireproof, starring Kirk Cameron and Erin Bethea, FREE, at the Orangevale Church of Christ on Main Avenue in Orangevale, January 16, 17, 24, 30 & 31 starting at 6:30 pm. For more information call 988-2011 or e-mail minister@ovchurch.org

Thank you and God Bless!

Chuck Poulos
Minister



Oak Avenue Free Methodist Church

8790 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 - 11 am

Evening Adult Study: 7 pm - 8:30 pm

Sundays: Worship ~ 9:30 am

Sunday School ~ 11 am For All Ages

www.oakavefmc.org

Grace Baptist Church

6724 Palm Avenue
Fair Oaks, CA 95628

Pastor Charles Carter

(916) 967-3915

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

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

Service Schedules

Sunday Schools (All Ages) 9:45 am

Sunday Worship 11:00 am

Sunday Evening 6:00 pm

Wednesday Evening 7:00 pm

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

Adoption
PREGNANT? CONSIDERING ADOPTION? Talk with caring agency specializing in matching Birthmothers with Families nationwide. Living Expenses Paid. Call 24/7 Abby's One True Gift Adoptions. 1-866-459-3369. (Cal-SCAN)

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)

Auctions

ONLINE AIRCRAFT AUCTION: TX Dept. of Transportation (2) 1983 Cessna 425's. For photos, descriptions, terms, conditions and bidding information visit www.LSA.cc or www.LSO.cc Burgess 7878. (Cal-SCAN)

ARCADE & AMUSEMENT AUCTION - Major Arcade Selloff. Saturday, December 20th - 10 a.m. Placer County Fairgrounds, 800 All America City Blvd. Roseville, CA. (714) 535-7000, www.SuperAuctions.com 13%BP. (Cal-SCAN)

Auto Donation

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.ccofa.org 1-800-469-8593 (NANI)

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

DONATE YOUR CAR- HELP DISABLED CHILDREN WITH CAMP AND EDUCATION. Quickest Towing. Non-Runners/ Title Problems OK. Free Vacation/ Cruise Voucher. Special Kids Fund 1-866-448-3865 (NANI)

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)

DONATE YOUR CAR...To The Cancer Fund of America. Help Those Suffering With Cancer Today. Free Towing and Tax Deductible. 1-800-835-9372 www.cfoa.org (NANI)

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)

WE BUY DAMAGED & Flooded Cars. Highest prices paid, 1998 to 2009. Immediate payment, free towing. www.DamagedCars.com or 877-877-7911. (Cal-SCAN)

Autos For Sale

1974 Toyota 4WD Land Cruiser Does not run on blocks since 1994 Mercury Cruiser 350 Engine Rebuilt 1990 ChevySM420 XM 3 Speed w/ Granny Sagrnaw ps AEI IGN Hard Top w/ Soft and Bikini Dual Tanks Org Pt Carmichael 716-0403 (MPG)

\$500! Police Impounds!!!! Hondas / Chevys / Jeeps & More! Cars from \$500! For Listings 800-673-2204 (NANIG)

2002 Honda Accord Only \$1,600! Buy Police Impounds! Many Makes Available! For Listings 800-671-1134 (NANIG)

Beauty

Braids & Weaves 24/7 Specialists in Dry Hair, Problems, Braiding/ Weaving Tracks - \$15 Press/Curl \$45-\$65 LOC/ Appt 821-8888. Now Hiring (MPG)

KING OF CURLS Specializing in Dry Hair Problems. All Braiding & Weaving Designs.Tracks, Press / Curls. 4751 Freeport Blvd: 800-722-8944 5320 Auburn Blvd: 916-736-0808 (MPG)

Business Opportunities

100% RECESSION PROOF! Do You Earn \$800 in a Day? Your

comfort of your own home. No experience required. Call 813-699-4038 or 813-425-4361 or Visit www.angelpin.net (NANI)

NEW NETWORK MARKETING Company, 20 months old, \$40 Million in Sales, set to go Global. Your turn to work with #1 Earner. 1-800-985-4931. (Cal-SCAN)

HATE JOB? Want to Own Your Own Business? Be Your Own Boss in 4 Billion \$\$\$ Industry!! Avg. Owner Earning Over \$200K/year! Call 24/7 1-888-428-5392. (Cal-SCAN)

OWN A RECESSION Proof Business. Established accounts with the average owner earning over \$200K a year call 24/7 1-866-622-8892 Code 305 (NANI)

INSURANCE INSPECTORS/REPORTERS: Advanced Field Services seeks individuals to complete residential insurance inspections in California. For more information and to apply visit: www.AFSWeb.com/careers (Cal-SCAN)

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)

Computers

FREE Nintendo Wii! With your New Computer. Brand Name Laptops. Bad or NO Credit – No Problem Smallest weekly payments. Its Yours NOW 1-800-804-7475 (NANI)

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

FREE NINTENDO Wii!! With your New Computer. Brand Name LaptopsBad or NO Credit – No ProblemSmallest weekly payments. Call Now 1-800-804-7273 (NANI)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit – No Problem Smallest weekly payments avail. Its yours NOW – 1-800-932-3721 (NANI)

A NEW COMPUTER NOW! Brand Name Bad or NO Credit – No Problem Smallest weekly payments avail. Call NOW 800-804-5010 (NANI)

FREE NINTENDO Wii!! With your New Computer Brand Name Laptops Bad or NO Credit- No Problem smallest weekly payments. Call Now 1-800-804-5010 (NANI)

GET A NEW COMPUTER Brand Name laptops & desktops Bad or NO Credit – No Problem Smallest weekly payments avail. Its yours NOW 1-800-804-0656 (NANI)

FREE NINTENDO Wii!! With your New Computer. Brand Name Laptops Bad or NO Credit – No Problem Smallest weekly payments. Call NOW 1-800-640-0656 (NANI)

GET A NEW COMPUTER Brand Name laptops & Desktops Bad or NO Credit – No Problem Smallest weekly payments avail. Its Yours NOW 1-800-804-0656 (NANI)

ANEWCOMPUTERNOW!!!!Brand Name Laptops & Desktops Bad or NO Credit – No Problem Smallest weekly payments. Its Yours NOW 1-800-804-7475 (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 (MPG)

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

Nannies and Sitters Needed. View Jobs at www.GoNannies.com. Housekeepers and Elder Caregivers also needed. (NANI)

Drywall

Tape - 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)

SAVE ON 2008 TAXES! FREE Meetings! Tips & Issues for Real Estate and Stock Investors, LLC's, Corporations, Capital Gains and 1031 Exchanges. Bring Your Questions. www.ica-sanfrancisco.com. (Cal-SCAN)

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 (NANI)

BURIED IN CREDIT CARD DEBT? Stressed out and Concerned About Your Future? Stop the harassment! Call and get Help Now! 1-800-644-4347 (NANI)

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

DESTROY YOUR DEBT! Too many Credit Card Bills? We can help! Call now for FREE, no obligation consultation! 1-800-390-2470 (NANI)

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

GET FAST CASH! 24/7! Instant pre-approval by phone.Bad Credit OK. No faxing.Cash in 24hrs. Apply now!1-800-354-6612 (NANI)

Are You Drowning in Debt? Financially Stressed Out? We can save you thousands & Stop the Harassment! Get Help Now with a FREE Consultation! Call 1-888-246-2304 (NANI)

TOO MANY BILLS? Pay off your debts up to 50-80% off. One low affordable monthly payment. 98% Approval Rate. 1-866-608-BILL (2455) Visit www.paylessolutions.com (NANI)

\$\$\$CASH\$\$ Immediate Cash for Structured Settlements, Annuities, Lawsuits, Inheritances, Mortgage Notes & Cash Flows. J.G.Wentworth #1 (1-800)794-7310 (NANI)

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

DEBTSOLUTION! Debt Settlement 50% - 80% off. Bill Consolidation, Mortgage Reduction, Loans, 98% Approval Rate.Good/Bad Credit. 1-866-608-BILL. (2455) Visit www.paylessolutions.com (NANI)

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

\$\$\$ CASH FAST \$\$\$ Fast Cash Advances Against Inheritances, Lawsuits, Structured Settlements, Annuities, Lotteries, and Military &

Regular Pensions. (No VA or WC) Call Now 1-877-726-6639. www.1-877-72-MONEY.com (Cal-SCAN)

Need Cash Quickly?? \$\$\$\$\$\$ Stay at home and make money. Best Program FREE Video Go to www.FREEDOM51.com

Want To Earn \$1K - \$5K Per Week? Safe Investment. Money Back Guarantee!! 100 Year Old Industry. 800-896-2492 Call 24/7 (NANI)

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

For Rent / Lease

1,000 sq. ft. commercial warehouse with small office. Lease or mo. to mo. \$650.00. Easy frwy access I-80 @ Madison. Call Lisa (916)331-0840. (MPG)

OFFICE SPACE FOR RENT Office space, 780 Sq Ft Newly Remodeled El Camino & Walnut 971-1717 \$800/MO. (MPG)

UpscaleTownhomeinCreekridge 3/2 car garage charc ch Tennis, pool, yd maint. \$1395/mo + \$1200 dep 390-5634 (MPG)

3 BR 2 BA \$450/mo! Buy Foreclosure! Stop Renting!5% Down 20 Years @ 8.5% APR/For Listings 800-272-9416 (NANIG)

HOUSE FOR RENT 3 bedroom/1bath/FRLV located rear of office El Camino near Walnut \$900/mo. 1st,last,cleaing deposit 971-1717 (MPG)

*****FREE Foreclosure Listings***** Over 200,000 properties nationwide. Low down payment. Call now. 800-749-3138 (NANIG)

SANCTUARY By The SEA. \$925-500 share in Timber Cove–2 hours north of S.F. An amazing retreat, beautiful ocean views. Looking for vegetarian, non-smoker. (415) 797-2636. (Cal-SCAN)

Ex Suites @150 SF Carmichael, 144 / 276 SF Sec Entry, Cov Parking. 916-483-5044 (MPG)

*****FREE Foreclosure Listings***** Over 200,000 properties nationwide. Low down payment. Call now. 800-755-9719 (NANIG)

STOP RENTING! Own A Home. 100% Financing. Zero Down. No Closing Costs. Federally Insured. 1st Time Buyer OK. Call 866-903-8051. Green Planet Mfg. DOC LIC#4130948. (Cal-SCAN)

For Sale

SAWMILLS FROM ONLY \$2,990 –Convert your Logs to Valuable Lumber with your own Norwood portable band sawmill. Log skidders also available. www.NorwoodSawmills.com/500A -Free Information: 1-800-578-1363 x300-N. (Cal-SCAN)

THE VIDEO PHONE See the ones you Love by Video Phone Show off the new baby! Keep in touch with friends and family around the country! ASK HOW ITS FREE ! 916-612-8941 (MPG)

GIGANTIC MIRRORS. Jobsite leftovers. 48"x100"x14" (15), \$99/each. 72"x100"x14" (11), \$145/each. 72"x50"x14" w/I Bevel, \$115/each. 84"x60" w/I Bevel, \$135/each. Free delivery. Installation available. A & J Wholesale, 800-473-0619.(NANI)

Need Cash? Sell Your Unwanted Jewelry! We Buy Gold, Diamonds, & Watches Highest Price Paid Guaranteed Call Today --> 888.555.1212 Visit Our Website --> www.cashoutgold.com (NANI)

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

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

Handyman

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

Household Helper. You Name It! Hauling, Gutter, 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)

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

DIET PILLS Maximum prescription strength Phenotromine, 37.5 mg, blue and white capsules, 60 count, \$77.95.No Prescription needed. Free Shipping! 1-800-627-7896 ext. 809 (NANI)

DIABETIC TEST STRIPS ! ! Wanted ! ! Any type Any brand Will pay up to \$10 per box Call Katrina 209.267.1680 (MPG)

If a Loved One underwent Hemodialysis and received Heparin between October 1st, 2007 and August 1st, 2008 and died after the use of Heparin, you may be entitled to compensation.Call Attorney Charles Johnson: 1-800-535-5727 (SWAN)

New Feather-Weight Motorized Wheelchairs at NO COST TO YOU if eligible!We come to you!ENK Mobile Medical, 1-800-693-8896 (SWAN)

Celebrate American Pharmacists Month – Local Pharmacists can check cholesterol, blood-sugar, hypertension, & more! Sponsored by: University of the Pacific, School of Pharmacy and Health Sciences! (NANI)

Look Younger in Less Than a Day! www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

DIET PILLS Maximum prescription strength Phenotromine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 808 (NANI)

Health Insurance

Affordable Health Benefits from \$117.00 Individuals / \$419.00 FamilyDoctors, Hospitalization, ER, Critical Illness, 10 Generic, Dental, Vision, Lens & Frames \$8 up. Guaranteed Issue. 1-888-508-5470 (SWAN)

Heating & Air

Christopher's Heat & Air Low Rates, Quality Service Heat & Home Repairs 223-1744 (MPG)

AC Repair Low Prices 487-4609 (MPG)

Help Wanted

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)

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

\$\$\$ 997.00 PAYMENTS!Over & Over By Showing People AMAZING Movie! NO Selling! NO Phone Calls! Fully Automated!(800) 584-2490 (24 Hours)Register Online! www.RichAverageJoe.com (NANI)

EMAIL PROCESSORS NEEDED! \$15.00-\$25.00 per Email Income Potential! Easy! No experience Necessary. Genuine Home Based Opportunity. Start Immediately and

Make Extra Cash Online! Visit: www.EasyEmailJob.com (NANI)

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

INCOME TAX PREPARER 3 Yrs Experience Minimum Top Salary Must Be Licensed Call 635-7421 For Info (MPG)

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)

POST OFFICE NOW HIRING. Avg. pay \$20/hr or \$57K/yr including Federal Benefits and OT.Placed by adSource not aff.w/ USPS who hires. 1-866-574-4775 (SWAN)

*****FEDERAL POSTAL POSITIONS***** Now Hiring + Federal Benefits! \$14 - \$59 hour. Paid Training. No Experience. Green Card OK 1-866-477-4952 ext 80 (NANIG)

SWEEET JOB! Now hiring 18-24 sharp, motivated guys/ gals.immediate F/T Travel.No Exp. Req. Transportation Provided.Daily Pay.Call M-F, 8-4 MST - 1-866-745-3172 (SWAN)

TRAVEL-WORK-PARTY-PLAY. 50 States. National company now hiring 18+ sharp guys & gals to work & travel entire USA. 2wks paid training, transportation & lodging furnished. Paid daily. Returns guaranteed. Call Today Start Today. 1-888-741-2190. (Cal-SCAN)

\$\$\$19 PEOPLE WANTED\$\$\$ \$1,200-\$4,400 Weekly Working from Home Assembling Information packets. No Experience Necessary! Start Immediately! FREE Information 24hrs. CALL NOW! 1-888-248-1359 (Dept.75) (NANI)

\$\$-Fun-\$\$-Job-\$\$ TRAVEL/WORK- PARTY- PLAY- 50 STATES. National company now hiring 18+ sharp guys & gals to work & travel entire USA. 2wks paid training, transportation & lodging furnished. Paid daily. Returns guaranteed. Call Today! Start Today! MTV/ Road Rules types. Please Apply: 1-877-896-1128 (SWAN)

Movie Extras/Models Needed! Earn \$200-\$400 per day. No Experience Required. PT/FT. All Looks and Ages Needed. Call Now!! 1-800-605-6851(NANI)

ARIZONA DEPT. OF ECONOMIC SECURITY seeking applicants for Child Protective Service, Unit Supervisor, Bullhead City, Arizona. To apply, visit www.AZStateJobs.gov Click Search for Jobs, type keyword DES, select job title above. EOE. Persons with disability may request reasonable accommodation at 602-271-9596 or request alternative format: TTY/ TDD 7-1-1. (Cal-SCAN)

EXCHANGE COORDINATORS WANTED. EF Foundation seeks energetic and motivated representatives to help find homes for intl exchange students. Commission / travel benefits. Must be 25+. 877-216-1293. (Cal-SCAN)

EMT FREE TRAINING plus pay, benefits, vacation, regular raises. HS grads ages 17-34. Help others. Gain financial security. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

CABLE LINE INSTALLER job in growth industry. Paid training, great benefits, vacation. No experience needed. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

Movie Extras/Models Needed! Earn \$100-\$300 per day. No Experience Required. PT/FT. All Looks and Ages Needed. Call Now!! 1-800-605-6851(NANI)

ABLE TO TRAVEL: Hiring eight people, no experience necessary, transportation & lodging furnished, expense paid training. Work / travel

entire U.S. Start immediately. www.ProtekChemical.com Call 1-877-936-7468. (Cal-SCAN)

POLICE OFFICERS: Earn up to a \$20,000 bonus. Train to protect your fellow Soldiers. Be a leader in the Army National Guard. 1-800-GO-GUARD.com/police (Cal-SCAN)

TRUCK DRIVERS: CDL training. Up to \$20,000 bonus. Accelerate your career as a soldier. Drive out terrorism by keeping the Army National Guard supplied. 1-800-GO-GUARD.com/truck (Cal-SCAN)

PART TIME COORDINATOR needed for highly reputed student exchange program. This work from home position requires a motivated individual who enjoys recruiting, training and supervising volunteers and likes working with young people from abroad. Some travel expenses reimbursed. Please call 1-800-733-2773- very@asse.com (Cal-SCAN)

ENGINEERING AID/ CONSTRUCTION. Conduct surveys for roads, airfields and pipelines. No experience necessary. One semester Trig. Navy Reserve has openings. Work one weekend a month + two weeks a year. Excellent benefits pkg. + salary. Call 1-800-345-NAVY. (Cal-SCAN)

EXCHANGE COORDINATORS WANTED. EF Foundation seeks energetic and motivated representatives to help find homes for intl exchange students. Commission / travel benefits. Must be 25+. 877-216-1293. (Cal-SCAN)

PROFESSIONALS WANTED PART-TIME. Paid training & potential sign-on bonus. Great Benefits, flexible schedule. S for education. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

JOBS, JOBS, JOBS! California Army National Guard. No Experience. Will pay to train. High School Jr/ Sr & Grads/ Non- Grads/ GED. May qualify for \$20,000 BONUS. 1800GoGuard.com/ careers (Cal-SCAN)

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 danelopez1980@yahoo.com if interested (MPG)

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

PART TIME JOBS. The Navy Reserve has part-time jobs for one weekend each month + two weeks a year. Ages 18-39, w/wo prior military service. Call 1-800-345-NAVY. (Cal-SCAN)

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

Mystery Shoppers earn summer gas money. Up to 150\$/day. Undercover shoppers needed to judge retail and dining establishments. Exp not req. 800-742-6941(NANI)

FIREFIGHTERS WANTED. Paid training, good salary, S for school, regular raises, benefits, retirement. HS grads ages 17-34. Call Mon-Fri 1-800-345-6289. (Cal-SCAN)

DATA ENTRY PROCESSORS NEEDED! Earn \$3,500 - \$5,000 Weekly Working from Home! Guaranteed Paychecks! No Experience Necessary! Positions Available Today! Register Online Now! www.DataPositions.com (NANI)

HAIR STYLIST NEEDED — We are a contemporary, new, drama-free salon located in Carmichael. Must have clientele following—low booth rent, move-in specials. Call 916-481-3864 (MPG)

MANICURIST NEEDED — We are a contemporary, new, drama-free salon located in Carmichael. Must have clientele following—low booth rent, move-in specials. Call 916-481-3864 (MPG)

\$\$\$ 19 PEOPLE WANTED \$\$\$ \$1,200-\$4,400 Weekly Working from Home Assembling Information packets.No Experience Necessary! StartImmediately!FREEInformation 24hrs.CALL NOW!1-888-248-1359 (Dept.75) (NANI)

HOME REFUND JOBS! Earn \$3,500-\$5,000 Weekly Processing Company Refunds Online! Guaranteed Paychecks! No Experience Needed! Positions Available Today! Register Online Now! www.RebateWork.com (NANI)

****AWESOME CAREER**** Government Postal Jobs\$17.80 to \$59.00 hour Entry Level.No Experience Required / NOW HIRING!Green Card O.K.Call 1-800-370-0146 ext. 52 (NANIG)

NCIM is looking for EVENT PERSONNEL to hand out samples in local grocery stores. \$12+/hour. Weekends call 800-799-6246 ext.168 or visit www.ncim.com (Cal-SCAN)

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)

****AWESOME CAREER**** Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level.No Experience Required / NOW HIRING! Green Card O.K.Call 1-800-913-4384 ext. 53 (NANIG)

Government Jobs-\$12-\$48/hr Paid Training, Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-9353 x2100 (NANIG)

Post Office Now Hiring. Avg. Pay \$20/hour or \$57k annually Including Federal Benefits and OT. Offered by Exam Services, not Aff. w/ USPS who hires.1-866-574-4781 (NANIG)

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)

ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Paralegal, *Computers, *Criminal Justice. Job placement assistance. Computer available. Financial aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

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

ASSEMBLEMAGNETS&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 in MD*** (NANI)

Driver - West Coast Regional New HIRING AREA. Newest equipment on the road. Competitive Pay. Run the Western 11 States On Site - Full Service Maintenance Shop. Reasonable Home Time. Western Express -22 yrs. old. Good MVR, EOE, CDL-A, 1 yr. OTR. Call Edna Today! 1-866-863-4112. (Cal-SCAN)

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. To apply, send your email to publisher@singleagain.com.

DRIVER - CDL Training: \$0 down, financing by Central Refrigerated. Company Drivers earn average of \$40k/year. Owner Operators average \$60k/Year. 1-800-587-0029 x4779. www.CentralDrivingJobs.net (Cal-SCAN)

DRIVER: Don't Just Start Your Career, Start It Right! Company Sponsored CDL training in 2 weeks. Must be 21. Have CDL? Tuition Reimbursement! www.JoinCRST.com 1-800-781-2778. (Cal-SCAN)

DRIVERS - Ask about qualifying for 5 raises in a year! No experience? CDL Training available. Tuition reimbursement. 1-877-232-2386 www.SwiftTruckingJobs.com (Cal-SCAN)

13 DRIVERS NEEDED. Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

DRIVER- \$5K SIGN-ON Bonus for Experienced Teams: Dry Van & Temp Control available. O/Os & CDL-A Grads welcome. Call Covenant 1-866-684-2519 EOE. (Cal-SCAN)

DRIVERS: CALL TODAY! Sign-On Bonus. 35-41 cpm. Earn over \$1000 weekly. Excellent Benefits. Need CDL-A and 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

IMMEDIATE OPENINGS. CDL A team & solo owner operators. \$1.00 empty. Up to \$2.45 loaded. OTR & regional positions. Ammo experience a plus. Sign-on bonus negotiable. 1-800-835-9471. (Cal-SCAN)

Never A Layoff! SPONSORED CDL TRAINING. No Experience Needed! Earn \$40k-\$75k in your new career! Stevens Transport will sponsor the total cost of your CDL training! Excellent Benefits & 401K! EOE. Call Now! 1-800-358-9512, 1-800-333-8595. www.BecomeADriver.com (Cal-SCAN)

OWNER/OPERATORS To Pull Our Trailers. Salinas to Yuma refrigerated transfers. November-April. 60% Drop & Hook, 100% No Touch. Brent Redmond Logistics. 1-800-777-5342. (Cal-SCAN)

OTR DRIVERS DESERVE more pay and more hometime! \$.41/mile! Home weekends! Run our western region! Health, Dental, Life Insurance! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

TRUCK DRIVERS-SALINAS/YUMA refrigerated transfers, November-April. 90% Drop and Hook, late model tractors, top pay, benefits. Year round work also available. Brent Redmond Transportation. 1-800-777-5342. (Cal-SCAN)

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)

QUIT LONG-HAUL, run regional and Have it All! \$.41 per mile. Home weekly! Benefits! Stability for peace of mind! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

WANT HOME WEEKLY With More Pay? \$.41/mile for company drivers! Home weekends and great benefits! Run our Western region! Heartland Express 1-800-441-4953. www.HeartlandExpress.com (Cal-SCAN)

Holiday Help
Christmas Lights 241-9682 Home Imp. Specialists, Gutters Cleaned Senior Discounts - Reasonable (MPG)

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

Helper! Move In/Out Complete Clean, Trash Hauling, Clean Yards, Carpets, Windows Etc 761-0447 (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 RV'ers 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)

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

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

SWITCH YOUR RESIDENCE from PG&E. Save up to 10%+ off your cost of natural gas. No Cost to Switch. Visit www.BmarkEnergy.com. Also Sales/Income Opportunity. (Cal-SCAN)

INSURANCE – 100% Guaranteed Approval From \$49.95 - \$99.95 Annually 1 Payment – Never An Increase www.HeldHarmless.com (NANI)

CHRISTIAN DATING & FRIENDSHIP SERVICE. Over 100,000 members, countless relationships & marriages since 1989. Singles over 40 call anytime for a free package, 1-800-437-1926 (NANI)

hr: LUXURY - FREE ISSUE. You are invited to read the Magazine of the Rich and Famous...Go Now to: www.hrLuxury.com/free (Cal-SCAN)

International Inventor's EXPO. Las Vegas - Oct. 18th -19th, 2008. FREE admission. Inventions Worldwide. Booths available. See investors, buyers, and licensee's www.inventbay.com/inventorsexpo or call 1-888-999-4391 (NANI)

Advanced Stuttering Therapy Speak fluently. Practical, Effective 12-day treatment. Superior, long-term results. Some scholarships available. Hollins Communications Research Institute—nationally recognized center, Roanoke, Virginia. 540-265-5650 www.Stuttering.org (NANI)

Miscellaneous Items For Sale

DIRECTV FREE 4 Room System! 265+ Channels! Starts \$29.99/FREE HBO, Showtime, Starz! 130 HD Channels! FREE DVR/HD! No Start Up Costs!Local Installers!1-800-973-9044 (NANI)

STEEL BUILDINGS All sizes welcome. Steel prices are down! Will help with design.Additional discounts available.www.greylensteel.com1-866-802-8573 (NANI)

Say Good-Bye Dial-Up! Get Highspeed Broadband Internet by Satellite.Available Now. Quick Installation.Only \$99 Start-Up! \$50 Rebate. Call Today.1-(866) 425-4990www.ContinuousBroadband.com (NANI)

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

STORAGE CONTAINERS, steel, watertight. New 8'x20' = \$2,950, Used 8'x8'6"x20' = \$1,850; 8'x8'6"x40' = \$2,000; 8'x9'6"x40' = \$2,200, 8'x8'6"x40' Refrigerated \$5,500 or lease \$750/month. Delivery available! John 707-975-3000. (Cal-SCAN)

"DIRECTV Satellite TV: Save \$23/month for one year plus 3 Free months of HBO, Starz and Showtime! Call Expert Satellite 1-866-926-2066 (credit card required)" (NANI)

BioDiesel, \$1.00 a Gallon! Make your own high-quality, safe BioDiesel at home!Set your own fuel prices! We'll show you how!www.EzBioDiesel.com 1-888-521-6696 x 6 (SWAN)

Tupperware Please call for any service. Chris Kromar 916-483-1671 Call for a free catalog (MPG)

Reclining Sofa Dark Green \$400.00 Excellent condition, Amoire light wood 3 Drawers \$200.00. White dining table w/leaf and 4 chairs \$50.00 Call 916.803.7247 (MPG)

SAVE MORE MONEY Lower your Communications Bill by up to 50%! ALL Wireless Carriers - Internet - Satellite TV - Home Phone 916-717-6518 (MPG)

SEARSCentral Cooling Systems from Sears Home Improvement Products. Full Line of CARRIER(R) & KENMORE(R) products. ENERGY STAR(R) qualified systems. Call for a FREE in-home estimate. 1.877.669.8973 (NANI)

Going out of Business! (Cerrando Negocio) \$1.50 each Levi's & 501 & other designer brands (otras marcas). Minimum order 2400 jeans (orden minima de 2400 pantalones). Call between 9am-5pm. Por favor inglés: 818-522-9824 (SWAN)

Set Your Own Fuel Prices! We'll show you how!BioDiesel, \$1.00 a Gallon!Make your own high-quality, safe BioDiesel at home! www.EzBioDiesel.com1-888-521-6696 x 6 (SWAN)

****A L L Satellite Systems are not**

the same. Programming starting under \$20 per month, HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

DIET PILLS Maximum prescription strength Phenotrimine, 37.5 mg, blue and white capsules, 60 count, \$77.95. No Prescription needed. Free Shipping! 1-800-627-7896 ext. 807 (NANI)

Moving-Must Sell!! Arcade style Nintendo Popeye game with quarter mechanism. Toys also without mechanism connected. It's a joy for small children to see Pluto try to catch Popeye and save Olive Oil. For the serious video player, The game is a real challenge. \$500 or best offer. Call Shirley at 482-4188. (MPG)

FREE DIRECTV 4 Room System!265+ Channels! Starts \$29.99! FREE HBO, Showtime, Starz! 130 HD Channels! FREE DVR/HD! No Start Up Costs!Local Installers! 1-800-620-0058 (NANI)

Satellite Internet Broadband! Goodbye Dial-Up! Available Everywhere! Lightning Fast! 30x-50x Faster! \$100 Cash Back! Local Installers! Free Installation! Order Hughes NetToll Free 1-866-815-2851 (NANI)

Free DIRECTV Satellite TV for 4 months with NFL Sunday Ticket, Free Set-Up, HD-DVR Upgrade. Offer ends 10/31/08. Call Expert Satellite 1-866-926-2066 (credit card required)(NANI)

DIRECTV Satellite Television, FREE Equipment, FREE 4 Room Installation, FREE HD or DVR Receiver Upgrade. Packages from \$29.99/mo. Call Direct Sat TV for details 1-800-380-8939 (NANI)

FREE DIRECTV Satellite TV For 4 months with NFL Sunday Ticket package; or Save \$18/month for 12 months. Packages form \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESALE! AS ON TV TWIN-\$299 FULL-\$349 QUEEN-\$399 KING/CAL KING \$499 CRAFTMATIC A D J U S T A B L E S - \$ 7 9 9 FREE DELIVERY 25 YEAR WARRANTY 60 NIGHT TRIAL 1-800-ATSLEEP 1-800-287-5337 WWW.MATRESSDR.COM (NANI)

DIRECTV Satellite TV. Save \$18/month for 12 months.Free Install 4-Room System; Free HD or DVR upgrade. Packages from only \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

Mobile Homes

BRAND NEW MOBILE/Manufactured Homes with Warranty. Buy at Factory for \$19,900. Photos and Floor plans online www.FactorySelectHomes.com or 1-800-620-3762 for color brochure. (Cal-SCAN)

Motorcycles

Hondas from \$500! Buy Police Impounds! Hondas/Toyotas/Jeeps and More! Call for Listings800-591-0328 (NANIG)

Musical Instruments

WORLD GUITAR SHOW, Buy, Sell, Trade, Marin Civic/San Rafael, January 10-11, Orange County Fair, January 17-18, Saturdays 10-5, Sundays 10-4. www.TXShows.com Clip this ad! (Cal-SCAN)

Notary

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

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

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

Painting

All Pro Painting Res/Com. Quality work free est. sen disc lic917415 Ph 607-0523 (MPG)

Pets

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

Dog Poop R Us. They poop, we scoop. Specializing in dog poop removal services. 916-DOG-POOP (MPG)

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

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

Novenas & Prayers

NOVENA TO ST. JUDE May the sacred heart of Jesus be loved, adored, cherished and preserved throughout the world now and forever. Sacred heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen. Say this prayer nine times a day for eight days. On the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised. Thank you St. Jude.

G.D.G. (MPG)

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

Real Estate Homes For Sale

Smart Buyers Check out this one in Gold River Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large deck. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. \$515,000. Lorraine Foster, ReMax Gold 916-933-6190 (MPG)

3BR 2BA Only \$43,500! Buy Foreclosedure!Call for Listings 800-279-1604 (NANIG)

Homes from \$10,000! 1-4 Bedrooms Available!Foreclosures, VA's, HUD's & More! Call for Listings and Details800-815-4493 (NANIG)

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

FORECLOSED HOME AUCTION. Northern California. 1000 Homes Must Be Sold! Free Brochure: 1-800-470-9314. www.USHomeAuction.com REDC. (Cal-SCAN)

OVER 275 FORECLOSED Northern CA homes selling by auction November 12 -16 valued from \$35k to \$500k. Get all the details at www.HudsonAndMarshall.com or call 1-800-441-9401. (Cal-SCAN)

AUCTION - Jackson Hole Annual Fall Real Estate Auction. Homes, lots, land, cabins, bank repos & more. Sat. September 20th 12:12 Noon. Call 866-486-SOLD(7653). www.JacksonHoleAuctions.com AUCTION. (Cal-SCAN)

Real Estate Land For Sale

LAND AUCTION 200 Properties Must be Sold! Low Down / EZ Financing. Free Brochure. 1-800-756-2087. www.LandAuction.com (Cal-SCAN)

Bank Ordered: Land AUCTION. 2000+ Properties. Land in 29 States. NO RESERVES. Multiple Lot Packs. Min Bids at \$100. Bid Online at www.LandAuctionBid.com/2 (Cal-SCAN)

Giant Oceanview Lots in California!! Mobile Homes OK!! Paved Streets!!! Electricity!!! Fishing!!! Boating!!! Beaches!!! Gorgeous Area!! \$200.00 Down!!! \$200.00 Monthly!!! \$19,995.00 Cash!!! Owner!!! 949-260-9316. (NANI)

Buy HUD Homes from \$199/mo! Payments from \$199/mo! Financing Referrals Available! For Listings & Info 800-508-8178 Ext. 1276 (NANI)

NEW TO MARKET. Washington/Idaho border. 6 ac just \$39,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

BULK LAND SALE 80 acres - \$39,900. Take advantage of the buyers market and own beautiful mountain property. Price reduced on large acreage in Eastern Arizona. Won't last! Good access & views. Wildlife abounds at Eureka Springs Ranch by AZLR. Financing available. ADWR report 1-888-854-7403. (Cal-SCAN)

BULK LAND SALE 80 acres - \$39,900. Take advantage of the buyers market and own beautiful mountain property. Price reduced on large acreage in Eastern Arizona. Won't last! Good access & views. Wildlife abounds at Eureka Springs Ranch by AZLR. Financing available. ADWR report 1-888-854-7403. (Cal-SCAN)

ALMOST HEAVEN. Washington/Idaho border. 6 ac just \$49,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

COLORADO FORECLOSURE-40 ACRES \$29,900. Outstanding Views. Access to BLM Canyon Rec Land. Financing. Call 1-866-696-5263 x4843. (Cal-SCAN)

ALMOST HEAVEN. Washington/Idaho border. 6 ac just \$49,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

Beautiful TENNESSEE SOUTHEAST MOUNTAINS Established gated community, secluded, paved roads, utilities; interior & bluff lots, wooded; 5 acres & up. 800-516-8387 or visit http://www.timber-wood.com (Cal-SCAN)

BUY BULK 40 AC just \$29,900. Your own gorgeous ranch. Stunning land, inspiring views, great location, 2 hours east of Salt Lake in ideal outdoor recreational area. County maintained roads, ready to build or just hold and enjoy. Priced at bulk acreage prices for quick sale. Must sell. EZ Terms. Call UTLR 1-888-693-5263. (Cal-SCAN)

FORECLOSURE SPECIAL! 100+ acre Colorado Ranch for \$49,900. Year-round roads, utilities. Access to 6,000+ acre recreation land. Call

1-866-OWN-LAND x4392. (Cal-SCAN)

MONTANA LAND New Acreage Available -20 Acres near Round Up w/ Road & Utilities -\$69,900. -40 Acres w/ New Cabin near Winnett -\$89,900. Approved by TV hunter Celebrity TRED BARTA! Excellent area for horses, hunting and ranching. Financing available. Western Skies Land Co. 877-229-7840 www.WesternSkiesLand.com (Cal-SCAN)

NEW MEXICO SACRIFICE! 140 acres was \$149,900. Now Only \$69,900. Amazing 6000 ft. elevation. Incredible mountain views. Mature tree cover. Power & year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

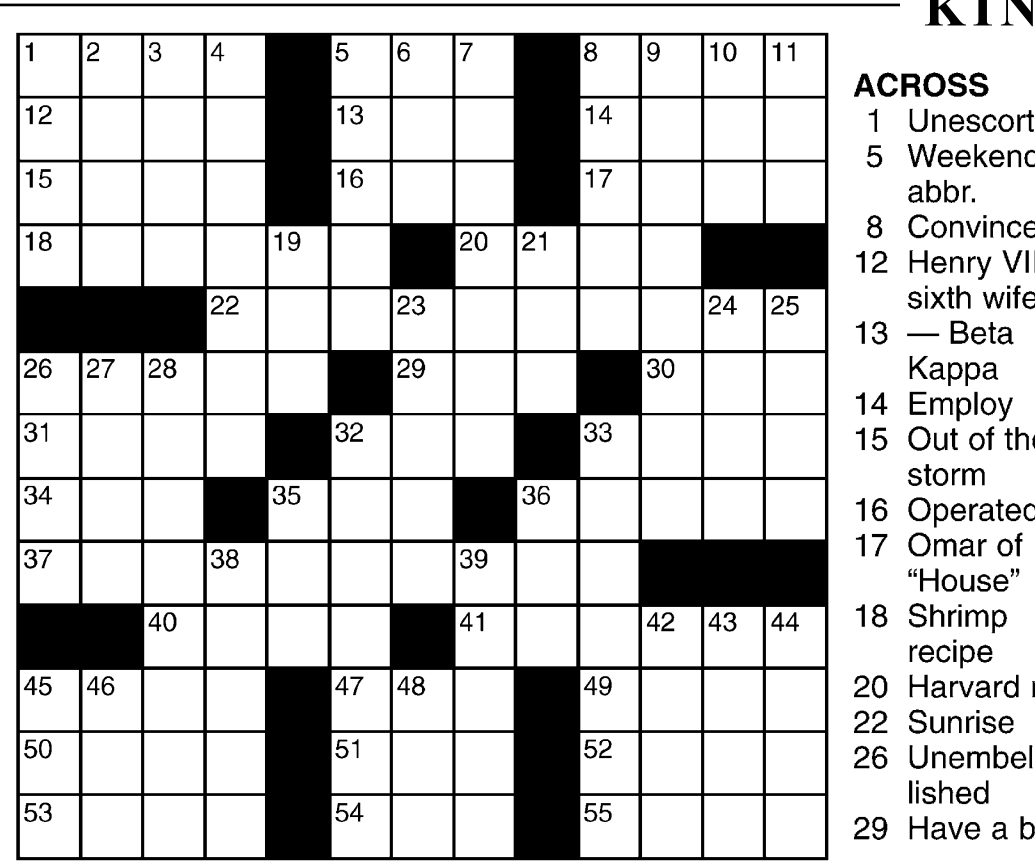
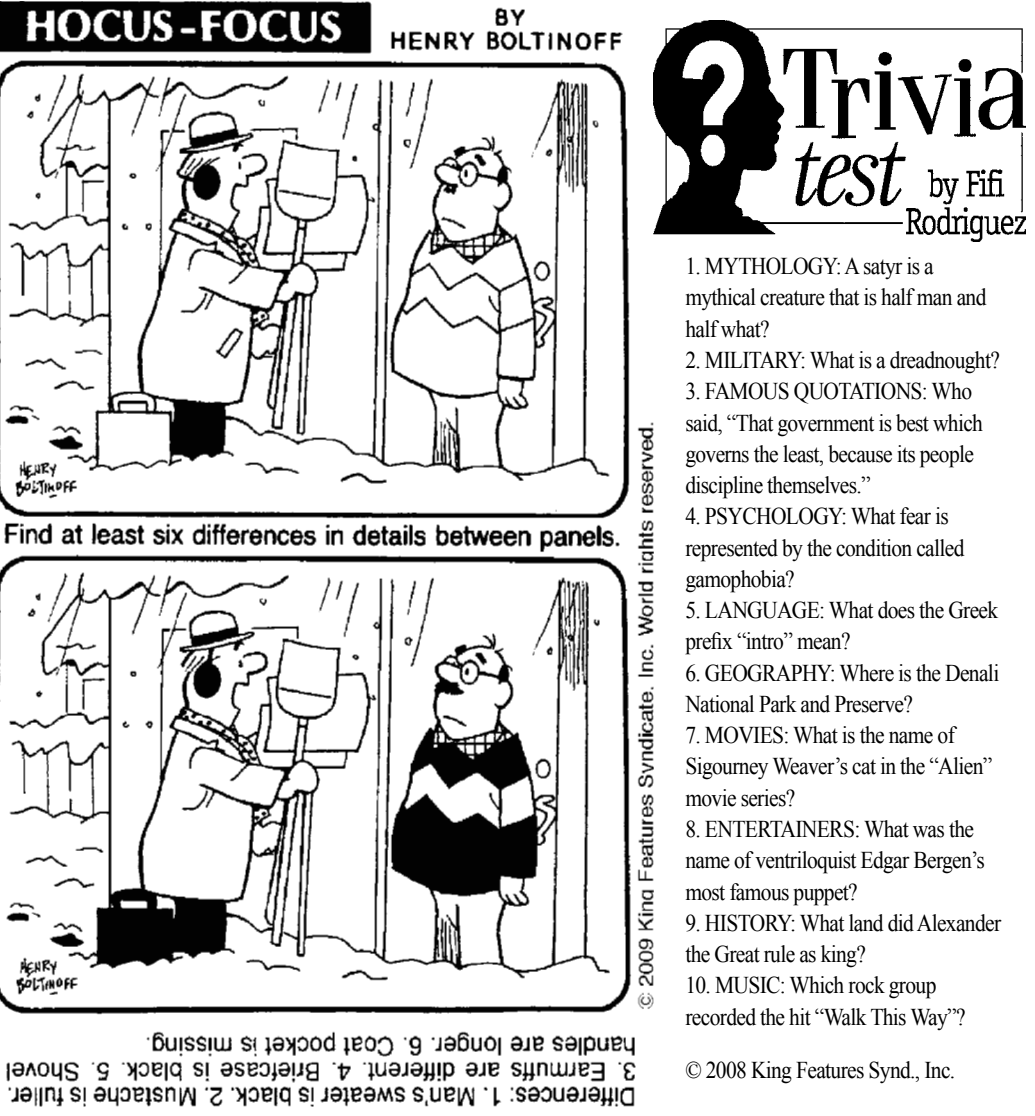
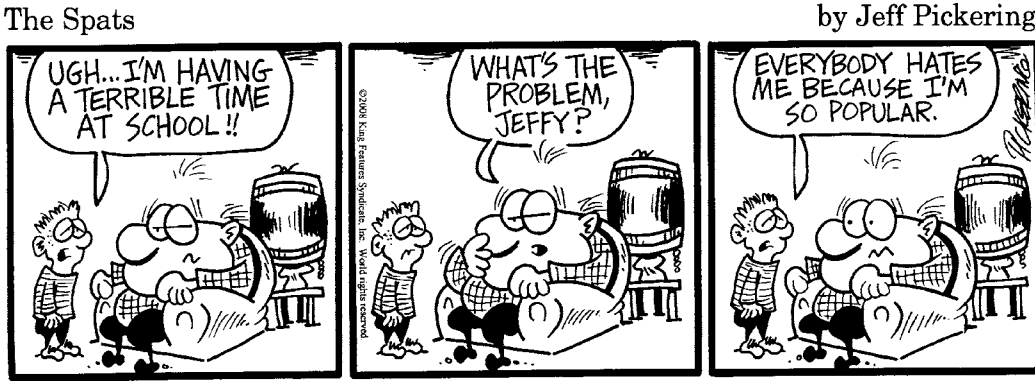
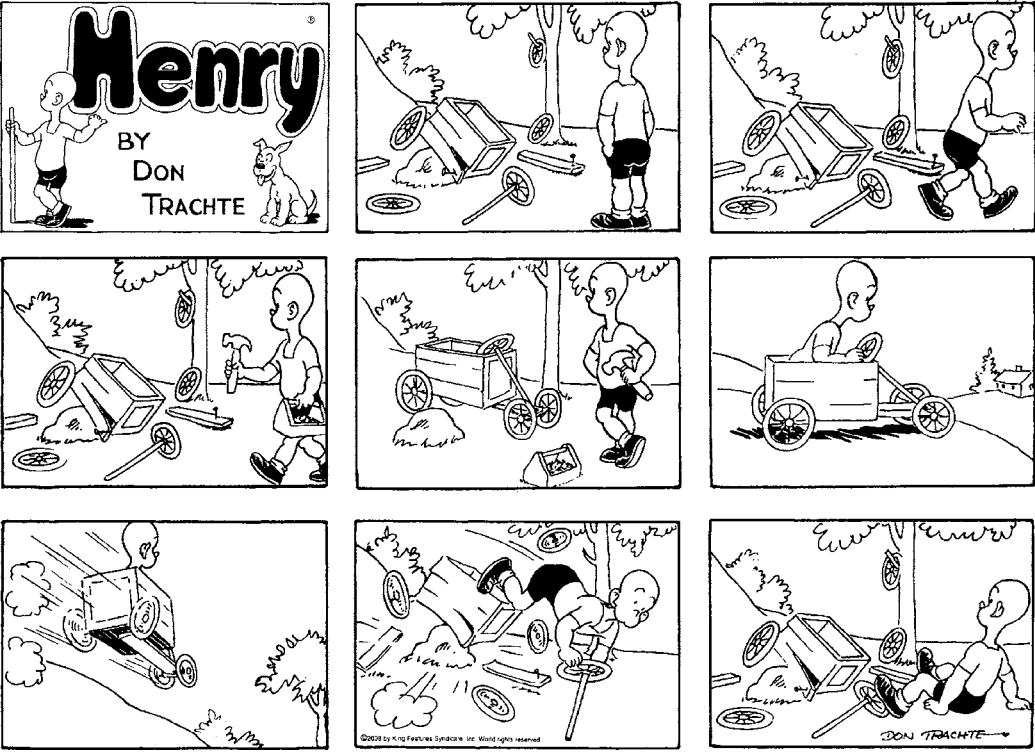
PRICED TO SELL!Newly Released Colorado Mountain Ranch. 35 acres- \$39,900. Majestic lake & Mountain views, adjacent to national forest for camping or hiking, close to conveniences. EZ terms. 1-866-353-4807. (Cal-SCAN)

35+ Acres from \$34,900. First Come, First Served Saturday, October 4, 2008. Southern Colorado ranches. Excellent financing available. Call for your private property tour. 1-866-696-5263 x4574. (Cal-SCAN)

BUYER'S MARKET. New Mexico. Ranch Dispersal. 140 acres - \$89,900. River Access. Northern New Mexico. Cool 6,000' elevation with stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (Cal-SCAN)

UTAH RANCH DISPERSAL. Experience the fun and relaxation of having your own 40 acres in the great outdoor recreational area of the Uintah Basin. Starting at only \$29,900. Call UTLR 1-888-693-5263. (Cal-SCAN)

NEW ARIZONA LAND Rush! 1 or 2-1/2 "Football Field" Sized Lots! \$0 Down. \$0 Interest. \$159-\$208 per month! Money Back Guarantee! 1-877-466-0650 or www.SunSitesLandRush.com (Cal-SCAN)



Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2009 King Features Syndicate, Inc.

WORDS

MAGIC MAZE ● TAKEN WITH A “PILL”

T J Y H E C C Z X U S Q N L S
J W G R E S N A C Z X V T R R
P N O O O L N O P J H E A C Y
A Y W L V L V I L I T L R R P
N L K I L E L E K L L G A E C
B Z X W U I R I G I I L S R P
Y A W L L I P S P A L P A O M
L J I C A T E R P I L L A R G
E D A L L I P A P I B L I P Y
A Y X W U Y R U B S L L I P S
X O B L L I P E N A L L I P S

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Capillary Papillon Pillory Spillikins
Caterpillar Pillage Pillsbury Spills
Overspill Pillars Pupillary Spillway
Papilla Pillbox Spillane

© 2009 King Features Syndicate, Inc. World rights reserved.

All Answers on Page 7

Contract Bridge

MOST DIFFICULT PLAY OF ALL

West dealer.
Both sides vulnerable.

NORTH
♠ K 6
♥ 8
♦ A K 7 4 3
♣ A Q 8 7 4

WEST
♠ Q 10 3
♥ K J 10
♦ Q J 9
♣ J 10 9 6

EAST
♠ A 2
♥ 9 6 3
♦ 10 8 5 2
♣ K 5 3 2

SOUTH
♠ J 9 8 7 5 4
♥ A Q 7 5 4 2
♦ 6
♣ —

The bidding:
West North East South
Pass 1 ♦ Pass 1 ♠
Pass 2 ♣ Pass 2 ♥
Pass 3 ♣ Pass 3 ♥
Pass 4 ♣
Opening lead — jack of clubs.

It is sometimes said that more contracts are lost by the defenders on the opening lead than are lost by them during the play of the succeeding 12 tricks.

To illustrate, consider this deal from a national pair championship. The bidding varied greatly from table to table, but in most cases the final contract was four spades.

The outcome now depended entirely on the opening lead. Most Wests chose the jack of clubs in accordance with the principle that leads from a sequence headed by the J-10-9 are usually very effective.

Whenever this occurred, declarer easily made the contract. After winning with the ace and ruffing a club, South played the A-K of diamonds and trumped a diamond. Next came the ace of hearts and a heart ruff, followed by a second club ruff, then a second heart ruff and still another club ruff.

Declarer's mission was by now accomplished. He had scored the ace of clubs, A-K of diamonds and ace of hearts, plus six trump tricks by ruffing two hearts in dummy and three clubs and a diamond in his hand. This came to 10 tricks, after which East-West won the last three tricks with the A-Q-10 of trumps.

However, some Wests had listened very carefully to the bidding and realized that North had either a singleton or void in hearts. They therefore decided to lead a low trump initially, despite the fact that this jeopardized their virtually certain trump trick. They reasoned that the trump lead would eradicate at least one of declarer's heart ruffs in dummy, so that they could do no worse than break even.

Those Wests who led a trump were handsomely rewarded for their imagination and courage. East won the trump with the ace and returned a trump to dummy's king, and declarer eventually lost two heart tricks and two trump tricks to go down one.

©2009 King Features Synd., Inc.

Carvings You “Wood” Love
You are invited to join us for lunch on Tuesday, January 20, 2009, 11:30 a.m. to 1:00 p.m. (\$20.00 per person) Lions Gate, Club Room A, 3410 Westover, McClellan Park
Nationally recognized artist, Sharon Mahnken, will display her beautiful woodcarvings.
Speaker: Vicki Mascara
Leaving the fears of her imagination behind, Vicki discovered true freedom.
Reservations must be made by January 14th
Call Fran 332-1461 or Sharon 361-1642 or Email SacCWC@aol.com
All reservations must be honored or paid for. Childcare available by advance reservation only. Invitation by Sacramento Christian Women's Connection
Affiliated with Stonecroft Ministries

Curves of Citrus Heights Offers Free Weight Management Classes
Grassroots Newswire - Curves of Citrus Heights is offering free weight management classes to teach its proven method for losing weight and raising metabolism. More studied than any other program, Curves' classes are based on the groundbreaking new research findings of the Exercise & Sport Nutrition Laboratory at Texas A&M University. Now, the women of Citrus Heights can learn the powerful secret that has helped millions of women lose millions of pounds and keep them off for good. Classes are open to members and non-members.

Classes include:
· Start-Up Class (90 minutes) for first-time participants.
· Phase 3 (30 minutes) to teach the last and most important stage of the Curves Weight management Plan and the secret that makes the plan work.
· Special Topics Classes (30 minutes) will cover a different topic each month, including Smart Grocery Shopping, Choosing the Right Carbohydrates, Eating Out, Emotional Eating and more.
“We're excited to be offering free weight management classes,” said Helen Gutch, owner of Curves of Citrus Heights. “This dynamic program and the book are brand-new, and packed with cutting-edge information and lots of practical advice that women can use immediately. Every woman who is even thinking about losing weight should definitely check out the free classes.”
Classes open to members and non-members. Curves of Citrus Heights began offering classes January 10, 2009, from 12 pm - 2:30 pm and will meet the 2nd Saturday of each month. For more information, contact Helen Gutch, or one of her staff, at 729-2878

Parent Information Meetings at Golden Valley Charter School.

Parents are welcome to attend this meeting to learn about Golden Valley Charter School: a K-8 public Charter school inspired by Waldorf Education. For further information call (916)987-6141. Located at 9601 Lake Natoma Dr. Orangevale. goldenvalleycharter.org
Dates and Times: January 13 at 930a January 28 at 7p; February 4 at 430p February 10 at 930a February 23 at 930a February 24 at 7p.

Fair Oaks Historical Society Potluck

The Fair Oaks Historical Society will hold its first quarterly meeting and potluck dinner on Tuesday, January 27th, at 6:00 p.m. at the Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks. January's potpourri program will be stories and memories of members we have lost in years gone by. Presenters will have 3 to 5 minutes to present their memories.

Social hour begins at 6 p.m. followed by dinner at 6:30. The price of admission is a casserole, salad or dessert to share with others which makes this the best potluck in town!

Society members, their friends and others interested in the activities of the Fair Oaks Historical Society are invited and welcome to attend the gathering. (For a map and membership information, see their website: www.fairoakshistory.org.)

For further information, please contact Lois Frazier at 967-2967 or Ken Steen at 967-7135.

KING Crossword

ACROSS

- 1 Unescorted
5 Weekend abbr.
8 Convince
12 Henry VIII's sixth wife
13 — Beta Kappa
14 Employ
15 Out of the storm
16 Operated
17 Omar of “House”
18 Shrimp recipe
20 Harvard rival
22 Sunrise
26 Unembellished
29 Have a bug

- 30 Have a balance
31 Describe
32 Muppets creator
Henson
33 Fervent following
34 Scepter topper
35 Take a chair
36 Rwandan people
37 See 36-Down
40 Cameo stone
41 Balloon fill
45 Diamond corner
47 Altar affirmative

- 49 Highly rated
50 Satan's forte
51 Greek consonants
52 Use a teaspoon
53 Transaction
54 Understand
55 Fill till full

DOWN

- 1 Resorts international?
2 Post-bath application
3 Vicinity
4 Glitch-causing gnome
5 Piece of

- parsley
6 “I thought so”
7 Cratchit kid
8 Ledge
9 Obliterated
10 Dadaist Jean
11 “Absolutely”
19 Brooch
21 “You've got mail” biz
23 Part of Hispaniola
24 Puncturing tools
25 Bigfoot's cousin
26 Trudge (on)
27 Old Italian coin
28 Food of the

- gods
32 Putting a whammy on
33 Pirate's weapon
35 Firmament
36 With 37-Across, Batman
38 Final bell?
39 Spirit
42 Tittle
43 Monad
44 No more than
45 Foundation
46 Rd.
48 Payable

Answers on Page 7

Professionally Designed Landscaping Can Help Sell Your Property Much More Quickly.



by Susan Silva

When you put your house on the market these days in this struggling economy, it is competing with many other similar homes. An attractive, professionally designed landscape will give your home a real edge by becoming much more appealing than comparable homes with standard or minimal residential landscapes.

Can Landscaping Make That Much Difference When Selling A Home?

Even I have been amazed by how much of a difference it can make. A real estate appraiser had wondered why a particular home sold within three days of being put up for sale, while two comparable houses on the same street had sat on the market for months. It took just one glance at the backyard for her to realize what made this particular home so much more appealing than the others. The appraiser then researched two sets of title records to find the previous owners who had originally hired me to design this home's landscaping eight years earlier. She then hired me to design her backyard into something special.

What Landscaping Changes Could Help Me Sell My Home?

It is important to make an impact. I would concentrate most of your budget on a few

impressive features. In the front yard it is all about curb appeal, creating a more pleasing entrance and landscaping the rest more simply with soft, flowing design lines, colorful plants and beautiful trees. Just imagine being welcomed home walking along a winding path under a canopy of trees and stopping momentarily by the soothing fountain at the front door. This front entrance is so much friendlier and welcoming compared to the typical, angular, plain concrete path and so much lawn.

In the cold, grey winter months, warm colorful glazed pots at the front entrance and a bright seasonal wreath on a lovely front door are pleasing and inviting. Evergreen and red, purple and variegated shrubs are uplifting in winter time too.

In the backyard, focus on an inviting patio area with benches and colorful plants where potential buyers can envision their very own outdoor retreat and perhaps a gazebo for lounging, entertaining offering protection from the rain in winter and hot sunny days in the summer. A tree shaded cozy area in another part of the yard surrounding a warm fire pit invites children to enjoy their 'smores' and adults to linger over a glass of wine. The trees and tall shrubs also provide the backyard privacy, a necessity that every homeowner wants.

Turning a messy, weedy side yard into a neat and tidy place where potential buyers can see their needs met for storage, a shed, a dog run or perhaps a place for a raised vegetable/herb bed turns an eyesore into a selling feature.

How Do I Decide Which Types Of Landscape Projects Will Be The Best Selling Features?

Browsing through all of the wonderful landscaping books, watching the helpful home and garden channels and consulting with a professional designer who is skilled at asking questions you may never have considered can help to decide what improvements would most benefit YOUR home. A dedicated designer specializes in working to determine a client's needs with suggestions that you can pay to have implemented or just choose to do yourself.

Research shows that the return on money invested in well designed landscaping can range between 70 to 200 percent. When clients often tell me that they wish they had made certain improvements earlier to have enjoyed themselves, I know it will appeal to others as well.

Homeowners with the foresight to make improvements now will benefit twofold. Not only do they have time to enjoy their own special yard, but mature landscaping such as an arbor covered in purple flowering wisteria, a fruit tree bearing plump peaches, ferns resting under the shade of a redwood tree all add significant value to their property as well when it is time to sell.

Susan Silva Landscape Design in Orangevale has been designing beautiful residential landscapes for over 25 years. Her business primarily serves Sacramento, Placer and El Dorado counties. Susan has also been a longstanding member of NARI 'National Association of Remodeling' www.nari.org, professionals providing high standards of professionalism and workmanship. Susan can be reached at 916.989.9319 and through her website at www.susansilva.com She welcomes your questions and will respond to them promptly.

Sacramento Air Quality District Reaches Settlement with California State Prison Sacramento for \$14,400



California State Prison Sacramento has paid \$14,400 in penalties to the Sacramento Metropolitan Air Quality Management District for an air quality violation documented in 2007 at Folsom Prison.

Folsom Prison was cited for operating a diesel-fueled standby generator in excess of the daily limit

established by their District permit.

The penalty was reached through AQMD's Mutual Settlement Program, a voluntary program designed to resolve violations without the time and expense of litigation. Settlement funds are used to help support the District's mission of improving air quality in the Sacramento region.

Hospice Volunteer Training

Experience the joy of becoming one of the caring men and women who, like good friends, respond to the needs of terminally ill patients and their families by providing respite care, companionship and support.

HOSPICE comes from a medieval word for a way station, a place for pilgrims to be replenished and cared for. But today Hospice describes specially trained people and practices organized to care for terminally ill persons and their families in their homes.

You can join the more than 300 volunteers who work with seven Hospice programs serving the Greater Sacramento Area and receive ongoing support and education.

Initial training includes History & Philosophy of Hospice Care, Concepts of Death and Dying, Communication Skills, Comfort Measures/Cancer and AIDS, Psychosocial Issues, Spiritual & Cultural Issues, Grief and Bereavement, and Volunteer Roles. Training is appropriate both for those wishing to become Hospice volunteers and for those coping with the care and support of a terminally ill person. Course sections are taught by professional staff members from local Hospice Programs.

Training classes will begin January 9 in Carmichael and February 5 in Auburn. For information call the Sacramento Hospice Consortium Volunteer Response Line at 388-6288.

Sacramento Jewish Film Festival Returns to the Historic Crest Theatre



The festival opens with the entertaining religious mystery "The Secrets"

The Sacramento Jewish Film Festival will celebrate its 12th year on February 7-8, 2009 at the historic Crest Theatre, 1013 K Street in downtown Sacramento. Presenting two dramas, three documentaries and several short films, this year's festival highlights a range of challenging and insightful topics about the Jewish experience.

The Festival begins at 7:00 p.m. Saturday, Feb. 7 with The Secrets, a film that delves into the challenges of two brilliant and free-spirited young women as they face the complexities of a religious lifestyle while in a vibrant environment of youth, rebellion and desire. Desserts and coffee will follow the screening. Neil Needleman's charming short Trip to Prague accompanies this program. The Not So Kosher Comedy Shorts program shorts hits the screen at 10:00 p.m. with Circumcise Me. This 2008 documentary provides a hilarious and fascinating look at American-born Yisrael Campbell a Catholic convert to Judaism who becomes a

stand-up comedy star in Israel. Also on the program are Stephen and Joel Levinson's Jewno, Let My People Grow and Getting There is Half the Fun.

At 1:00 p.m. on Sunday, Feb. 8 the Festival kicks-off with Praying with Lior, a moving and entertaining documentary about Lior Liebling, a Rabbi's son with Down syndrome. As Lior approaches his Bar Mitzvah family and friends provide a window into life spent "praying with Lior." Told with intimacy and humor, the film poses such questions as what is "disability" and who really talks to God? There will be a sweets and coffee served in the lobby following the film. The second feature beginning at 3:10 p.m. is Love and Dance an irresistible story about a young boy torn between the conflicts of his Russian-born mother and Israeli father. When a crush leads him to take ballroom dancing lessons, our unlikely hero uses the Waltz and the Cha Cha to bridge the culture gap of his fractured family. The final film beginning at 5:15

is Blessed is the Match, a documentary about Hannah Senesh, who emigrated from Hungary to Palestine, but later joined the British Army, parachuted into Yugoslavia and tried to sneak into her native country in a valiant attempt to save the Jewish community--including her mother--from death at the hands of Hungarian Nazis. The short film Toyland by Jochen Alexander Freydank accompanies this program.

General admission for each screening: \$10.00 (senior/student \$8.50). All Festival passes \$45.00 (senior/student \$40.00). Saturday only passes: \$18.00 (senior/student \$16.00) Sunday only passes: \$27.00 (senior/student \$24.00). Advance tickets available at the Crest Theatre box office. For mail order information, call 916-442-5189. Admission includes three hours of validated parking at the Sacramento City Garage at 10th and L. For more information, visit www.thecrest.com or call 916-442-7378.

Economic Recession Among 100 Top Sacramento Employers

Sacramento Quarterly Employment Trends Announced Job demand & hiring trends for local companies dive in the 1st Quarter of 2009

Hiring freezes, workforce reduction through attrition, layoffs and company closures illustrate ongoing economic recession among 100 top Sacramento employers in the First Quarter of 2009. Fifty-one percent (51%) of employers surveyed say they won't hire anyone in January, February and March. Among those not hiring, twenty percent (20%) of Sacramento's top companies report plans to reduce workforces because of slow sales and economic recession in the First Quarter. Three of those companies will layoff a hundred percent (100%) of their workforce and close.

Layoffs in the first quarter have

increased for three years among Sacramento employers. At this same time in 2007 six percent (6%) of companies polled cited a slowing economy for reductions. Seven percent (7%) reported planned layoffs in the first quarter of 2008.

Forty-nine percent (49%) will be motivated to hire in the first quarter, but thirty-three percent (33%) will seek only replacements for core workers and proprietary technical skills. Home construction, housing products, property development, finance, auto dealers and retail firms indicate the largest cuts and closures.

Pacific Staffing discovered insurance, health networks, commodity distributors, agricultural, technical and customer service call centers expect to grow among Sacramento companies hiring in the first three months of 2009. Sixteen percent (16%) say they are

motivated to hire in the first quarter for growth due to new product lines, increasing video screen use, interest in green solar tech and administrative technical support. When asked what workplace or human resource challenge companies face in the next three months, seven percent (7%) mentioned high benefit costs while others were concerned with the economic downturn and increased on the job injury claims, safety, worker motivation and morale.

Sacramento's Regional Top 100 Companies By Industry: 33% are Service, 37% are Manufacturers, 19% are Construction and 11% are Retail. Sacramento employers who are hiring are seeking customer service, sales, and technical skills most in the next three months.

For more information and to see the surveys go to www.pacificstaffing.com.

Dusty old film reels or tapes in the attic?

AUA specializes in copying family memories to DVD from 8 & 16mm film and all tape/digital formats.

AUA masters to Gold Standard DVDs and also provides editing services to create custom family DVDs from stills, tape, & digital sources.

916.446.8152

1016 23rd St. #200
Between J & K

www.auadigital.com



Protect Your Home & Family

FREE

Home Security System!

\$850 Value!

At no cost to you for parts and activation with only a \$99 installation fee and the purchase of alarm monitoring services. Terms & Conditions below.

- ✓ Front and Back doors protected
- ✓ Infrared Motion Detection Sensor
- ✓ Digital Keypad with Police, Fire, Medical, and Emergency buttons
- ✓ Warning Siren
- ✓ Control Panel with battery back-up
- ✓ Lawn Sign and Window decals



Protect Your Home



Features Two-Way voice that allows you to instantly communicate with an ADT Security Specialist.

- **CALL NOW** for 24/7 Protection starting at only \$35.99/mo
- A home security system can qualify you for up to a **20% DISCOUNT** on your home owner's insurance!
- **CALL NOW** and Receive a **FREE** Wireless remote control with **PANIC BUTTON!**

1-888-276-2209

Mon-Fri 9am - 10pm - Sat 9am-7pm - Sun 11am - 6pm EST

Ad provided by MediaBids.com. 1-866-236-2259.

Crime data taken from: http://ovc.ncjrs.gov/mcwrw2008/pdf/crime_clock_eng.pdf. \$99.00 Customer Installation Charge. 36-Month Monitoring Agreement required at \$35.99 per month (\$1,295.64). Form of payment must be by credit card or electronic charge to your checking or savings account. Offer applies to homeowners only. Local permit fees may be required. Satisfactory credit history required. Certain restrictions may apply. Offer valid for new ADT Authorized Dealer customers only and not on purchases from ADT Security Services, Inc. Other rate plans available. Cannot be combined with any other offer. Licenses: AL-08-1104, AZ-080217517, CA-AC06320, CO-110357041, CT-ELC0193944-L5, DE- 07-212, FL- EC13003401 GA-LVA205157, ID-PS070009, IL-128-000169, IN-124-001506, KY-City of Louisville: 4836, LA-FI1082, MD-30339155,107-1375, MN-TS01807, MO-5870395, City of St. Louis LC7017450,CC354, MS-15007958, NC- 25310-SP-LV, NE-14451, NM-353366, NV-68518, NY-Licensed by the N.Y.S. Department of State UID#F 12090286451, OH-Reg #AC86, OK-1048, OR- 170997 PA-3186237 RI-3428, SC- BFC5.11674 BAO, TN- C-1164, TX-813734, UT-6422596-6501, VA-115120, VT-ES-2282 WA- 602 588 694/PROTEITH934RS, WI- City of Milwaukee M-0001599, WV-WF042433.

Cordova Soccer Champions



Top row: Coach Andy Villegas (left), Anthony Acosta, Josiah DeLeon, Temoc Chavero, Assistant Coach Mike Galipeau, Ryan Galipeau, Anthony Norman, Valeriy Khramtsov, Assistant Coach Jorge Chavero, Vladik Guzevaty Bottom row: Garrett Brown (left), Max Mohatt, Hunter Brown, Irvin Hernandez, Mitchell Lavielle, Eric Bjers, Devon Winslow

Juventus, the Rancho Cordova Soccer Club Select team for under 12 boys, was the winner of the District Cup Tournament in Woodland on December 13th.

The team beat the Folsom Rangers in the C bracket with a 2-1 score.

To advance to the championship game, Juventus had finished first in its league and then won its bracket in

the qualifying tournament in Davis the previous weekend.

The team of 14 boys began practicing together in June and competition started in July.

Team members included boys from Rancho Cordova, Citrus Heights, and Sacramento.

“At least four of the boys had never played any organized soccer before they joined the team last summer,” said Lisa Brown, one of the team mothers.

The Rancho Cordova Soccer Club will begin registration for next year’s season early next year.

Boys and girls, ages 4 to 18 years, are welcome to participate.

For additional information, please call (916) 497-1113 or go to www.ranchosoccer.com.

A Flock of Eagles

By Bonnie Sedgwick

Six Boy Scouts from Troop 248 in Orangevale have earned their Eagle Scout rank this year. This is impressive. They join Neil Armstrong, Steve Fossett, Gerald Ford, Steven Spielberg, Ross Perot, and Mike Rowe in the elite group of Eagle Scouts. This speaks to the persistence of those boys who have spent years learning skills and earning merit badges. It represents hundreds of hours of community service through Eagle Projects. It demonstrates the support and encouragement of family and friends. It shows the dedication of their leaders.

The highest rank a Boy Scout can earn is the rank of Eagle Scout. George Gettys earned his Eagle in 1974. His project was a Venezuelan Equine Encephalitis clinic. Then governor, Ronald Reagan, spoke at his Eagle Scout recognition dinner. Gettys has spent the past 26 years helping other scouts attain the rank of Eagle. He is currently the Scoutmaster for Troop 248 in Orangevale which is sponsored by the Woodside Ward of the Church of Jesus Christ of Latter Day Saints. He carves wooden eagle neckerchief slides for his scouts as they receive their Eagle rank. At this point, he has carved 45.

Steve Brown, a longtime scouter, serves as the troop’s Committee Chairman. He became involved in Scouting when his sons were in Scouts. They both went on to earn their Eagle Scout awards. He now sees it as his responsibility to “make sure that all the boys who want to can attain the rank of Eagle Scout.” He does all that he can to help them. In the past few years, he has helped 12 boys earn their Eagle rank. These boys include Zach and Ben Clark, Gary Thomson, and Rick Gettys who had their Court of Honor on December 27. Poulson and Sam Martinez earned their Eagles earlier this year.

Twins, Zach and Ben Clark, graduated from Casa Roble High School in the

spring of 2008. For his Eagle project, Zach organized over 60 volunteers who accumulated over 144 hours of service in making 110 neonatal fleece blankets for the Sacramento Chapter of Project Linus. These blankets were presented to the Mercy San Juan Neonatal ICU. Zach’s brother Ben chose to help the environment by working at the Nimbus Fish Hatchery where he helped construct six recycling bins for monofilament fishing line. Ben also refurbished twelve benches.

For Gary Thomson, earning his Eagle is following in the footsteps of two older brothers who have also achieved the Eagle rank. Thomson organized 20 volunteers who worked a total of 206 hours to construct a bridge over a seasonal creek on the property of a church in Citrus Heights.

Scoutmaster George Gettys has 5 children. Rick is his only son. Rick completed his project at the Nimbus Fish Hatchery where he organized 30 volunteers and created a salmon spawning display and improved the nature walk area.

Stewart Poulson has been involved with scouting for almost half of his life.



(Left to Right)Richard Gettys, Benjamin Clark, Stewart Poulson, Sam Martinez, Zachary Clark, and Gary Thomson

He is 17 years old and has been active in scouting for nine years. His project involved the planning and construction of a bridge used in the recreational area of the Citrus Heights Stake Center of the Church of Jesus Christ of Latter Day Saints.

Sam Martinez is very active in sports. He is the starting quarterback of the Varsity football team at Casa Roble High School. He has also played high school baseball, basketball, golf, and wrestling. It should come as no surprise that his Eagle project was related to sports. He built a sandpit volleyball court at Louis Pasteur Middle School in Orangevale.

Of the 12 astronauts who physically walked on the moon, 11 were involved in the scouting program. These six boys may never walk on the moon, but they have all left their mark on our community. Scoutmaster Gettys says of his service in scouting, “I have worked with wonderful people, enjoyed the beauty of nature, and seen boys grow into men.” These six scouts have shown that they have developed the persistence, dedication, and leadership skills that will serve them well as men.

Orangevale Rockets Have Double Reason To Celebrate With Two 1st Place Finishes



The Orangevale Rockets, U16 Girls Select Soccer team, recently celebrated its First Place finish as Division Champions in Metro League. One of the keys to their accomplishment was a strong line up of defenders who gave up only 11 goals in 10 games during the regular season.

The team now also has bragging rights as District VI Cup Champions after defeating the Gold Country United Cyber Rays 2 to 1 on December 13th at the Cherry Island Soccer Complex. This very competitive soccer game was played well by both the Rockets and the Cyber Rays. The first goal was scored by Orangevale forward

Jaycee Melliar on a well-placed penalty kick after she was fouled in the penalty area. The first half ended tied 1 to 1. The second half of the game began with the Cyber Rays on the attack, but some beautiful saves by Rockets goal keeper Megan Meraz prevented scoring. Additionally, the Rockets Defense, anchored by sweeper Kelsey Auernig, and defenders, Kylie Pisciotto, Sydney Minges, Brianna Lew, KK Douglas, Jacqueline Page, and Stopper Jordyn Ryder made the Cyber Rays task of scoring nearly impossible. Rockets midfielders Jamie Baker, Jasmine Vogt, Julia Baker, Bethany Caldwell, and Natalia Sommer, did an excellent

job in keeping possession of the ball, as forwards Alex Garces, Jaycee Melliar, Ashley Inman and Mareena Beltran continued to press the attack trying to win the game. With only 10 seconds left in regulation play, midfielder Bethany Caldwell made a pass to Jaycee Melliar who found Mareena Beltran in the middle. Using her foot skills, Mareena beat her defender and placed a shot into the top right hand corner of the net clinching the win. Head coach Charlie Meraz, and assistant coaches Bill Melliar and Kelsey Meraz, along with trainer Matt Contreras, all agree, “What a way to end an exciting soccer season!”

Tony DeFrancesco to Return as Manager of the River Cats for 2009 Season

by Gabe Ross

The Sacramento River Cats and Oakland Athletics announced today that Tony DeFrancesco will return as manager of the River Cats for the 2009 season. DeFrancesco previously managed the River Cats from 2003-2007 and led the club to three PCL Championships in his five-year tenure with the team. DeFrancesco served on the Oakland Athletics coaching staff during the 2008 season.

During DeFrancesco’s first five seasons at Sacramento, the River Cats compiled a 413-307 record and won four Pacific Coast League Southern Division titles and three PCL titles (2003-04; 2007).

The 45-year-old DeFrancesco has spent 14 seasons managing in the A’s minor league system in addition to last season with the A’s coaching staff. In 2003, he was named the Pacific Coast League Manager of the Year and also earned honors as The Sporting News Minor League Manager of the Year after guiding the River Cats to a 92-52 regular season mark, still the best record in franchise history.

DeFrancesco’s 14-year minor league managerial record, which includes stops with the A’s Arizona Rookie League team (1994), Short-A Southern Oregon (1995-96), Single-A Visalia (1997-98), Double-A Midland (1999-2002) and Sacramento, stands at 935-831.

A former catcher, DeFrancesco was a ninth round selection of the Boston Red Sox in the 1984 June Draft and spent eight seasons in the minor leagues with the Boston and Cincinnati organizations. A graduate of Suffern (NY) High School, DeFrancesco played three seasons at Seton Hall University.

As announced in November, Pitching Coach Rick Rodriguez and Hitting Coach Brian McAm, will return for the 2009 season. Athletic Trainer Brad LaRosa will also return next season. Last season’s manager, Todd Steversen, was named in December to the Oakland Athletics’ Major League Coaching Staff as First Base Coach.



Don't forget
VALENTINE'S DAY!

SAVE
\$20



Get 12 Long Stemmed Red Roses *plus* a FREE Premium Ruby Vase

ProFlowers®

Place order NOW for Valentine's delivery!

Only
\$39.99

+S&H

Supply is limited. Only at

www.ProFlowers.com/Redeem
1.866.662.1539

Worried About Identity Theft?

We Have a Million Reasons
You Should Choose LifeLock®



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

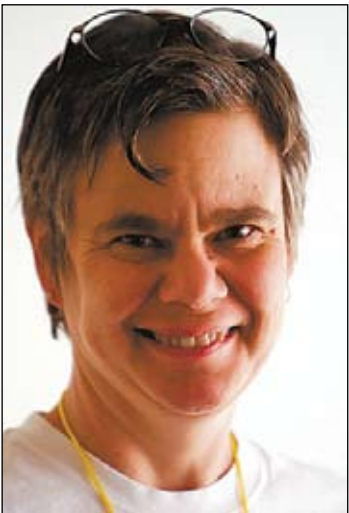
www.LifeLock.com
800-LIFELOCK (543-3562)



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.

Choosing Life Rather than Death



ROCK DOC

by Dr. E. Kirsten Peters

The gene for death has been isolated—andreversed—byscientists. Not a bad day’s work, you might say, and a bright ray of light in this dark winter of gloomy news reports. Sorry, it’s not the death of human beings that’s at issue. But it is a gene for death that’s embedded in a plant on which we all directly depend each day. And that’s good enough to encourage me about our prospects in these almost lightless times.

Wheat is the plant I have in mind, the king of cereal grains. It provides food for billions of us. Since the dawn of agriculture 10,000 years ago, farmers selected seeds for wheat plants that had bigger kernels that clung tightly together and could be easily harvested. For the past 100-plus years, scientific researchers have been adding to this 10,000-year history of selective breeding.

The sum of all that effort has allowed farmers to produce more and more wheat on the same amount of land, giving us more grain for bread, spaghetti and my own personal favorite, huckleberry muffins.

But wheat dies in the field each July. So, to harvest wheat the next year, farmers must prepare the soil and replant. That’s a lot of work, and it requires fuel and other inputs to accomplish.

If we could prevent wheat from dying each summer, it would grow indefinitely, like the grass in your backyard. Then we could harvest wheat without replanting. And this perennial wheat – with large and established root systems like grass – would be in our fields all year round, helping to hold our soils together through strong winds and hard rains. It’s a clear “win-win,” as the young people say.

The first step for creating perennial wheat is to change the gene that programs the plant to die each summer. Professors Steve Jones and Tim Murray of Washington State University are two scientists who have already accomplished that task. (Defeating death would make us geologists boast to the heavens, by the way, but both Murray and Jones are quiet and easy-going. Agricultural scientists are often like that.)

Death was defeated by cross-breeding wheat with one of its wild cousins.

“We’re getting good at making wheat that doesn’t die,” said Jones. “Now we’re struggling to make wheat smarter about how it continues to live.”

In WSU test plots, the newly created perennial wheat faces several challenges. One is that after harvest in August, the scientists don’t want the plant to perk up in fall rains and re-grow another head of wheat.

“We need the plant to conserve its internal resources for the next spring,” Jones said.

Ditto for getting the right genes into the wheat so that it doesn’t perk up and grow like mad in a thaw at this time of year.

“There’s a balance between turning off the genetic instructions for death and getting the right genes for living through the winter in ways that work well for us,” Jones said.

Living ain’t easy. Smart living is harder still. But you knew that.

There’s another basic challenge for perennial wheat. It’s more susceptible to viruses and certain other diseases. But the quiet ag scientists are confident about the work ahead.

“We’ll get all of those issues addressed in time,” Murray said.

Murray and Jones started work on perennially wheat about 10 years ago – a blink of an eye in the history of farming.

“But we’re making fast progress,” said Jones. “And there will be all sorts of advantages to having perennial wheat as a commercial crop where it makes sense.”

It’s not that all our wheat fields need be perennial. Instead, it’s that there are places and conditions in which having perennial wheat as an option would be useful – even crucial for overall economics and productivity.

Science is a difficult discipline, and modern scientific research costs society a lot of money. But work like what Jones and Murray are doing has the potential to usher in a new day for farmers, conservationists and the billions of us who eat wheat each day.

Defeating death is just frosting on the cake. A cake that’s made, of course, from wheat.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@wsu.edu. This column is a service of the College of Sciences at Washington State University.

Cow Tax Could Destroy Livestock Industry



by Robert L. Hale

EPA Says Cattle Pollute Air

Federal rules and regulations always have broad impacts and rarely ever go away. If rules and regulations make sense, are cost effective, and address real problems, then they promote the general welfare. When they do not meet these criteria, the general welfare suffers.

In the case of imprudent and counterproductive rules and regulations, some people gain. For example, the “new jobs” created to implement these measures provide work for some. And “special interests,” whose agenda is furthered, feel vindicated. Everyone else ends up footing the bill and receiving no benefit or are harmed. Not only are compliance costs imposed; often, goods or services that would otherwise enter the stream of commerce never do.

A recent Environmental Protection Agency (EPA) proposal illustrates an imprudent and counterproductive idea. A 2007 U.S. Supreme Court ruling concluded that greenhouse gases emitted by the “belching and flatulence” of livestock constitute air pollution. The EPA, in response, is moving to solve this “air pollution” problem in classic bureaucratic style: it has proposed fees and would create a new bureaucracy while not actually addressing the alleged problem. After

its proposal, a hailstorm of protest followed and it is now denying it was serious about the plan.

Under the plan, cattle operations with 50 or more cows would pay an annual tax of \$87.50 per cow; for dairy operations with 25 or more cows the annual tax would per cow is \$175; and for hog operations with 200 or more the annual tax per hog would be \$20. Based on 2002 U.S. Department of Agriculture (USDA) animal inventories, the EPA plan would impose \$10.17 BILLION in fees on cattle, dairy, and hog producers.

The EPA claims its proposal only affects operations that emit 100 tons of carbon or more. There are no studies showing that the emissions cause any measurable harm to anyone. Spokesmen for the cattle, dairy, and hog industries claim the measure would drive thousands of producers out of business.

Bruce Friedrich, a spokesman for People for the Ethical Treatment of Animals, believes it “makes perfect sense if you are looking for ways to cut down on meat consumption and recoup environmental losses.” Interestingly, no one explains how the proposal, if implemented, would “recoup environmental losses.”

The EPA says the “fees” will cover the cost of issuing a permit for the livestock operation. They will also add more than \$10 billion to American’s food bill. This huge cost, however, is just the beginning of the impact of such a plan. The likely outcome would be elimination of thousands of producers. Imports would replace the lost production. As with oil, America would become dependent on foreign suppliers of beef, pork, ham, bacon, and dairy products.

Of course, if there were measurable benefits, such a scheme may arguably make sense. However, the proposal is not driven by any identified actual harm. The EPA is proposing a drastic solution to a non-existent problem. The agency is now running from its proposal.

This is classic “special-interest”

legislation. It has nothing to do the promotion of the general welfare, which is the responsibility of government. Instead, it has to do with promoting quasi-religious adherence to creating government jobs, increasing the revenue stream for government, and promoting elitist ideologies.

The EPA’s proposal would not reduce carbon emissions. An EPA spokesman said, “The only means of controlling such emissions would be through limiting production, which would result in decreased food supply and radical changes in human diets.” The EPA and those behind this proposal know exactly what it will do. It has nothing to do with carbon emissions and everything to do with imposing a radical ideology on the American people, whether they want it or not. Carbon emissions are simply the pretense to accomplish this goal.

In typical agency speak, EPA spokesman Dale Kemery denied that this is a cow tax. He called the rules notice an “in-depth exploration of the opportunities and challenges that the application of (Clean Air Act) authorities would present.”

If EPA had no intention of implementing the plan, why was the plan proposed? It was proposed because it is the opening move on the way to destroying an industry and changing America’s eating habits. This is one more example of how special interests force changes, whether we want them or not. This is nothing new. Wetland preservation and seatbelt laws began the same way.

Prepare for tofu and empty pastures.

A Voice from Fly-Over Country is copyright by Robert L. Hale and the Fitzgerald Griffin Foundation, ffgBooks.com . All rights reserved.

Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations.

The High Cost of Washington’s Price Manipulation Policy



Yaron Brook

by Yaron Brook and Don Watkins

For decades Washington has been manipulating prices to encourage homeownership and “steer” the economy. To “incentivize” you to buy a house, it made mortgage payments tax deductible, largely exempted homes from capital gains taxes, and created Fannie Mae and Freddie Mac. After the stock market tumbled in 2001 and 2002, Washington established a policy of artificially low interest rates that created the illusion of cheap credit; leery of the stock market, and looking for someplace else to put all this easy money, Americans began buying homes in droves.

But eventually the drug-induced high of artificial credit wore off, and out-of-whack housing prices plummeted, sparking the financial crisis. What was Washington’s response? It ramped up its price manipulation policy, injecting us with a new round of “easy money” amphetamine:

Bush doled out “stimulus” checks, the Treasury began funneling billions into banks, and the Fed started frantically slashing interest rates. And, we are told, this is only the beginning. A new dose of bailouts, interest rate cuts, and “stimulus” giveaways is just around the corner.

Maybe it’s time for a new approach. How about we start thinking of ways to address this crisis by getting the government out of the business of price manipulation—and let prices, from home values to interest rates, be determined by people’s free choices and the law of supply and demand?

Want to eliminate the glut of homes? Don’t give the government more power—open the borders to immigration.

This will require some unconventional thinking—and here’s a suggestion to get us started: free up the housing market by freeing up immigration. That’s bound to be controversial, but indulge us for a moment.

Right now the housing market is in disarray. Too many homes built for our current population has sent prices spiraling downward, and millions of homeowners, stuck with mortgages they can’t afford and houses they can’t unload, are facing foreclosure. Meanwhile, there are millions of peaceful people around the globe eager to bring their wealth, talent, and ambition to this country, but can’t because Washington forcibly prevents them from immigrating.

This government-enforced cap on the number of potential homebuyers is just another instance of price manipulation. Imagine if the number of annual immigrants increased from around 650,000 a year to, say, five million. Virtually overnight we would see money pour into the American real estate market, as millions of new businessmen and workers bought and rented homes. Not only would this eliminate the oversupply of houses, we would enjoy the broader economic benefits of welcoming legions of highly skilled and motivated individuals into the American economy.

You might be thinking, “Won’t this lead to lower wages or unemployment at a time when we can least afford it?” The history of this country attests to the fact that, in the long run, immigration fosters economic growth. Even in the short run, however, the effect on wages and employment is an open question—it depends on how much capital and entrepreneurial acumen the new immigrants bring and create.

There are many other simple measures we could take to roll back the government’s manipulation of



Don Watkins

prices. For instance, we could eliminate restrictions on bank ownership, which coercively limit how much capital banks can raise.

Besides such quick, immediate steps to end government price distortions, we need a long-term strategy to eliminate all government policies that manipulate prices. We need to eliminate the countless regulatory shackles on financial institutions, which distort market forces and encourage reckless actions. We need to put an end to the government’s crusade to encourage homeownership through Fannie and Freddie, the Community Reinvestment Act, tax code manipulation, and many other avenues. Above all, we need to end the government’s ability to set interest rates and create inflationary booms—and their inevitable busts—by phasing out the Federal Reserve and allowing the United States to return to a gold standard.

These would be radical reforms, to be sure—but that’s because the government has been radically expanding its price manipulation policies for the better part of a century. We’re seeing where that path leads. It’s time to start moving in a new direction.

Yaron Brook is the president of the Ayn Rand Center for Individual Rights. Don Watkins is a writer at the Ayn Rand Center. The Ayn Rand Center is a division of the Ayn Rand Institute and promotes the philosophy of Ayn Rand, author of “Atlas Shrugged” and “The Fountainhead.”

Copyright © 2008 Ayn Rand® Center for Individual Rights. All rights reserved.



by Lee H. Hamilton

As Congress moves beyond last November’s elections and turns its attention to governing, it has to perform one of the toughest pivots in American politics. Governing is much more difficult than campaigning. After going at it hammer and tongs in congressional races, Democrats and Republicans now have a branch of government to run and policy to produce. Switching priorities to put the country and the institution of Congress ahead of politics can be a stretch for members.

The key to whether they succeed, enabling Congress to reach its potential as a representative body more equal in weight to the presidency, will be the congressional leadership. Its members set the tone of the Congress: They can act as stewards of its institutional strength, integrity, and effectiveness, or squander its potential.

They signal how much weight they’ll attach to ethical behavior and tough ethics enforcement, and can make or break legislation designed to further it. They determine whether cooperation across party lines will be the order of the day, a rarity, or out of the question. They decide how the budget is to be put together. Above all, they craft the congressional agenda and determine whether it’s going to be used merely to score political points or to respond in good faith to challenges facing our nation.

Leaders are the ones in a position to determine which issues will come forward for consideration, and which will be set aside; what oversight will be done and what ignored; what

Congress Needs Proper Leadership

will get the media spotlight and what will remain in the shadows; which programs will be included in appropriations bills and which won’t.

They have enormous power, in other words, over both the substance and the style of Congress. And they are the ones who largely determine whether Congress will become a stronger partner in our representative democracy or defer to the president to take the lead.

In some periods, as during the Great Society era during the 1960s, Congress was highly regarded because it was seen as addressing the key problems facing the country. There were significant accomplishments amid bipartisan cooperation, if not collegiality. Other periods have seen a breakdown on both fronts. And still others may produce a less productive record on legislation, but still be marked by an overall respect for Congress’s integrity as an institution.

When House Speaker Tip O’Neill and Minority Leader Bob Michel squared off in public debate during the 1980s, for instance, it was only after intense but congenial discussions over how each of their caucuses viewed a measure; they would give a ringing speech on the floor to rally their troops, but in almost every case each man knew how the vote would turn out. They knew how to work with one another to assure that Congress lived up to its constitutional responsibilities, while remaining true to their political responsibilities.

Leaders must be held principally responsible for the performance of the Congress. If the institution is not performing well under stress — if it is ignoring proper budget process, sidestepping tough issues, not disciplining wayward members, or deferring excessively to the president and neglecting its constitutional role — that is a failure of congressional

leadership. Often, leaders are quick to blame the opposition for standing in the way of progress, and sometimes that’s legitimate; frequently, though, it’s because the leaders failed to work well together, putting political advantage over legislative solutions.

Over the last few decades, the leaders’ responsibility for Congress’s performance has grown measurably greater. This is because their power has, too: Leaders of both parties have worked to increase their budgets and concentrate power in their offices. Their staffs have grown — where a speaker or minority leader might once have turned for policy advice to the chairs of particular committees, they now have their own advisors on energy or foreign policy or the economy.

And they have changed the process, most notably with the budget, to favor themselves. When spending priorities were put together by the various committees, rank-and-file members knew, in detail, what was in the budget and they had significant input into its contents. Now, Congress often acts by omnibus bill, which puts enormous power in the hands of a few leaders and their staff.

This is not a favorable trend. The increasing concentration of power in the leaders diminishes the role of other members and distorts representative democracy. Congress derives its legitimacy and authority from its members, who represent the American people in all their diversity. This is why the Framers put Congress first in the Constitution. When that multitude of voices is ignored or weakened, it is hard to see how Congress will ever be able to assert its standing as a separate, independent, and forceful branch of government.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.



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

“I Specialize In Stress Free Vacation Planning”

FILL YOUR HIRING NEEDS



At the Rocklin Area Chamber of Commerce

Career & Resource Fair

January 28 ♦ 10 a.m. - 3 p.m.

Special Veteran's Workshop 9 - 10 a.m.

University of Phoenix
516 Gibson Drive, Roseville

Over 2,000 Attendees Expected



The Rocklin Chamber's Annual Career Fair is a great way to find quality employees.

- ♦ Get resumés
- ♦ Conduct on-the-spot interviews
- ♦ Booths and Sponsorships Available

Sponsorship opportunities include booth space, lunch and exposure in the *The Mercury*

Contact Megan Hemming at the Rocklin Area Chamber of Commerce
(916) 624-2548 or Megan@RocklinChamber.com

CAREER FAIR SPONSORED BY:



Family Farm Alliance Charges Federal Water Cuts Not Based on Best Science

Flaws in Order Cutting California Water Deliveries Will Impact Food Supplies

Business Wire - The U.S. Fish and Wildlife Service (USFWS) failed to meet the standards of the Endangered Species Act when it issued an order today (Dec. 16) that threatens to cut California's dwindling water supply by a third or more. That is what the Family Farm Alliance charged today as it filed an action under the federal Information Quality Act that is intended to ensure that the new federal requirements are based solely on the best available information.

"The law requires USFWS to base its decisions on evidence, not assumptions or its own prejudices," said Dan Keppen, Executive Director of the Family Farm Alliance. "The more important the action, the more impact it's likely to have, the higher the quality standards to which it should be held."

USFWS' new Biological Opinion demands severe reductions in the operation of the State Water Project and the Central Valley Project in order to protect an endangered species of minnow called the Delta Smelt. Public water agencies throughout the state have expressed concerns that the restrictions will have a devastating effect on water supplies for two thirds of the state's residents and more than two million acres of irrigated croplands.

"We're taking this action on behalf of families and consumers across the country," said Keppen. "Everyone in California will be harmed by USFWS' ruling, but the immediate impact is likely to fall heaviest on food production in the Central Valley. Anything that hurts the Central Valley that badly will affect food supplies throughout the United States."

The action by the Family Farm Alliance demands corrections to dozens of errors and procedural violations in the preparation of USFWS' Biological Opinion. For example:

- Among other things, the Family Farm Alliance charges that USFWS failed to comply with federal guidelines intended to exclude biased and inaccurate information and to ensure the integrity of expert peer reviews.

- USFWS at one point blames entrainment at the pumps for the smelt's decline and at another point in the same analysis acknowledges that the data demonstrates that entrainment is not driving population dynamics.

- USFWS also falsely blames the pumps for the effects of toxic wastes dumped by others, the reproductive habits of invasive species, and global warming.

California is currently suffering one of the worst droughts in its history. But that has not stopped efforts by environmentalists and some regulatory agencies to cut down on the state's water supply to protect the smelt. The new Biological Opinion was ordered by a federal court ruling last year that reduced the state's water supply by one third, causing the loss of thousands of jobs and the destruction of millions of dollars worth of crops.

Last month, state Fish and Game officials instituted new regulations on behalf of another species of smelt that could have even more devastating impacts on water supplies for Southern California and the Bay Area as well as the Central Valley. Experts with the state Department of Water Resources and dozens of other public water agencies have

complained that Fish and Game's action was not supported by its own scientific studies.

Congress established the Information Quality Act in 2001, according to its express terms, with the intent of "ensuring and maximizing the quality, objectivity, utility and integrity of information disseminated by Federal agencies." According to a report by the General Accounting Office, IQA guidelines are in effect in all but one cabinet agency, ensuring that USFWS must comply with its requirements.

"It's vitally important to everyone who lives in California that any action the federal government takes in this critical area should be based on the best available information," said Keppen. "It is just as important to the protection of farmers throughout the country that we don't allow a precedent to be set in California that allows anything less than the best information to slip through."

If the information in the draft Effects Analysis is not corrected, the Alliance is concerned that water users will face drastic and potentially permanent reductions in the water they need to live, grow their crops, run their businesses, and water agencies will have insufficient supplies to satisfy demand. The economic and social consequences could be immediate and devastating if land is fallowed due to a lack of water. In some cases farmers could even lose entire permanent crops such as orchards and vineyards, causing irretrievable losses of their investment in those crops.

The Family Farm Alliance represents family farmers, ranchers and allied interests in 17 states including California's Central Valley. Its members also include hundreds of other farm-related organizations, including irrigation districts, commodity associations, private water companies, consulting firms, law firms, and farm implement dealers.

Thrift Stores Exempted from ‘Financial Doomsday’

Announcement released after WND documents potential disaster

*by Chelsea Schilling
© 2009 WorldNetDaily*

The Consumer Product Safety Commission announced today (January 08, 2009) that a new government regulation scheduled to take effect next month will not force thrift and consignment stores to adhere to strict lead and phthalate testing or declare their merchandise hazardous material.

Only one day following a WND report, the commission released a statement saying, "Sellers of used children's products, such as thrift stores and consignment stores, are not required to certify that those products meet the new lead limits, phthalates standard or new toy standards."

Many thrift and consignment business owners were outraged after Congress passed the Consumer Product Safety Improvement Act of 2008, or HR 4040, a retroactive rule mandating that all items sold for use by children under 12 must be tested by an independent party for lead and phthalates, which are chemicals used to make plastics more pliable.

The regulations could have forced thousands of resale businesses – especially smaller ones that cannot afford the cost of lead testing – to throw away truckloads of children's clothing, books, toys, furniture and other children's items and even force them to close their doors.

Now those sellers are not required to test products before selling their inventories, but the CPSC warns, "Resellers cannot sell children's products that exceed the lead limit and therefore should avoid products that are likely to have lead content, unless they have testing or other information to indicate the products being sold have less than the new limit. Those resellers that do sell products in violation of the new limits could face civil and/or criminal penalties."

Small businesses still affected

However, the law still affects small businesses that sell new items. Under the new measure, new children's products with more than 600 ppm total lead cannot lawfully be sold in the United States on or after Feb. 10, 2009, even if they were manufactured before that date. The total lead limit drops to 300 ppm on Aug. 14, 2009. Also, products manufactured on or after that date cannot be sold if they contain more than 0.1% of certain phthalates.

Some small toy businesses say lead testing alone costs more than \$4,000 per item – a price some say only large companies like Mattel and Fisher Price can afford to pay. "The only people who can do that now are the ones who actually put this scare into effect and actually caused the problem," Amy Evan's, owner of Baby's Boutique in Chico, California, told CBS' KHSN.

Shelsie Hall told California's KXTV News 10 she makes hair bows and jewelry for children and sells them online to support her family. She believes her small business is threatened by the measure because those products must be tested. "My items sell for \$4 to \$10 and I make a lot of different things. So I couldn't just test one; I would have to test every item," she said.

One blogger who identifies herself as "Tina" has a home-based business making and selling cloth diapers online. She said a U.S. lab quoted a price of \$75 to test each component of her diapers. "I have at least two different fabrics, thread, snaps and elastic in a diaper," she wrote. "\$375 to test each different combination of fabrics/snaps/thread/size combinations? That is insane." She continued, "I am but one of many micro-manufacturers who will be forced to give up the American dream of owning my own business because of this legislation."

Tina said retailers purchase inventory with loans secured by the value of that inventory. "What happens to these lenders and retailers when the value of that inventory goes to zero?" she asked. "It is conceivable, at least to me, that retailers will be the next

group in front of Congress asking for a bailout."

The act's broad wording could extend to new children's items sold on eBay, Craig's List, Amazon. Critics also say landfills will be hit hard if stores, distributors and families simply throw their untested items away rather than face prosecution. And clothing, toys, furniture and books at large retailers could become more expensive to cover third-party testing costs.

Other tentative exemptions

While the Consumer Product Safety Commission administers the law, it may only be changed by Congress. Some exemptions approved Tuesday by the commission's two members, but not formally adopted, include the following:

- Items with lead parts that a child cannot access;
- Clothing, toys and other goods made of natural materials such as cotton and wood; and
- Electronics that are impossible to make without lead.

But the tentative exemptions do little to reassure most businesses and families who will be affected by the law. Final rules are not scheduled for approval until after Feb. 10, when the rules take effect.

Taking action

The measure raises the CPSC budget each year until 2015, at which time the agency's budget would be \$156 million. It also allows state attorneys general to take civil action against those who violate the strict regulations. Rep. Bobby Rush, D-IL, sponsored the bill along with 106 co-sponsors. In the House of Representatives, 424 members voted for the act, nine voted "present" and a single member voted against it – Rep. Ron Paul, R-Texas. In the Senate, the totals were 89 for, eight "present" and three against – Sens. Tom Coburn, R-Okla., Jim DeMint, R-S.C., and Jon Kyl, R-Ariz. President George Bush signed it into law on Aug. 14, 2008.

Concerned individuals may contact senators and representatives and the Consumer Product Safety Commission.

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 License # 347001498

BlackBerry

FREE

BlackBerry® with bonus Memory Card
All Major Carriers

Choose from these great new models:



Sprint 8130 Pearl™

- 2.0 Megapixel Camera
- MMS, SMS, IM
- 64 MB flash memory
- Music and video player



AT&T 8110 Pearl™

- 2.0 Megapixel Camera
- Quad-Band GSM/GPRS and EDGE networks
- Music and video player
- IM: AOL, Yahoo, MSN



T-Mobile 8320 Curve™

- Full QWERTY keyboard
- Media Player
- 2.0 Megapixel camera
- Bluetooth™ v2.0

Visit www.redhotfreephones.com/print94 now!

The BlackBerry®, RIM and SureType families of related marks, images and symbols are the exclusive properties of and trademarks or registered trademarks of Research In Motion Limited - used by permission. These phone offers are exclusive to RedHotFreePhones.com and our affiliates. Phone prices are valid with activation of a new line of service with the featured carrier. Depending on the carrier early termination and activation fees may apply per phone. Please check specific carrier terms and conditions for details and to confirm eligibility. Sales tax will be charged in CA and TX on the retail value of the phone. Offer valid while supplies last. One time activation and early termination fees may apply. Safe and secure credit check required. Must be at least 18 years of age with valid credit card.

*Free after mail in rebates. New customers only. New two year service plan agreement with PDA plan required. Rebate amounts may vary by carrier from \$50 to \$180. Rebate eligibility requires you to stay current on your new service for at least 6 months. See www.redhotfreephones.com/print94 for details.

Ad provided by MediaBids.com. 1-866-236-2259



You picked it with love.

We'll pack it with care.

Ship your holiday gifts before the rush.
Stop by your neighborhood store today.

Copyright ©2008 Mail Boxes Etc., Inc.

The UPS Store

2 CITRUS HEIGHTS LOCATIONS

6996 Sunrise Blvd.
916.725.4994 Tel • 916.725.4644 Fax

7405 Greenback Lane
916.725.1345 Tel • 916.725.1772 Fax

Ask us about the
PACK & SHIP PROMISE

Plus...
PERSONALIZED COLOR CALENDARS

More Than Shipping...

LIVSCAN FINGERPRINTING

NOTARY COPIES FAX POSTAL BANNERS GREETING CARDS

Own a new computer for just \$29.99* per week!

And improve your credit score at the same time!

Bad Credit, No Credit? No Problem!

There's no credit check, so you won't be turned down.



If you can afford a weekly payment of just \$29.99* for just 12 months, then you're already approved for a brand new Dell™ or HP™ Computer, guaranteed.

ACT NOW AND RECEIVE:

- In-Car GPS System
- Free MP3 Player
- Free Printer with select models

Call today to get the computer of your dreams, and improve your credit at the same time.

Give us a call today!

1-877-543-5034

*Prices start at \$29.99 but may vary by model.

Ad provided by MediaBids.com. 1-866-236-2259.