# AMERICAN RIVER

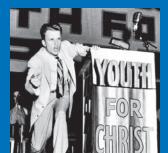


Blue Angels to Return



Popp Off

Page 4



Billy Graham's Life Page 12



Your Health

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US POSTAGE

Volume 3 Issue 1

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

January 2008, First Edition

# Arctic Storm Blasts Area



Huge oak crashes to ground, just missing the newly renovated Carmichael library.

carrying heavy rain and strong winds hit California late last Friday morning. Wind gusts over 50 mph and heavy rainfall blasted throughout the Sacramento Valley power is restored, several appliances may and Sierra regions. The combination of come back on at once and overload your strong winds and heavy rain and snow circuits or hot appliances may come on resulted in trees, tree limbs and other vegetation coming into contact with overhead power lines and interrupting electric service to thousands of customers

extensive preventative Through maintenance and an award-winning tree trimming program, PG&E works hard year-round to prepare for and minimize storm-related outages. PG&E electric crews and emergency personnel were on alert and ready to respond to the current storm outages when they occured.

If you see a downed power line, assume it is "live" or carrying electric current. Do not touch or try to move it - and keep children and animals away. Report downed power lines and other electric emergencies immediately by calling 911

A series of powerful storm fronts and PG&E's customer service line at 1-800-PGE-5000. PG&E suggests if your power goes out, turn off or even unplug all electric appliances. Otherwise, when while you're away or asleep and pose a fire hazard. Leave a single lamp on to alert you when power returns. Turn your appliances back on one at a time when conditions return to normal.

> Customers should report power outages to PG&E by calling our outage information line at 1-800-PGE-5002. Customers can also call this number to receive updated information about an existing power outage in their area.

Sacramento Municipal Utilities District warns everyone that burning an open fire inside a home is dangerous and can be deadly. The use of open fires indoors to stay warm and cook could be deadly because California homes are very airtight unlike the open-air homes in some countries. Burning wood and charcoal

releases carbon monoxide. Carbon monoxide cannot be seen or smelled and it can kill people in minutes. They suggest to never use an unventilated appliance like a kerosene or propane heater, stove, oven or dryer to heat your home, never use an unventilated fire or burn charcoal indoors and never use lighter fluid or gasoline to start a fire or burn painted or treated wood in the fireplace.

Blue Shield of California's response to the wind storms in Northern California includes a variety of measures to make sure that members adversely affected by the storms are able to meet their medical needs and maintain access to healthcare services. Blue Shield has developed simple guidelines for prescription drug coverage, minimizing interruption to members' prescription medications. Affected members may refill prescriptions that have been lost, misplaced, damaged or destroyed by the storms. Members in need of counseling have access to our network of behavioral health providers by calling 877-263-9952.

# **Public Invited to Special Meeting** on Fair Oaks Corridor Plan

By Heather Hierling

Early next year the Sacramento County Board of Supervisors will be deciding on how to best renovate Fair Oaks Boulevard between Marconi and Engle. Establishing a main street atmosphere and pedestrian friendly environment is to be combined with the necessity of elevating traffic congestion on the primarily auto thoroughfare.

The corridor plan aims at making Fair Oaks Boulevard Carmichael's neighborhood main street. Consistent sidewalks, shade trees and bike lanes are needed to transform the boulevard into a multi-use area for the entire community. Rehabilitation to existing buildings, pedestrian connections businesses, easements, between sidewalks, a shared alley, as well as public art are all envisioned in the plan.

"It's more than just a transportation route, it's your main street," Supervisor Susan Peters said at the October 30th community workshop at La Sierra Community Center.

Fair Oaks is one of three corridors in Sacramento County which handle an enormous amount of traffic on a daily basis. Renovating Fair Oaks is a bit of a paradox for the county, however one thing is certain; traffic is only going to increase in the future.

Currently there are three proposals: a four-lane proposal that maintains the current road width; the six-lane proposal to greatly widen the road, and a 4-6 lane hybrid to ease traffic congestion and lessen the encroachment on businesses.

A major issue for some businesses along Fair Oaks is loosing parking, others will have the road closer to their front doors than they might like. The bottom line is that if the road is to be widened to ease traffic congestion, business owners will loose space in front of their locations.

Residents have another set of issues. The current four-lane boulevard

is causing overflow traffic to turn onto side streets through established neighborhoods along Avenue and California Avenue. This phenomenon is raising the dangers for residents, pedestrians and cyclists in those residential neighborhoods.

"I think the county has our best interest at heart," said Jan Bass-Otto, executive director of the Carmichael Chamber of Commerce which has been at its Fair Oaks Boulevard location since 1984.

Bass-Otto is also a member of the Carmichael Old Foothill Farms Community Council which will be holding a special meeting on the corridor plan at 6:30 p.m. January 30th at the La Sierra Community Center 5325 Engle Road. The public is encouraged to attend. For more information on the Fair Oaks Corridor Plan log onto http:// corridors.saccounty.net/fairOaksPlan. asp or contact Cindy Storelli at: (916) 874-6141.

# Save Someone You Love:

Lesley's Crusade

By Heather Hierling

It is shocking to read statistics like California driver's rank 43 out of 50 states for their knowledge of traffic laws or sober speeding kills 14,000 people per year. A new campaign by a local non-profit is hoping to raise awareness about the dangers of speeding and inattentive driving which account for approximately 60 percent of auto fatalities nationwide.

Lesley's Crusade Against Reckless Drivers was founded by Barbara Keck after the unexpected death of her daughter Lesley in 2002. Lesley was killed in an automobile crash caused by excessive speed the inexperience another

young driver. When Keck's not at Safeway, where she is

a bookkeeper,

speaks regularly at community events about the dangers of speeding and driving while distracted; use of cell phones, text messaging, and/or paying too much attention to passengers.

Crusade bumper sticker campaign aimed at raising awareness about negligent driving and has been endorsed by the Citrus Heights Police Department. It is Keck's newest way to deliver her message to drivers; being behind the wheel is a huge responsibility.

"I was looking for something to get your attention," said Keck. "People need to understand in their hearts before their brains take over."

Keck aims to continue speaking about the dangers of speeding and reckless driving whenever she can. She said she hopes to begin speaking

> schools to educate teenagers a b o u t responsible driving and

parents about teaching their children to drive safe by setting the example. Keck is also involved with the California Highway Patrol filming a public service announcement which



will be out next year.

The "Cheat Death" bumper sticker should be displayed behind the driver in the rear window to remind fellow drivers that lives are in their hands; not just the wheel. The "Cheat Death" bumper sticker is free and will be available at various locations in Citrus Heights. For more information onto: www.lesleyscrusade. org or e-mail Barbara Keck at: barbara@lesleyscrusade.org.

# Memorial Hummer Unveiled



By Amanda Morello

Deborah and Eddie Getz, a Gold Star family in Roseville, unveiled the new Memorial to their son Kristofer and seven other fallen soldiers that gave their lives February 17, 2007 in Afghanistan. The Hummer was unveiled by the California Honor Guard at their home in Roseville Saturday, December 28th. Despite the gloomy weather all that came out to view the Hummer awed at the talent and consideration that the artist, Robert Powell, put into this masterpiece.

After her son Kristofer lost his life in Operation Enduring Freedom, Deborah and Eddie began Never Forget our Fallen, an organization dedicated to the memory of fallen soldiers and giving the Gold Star families a place to commemorate their loved one. So if you are driving down the road and come across the Hummer, take notice of the faces of Army Ranger Kristofer Thomas, Army Ranger PFC Ryan Garbs, Air Force 24th Special Tactics TSGT

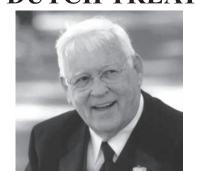
Scott Duffman, 160th Night Stalkers Chief Warrant Officer 3 John Quinlan, 160th Night Stalkers Chief Warrant Officer 3 Hershal McCants Jr., 160th Night Stalkers SPC Travis Vaughn, 160th Night Stalkers SGT Adam Wilkinson, 160th Night Stalkers SPC Brandon Gordon and Never Forget our Fallen!





www.AmericanRiverMessenger.com

#### DUTCH TREAT



By Dennis Packard

#### The Other Side of Fifty

Having guests jumping up from behind the couch or falling out of closets were not going to work. My wife, Stacey, does not like surprises or anyone making a fuss over her birthdays—but—HELLO—she was turning the big five-O! Something had to be done and it was time for her super-conniving husband to spring into action! She even warned me by shaking a stern finger in my face, "Don't you dare get a party together!" I turned and rolled my eyes.

Ignoring her pleas, collecting her friends to push her over the hill would be a challenge to enjoy. My mind began to spin. I only dealt with facts and told her that we had to get together with the immediate family, as we normally do for any birthday. Stacey agreed. Then, without her knowledge, I invited many of her close acquaintances of yesteryear and the present to drop by unannounced. It mattered not if they came early or

Not accustomed to flaunting bold face lies directly into my wife's face led me to have mixed emotions. This small surprise of guests popping in on her birthday began to grow with deceitful conversations between us. I didn't know what I was getting into. I began to feel like I was having a marital affair. Discomfort surrounded me.

It was difficult to cover all the bases the closer it got to the event. Dozens of secret phone calls had to be made when Stacey was taking showers and talking over the fence to neighbors. With the light out, there were times when I hid in the garage with my cell phone. Often, I locked myself in the bathroom and leaned against the sink, muffling my conversation by flushing the toilet

with my big toe over and over again. Unfortunately, I did such a good job making noise that all I could hear from the other end of the phone was, "What?" "Hello—I can't hear you!!" Even Stacey began screaming at me from the living room after hearing so many flushes, "Are you O.K.?...Should I call 911?"

My two daughters and Stacey's sister decided to get on the band wagon big time. They made the decision collectively to make it a "Santa Cruz" theme party. My wife was born in Santa Cruz, California and we met and married in the coastal town 32 years ago.

Making popular street signs, places of businesses and a special group of signs that incorporated the Santa Cruz Boardwalk were all assigned to me. This had to be done in our garage without her notice. A relatively simple idea was now becoming complicated. The deceit and lying never seemed to have an ending.

The girls had caramel apples, popcorn, salt-water taffy, corndogs and other food items available that are popular at the Boardwalk Amusement Park and the Santa Cruz Pier.

A party was evident when Stacey pulled up to her sister's home the night of the celebration. Dozens of cars were parked on the quiet country road that was not a part of normal. The balloons on the mailbox told the story. Stacey's face and shoulders dropped in unison. A stern look was thrown towards my laughing face.

Everything went off like clockwork with a good time for everyone.

The only sign I constructed that seemed out of place at a birthday party had to be explained several times over. WESTENDORF AND HOLMES MORTUARY."

Stacey's dad, Elden Holmes, was a mortician and was part owner of this business. Stacey often played there with her girlfriend after school. One assumed the role of secretary, the other, a weeping widow. Forms were made out. This is when I interject with my famous line, "And I was the first person she ever dated that moved."

Stacey never thought it was funny the first time or the hundredth time. She just looks at me crossed eyed with a "Ha-haha...very funny!"

Quip for the Day: Sign in a florist window: Smoking and forgetting your wife's birthday could be hazardous to your health.

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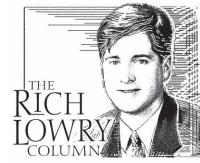
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The National Intelligence Estimate arguing that Iran gave up its nuclear-weapons program back in 2003 went public last month, instantly lessening the urgency of the domestic debate over how to handle Iran. The following day, Rudy Giuliani released a get-tough-on-Iran television ad, a pre-NIE message for a post-NIE world.

It's just one of the ways that Giuliani's onceformidable front-running campaign has been off lately. He has been buoyed all year long by his post-9/11 celebrity, his strong debate performances and his outsized, tough-guy persona. The former New York City mayor has undeniable leadership qualities, but now, as the primary race gets more serious, is having trouble making them fit the party he aspires to lead.

Giuliani is finally suffering from the natural gravitational pull of his messy personal life (as mayor, he had a publicly financed security detail

# The Rudy Fade

for his mistress) and his ideological heterodoxy (especially on social issues). The pull has long been there; only now it has dragged him down to a level where it is no longer an invisible force.

Nationally, his numbers have been on slow downward slide since March. He was at 44 percent in an ABC News/Washington Post poll in February, and at 25 percent in the same poll last month.

This has trashed the Giuliani theory of the race, which was that his national lead in the polls was a bankable commodity that he could redeem even after losses in the early states of Iowa, New Hampshire, Michigan and South Carolina.

Rudy had his eye on one of the early states, New Hampshire. His supporters thought once he started advertising there he'd bump up in the polls. Since Nov. 10 he has spent more than Mitt Romney and John McCain in the state, and his numbers have, if anything, declined slightly. McCain has passed him for second in the RealClearPolitics average in the state, and he hasn't gotten out of the teens in any poll since late November.

The nature of the ads has something to do with it. Besides the ill-timed Iran ad, Giuliani ran a spot touting his (truly extraordinary) work as New York City mayor. But Giuliani left the mayor's office six years ago, and was first elected -- and began the city's turnaround -- 14 years ago. Voters don't just want to know what you've done lately, but what you'll do for them in the future.

So Giuliani went to Florida to try to relaunch his campaign with a speech focused on his forwardlooking "12 commitments" as president. He didn't mention the one about reducing abortions. When Giuliani was high in the polls, pundits speculated that the war on terror was the new social issue, more important to Republican voters than abortion or gay marriage. Mike Huckabee's rise shows that social conservatives are still animated by their traditional issues, and Giuliani has little to say to

It's possible that the Republican field stays fragmented enough that Giuliani can win Florida on Jan. 29 and the big states where he is still strong on Feb. 5. But his scenario depends on a fractured party that he will have trouble putting back together again given his fundamental disagreements with a large part of the GOP base. In Florida, Giuliani said: "I don't just pray for miracles. I don't just hope for miracles. I expect miracles." He might

Rich Lowry is editor of the National Review. (c) 2007 by King Features Synd., Inc.

# A Private Solution to State's Public Infrastructure Problems By Adam B. Summers

It is no secret that California's infrastructure has deteriorated dramatically over the years and has not kept up with population growth. We have arrived at our current state because of a perceived lack of money (even though state revenues have doubled over the past 10 years) and decades of legislative apathy. Yet, despite a soaring budget deficit and a legislature that seems intent on enacting more regulations and boondoggle health care and environmental programs rather than funding needed infrastructure projects, there is a simple solution that may provide some muchneeded relief: allow the private sector to succeed where the public sector has not.

Governor Arnold Schwarzenegger estimates that the state needs \$500 billion worth of public projects over the next 20 years to address the infrastructure problem. This is far too much money for the state government to absorb without massive tax increases or cuts to other programs that politicians are unwilling to make. Moreover, the state already faces an impending budget deficit of at least \$10 billion, and, according to various media reports, money from the \$42 billion bond package that was passed in November 2006 is already being squandered.

To his credit, Schwarzenegger is seeking to address the state's infrastructure problems by soliciting proposals from private-sector firms to design, build, and/or operate public projects such as roads, schools, wastewater treatment plants, ports, levees, and hospitals. Such arrangements are often called public-private partnerships, or PPPs. In the case of a road, for example, a private company might agree to build a new stretch of highway and pay a fee or long-term lease to the

government in exchange for the right to operate and collect tolls on the road. This is the model on which the new South Bay Expressway in San Diego was built.

In addition to providing a much-needed funding source for projects, PPPs transfer risk to the private sector by allowing the government to structure contracts such that the burdens of liability issues and cost overruns are shifted to the contractor. Furthermore, private contractors typically provide the same or better service at lower cost. This is because of the different incentives faced by the public and private

In the absence of contracting, the government is a monopoly and faces no competition. Agencies get as much money as they can through political lobbying and don't have to worry about going out of business. In the private sector, however, businesses succeed only by providing lower prices and/or better quality goods and services than their competitors. If a private company does not perform well, it loses its business to someone

In short, private businesses have much stronger incentives to innovate and keep their customers happy. If a customer has a problem with a private business, chances are he can go to the proprietor or store manager to fix the problem. By contrast, if the pavement on the freeway is deteriorating or a disabled vehicle takes too long to clear, who is the taxpayer to call, and how likely is it that the problem will be quickly remedied?

California does have some experience with PPPs. The use of contracts with incentive clauses successfully sped repair of roads and

bridges after the 1994 Northridge earthquake and following a gasoline truck accident that destroyed interchanges at the MacArthur Maze in the San Francisco Bay Area earlier this year. But the state has generally taken a piecemeal approach to PPPs and ignored many opportunities to utilize them.

While the United States likes to tout its freemarket credentials and the prosperity derived from its spirit of entrepreneurship and faith in the private sector, it is actually rather behind the curve when it comes to infrastructure. Even many socialist countries in Europe and elsewhere recognized long ago that using the private sector is a winning strategy to providing quality

It is time that California catches up by simply getting the government out of the way and rediscovering the virtues of private enterprise. As Thomas Jefferson, demonstrating his grasp of economics, once said, "It is better for the public to procure at the common market whatever the market can supply; because there it is by competition kept up in its quality, and reduced to its minimum price.'

If private companies can do at least as good a job as government employees for cheaper, or can provide needed services that otherwise could not or would not be funded, why shouldn't they be encouraged to do so?

Adam B. Summers is a policy analyst at the Reason Foundation. He has written extensively on privatization, government reform, law, and economics. He holds an M.A. in economics from George Mason University and B.A. degrees in economics and political science from the University of California, Los Angeles.

# Sacramento Quarterly Employment Trends

New Year job & hiring trends for local companies in the 1st Quarter of 2008

Mirror Image?

For the second year in a row, the first Quarter in the New Year will begin on a flat-line for many Sacramento regional employers.

Just twenty-four percent (24%) of 100 regional companies polled expect to grow their workforce in January, February and March. This exactly mirrors last year when 2007 began with the lowest level of workforce growth reported since the Sacramento Employment Trends began surveying area firms fifteen years ago.

Forty-four percent (44%) of Sacramento's top companies in the telephone poll say they will hire no one in Q1. Ten percent (10%) of employers report they will reduce their workforce beginning in January. The majority, seven percent (7%) say they will cut back because of the slow economy. Pacific Staffing discovered three percent (3%) of layoffs are motivated by seasonal change.

In the direct phone polls, many regional company contacts indicate anecdotally that employee morale is becoming a concern. Among the qualifications sought by employers in the first Quarter are experience with collections, inventory and accounting.

Workforce Challenge?

Workforce managers indicate that finding specific qualifications and retaining experienced employees are becoming major challenges in the New Year. 100 Sacramento Regional Top Companies By

34% are Service, 38% are Manufacturers, 17% are Construction and 11% are Retail Who? What? When? Where?

A shortage of experienced electrical and mechanical maintenance workers was noted, as employers also seek sales, technical and manufacturing backgrounds in January, February and March 2008.

For more information & previous workplace hiring and trend surveys go to www.pacificstaffing.com

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January 2008, First Edition Page 3

# U.S. Navy Blue Angels Announce Return to California Capital Airshow



The California Capital Airshow at Mather Airport March 15-16 is the first civilian show on the 2008 schedule for the United States Navy Blue Angels. The renowned flight demonstration team last performed at the inaugural California Capital Airshow in 2006, thrilling crowds with formation and solo highperformance maneuvers in addition to ground ceremonies.

"We are honored to welcome back the U.S. Navy Blue Angels in the Sacramento region only two years after the appearance at the inaugural California Capital Airshow," said G. Hardy Acree, California Capital Airshow Board Chair. "The team's desire to return is a credit to the Sacramento region and their support for aviation as well as the men and women who serve our country."

Air shows generally spend several years establishing their brand before attracting military precision jet teams. The California Capital Airshow has achieved a rare feat by attracting a jet team each of its first

The California Capital Airshow is a 501c3 non-profit corporation organized to promote and showcase the role aviation plays as an economic engine in the greater Sacramento region. The mission of the California Capital Airshow is, in part, be accomplished by giving back to the community through the awarding of scholarships to individuals interested in pursuing careers in aviation, aeronautics, and aerospace.



A1C Lopez training for upcoming deployment to Iraq

# Local Hero: A1C Lopez

By: Dayna Scorsone, SSgt

On August 1, 2006, Leroy Lopez, from Fair Oaks, was certain he wanted to follow his uncle's footsteps by joining the United States Air Force. Leroy admired his uncle, John Luna who faithfully served the USAF for 20 years, from a young age. Like his uncle, A1C Lopez was trained in TACP (Tactical Air Control Party). This elite group is a "party team that plans, requests and directs air strikes against enemy targets in close proximity to friendly

units with the use of Air Force air power. A1C Lopez is also qualified as a Combat Life Saver, Survival Evasion Resistance & Escape, and Marksman. He is stationed in Fort Hood, TX where he is continuing his training to prepare for his first deployment to Iraq in March 2008. His career goals include serving

forces." TACP provide Army ground

for 20 years, making Chief Master Sergeant (E-9), and strives to participate in more training such as Air Assault, Air Borne, Halo, and Sniper.

# The Purple Heart: A Tradition of Courage

to salute the brave military men Personnel Records Center (NPRC). and women who have earned the The address is 9700 Page Ave., St. distinguished Purple Heart. But Louis, MO 63132-5100. how much do you know about the medal itself?

The Purple Heart is the oldest military decoration still in active use. Originally created as the Badge of Military Merit by General George Washington in 1782, it was revived and redesigned by General Douglas MacArthur in 1931 and reissued on February 22, 1932.

To be eligible for a Purple Heart, one must be wounded by an instrument of war inflicted by the enemy. That makes the medal the only decoration that attests, without question, to the bearer having been in combat.

Purple Heart Status

To learn if next of kin has been awarded the Purple Heart, a written request, signed and dated, must be mailed to the Military Personnel

(NAPSA) - Americans know Records facility of the National

After 10 days or so, you may send an e-mail requesting status of your request. The e-mail address is mprstatus@nara.gov. Or you may call to ask about the status at (314) 801-0800. E-mailed original requests will not be honored.

It's important to note, however, that because of privacy issues, not anyone can seek information about a veteran. The veteran must give written permission for even next of kin. Next of kin can seek this information for deceased veterans by proving relationship.

Protecting The Purple Heart

The Military Order of the Purple Heart (MOPH), a veterans service organization consisting of 40,000 combat-wounded veterans, is the keeper of the medal and actively seeks out those that would wear or



A Proud History: The Purple Heart is the oldest military decoration still in

claim it without authority.

Under the provisions of the Stolen Valor Act, those persons could face stiff fines and jail time.

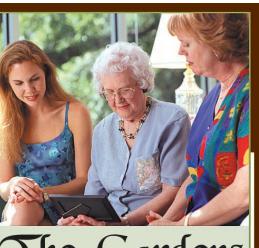
For more information on the Purple Heart, visit the Web site www. purpleheart.org.

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# VETERANS POST

by Freddy Groves

#### Silver Star Narratives

It doesn't happen often, but there is one issue that has me sitting on the fence: whether to release the narratives that accompany the awarding of the Silver Star.

The one- or two-page narratives are detailed accounts of the valor in battle for which an individual is awarded the Silver Star. Nothing is held back in these narratives, which include eyewitness accounts and any supporting evidence.

Last month, Baltimore Sun columnist David Wood wrote about the paper's long effort to get the Army to release narratives that accompanied the awarding of the Silver Star to three soldiers who served in Afghanistan. Can't have

find them, the paper was told.

When pressed, the Army said it was Department of Defense policy that barred the release of the narratives. The DoD said there was no such policy.

There are two sides to this particular fence:

No, they shouldn't release the narratives because they contain personal information that could put the soldier and family back home

Yes, those narratives should be released because America needs heroes now

There's one person who has no issue with which side of the fence to be on. Colorado Rep. John T. Salazar (who introduced legislation for the Stolen Valor Act of 2005) has sponsored new legislation, The

them, the paper was told. Can't Military Valor Roll of Honor Act of 2007. This Act would require the DoD to create a searchable database containing name and citation information of all individuals who have been awarded any medal.

A searchable database would allow family members to easily find information. At this point, Army and Air Force medal records are kept in the National Archives and require researchers to hunt through the stacks, and the Marine Corps and Navy information is kept at the Navy Yard on index cards.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.

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# A Soldier's Christmas in Iraq



By Catherine Moy

Three staffers from Sacramentobased Move America Forward went to Iraq to see firsthand the progress American troops are making.

Mary Pearson, Debbie Lee, and Danny Gonzalez went outside the relatively safe Green Zone into Baghdad neighborhoods and Ramadi, a former hotspot of terrorists.

Move America Forward had just completed a cross-country tour collecting Christmas and Hanukkah cards for our troops before the Iraq trip. The response from the American people was overwhelming: MAF collected 226,000 cards and delivered

The good news is that Gen. David Petraeus's Troop Surge has masterfully beat back the terrorists who have killed so many in Iraq. And our soldiers are winning the hearts and minds of the Iraqi people.



"They are making a difference now," Pearson said.

Streets are busy with children. Hundreds of shops have opened on streets where there was only a handful before.

The MAF staffers never felt their lives were in danger.

"I support the troops and their mission even more now that I've seen it firsthand," said Debbie Lee, whose son, Marc Alan Lee, was the first Navy Seal to give his life in Iraq.

The troops want to stay and finish their mission, even though some journalist and the executive director of are very tired and on their third deployment, Lee said.

"They are very proud of their accomplishments," Pearson said.

"Move America Forward is proud of our people who made personal sacrifices to carry the American people's message to Iraq during Christmas," said MAF Chairman Melanie Morgan. "We were honored to spend time with America's finest in Iraq."

"This whole tour was about our troops," Pearson said.

Catherine Moy is an award-winning Move America Forward, the largest protroop organization in the country.



Wouldn't you like to send a smile to the people you care about this spring? With your donation to the American Cancer Society's Daffodil Days program, our volunteers will deliver a sunny bunch of fresh-cut daffodils to someone special. But this delivery brings more than just flowers – it helps deliver hope for a future where cancer no longer threatens those we love.

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Page 4 January 2008, First Edition

# Romney Campaign Energized By Iowa And Wyoming Caucuses

By Pam Peterson

At last, after all the hype, the Iowa caucus held on January 3, 2008, has kicked off the official election season. Republican candidate, Mitt Romney finished a strong second to Mike Huckabee. Exit polls showed that over 50% of Republican voters identified themselves as evangelical Christians, and with their record turnout, it was enough to give Governor Huckabee the win.

The mainstream media would have us believe that "as Iowa goes, so goes the nation" – however, Iowa actually has a poor record in respect to the final winner of the nomination process. Ronald Reagan in 1980, George H.W. Bush in 1988 and Bill Clinton in 1992 all lost in Iowa before going on to become the nominee, and then President.

Speculation back in 2007 over who will secure the Republican nomination saw nearly every candidate with their fleeting moment in the spotlight as "the one to beat". In the beginning, Senator John McCain was the odds-on favorite until his campaign nearly collapsed. Next, the Guiliani announcement sucked the media in due to his high name recognition and tough-on-security strategy, only to be followed by the Bernard Kerik federal indictment scandal and accusations of billing irregularities by city agencies during his tenure as Mayor of New York City.

Over the summer, the anticipation that Fred Thompson would become the savior of the GOP with his fashionably late announcement, produced yet another candidate with name recognition, and an amusing personality, but little substance worth writing home about.

This past month was highlighted by the media-hyped "Hucka-Boom" – giving the obscure former Arkansas governor a high-profile edge in Iowa. But as voters across the nation begin to take a closer look, it is apparent his record as governor will surely produce the demise of his presidential bid.

The first-in-the-nation New Hampshire primary is now upon us and the presumption is that this more independent state will pass on Huckabee and embrace McCain as its favorite son. Guiliani and Thompson are polling at even lower percentages than they did in Iowa. But it is becoming more and more apparent that the only candidate who will be competitive enough to land first and second place victories in all of the early states is Mitt Romney. Following right behind his strong showing in Iowa, he won the Wyoming caucus on January 5 and will easily sweep Michigan, where his father served as Governor and where he made his formal announcement as a candidate for President.

Romney will no doubt finish well in both South Carolina and Nevada and from there it is on to "Tsunami Tuesday", February 5, 2008 where 24 states are scheduled to hold their caucuses and primaries, including California.

Looking back, Romney has surely taken a beating. But considering where he has come from, it is impressive to see where he is now. When McCain became the early favorite, Romney was virtually unknown and had very little name recognition. Next came the barrage of attacks regarding his Mormon faith; followed by "he's too polished" – which seems ironic considering the complaint



that George W. Bush is just the opposite, and we have longed for a leader who is "more presidential".

Concerns were raised that Romney doesn't appear as authentic or sincere as Mike Huckabee and that he launched inaccurate "attack" ads regarding the Arkansas Governors record on taxes. The liberal media machine promotes the phrase "attack" ad when it should more accurately describe them as "comparison" ads. Comparing two candidates' records side-by-side as governor of their respective states is not an "attack".

The reputable FactCheck.org blew the whistle on a Huckabee ad in which he touted his record as a "tax cutter" when in reality Huckabee's time as governor actually resulted in a \$505.1 million net increase in taxes.

Huckabee next called a press conference to denounce all attack ads and indicate that he would not air an "attack" ad that he had produced, but played the ad for reporters so 'they' could be the ones to publicize his attacks on Romney. And as it turns out, Huckabee did air that ad—at least 10 times on four different stations in Davenport and Cedar Rapids according to FactCheck.org, although that tidbit was ignored by those same reporters.

FactCheck.org also found that Huckabee's "comparison" ad about his rival reported that as governor of Massachusetts, Romney had "no executions". That is true, however, the reason was that Massachusetts does not have a death penalty, although Governor Romney tried, but failed, to have the death penalty reinstated.

The latest slurs against Romney accuse him of attempting to 'buy' the presidency. The fact is that Romney has raised more money than any other candidate. Certainly this doesn't sit well with them as it gives him more resources to work with. Huckabee recently alluded to the fact that he would be the one to create jobs while Romney would be laying people off. The reality here is that Romney's entire business career was about investing in people by helping their companies grow so they could create more jobs. His innovative ideas and leadership launched hundreds of companies including Staples, Domino's Pizza, Brookstone and The Sports Authority, just to name a few. That seems like a much more fair assessment of Romney's ability to create jobs.

Few other candidates, Republican or Democrat have ever had to meet a payroll. Romney did not 'inherit' his money, he earned it. He could be spending this time of his life enjoying his wealth - instead he has gone from one 'public service' job to another – beginning with his

success in turning around the besmirched 2002 Winter Olympics to serving as a conservative governor in one of the bluest of blue states. He was so well-respected that his fellow Governors elected him as the Chair of the Republican Governors Association. Those public service jobs he did for an annual salary of "zero".

Yes, he has financial resources - but it says a lot that he would be willing to spend his own hard-earned money on the campaign. But elections cannot be bought. You still must have the support of the voters behind you. It seems quite evident the support is there considering how much the campaign has raised. And how many American's really think that McCain, Huckabee, Guiliani and Thompson don't have a significant amount of money of their own? The difference is that they have become quite comfortable spending other people's money - instead of their own. There is something quite telling in that.

The battle for the nomination only began in Iowa and probably will not be decided until every state in the union has tallied their primary votes; which is exactly as it should be. The greater ongoing battle is with the liberal media. Their goal is to promote the weakest GOP candidate to go up against the Democratic nominee. This is why they are hyping the "McCain Comeback" in New Hampshire, the recent "Hucka-Boom", the past "Thompson Surge", and the tough-talk of Rudy Guiliani. The candidate they tear down and bash the most consistently is Mitt Romney. So what does that really tell us?

What the mainstream liberal media has not considered is that the American people are paying attention. They are no longer gullible enough to believe everything they see or read. They are checking the facts and looking deeper, and they are becoming energized by the opportunity they have to get beyond the Clinton-Bush years into a new era with a much brighter future ahead.

In his blog at Townhall.com, Hugh Hewitt summed up Satuday night's debate this way, "Romney: Winner, possibly big winner...demonstrated clear grasp of the issues, turned attacks to his advantage, dispelled the notion that his positions are tactical by explaining them better than anyone else could..." This is what we need in a president – no fluff, no rhetoric, no catchy one-liners – just a man of integrity with the proven ability to make things better – to make America better.

Pam Peterson is the National Vice-Chair of "Women for Mitt". She can be contacted at Peterpam12@aol.com.



# POPPOFF!



#### SUZANNE SOMERS: FROM ACTRESS TO HEALTH GURU

Hopefully, this column is the beginning of a wonderful relationship with all of you. I have hosted and produced my own radio and television shows for over thirty years. During that time, I have interviewed literally thousands of people from stars like Bob Hope and Joan Collins to the best and brightest in the fields of traditional and alternative health and I even throw in a little political upheaval if I think I can make a difference. I try to make it magazine magic for my listeners. I have also authored several books, my latest being "Marilyn, Joe, and Me" which was co-authored with June DiMaggio the niece of the baseball icon Joe DiMaggio. It's about Joe and yes, Marilyn Monroe and old Hollywood through the eyes of one who was actually there. I hope that you will also have the opportunity to listen to my radio show Monday through Friday on KAHI-AM 650 from 10 AM-Noon and Saturdays on KSAC-AM 1240 from 11 AM-Noon or log on to www.poppoff.com to stream the shows. Please visit my website and join in my blog on whatever turns you on. And do let me know some topics you would like addressed in my POPPOFF Column. To kick off my first column, I thought you'd like to hear first hand from a star type who is as charismatic off the screen and she is on about her bout with life, the good, the bad, and

#### with Mary Jane Popp

Say the name Suzanne Somers, and various titles pop up...actress, comedienne, and #1 New York Times Bestselling author. But when I interviewed Suzanne on my POPPOFF Radio Show, she was not talking career she was shouting health and taking responsibility for that health! At one time, Suzanne relied on antibiotics to cure her seasonal ills. Because of her hectic schedule, she turned to medications and found herself caught in a vicious cycle of infections and antibiotics. It's about time that we have someone of Suzanne's stature admit we can get caught up in a spiral of negatives. But then her life changed. She got a referral to a specialist who took a radically different approach to her care by treating the cause not the symptoms, and her attitude did a one eighty degree turn. Mind you, she has had major challenges in her life including her fight against Breast Cancer and a hysterectomy that she believes happened because of years on

birth-control pills. In her previous book "Sexy Years," Suzanne introduced women to bioidentical hormone replacement therapy...helping them to transform menopause into a time of mental, physical, and spiritual renewal. Then came her book "Ageless" which provides us with concrete information to help us turn back the hands of time. This new branch of medicine strengthens the immune system as opposed to traditional medicine which treats the symptoms and does not get to the cause. She has talked with leading Endocronologists who have explored the role of the most important hormones in anti-aging-thyroid...DHEA, cortisol, insulin, growth hormones, testosterone, estrogen, and progesterone, and reveal groundbreaking treatments that have drastically reversed what orthodox medicine accepts as the inevitable signs of aging. Since the first indication of aging is the decline and eventual loss of hormones, "Ageless" elaborates on ways in which bioidentical hormones



are essential to help us ward off illness, weight gain, memory loss, and other symptoms associated with growing older

"Ageless" also contains a thorough examination of the hormone connection to PMS, perimenopause, chronic fatigue, and osteoporosis, and presents new information to help not only women but men too. We always think of osteoporosis as a woman's disease. Did you know that an estimated two million men suffer from osteoporosis? Her book is a practical guide offering easy-to-implement advice including good eating and exercise habits. And we have to include reducing our exposure to environmental toxins and learning how to lower our stress, and eliminating over-the-counter and prescription medications as much as possible. At the back of the book, Suzanne has a glossary of terms and a listing of anti-aging doctors, specialists, clinics, and institutes. And boy did Suzanne get on my case about sleep. I kind of blow it off as unnecessary wasted time. She says that sleep is needed even to lose weight.

She must be doing something right. At 60 plus...she told me she has the energy of a thirty year old. Right on Suzanne! And she claims we all have the power to maintain a vital, sexually active life, regardless of our chronological age. Got my attention! So Baby-Boomers, let's show them how it's done. Live long and prosper!

# Link Seen Between Childhood Obesity and Adult Discrimination

The U.S. Surgeon General's Call to Action to Prevent and Decrease Overweight and Obesity sites that there is a 70% chance of overweight adolescents becoming overweight or obese adults. The chances increase to 80% if one or more of the parents are overweight or obese. This strong association between childhood obesity and subsequent adult obesity creates an obvious need to focus attention on habit change, nutrition, and exercise during childhood (when habits are being formed and are easier to correct).

There are many serious health risks associated with being overweight or obese including heart disease, diabetes, high blood pressure, stroke, certain cancers, arthritis, and sleep apnea. The health risks are well researched and documented. However, very few studies have addressed the social and personal economic impact of being overweight or obese.

Dr. Rebecca Puhl and Dr. Kelly Brownell of Yale University have conducted a review of discriminatory behaviors and negative attitudes that people have towards overweight and obese adults. The review was published in the professional journal Obesity Research. Their study suggests that discrimination towards overweight and obese adults is widespread and includes the following findings:

- There is significant negative hiring prejudice for overweight and obese adults particularly for women, sales positions, and managerial positions.
- There is a significant wage penalty for being obese.
- prospects due to discrimination.

• Obese adults have lower promotion

- Many health care workers have negative attitudes regarding obese patients.
- Many educators also have a prejudice against overweight and obese students.

One method to combat adult obesity is to modify the nutrition and exercise habits of "at risk" children. Shawn

McCance, Founder of the Thriving Child Corporation is launching the Aqua Fitness and Nutrition Program in Colorado Springs, Colorado. This eight-week program will combine family (both parent and child-level) nutrition education with swimming games and basic swimming stroke instruction (three days a week). The goal is to modify life-long behavior through habit change, incorporating both physical fitness and improved nutrition. Nutrition sessions will be taught by highly qualified Registered Swimming sessions Dietitians. (taught by skilled swim coaches) are focused on having "fun in the water". The goal is learn (or re-learn) that exercise can be truly enjoyable. For more information, please visit http:// www.thrivingchild.com or call 800-719-6756 or email Shawn McCance at sm@thrivingswimmers.com or call (719) 322-3048.

By Yolanda Knaak

Pro Choice and Pro Life arguments are very emotionally charged. It is important to deal with the subject in a sensitive manner, since millions of women have had abortions.

The old Pro Choice argument from the 1980's was that "abortion is just removing a piece of tissue". Although that argument became invalid with the movie "The Silent Scream" and displays of embryos and fetuses which visually show a human baby at only a few weeks. Consider that at a few weeks pregnant, a woman is usually still unaware of the pregnancy.

The latest Pro Life argument is that abortion is harmful to the

## Pro Choice vs. Pro Life

woman. Symptoms include grief, and depression. It has been named post-abortion syndrome and can last for years if untreated. Research also documents an increased risk of breast cancer after first trimester abortions.

One of the leading books on the subject is Forbidden Grief, by Dr Theresa Burke and Dr David Reardon. Theresa Burke Ph.D. is a psychotherapist and founder of Rachel's Vineyard, a post-abortion training and healing ministry. David Reardon Ph.D. is one of the nation's leading researchers and authors on post-abortion issues and the founding director of the Elliot Institute. Silent No More, Life Center and Alternatives Resource Pregnancy Center are local groups which provide free postabortion group therapy. Some of these groups also provide medical care, housing, parenting classes and

The primary Pro Choice argument, promoted by Planned Parenthood and the Democrat Party platform is the woman's right to choose an abortion. Planned Parenthood's website

says fifty percent of pregnancies are unplanned and that long-term emotional problems after abortion are about as common as they are after childbirth. They state "there is no scientific proof for post-abortion syndrome".

Debra Tilden, Oregon Regional Coordinator of Silent No More Awareness, comments, "Planned Parenthood has ignored the extensive research that has been published over the last 4 years. Futhermore, Planned Parenthood has been fighting in the legislative arena, against informed consents for abortion. Every other medical procedure has an informed consent, the consent for abortion should include the psychological and emotional side effects."

For comments or questions, feel free to contact me at yk@skyq.com. About the author: Yolanda Knaak has a Masters degree from UCLA in nursing and she is an elected member of the Sacramento County Republican Party Central Committee



Joseph Farah **BETWEEN THE LINES** 

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I've often said America faces danger from creeping fascism.

I said that not because, as Ron Paul might suggest, too many Americans are proud to wave their flag or say their prayers.

On the contrary. The real reason we face this danger is because the American people are just too willing to allow their corrupt and clueless elected leaders to pervert, distort and undermine the Constitution in ways that would have been unimaginable just a few short years ago.

A good example of what I mean is the energy bill passed by Congress last Tuesday and signed by President Bush Wednesday.

Among the provisions of this alarming piece of incoherent legislation that exceeds the Congress' enumerated powers in breathtaking new ways:

The bill bans the sale of one of the greatest inventions of all time - the incandescent light bulb.

· The bill mandates 35 miles-per-gallon automobiles by 2020.

Stickers on new cars will be required to tell you how much greenhouse gas emissions

This is command-and-control fascism worthy of the old Soviet Union and today's Cuba and Venezuela, not the United States

assuredly cost lives and hurt the environment. It is unbelievable. I feel like I am in a That may be the most amazing part of the dream, or awakening to the realization that story. The alternative to incandescent light bulbs is the CFL, or compact fluorescent, I actually live in the Matrix. This couldn't be the land of the free and the home of the which contains mercury, costs far more and

> no longer alternatives, but your only choice. Nevertheless, the nannies in Congress know what's best for you. And they've made

produces light many find unattractive and

even unsettling. In fact, just wait to see how

much the alternative bulbs cost when they are

their decision. Where is the popular outrage?

Why aren't more of you standing up and fighting back?

Where are the voices of opposition to totalitarianism in this country?

If the oligarchs can get away with this, they can damn well get away with anything! This is madness. This is not freedom. This

is fascism. This is not the United States of Joseph Farah is founder, editor and CEO of

WND and a nationally syndicated columnist with Creators Syndicate. His latest book is "Stop The Presses: The Inside Story of the New Media Revolution." He also edits the online intelligence newsletter Joseph Farah's G2 Bulletin, in which he utilizes his sources developed over 30 years in the news business.



## **Energy-Saving Bulbs Causing Migraine Headaches**

brave. We couldn't be this stupid, could we?

have one thing in common – as do all the

other provisions of this hopelessly misguided

piece of legislation. They are the result

of panic sweeping over elected officials

because of a mythical belief in man-made,

catastrophic global warming – an idea totally

unsupported, in fact, contradicted, by all

And, I fear, this is only the beginning.

Al Gore has said he wants us to completely

reorder the world's economic priorities

because of this phantom threat. And it looks

Why am I so worked up about light bulbs

Well, obviously, these decisions are going

to cost us all much more - both in terms of

what these mandates will do to the economy

and the price of goods as well as the cost in

If government has the power to ban

something so incredibly benign and useful

as the incandescent light bulb, what doesn't

No one has ever been killed by an

incandescent light bulb. The billions of

them that have been used around the world

have done nothing they weren't intended

to do. They produced light, efficiently and

But they have been legislated away

- without so much as a single public opinion

poll to determine what Americans think

And they will be replaced, by the way, by

a hazardous alternative - one that will almost

government have the power to do?

economically.

about the idea.

good and sound science.

like he is getting his way.

and fuel-efficiency standards?

All of these innovations by government



Posted Jan 2nd 2008, by Tim Stevens, Filed under: Green Tech on Switch.com

Compact fluorescent bulbs, the twisted looking replacement lights that use as little as one fourth the power of their common incandescent counterparts (and last much longer), are being adopted worldwide in an effort to reduce energy consumption. They

are even becoming mandatory in some countries -- a little troubling according to the Daily Mail, which reports that health experts in the U.K. say the green bulbs can cause migraine headaches or other disconcerting symptoms in many people.

The bulbs work in the same way as the long, traditional fluorescent tube lights seen in many commercial establishments. This means that they can produce light that subtly flickers, unnoticeable by many, but a big problem for others, especially epileptics, who can suffer from seizures under fluorescent bulbs. According the U.K.'s Migraine Action Association and other health organizations, the lights also cause headaches, as well as nausea, dizziness, and even physical pain for those suffering with lupus, according to

In both the United States and the United

Kingdom, traditional incandescent bulbs are set to be completely phased out by 2012. Surely those with medical conditions can be given exemptions easily enough, but if they can't simply walk into a store and buy a traditional bulb, just how many companies will continue manufacturing them and how much will they cost? Will traditional bulb clubs be the marijuana-buying clubs of the 21st century?

Such recent health concerns around energysaving fluorescent bulbs might be another reason to push research into production of LED-based lighting options, which are even more efficient than CFL lighting, and even more durable, with a single bulb potentially never burning out. Such LED-based bulbs are available now, but at per-bulb costs that dwarf those of the relatively expensive CFL bulbs



#### "A Crucial Step in Reducing Dependency on Foreign Oil"

President Bush Signs U.S.-Israel **Energy Cooperation Act Into Law** 

The American Jewish Congress today thanked President Bush for signing the U.S.-Israel Energy Cooperation Act (USIECA) into law as a provision (Title IX, Section 917) of the Energy Independence and Security Act of 2007. The measure, passed by both houses of Congress within the last week, was signed by the President this morning at a special ceremony at the Department of Energy attended by Jack Halpern, Chairman of the AJCongress Energy Independence Task Force, and AJCongress Executive Director Neil B. Goldstein

"We congratulate Congress and thank the President for signing this crucial legislation," Halpern said.

"We take extraordinary pride in the success of this bill because of the many years we put into the effort for its enactment, beginning with our conceptualization of the measure in 2003, through lobbying for the measure for the past four years. USIECA represents a crucial step for helping the United States and other industrialized nations reduce dependence on imported oil, by working together with Israel's brilliant scientists and engineers to help devise alternative energy technologies."

"AJCongress was the first American Jewish organization to endorse the principle of energy independence and our work towards that goal remains a top priority," Halpern added. "I believe we would not have achieved this success without the work of the AJCongress team, including Executive Director Neil B. Goldstein, our Washington, D.C.-based National Policy Director Matthew Mark Horn, and strategic consultant David Haberman."

"U.S.-Israel collaboration has led to a breakthrough for missile defense



Chairman of the AJCongress Energy Independence Task Force Jack Halpern: USEICA will help reduce U.S. dependence on imported oil

in the form of the Arrow anti-missile and for the more-recent development of the mine-resistant, ambushprotected vehicles, or MRAPs, to protect U.S. soldiers in Iraq. In a similar way, USIECA means that U.S.-Israel collaboration will lead to new breakthroughs in energy technology," predicted Goldstein. "Israeli skills in solar energy can help produce hydrogen fuel; their skills in biotechnology can improve the conversion of cellulosic waste into ethanol and methanol; and their skills in chemistry, engineering and nanotechnology can improve the efficiency of fuel cells - to name just a few of the areas where Israeli scientists and engineers excel." "Moreover," added Goldstein, "in an era when some groups are trying to isolate Israel's academic community, this measure will help build bridges between Israeli academicians and the

Mr. Horn explained that the U.S.-Israel Energy Cooperation Act had been introduced as a separate bill by a bipartisan coalition led in the House by Representative Brad

U.S.

Sherman (D-CA) and John Shadegg (R-AZ) and in the Senate by Energy Committee Chairman Jeff Bingaman (D-NM) and Gordon Smith (R-OR). As the 2007 legislative year progressed, the bill was incorporated in comprehensive energy legislation in the House through the work of the bill's sponsors, their staffs and the efforts of Representatives Eliot Engel (D-NY) and Anthony Weiner (D-NY); and more recently it was incorporated in the Senate version of the comprehensive energy bill through the efforts of the Senate sponsors and their staffs. The free-standing version was cosponsored by more than 100 House members and more than a dozen Senators. Horn also thanked the American Israel Public Affairs Committee and the Jewish Council for Public Affairs for their help in

galvanizing Congressional support. The conceptual need for USIECA was an outgrowth of discussions between Israeli and U.S. scientists, engineers, academicians and business leaders at a conference in Jerusalem in August, 2003 under the auspices of the American Jewish Congress. The conference was co-hosted by the Israel Ministry for National Infrastructures and by the U.S. Department of Energy. USIECA establishes a multi-year program of grants for joint projects at the basic research level between U.S. and Israeli academic institutions, and at the applied research and development level between U.S. and Israeli companies. The program will be administered by the U.S. Secretary of Energy.

The American Jewish Congress is a membership association of Jewish Americans, organized to defend Jewish interests at home and abroad, through public policy advocacy, in the courts, Congress, the executive branch and state and local governments. It also works overseas with others who are similarly engaged.

# Kiss Your Bulbs Goodbye Time To Build Dams



by Eric Hogue

We realize that water is a basic staple of life; we all need fresh water to survive. I say enough with agenda pandering and fear mongering, it is time to build, maintain and prepare for the future with new dams.

California's population is expected to increase thirty-percent over the next twentyyears, and the annual water demand will outpace supply by two-billion acre-feet by

Where are we going to get the water to quench the thirst and basic needs of our citizens? The citizens of this great state, have already been stretched thin on the state's water supply, which leaves us a short margin of success versus an egregious natural disaster and water demand. Republican Caucus Leader, Mike

Villines, has stated that there will be no 'water bonds deal' without the inclusion of surface water storage. He's right. This is the type of clear speaking leadership needed inside of the Capitol. There will be no 'water bond' without dams!

To hear the environmentalists and global alarmists tell it, 'climate change' is going to mean more rain and less snow fall in the Sierra. If this be true, if our winter water supply is diminishing, then our summer water supply needs to be store somewhere.

Why are we allowing our water supply to simply run into the ocean? Take away the water and you take California out of existence in the West. Intelligence needs to

Democrat Assemblyman John Laird, D-Santa Cruz, a leader of a group of Assembly Democrats working on solutions to the state's water problems said, "If we're going to get any kind of agreement, everybody's got to give a little." Great, let's start by agreeing that we need new dams.

More water storage means more cold water available for our rivers during the summer months. So many residents informed me that their day at the lake was better described as a day at the pond, a realitycheck for voters that ignorant solutions and

political pandering has ignored the 'human citizens' of this state.

All the while, federal judges continue to state that we must offer protection for endangered species like fish, salmon and the Delta Smelt. To protect the Smelt, a federal judge has already order a cut-back of the water dumped out of the Southern Delta into the California Water project – meaning - a third less water is available for Central Valley Agriculture.

Who, or what, is going to be the next item on the list to lose water rights and resources as federal judges and liberal lawmakers in the capitol keep slicing the water pie into smaller and smaller pieces?

Due to the Governor's Signature on last year's AB32 (Greenhouse Gas Emissions), the next decade of leadership will be filtered through a radical piece of legislation that limits development on many fronts.

This law, AB32, will demand that state regulators require more public

transportation, more densely built housing, controlling where we live, how and what we drive and the size of private and public development leading up to 2020.

Due to the 'Greenhouse Gas Emissions' bill, any discussion involving the building of 'new dams' will be more and more expensive upon the tax payers. Here's a powerful deduction; with more water we can take care of both and we won't have to choose between fish and people!

Now don't get me wrong, I believe that water conservation is a must. I'm a steward of conservation of any natural resource – this is a good thing. So is storing water for people, agriculture, livestock and California's future.

As it relates to conservation, California has already cut back on water use following the big droughts of the 70's and the 80's. As my good friend Assemblyman Doug LaMalfa likes to say, "You can put just so many bricks in the toilet tank.'

The conservationists always talk about how much water has been saved by our efforts as citizens and that we can do more. Allow me to agree with them, and challenge them to see 'further' solutions outside of their myopic agenda.

If three people each cut back their water use by one-third, which isn't all that easy considering we've been conserving here in California for 30-years, that leaves enough water for one more person.

This concept addresses the next few years, what about 15 or 20-years down the road? What does leadership today offer for the future? Will we hear that we need more tax dollar financed "straws of rationed water"? It's time to include a few new dams for the future of California. What about the cost factor? Well, I

answer by saying, "What about the jobs?" If government is going to spend 'our'

money let's make sure it spends 'our' money on real projects with real world benefits like clean, reliable water for families, industry and our pride and joy – agriculture.

After the dams are complete and water fills to the brim, there will be new recreational facilities, new boat retailers, bait stores and so much more. A new playground for those 'ever warming summer days' and a different reason to get out of the house, turn off the air conditioning and cool down naturally.

Everyone would like to have a little more elbow room at a few new watering playgrounds with the added increase of the state's population growth.

Water storage also equals electricity

Since dams provide water for hydroelectric generation, where are the true conservationists on this issue? Dams are an easy 'win-win' situation.

The state is already dealing with what is called 'peak-power-plants'; essentially big jet engines set on platforms that spin electric generators to

produce power during peak demands. Like water, our electric supplies are also being tapped. Californians already conserve way more power than the rest of the

At some point conservation turns to rationing. Do you want your water and your power to be rationed? We don't need another Governor Gray Davis; who wants your block to be the first block that goes dark when the "rolling rations blackouts and water taps" start again?

I worked to recall a governor in those days, a vote for me as your next State Assemblyman (District 4) is a vote for leadership that makes sure we will never head down those darkened paths again.

So I ask again, don't you think it is time to build a few new dams in Northern California? Stop the land grabs (AB 32), no more liberal 'fish over human life' fear tactics, and no more conservation equations that are out-paced by the state's growth. Time to build the dams

Management is doing things right, leadership is doing the right things. Support me as your next State Assemblyman for District 4 and I will work toward the building of new dams for Northern California.

Eric Hogue Talk Show Host for Salem Communications KFIA am710 (Sacramento) KFAX am1100 (San Francisco, San Jose)

Republican Candidate State Assembly, District 4 www.erichogueforassembly.com

#### Doolittle Fights for Rural Schools as a source of alternative energy, H.R. 6

Democrats Break Promise on **Education Funding** 

Representative John T. Doolittle (R-Roseville) criticized Democrats today for removing the reauthorization of the Secure Rural Schools and Community Self-Determination Act in the most recent energy bill passed by Congress.

"I am deeply disappointed that the final version of H.R. 6, passed today by the House, did not contain a reauthorization of the Secure Rural Schools and Community Self-Determination Act, which compensates counties for the large amounts of land the federal government took from them to create the National Forest System. This loss of land weakened the counties' tax bases, leaving them without adequate funding to provide basic public services such as schools and roads. The county payments authorized under the Act fulfill a promise the federal government made when the land was seized. As the first session of the 110th Congress draws to a close, leaving these payments to expire, that promise is once again being broken, and the basic public infrastructures of our rural counties are left to suffer," said Representative Doolittle.

"In California, state law requires that

layoff notices be issued to teachers and administrators by March 15 if the proper resources are not available. Once layoff notices are issued, schools begin to experience adverse effects of the funding shortage even if the money is eventually recovered, which was the case this year. This means Congress will have a very short time to act in the new year, and I will continue to be a strong advocate for passing legislation that fulfills our commitment to rural counties. This language should have remained in the energy bill currently before Congress, and its omission is the primary reason for my opposition to the bill.

"In addition to the harm that is caused by failing to provide county payments in this bill. I am concerned that the bill excludes biomass from federal lands as an alternative source of fuel. Much of my district is owned by the United States Forest Service, and these areas are prone to wildfires due to the large buildup of forest fuels. I have encouraged the removal of these materials, which serves the dual purpose of providing energy produced at nearby biomass plants and making our forests less prone to catastrophic wildfires. By exempting biomass from federal lands

misses an opportunity to exploit a large source of alternative fuels while leaving our forests vulnerable to great harm from potential wildfires.

"It is imperative that Congress pass legislation to reauthorize the Secure Rural Schools and Community Self-Determination Act before school boards meet in February to discuss where cuts must be made. Furthermore, we must encourage development of alternative fuels such as biomass which are abundant and carry with them additional benefits. H.R. 6 misses an opportunity to accomplish both those goals," concluded

U.S. Rep. John T. Doolittle has served in the House of Representatives since 1991. The 4th Congressional District stretches from the eastern Sacramento Region to Lake Tahoe on the south and runs up the Sierra Nevada range to the high desert of Modoc County on the Oregon border in the north. It encompasses the entire counties of El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, and Sierra. Additionally, it includes the community of Orangevale in Sacramento County and the Oroville area in Butte County.

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Page 6 January 2008, First Edition



#### Montessori Projects Gives **California** a BIG Thank You!



California Montessori Project, a public charter school in Fair Oaks, sent a big Thank You to San Juan Unified School

District. The charter school was moved to the Littlejohn Campus at the start of the school year. The campus needed a new playground and parking lot to ensure students safety as they played and had P.E.

California Montessori Project came up with the idea to send a really BIG thank you to the school district. Polar Lights of Sacramento donated the use of their boom truck to get the photo of all the students on their new playground. San Juan Unified School District completed the job in approximately one month and now the children have a beautiful safe play yard.

# **Regional Transit to Implement Service Changes on January 6**

Effective Sunday, January 6, 2008, the Sacramento Regional Transit changes on the following routes: 2, 6, 8, 9, 10, 18, 21, 28, 36, 47, 50E, 55, 61, 62, 63, 83, 87, 140 and 143.

Routes 64, 76, 91 and 105 will be are available for purchase at RT's discontinued. For complete route and schedule information, riders can pick District (RT) will implement service up a new pocket timetable or visit www.sacrt.com.

> RT's new Bus and Light Rail Timetable Book and System Map

Customer Service and Sales Center located at 1225 R Street (adjacent to the 13th Street light rail station).

For more information, call 916-321-BUSS (2877) or visit www.sacrt.com

#### Assemblyman Niello Community Meetings – Winter 2008:

**Topic:** Drug Trends and Crime in Sacramento County Speaker: Steve Ferry, Detective

Sergeant of Narcotics Division, Sacramento Sheriff's Department State Update: As always, Assemblyman Niello will give a State Update and will take questions Time: All meeting will be held

from 7:30 am - 8:30 amDates and Locations:

Orangevale Friday, January 18, 2008

Denny's Restaurant 8841 Greenback Lane, Orangevale

Folsom/Granite Bay Tuesday, January 22, 2008

My Brother Vinnie's Restaurant 718 Sutter Street, #218, Folsom

Fair Oaks/Carmichael: Wednesday, January 23, 2008 Dianda's Italian Bakery and Café 10131 Fair Oaks Blvd., Fair Oaks

# **County TAX Auction List Available**

The Board of Supervisors has approved the list of properties to be offered for sale at public auction on February 25, 2008. This list is available at http://www.finance.saccounty. net/Tax/TaxSale.asp. Please be sure to download and read the following PDF files: Public Auction Information, Auction List, Lots, Removed Items, Postponed Items.

On a weekly basis, we will be updating the Removed Items and the Postponed Items lists. The week before the public auction, we attempt to update the lists on a daily basis. We will send out notifications to you each time that we update

The property tax default sale notification is a free service provided by Sacramento County, and is solely intended as an aid to notify parties about County tax-defaulted property tax sales. This service was not designed to be a substitute official means of notification to parties of interest. This service is provided without warrant or representation of any kind. The County shall not be liable for any loss or inconvenience caused by the participation of subscribers or the failure of the service to provide timely notice or even the total failure of the service to provide any notice at all, whether or not the County is

The Sacramento County Tax Collector's Office will only use your e-mail for the purpose of sending you notices regarding the County tax sales. It will not be shared

nor used for any other purpose without your express consent.

Sacramento County's e-Subscribe notifications are courtesy reminders only, and are not a substitute for official means of notification where such exist. You can view or update your subscriptions, password or e-mail address at any time on your User Profile Page. All you will need are your email address and your password (if you have selected one). This service is provided free of charge by: Sacramento County, CA.

P.S. If you have any questions or problems please contact support@govdelivery.com for



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# **Clean & Sober Birthdays**

30 Days Jason C. Alex O. Frankie K. Jennifer W. Jill H. Dennis C.

Gloria C.

Don B.

60 Days Miesha W. Danny L. Vincent W.

90 Days Lindsay W. Kelly N. Tony A. Bobbie W.

Fernando G. Mike S. Darren A.

Jimmy K.

Dwayne T.

6 Months

Lazaro F.

Chip L. Kelly L

9 Months Kristen Mc. Dylan W. Abel E. Serina C.

1 Year Tammy A. 4 Years Greg D. 6 Years Tom B. 7 Years

BY AL SCADUTO

Mark C. 9 Years Lesia P.

#### THEY'LL DO IT EVERY TIME



OH-H-YES, SIR--VER-RY GOOD--IT'S THE CHEF'S BEST--AND TODAY IT IS YOU ----HOW'S THE

HOUSEHOLD HAZARO # 1,753 — DAUGHTER TEENINA OFFERS TO DO THE DISHES .. and OUT COMES EVERYTHING WASHABLE

OH, YEAH ---



# Water District's Meter Installation Program

To remind rate-payers and neighbors regarding the ongoing water meter installation program, as well as offer tips to conserve water and save money, the Fair Oaks Water District (FOWD) invited CBS13 & CW31 "Good Day, Sacramento" reporter Taryn Winter-Brill to help them install a water meter early December 12. Ever the good sport, Taryn donned a hard-hat and rubber boots, helped with the back-hoe, stood in a five-foot deep water main hole, and even tried the jack-hammer, before posing with the FOWD Operations Crew for this photo. Pictured (left to right) FOWD employees Zack Powell, Jess Haymart, Johnny Spinella, Dustin Nelson, CBS13/CW31's Taryn Winter-Brill, George Williams, Brian Singley, and Mike Northcutt, in front of a FOWD truck.



Shortly after dawn on the morning of December 12, 2007 CBS13 and CW31 Reporter/Anchor Taryn Winter-Brill stood inside a fivefoot-deep hole beside Fair Oaks Water District (FOWD) Operations Field Supervisor John Spinella, receiving a quick lesson on how-to install a water meter off of a main water line, before demonstrating the process on live television. Ever the "good sport," Brill did more than simply report the news that morning; donning a FOWD hardhat, work jacket and rubber boots, the "Good Day, Sacramento" reporter also helped to pull copper wire, move the back-hoe, and even used the jack-hammer with the FOWD crew.

# Elections Office Gears Up for a Busy 2008 While Reaching Out to Teen Voters

With three elections to conduct in 2008, and the Presidential Primary Election just weeks away, Sacramento County's Elections staff has been gearing up for months. Time off, even during the holidays, will be rare for Elections staff over the next year.

Registrar of Voters Jill LaVine says it takes nearly six months of careful preparation to ensure a successful election. "We have a oneweek window of time following the June election for staff to take a short break before November's General Election preparation hits us hard," says LaVine.

In addition, the Elections office is

busy distributing voter registration information to teens who will qualify to vote in 2008. Beginning December 31, 2007 through January 21, 2008, Regional Transit buses will carry voter outreach ad cards on the inside of 25 buses and a large exterior ad on the rear of 15 buses. The ads feature a photograph of students from Luther Burbank High School with the message "Get Your Vote On!" and the other is a light bulb with the message "Vote: It's a Bright Idea!"

"We are excited about this campaign and our goal is twofold. We want to reach out to teens to register to vote, and also ask

parents to encourage their teens to get involved in the democratic process," says LaVine.

2008 Election dates: Feb 5 – Presidential Primary Election

June 3 – Statewide Primary Election

November 4 - Presidential General Election

The last day to register to vote for February's Presidential Primary Election is January 22, 2008.

For more information, contact Brad Buyse at (916) 875-6365 or (916) 599-0368 cell.

# Chroma Gallery: A Winter Escape

The holiday whirl has past. It's time to look ahead, time to do something just for you. Step into the heart of Sacramento's plein air painting scene at Chroma Gallery in the Village of Old Fair Oaks. Take a stroll through dozens of lovely local and regional landscapes. Treat yourself to a small gift from our featured miniature collection of original paintings, photography, jewelry, giclee prints and note cards. Resolve to make this the year to start your fine art collection or to appreciate nature's beauty through art – the artists of Chroma are always happy to share their insights with you. Many of them will be on hand to continue ringing in the new year during the Second Saturday reception January 12th, from 5 PM to 9 PM, or pop in for a visit during business hours to see "A Winter Escape", which runs from January 10th through February 3,

2008. Now in its ninth year, Chroma Gallery - Northern California's premier plein-air gallery features the works of 20 local artists. Committed to capturing radiant light and color in their artistry, their emphasis is on the Northern California landscape. Besides landscape paintings, visitors will also find vibrant still life paintings,

photography, collage and sometimes the avant-

garde in the bold display of color at Chroma. Chroma Gallery is located at 10030 Fair Oaks Blvd, just off Sunrise Blvd., in the Village of Fair Oaks. Open Thursday - Sunday from



After the Snowfall by Susan Sarback

noon until 5PM, Second Saturday until 9PM or by appointment. Phone (916) 966-6020 for more information visit the website at www.thechromagallerv.com



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January 2008, First Edition Page 7

# Gold River News & Views Big Paws to Fill

# Rancho Cordova Sub-Prime Workshop

By Heather Hierling

With Sacramento County in the midst of the troubled housing market that has crippled the nation, city officials in Rancho Cordova invited experts from around the state to speak with local residents on how they can avoid foreclosure.

"The basic goal is, today in our country we are seeing a significant problem with loans and a lot of folks are at risk of changing interest rates or even the loss of their homes," said Ken Cooley, Rancho Cordova city councilman.

With the number of foreclosures soaring throughout the county the message of the meeting was simple; homeowners should be talking to their lenders to negotiate and avoid foreclosure.

"We stand with you. We want to make sure you save your home. We are here to help," said Rosario Marin, secretary of the State Consumer Services Agency. Other speakers included; John Olson, Community Affairs Specialist for the Federal Reserve Bank of San Francisco, and Rancho Cordova Mayor David Sander.

The bigger issue underlying the meetings message of urgency is the effect foreclosures have on their neighborhoods; driving down the price of neighboring properties.

"No one, no one wants you to lose your house," said Sander.

And with so many homeowners in the troughs of the sub-prime crisis predators have also stepped in to scam desperate homeowners

out of their homes forcing them deeper into debt. These predatory organizations have been going door to door getting in-debt homeowners to sign over their homes, Marin said. Marin also suggested that if a homeowner has any doubts about who they are doing business with they should check on their credentials. Checking can be as simple as requesting a resume and checking their work history and references.

Homeowners who weren't able to make it to the meeting can watch the meeting on line at Rancho Cordova city web site. Homeowners can also access resources by going on line to: www.yourhome.ca.gov or www.995HOPE.org

# Gold River Discovery Center Holds E-Waste Drive Fundraiser

What: Free Electronic Waste Drop off Fundraiser, Participants won1t even have to get out of their car. Pop the trunk or open the door off and we will unload for you

Why: To The Gold River Discovery Center¹s K-8 Technology **Expansion Plan** 

Where: The Gold River Discover Center Parking Lot

2200 Roaring Camp Dr. Gold River, CA 95670

www.city-data.com/city/Gold-River-California.html of Poker Flat and Roaring Camp

When: Saturday, January 12 from speakers, 9 am to 1pm

Cost: Free Drive through Drop

**Information:** For more information, call (916) 388-1777 or

www.cearinc.com/news.htm

Sponsored by CEAR, INC, California Electronic Asset Recovery a California state approved electronic waste collector and recycler. www. cearinc.com

We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, by surveillance

keyboards, PDAs, digital cameras, zip drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines.

We will not accept: Household Appliances (i.e. refrigerators,

dryers etc.)Furniture, Hazardous Household Waste, including: car batteries, paint, pesticides, used oil, cleaning supplies, tires etc. For optimal security, CEAR INC shreds all computer hard drives. The secure facility is monitored 24/7

# Citizens 100 Years Old and Older Wanted for Centenarian Celebration

6th Annual "Those Were the Days" Gala set for June 2008

Last year, some of the County's wisest and finest 100+ year old citizens gathered in one room to converse, reminisce and celebrate the riches of their long lives with each other and their families. Thirty-three local centenarians were honored at the

Take a Stand Against Elder Abuse (TASEA), in partnership with the County of Sacramento's Senior and

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by Patina

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and Human Services, is hoping to set a new record of centenarians attending this year's annual Centenarian Dinner and Celebration. The theme of the June 21, 2008 event is "Those Were the Days."

Honorees must be residents of the County of Sacramento or the surrounding counties and have reached the age of 100 by June 21, 2008. The banquet is free for the centenarian and one guest.

Centenarians will be interviewed Adult Services, Department of Health for their life history between January March 15, 2008.

and April 2008 by California State University, Sacramento social work students. Each centenarian's biography and photograph will be placed in the program. Centenarians will receive a professional video tape with photos of all of the centenarians.

sales will fund elder-protection

716-2846. The deadline to register is

To sign up or nominate a candidate, call Peggy Forseth-Andrews, (916)

Proceeds from the banquet ticket

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Visit our website at <a href="https://www.goldriverbiz.com">www.goldriverbiz.com</a> for more information. E-mail: grbginfo@yahoo.com or call (916) 631-1303 to talk to a neighbor!



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your caregiving duties refreshed.

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For more information or to schedule a tour, call Janet Almodovar, marketing director, at 916-852-7900.

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Ken Brown and Susan Platt are the owners of Katie, a two year old golden retriever. She is their second golden retriever and after they had to put their beloved Casey to sleep at age 14, their first thought was never again or at the very least not another dog in the near future.

Well, within three months they discovered Jane Fergason, the owner of Bronzeleaf Golden Kennel near Placerville. Of course one of her beautiful goldens just had a liter and right before Christmas in 2005, they brought their Christmas present home and named her Katie.

She looks very much like Casey only a bit more regal. She acts as if she is queen of the house (which of course, she is) All she wants is to be with her family every minute of every day. She also prefers it when everyone is in the same room ... with

Her favorite outing is to go to Starbucks every Saturday and Sunday morning.—she likes to see and be seen. She has an apple instead of a latte at Starbucks! She loves to swim and retrieve at Lake Natomas, play at the dog park, walk on the bike trails, and visit her favorite store, Petsmart.

and sweet. She can be stubborn on occasion, but she is working hard to overcome that problem.

Katie is very intelligent, friendly,

She has indeed succeeded in filling Casey's big paws and Ken and Susan's hearts.

Kay Burton is a longtime pet columnist and supporter of the Sacramento SPCA and other animal rescue groups. To share Your family pet story with our readers, email: Kayburton

#### **Putting the Power of Words to Work**

(NAPSA)-Read all about it. A powerful vocabulary can often add to a person's employment potential and help make lifelong learning possible.

Plus, building a strong vocabulary increases a person's ability to communicate effectively, both socially and professionally. It also enables people to have a better grasp of the information that they read or are exposed to through other media, such as radio or television. This holds true for both adults and children.

The National Center for Family Literacy (NCFL) offers the following tips for improving a child's vocabulary:

1. Encourage your child to read as much

as possible from a variety of sources. 2. Tell a story. You might be surprised by all the words you choose when you describe the things you do, the people you meet and the places you go.

3. Act it out. Often, children and adults can benefit from visualizing words-either in the illustrations of a book or by acting them

4. Expand on it. When you tell your child stories and read together, ask questions such as "how" and "why" to support the use of be donated to NCFL learning centers in the

additional and more precise words.

5. Encourage your child to search for words on the Internet.

6. Use technology creatively to promote learning. For instance, the NCFL recommends using vocabulary-building video games such as Ubisoft's My Word Coach.

To promote literacy, the video game publisher Ubisoft, the NCFL and actress Meredith Baxter have joined forces to create an online contest called the "Great American Word Challenge" that helps bring a sense of fun and excitement to literacy.

Said Baxter, "There is nothing more powerful than the ability to express yourself with confidence. Building that confidence starts with a strong vocabulary, and the foundation for vocabulary-and future academic success-starts at home."

The contest, which runs through January 31, 2008, pits cities against one another in a test of vocabularies. People across the U.S. are encouraged to compete in an online version of the video game My Word Coach for the chance to establish their hometown as the city with the best vocabulary in the

The city that gets the highest average score takes the title and the prize; Nintendo DS units and copies of My Word Coach will winning city.

Everyone who plays the "Great American Word Challenge" will also be entered to win a grand-prize trip for two to Washington, D.C., and have the chance to win one of two Nintendo Wii gaming systems awarded each

To learn more, visit www. greatamericanw ordchallenge.com



Experts say family literacy can be an important way to foster life-

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# Citrus Heights News & Views

# San Juan High School Holds E-waste Recycling Event

San Juan High School in Citrus Heights will hold an electronic waste collection event with Argosy E-cycling on Saturday, January 12th from 8:00 a.m. -4:00 p.m. The event will provide the community with an opportunity to safely unload their old computers, monitors, television sets and other outdated, unusable or unwanted electronic items for proper recycling.

The event is designed to provide residents with the opportunity to finally get rid of those old unwanted items, long since replaced and gathering dust in garages or storage units. The recycling event will also provide muchneeded funds for school improvements and student development programs. A donation of \$5 per vehicle

It is estimated that over six million computer monitors and televisions are Electronic Recyclers. "Electronic

stockpiled in California garages, closets and attics due to the development of newer technologies. This electronic equipment can be harmful to the environment and human health if not properly recycled. Many Californians are also unaware that it is illegal to throw certain electronic items, such as televisions and computer monitors, in the trash because of the environmentally sensitive materials they contain.

The electronics collected will be trucked away and recycled by Fresno-based Electronic Recyclers, the largest recycler of electronic waste in California, at their state of the art facility.

"We are very proud to be involved in this event and to be able to help San Juan High School," said John S. Shegerian, Chairman and CEO of

waste is a growing problem that affects the environment and human health. Events like these provide the community with a great, easy way to safely recycle their old electronics as well as raise much needed funds."

For more information about the recycling event, please call Argosy Ecycling at (916) 313-5742 or on line at www.ecycleit.com

Where: San Juan High School, 7551 Greenback Lane, Citrus Heights, CA 95610

When: Saturday, January 12th from 8:00 a.m. - 4:00 p.m.

Argosy E-cycling, **Contact:** (916) 313-5742

Media: Bruce Hartzell, MediaLine Communications, 310/458-3382

#### "The Power of One" - Citrus Heights **Rotary Club Sponsors Speech Contest** for Local High School Students Citrus Heights Rotary Club is **GENERAL RULES:**

sponsoring a speech contest for Mesa Verde and San Juan High School students. The contest theme is "The Power of One." The contest will be held on March 17, 2008 at Noon at the Citrus Heights Community Club House, 6921 Sylvan Road, Citrus Heights.

Club Level winners will receive \$200 for first place, \$100 for second place, and \$50 for third place. Each Club Level winner advances to the Area Level Semi-Final contest, which will be held in April at a date and time to be announced. Area Semi-Final Level awards are \$300 for first place, \$150 for second place and \$75 for third place.

The four first-pace winners at the Semi-Final Level advance to the District Level contest to be held on Saturday, May 10, 2008 in South Lake Tahoe, Nevada. District Level awards are \$1,600 for first place, \$750 for second place, \$400 for third place and \$225 for fourth place.

1. Contestants must be high school students in grades 9, 10, 11 or 12.

2. All contestants MUST ARRIVE at their designated contest locations NO LATER THAN 10 MINUTES PRIOR to the start of the contest. Late arrivals will be DISQUALIFIED. There are no exceptions to the rule.

3. Microphones will be required at the District Semi-Final and Final Speech Contests. Encourage use of microphone (hand-held or wireless) at your Club

4. No displays, props or prompting are allowed.

5. The speech must be t least 5 minutes in length but not more than 8 minutes. 6. Same speech is to be used for all

7. All contestants must agree to speak at the Semi-Final and final Contest should they advance that far.

8. The topic for every contest is "The Power of One."

9. Students may compete at only ONE District 5180 Rotary Club.

10. Any prior year's winner may compete again at the Club level, if they so desire, and advance to semi-Final and Final Contests if declared the winner at each level.

**CLUB LEVEL:** 

1. All of the General Rules apply at 2. Contestants may use written notes

at Club Level contests. 3. Awards: (Club Sponsored / Chair's

Recommendation) 1st Place \$200 and Participation

Certificate 2nd Place \$100 and Participation

Certificate **3rd Place** \$50 and Participation

Certificate

For more information call (916) 961-7150

and ask for Doyle Phelan.

#### The Long Term Care Insurance Explosion and Its Impact on Citrus Heights Area Citrus Heights: LTC Financial a rash of LTC videos will appear on people through their employers.

Partners, the nation's most experienced long term care insurance brokerage, has more than quadrupled in size since 2005, to more than 400 field underwriters and support staff. That just one sign of what's happening in the long term care insurance field, in the company's experience.

"Our business is exploding," says Sandra Stanley, Partner. "People are learning how risky it is to live without LTC protection. So they're coming to us for help, and they're coming in droves. They want to know which policy from which carrier can best protect them from neglect or financial ruin. Because they know that suddenly, bang, a family member can need extended care.

The LTC explosion will be addressed at the company's annual conference in Charleston, SC, January 6 through 8, "and we'll plan for additional explosive growth in the year ahead," Stanley adds. Stanley is making special plans to handle the explosion locally.

The conference will explore several methods of responding to the explosion. These include --

• Extending a program for reaching

Launched in 2006, the Long Term Care Outreach and Education Program (LTCOEPT) is already operating through large companies, providing group discounts as well as knowledge.

- Extending a "partnership" program with financial and other institutions. "We already have alliances with major banks and associations," says Stanley. "These partnership let the organizations alert their customers or members quickly. At the conference, we'll be looking for new alliance avenues."
- Reaching more people through the Internet. A national network of websites, manned by LTCFP field underwriters, already dispenses information through online text and digital downloads. "We'll be working on phase 2 of our online outreach."
- Using video to reach more people. In 2007 LTCFP began experimenting with video as a communications tool. "We found it very effective, and now we're going to make stars out of our experts," Stanley says. At the conference a camera crew will capture footage of individual field underwriters dispensing information. Subsequently,

YouTube, Google Video, and other Internet locations.

- Tapping the power of telephony. Already a few of the field underwriters have mastered the art of educating people by phone. The conference will pursue ways of extending this avenue. "Many consumers prefer meeting with a field underwriter in their home," says Stanley. "But others are really busy. They'd rather get the information quickly and efficiently over the phone.
- · Adding more field underwriters. In spite of quadrupling in size since 2005, "we still don't have enough experts to reach everyone," says

With a passion for meeting a critical public need, LTC Financial Partners intends to transform itself in all ways necessary, according to Stanley. "At the conference all kinds of new ideas and enthusiasm will be generated," she says. "We're on a roll and we're going to make more and more of a

Information about LTC Financial Partners and Stanley is available at 916-961-8107, or www.ltcfp.us/SandraStanley

# THE **MORTGAGE MANAGER**

**Ed Wacaster** 



Well it's that time of year where I break out my crystal ball and find out that I broke it when I hit with my baseball bat at the age of 10. Why am I just noticing this? Oh yeah, I bought a new one a few years ago from a lady with a big fat honker that had a wart on it the size of a Chevy. This one should work just fine.

RESIDENTIAL

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MORTGAGE

As I look inside I see nothing but fog. Darn! This one is just as broke as the first one. Why did I buy this one again? Someone please, tell me why? Okay, back to the technical analysis to see what I can glean from them.

What the technical side of the housing market is telling me, is a disconnect here, or is it just me? this: We haven't hit bottom yet. But! It is possible we could see the bottom this year if things and for instance, is one of the main organizations can get their act economic indicators the Fed uses

together in time to turn things around this year. Is this going to happen? I have no idea. It could if congress keeps to themselves and allows the market to work itself out. But if they get involved, not much good will happen and it could push back the anticipated turn up in the housing market. Big Ben and his board of Governors can only work within a narrow area so as to keep us out of a recession. Speaking of the impending recession, we need to look at market data to determine where the recession is, and quit listening to the news media. Thus far, the only recession that is in full bloom is on the news. Is there Looking at the Core Personal Consumption

to gauge inflation. Right no it stands at 2.2%. The Fed really likes this number between 1% and 2%. Anything over 2% and the Fed begins to worry about inflation on the horizon. Keep in mind, the Feds main focus is to keep inflation in check, not bailing out the banks or anyone else for that matter. As to a rate decrease at he next Fed meeting, we'll watch and see, but if they do lower rates, it could trigger a higher Core PCE. This is going to be a year in which watching the economic indicators is going to be a high priority.

You can reach Ed Wacaster, CMPS at 916-677-0996. or www.EdWacaster.com

## **Basketball Free-Throw Contest**

Citrus Heights Council No. 4964 Basketball Free-Throw Contest will be held at the Rusch Park Gymnasium at 7801 Auburn Blvd. on Saturday, January 12, 2008 Registration will begin at 6:30 PM with the contest starting at 7:00 PM. There is no charge for entry in this event.

The 2008 Knights of Columbus The contest is open to all boys and girls ages 10 to 14 based upon their age as of January 1, 2008. The competition will consist of fifteen free-throw attempts. Awards will be presented to each boy and girl in each of the five age categories. The ten Council No. 4964 winners will advance to the District competition.

This Contest is sponsored for the twenty-third consecutive year by the Sunrise Recreation and Park District and the Infant Mary Council #4964 Knights of Columbus.

For further information contact Bob Churchill at 987-2471.

Tue. Jan. 15th

#### San Juan High School Alumni Association is holding its General Meeting on

Tuesday, January, 22, 2008 at San Juan High School, Room B5,

located on 7551 Greenback Lane, Citrus Heights beginning at 7:00 pm.

In lieu of a guest speaker, we will be provided a tour of the San Juan Culinary Arts Program. Sandi Coulter, instructor and her students will provide us a few appetizers to showcase this wonderful program. For planning purposes, please RSVP Jerry Still at (916) 725-2069 or whiskeystill@softcom by January 13, 2008. The General Meeting will begin at 8:00 pm and one of the items on the agenda will be to vote on proposed slate of officers for the Alumni Board. All alumni, past and present teachers, current students and their families are invited to attend.

> For details call Dick Cowan, President of the San Juan Alumni Association at (916) 635-7225 or dcowan@clarksullivan.com San Juan Alumni Website: http://ourtown.sacbee.com/SanJuanAlumniAssociation

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# real estate **auctions**



ANTELOPE, CA - 4517 Winter Oak Way 4BR 2.5BA 2,163sf+/-. Built 1990. Approx

.144ac lot. Taxes approx \$4572 ('07). Opening Bid: \$50,000 Inspections: 1-4pm Sun. Jan. 6th & 13th and 2hrs prior to sale.

YUBA CITY, CA - 311 Woodbridge Ave 1,176sf+/-. Approx .14ac lot. Taxes approx \$2555 ('07) Opening Bid: \$25,000

Inspections: 1-4pm Sun. Jan. 13th and 2hrs SACRAMENTO, CA - 5604 Hillsdale Blvd. #C 2BR 1.5BA 933sf+/-. Built 1969.

Opening Bid: \$10,000 Inspections: 1-4pm Sun. Jan. 13th and 2hrs

Above properties sell: 12:30pm, Tue., Jan. 15th at 4517 Winter Oak Way, ANTELOPE

See web for complete list of California properties

williams**auction**.com 800.801.8003



# Free Fitness Survey Volunteers Needed **Beginning January 2, 2008**

\*We are looking for 25 Volunteers for a 21-Day Fitness Survey\*

**Volunteer Requirements:** 

· Must be between the ages of 18-70

Not currently exercising on a regular basis

· Complete a 21-day supervised training program with moderate exercise for 30-minutes, three times a week (you choose days)

· Complete a supervised fitness profile at the start and end of program

 Must be first time guests · No cost to you, \$20 deposit fully refundable at completion of study Membership is not required

#### **Contact one of the following Curves Fitness Centers:**

Citrus Heights 729-2878 • Fair Oaks 536-0821 Rancho Cordova/Gold River 635-8807 Orangevale 987-7860

Individual results will be kept confidential and anonymous and will be aggregated as a group to be used as part of our interclub fitness research project



CA RE LIC 261559 KEN SWITZER BROKER

# Orangevale News & Views

# Sac County Spay/Neuter Commuter **Heads North**

The Spay/Neuter Commuter, the County's first "pet clinic on wheels" will be stationed at the Rio Linda Elverta Recreation and Park District, 810 Oak Lane in Rio Linda, beginning January 2 - 31. The Commuter provides low-cost surgery for cats and dogs. Fees range from \$15 - \$40, which also includes vaccinations, a microchip and pet

The Spay/Neuter Commuter is a community service program provided by Sacramento County Animal Care and Regulation for residents who reside in the unincorporated area.

"The Spay/Neuter is a huge savings for residents. After the holidays, every bit helps," said Pat Claerbout, Animal Care Director. "It is also the right thing for your pets; the surgery and vaccinations are beneficial to their health and a license and micro-chip could insure your pet is returned to you if

Residents from all unincorporated communities can make an appointment however; the Rio Linda location will be especially convenient for the communities include Rio Linda, Elverta, North Highlands, Foothill Farms, Antelope and Orangevale.

The Commuter runs Monday through Thursday beginning at 8:00 a.m. Call (916) 874-FIXX to schedule an appointment. Upcoming locations will be posted on the Animal Care website, www.saccountyshelter. net, as they are confirmed.

Special Requirements: Dogs must be 60 lbs or less and under 6 years of age to qualify for the surgery. Do not feed your pets after 12 midnight prior to all surgeries.

Fees:

- Male Cat: \$15
- Female Cat: \$25
- Dogs: \$40



Additional Health Vaccinations: \$4 Services Include:

- Spay/neuter Surgery
- Microchipping
- Licensing
- Rabies Shots
- Same Day Service

## Help Wanted for "It's a Family Tradition" Pow Wow Days May 15-17, 2008 troop leaders of boy or Girl Scout This is a good event to get your

**Seeking volunteers** 

· Want to help with planning, setting up for the events, help clean up during the event or afterwards, and or other needs that come up?

Please call us @ 988- 0175 if you can help in any way! Have a Boy

or Girl Scout troop that needs to earn a badge? Here is one way the can do it.

**Volunteers:** 

· Always wanted to be in a parade, here you go! Parade entry fee is \$15, 00 payable when registering. We are looking for

**Kirk Camunez** 

the better.

strive to live within your means.

achieve your long-term objectives.

being in the parade. Please call us.

· Just want to give a hand with the parade or planning?

There is still time to do both. Call us and we will let you know how you can participate in your community events.

**Seeking Sponsors or Vendors:** 

· Why not sponsor your Seeking Parade Entry's and Community Pow Wow days? We will advertise your company on our banner and in the Orangevale news

> We still have room for Arts and Crafts booths. Space is getting limited so contact us ASAP.

Make Some Financial Resolutions - and Stick to Them

If you make a New Year's resolution, and

you don't follow through on it, what are the

consequences? It all depends. If you vow to

learn French, but you never get past "Oui,

mademoiselle," your life will probably go on

pretty much as before (unless, of course, you're

now living in France). But if you make some

financial resolutions, and you abandon them,

you could fall short of your long-term goals -

Consequently, you'll want to set reasonable

and attainable financial resolutions - and

then discipline vourself to achieve them

What sort of resolutions might you make?

such as a comfortable retirement.

Consider the following:

• Boost your 401(k) contributions this year - and every year. If your employer

offers a 401(k) or similar retirement plan - such as a 403(b) or 457(b) - take

full advantage of it. Your earnings have the potential to grow on a tax-deferred

basis, and, because you typically make pre-tax contributions, the more you

invest, the lower your annual taxable income. Furthermore, you may have

a dozen or more investment options within your plan, so you can tailor your

choices to reflect your individual risk tolerance, goals and time horizon. If

your salary goes up every year, increase your 401(k) contributions at the same time. Since the money will automatically be deducted from your paycheck,

• Contribute the maximum amount to your IRA. Your traditional or Roth

IRA can be a key part of your retirement savings. A traditional IRA can

potentially grow tax deferred, while a Roth IRA's earnings have the potential

to grow tax-free, provided you don't take withdrawals until you reach 59-

1/2 and you've had your account at least five years. Unfortunately, many

people don't fully fund their IRAs each year because they're intimidated by

the contribution limits (\$5,000 per year, or \$6,000 if you're over 50). But

there's no need to fund your IRA all at once; you can do it incrementally. Why

not write out a check to your IRA each time you get paid, or, better yet, have

the money automatically sent from your checking account? Again, it will be

• Build an emergency fund. This resolution may take a bit more effort, but

it's worth it. If you can put away six to 12 months' worth of living expenses

in a liquid account, and only use the money for emergencies - car repairs,

unexpected doctors' bills, etc. - you may be able to avoid dipping into your

investments to pay for these costs. And the less you tap into your investments,

difficult to achieve. Yet, every dollar that doesn't have to go for a debt payment

can be invested for your future. In 2008, look for ways to cut your costs, and

• Cut your debts. Here's another resolution that sounds simple, but can be

• See a professional. If you've never worked with a financial advisor, make

2008 the year to start. A qualified financial advisor can objectively evaluate

your situation and suggest appropriate financial strategies for helping you

If you can follow all these resolutions in 2008, you can help position

you shouldn't find it hard to keep this financial "resolution."

easier to keep this resolution if you don't have to work at it.

troops that may be interested in organization on the map or even your church. Have a craft? Let's get you in a booth.

**Still Seeking Bands** 

· Looking to share your sound? Call us A.S.A.P

· We will need a CD of your band, Please send it to the Orangevale chamber of commerce 9267 Greenback Lane Suit B -91 or drop it off so we can hear what you

Need more information? Please call us at 988-0175

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**Kirk Camunez** 

Financial Advisor

916-989-0920

#### New Parenting Class! As part of the Moms R Us run 9:15am-11:30am the 3rd and 1st • 10 ways to improve your child's

program at Orangevale Church of Christ, a new parenting workshop is being launched. Beginning January 22nd and running for 7 sessions, internationally known Christian psychologist, best-selling author, speaker, and media personality Dr. Kevin Leman will present timely lessons for today's parents.

Aimed at parents with children ages 1 month to 18 years old, Value-Packed Parenting is Dr. Leman's newest resource to help parents raise rock-solid children in today's pleasure-driven world.

Every woman is welcome to attend these presentations which Tuesdays of each month. Attendees will enjoy a light breakfast, a 25 minute DVD lesson, and be led through discussions and workbook activities by Mentor Moms who will share their own experiences raising children.

The seven inspiring and entertaining video lessons from Value-Packed Parenting include

- The 10 best gifts you'll ever give your kids.
- How to listen so kids will talk,& How to talk so kids will listen
- Discipline isn't spelled P-U-N-I-S-H-M-E-N-T
- Birth Order-And what you need to know about it

Caution: Anger Ahead!

self-confidence

needs

• Standing up to the new goliath Realizing that it is never too late to become a better parent, attendees will be challenged, entertained, and built up to be the parent their child

For more information, or to reserve your spot at this free workshop, please call Orangevale Church of Christ at 988-2011. Orangevale Church of Christ is located at 5915 Main Ave., Orangevale. (Near the corner of Main and Madison).

#### Conservative Paradigm" "The New ( Operations and Budget Committees.

Tom Del Beccaro will be guest speaker and signing his new book, "The New Conservative Paradigm" at the American River Republican Women Federated Luncheon on January 12, 2008

Tom Del Beccaro was elected Vice Chair of the California Republican party in February of 2007. Prior to that, in 2005, he was elected without opposition to President of the California Republican Party's County Chairman 's Association, which represents all of the county Republican parties in California. In that role, Tom also served as a member of the Board of Directors of the California Republican Party. He is the current Chair of the CRP's Strategic Planning Committee, the Volunteer Committee and sits on the

As a proponent of maintaining strong central committees, Tom continues to serve as Chairman of the Contra Costa Republican Party, his home county, where he has been unanimously elected for 3 consecutive terms. Under Tom's leadership, Contra Costa has led the state among large counties in

Republican turnout. In addition,

Tom is the publisher of www.

PoliticalVanguard.com an online

news and commentary magazine that

features his weekly column.

Tom has been active in Republican politics since 1980. He was the Bay Area Chair of the Bill Jones for US Senate and served as the Contra Costa Chairman for the Simon for as Lamorinda Republican "GOTV" Captain. Tom is a past member of the Executive Board of the Lafayette School PTA and a member of the Las Trampas Creek Council, Founder of Lafayette's citizen advocacy group "L.A.S.T.," and past committee member for the City of Lafayette.

Tom is also the founder of the Walnut Creek Law Firm, Del Beccaro, Hornsby & Blake. Most importantly, Tom is the proud father of his 14 year old daughter, Juliana.

The Luncheon will be held at Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630. Republican Women and Men are welcome. Membership is open to all Republican Women and Men. Luncheon at 12 Noon, Cost is \$27. RSVP to 916-Governor Campaign. He has served 435-9730 by January 8, 2008

# PuroClean to Offer 'Paramedic' Service to Area Properties

Local entrepreneur Jack Corry has landed the title of Sacramento and surrounding areas's newest "paramedic," and his future "patients" include virtually every piece of property in the region. Corry has announced that he will open PuroClean Restoration Services. Starting November 5, 2007, Corry will begin serving Sacramento and surrounding areas with mitigation and restoration services for water, mold, fire, trauma events and other types of losses

As the "Paramedics of Property Damage," PuroClean Restoration Services will arrive at the scene of a loss and take the necessary steps to bring the situation under control, preventing it from becoming worse, and finally providing restoration services to help put the property back to pre-loss

"Most people think it will never happen to them, but the reality is that you can't turn the TV set on these days without seeing a flood, hurricane, fire or other natural or man-made disaster, not to mention the slew of more common property mishaps that result in damage like water leaks or minor house fires," Corry said. "But what you don't see is the aftermath. That's where PuroClean comes in and brings property damage situations under control. We're the nation's experts in property damage mitigation and restoration. We assist property owners in a time of need."

PuroClean is a leader in property damage mitigation and has earned the trust of property owners, insurance professionals and home service providers throughout the United States and Canada since 2001.

Backed by a comprehensive network of over 160 franchise offices and a national training and business support center, each PuroClean office responds promptly to property emergencies demonstrating a high degree of professionalism and compassion. PuroClean technicians are thoroughly screened, insured and trained in utilizing the latest in mitigation technology and procedures throughout the remediation process while operating under a strict code of ethics. In addition to serving the needs of property owners, PuroClean offers hundreds of continuing education classes each year to insurance professionals and property service providers nationwide. In 2006, PuroClean trained over 3,000 insurance professionals nationwide helping them earn their continuing education credits. For more information on PuroClean, please contact Jack Corry at (916) 760-7221 or visit www.PuroClean-PRS.com.

# Upcoming Meetings

**CPAC** (Community Planning Advisory Council) at the Orangevale Community Center. The next meeting will be Tuesday, January 8th at 6:30 pm.

Supervisor Roberta MacGlashan holds her monthly Orangevale meeting at Annie's Breakfast and Steaks on the first Friday of every month. The NEXT meeting will be Friday, January 4, 2008

Assemblyman Roger Niello will host his quarterly meeting January 18th, 7:30 Denny's, Greenback Lane.

# **Orangevale Chamber Advertising**

Looking for away to advertise would like to place an add in our your business? Why not do so with our new Orangevale Chamber 2008/2009 Directory?

directory give us a call at 988-1075. Advertisers can supply their own ads or design service will be offered for

advertisers who would like to have their ad professionally designed for a small fee.

# **Sacramento County Sandbag Policy**

Sacramento County only opens its sandbag distribution sites in anticipation of continuous and extended heavy rainfall events where severe, widespread flooding may occur. The county does not open sandbag sites during most short duration or routine storm events typically experienced in Sacramento. Due to the lead-time needed to get sites operational it is

not effective to open sandbag sites encouraged to get sandbags in during most storms. By the time the sandbag distribution sites are operational, most storms will have passed and any localized flooding will have already occurred. In fact, if your property has a history of flooding or recurring standing water each year (such as water building up at the garage or back patio for example), you are

advance of the rainy season and have them on hand throughout the winter. Sandbags and sand are available, inexpensively, at most hardware and home improvement

If you need more information you can call 875-7246 (875-RAIN) or go to www.floodready.org.

#### **Butch and Dougie** by Alex Howell

yourself for financial success - for many New Years to come.









Page 10 January 2008, First Edition

# Carmichael News & Views

# Carmichael Chamber Notes Fiesta Installation Deterding, RX Staffing; Directors: High School, 4000 Edison Ave.,

Dinner, January 18

It's a Fiesta theme this year! The Carmichael Chamber of Commerce Installation Dinner will be held

Installation Dinner will be held Friday, January 18, 6:00-10:00 p.m. at the North Area Teen Center, 6320 Fair Oaks Blvd.

Last year the installation dinner

Last year the installation dinner featured a Western theme, country wear (optional), line dancing and a DJ.

This year's event promises many surprises as well, offers attendees an opportunity to dress "fiesta style" (also optional) and the finest Mexican fare. Cost: \$20 per person.

Installees are Officers: President Jim Vargas, North Area Teen Center; Vice President Burnie Lenau, Lawnman; Secretary Donna Deterding, RX Staffing; Directors: Gary R. Andersen, Century 21 All Professional; Bonnie Berns, Bonnie Berns Enterprises; Pauline Cole, New York Life; Ross Davidson, Davidson Realty/Stiles in Travel; Michael Fruci, Bellovetta; Fred Rivas, Priority 1 Electric, and Chris Schoonveld, Aegis Living.

Times for the event: No host bar 6:00 – 6:30 p.m., Dinner 6:30-7:15 p.m., Awards & Program 7:15-8:00 p.m. and Dancing 8:00-10:00 p.m. It is open to the public. Reservations are required and must be made by January 14. Visa, MasterCard and Discover cards are accepted. To secure your place call the Chamber office, 481-1002.

Got E-Waste?

Ring in the New Year and recycle that old, unwanted electronic equipment at a FREE e-waste recycling event at Mira Loma

This event shine. For www.noewa 866-335-3373.

Sacramento, Saturday, January 12, and Sunday, January 13 from 9 a.m. until 3 p.m. each day. The event is open to any California resident, business or school and a portion of the proceeds will be donated to Mira Loma High School. Items accepted include: Computers, monitors, keyboards, TV's, fax machines, VCR's and DVD's, audio/visual equipment, copy machines, toner cartridges, power cables, stereo equipment, telephone equipment, video game systems, scrap metal and wire. There is no limit to the amount you drop off. Not accepted: Microwave ovens, household appliances, car or household batteries, smoke detectors.

This event will be held rain or shine. For further information: www.noewaste.com or 866.335.3373

# Jewelry, Introduced

Who knew? A career in Jewelry?

California Institute of Jewelry Training (CIJT) announces the arrival of their new Director of Student Relations, Valerie Adams. Adams, a Notre Dame de Namur University Alumni, has a Bachelor of Arts in Communication.

"This is a very new industry for me, I have never thought about what goes on behind the scenes in jewelry," said Adams. Coming from a school that focuses on Social Justice and Journalism, Jewelry Arts was never in the mix.

So many students go to college without an idea of what they want for their future. College has become the norm as the next step for kids who graduate high school. Deciding a major is still a long term process. Today kids skate through college, graduate and end up not even getting a job in the career field they studied.

"I am one of the lucky ones, where I have been able to find a career for what I studied and for the qualities that matched who I am. During my search process I found myself looking at so many occupational avenues I made myself crazy," said Adams.

As the Director of Student Relations Adams continues to get CIJT out there using her collegiate education and will travel to local high school art and shop departments presenting the many different career paths in the Jewelry Industry.

"I have so many things to learn in the business, but it is fun! I'm thankful that I have this opportunity to learn what it takes to make one tiny piece of jewelry or learn how to use the torch to melt gold, I get to be around people who have a passion for things in life and enjoy my job!" said Adams.



Valerie Adams

# Carmichael Elks Distribute Poinsettias to Care Homes



Carmichael Sunbridge Brittany Care Center was happy to receive the lovely Holiday-red Poinsettias from the Carmichael Elks. Pictured are (l-r)Past Exalted Ruler Larry Stitt, Leading Knight Shirley Gilmore, Assistant Director Latonya Kenndy, Exalted

like to improve your leadership

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and sell your ideas to others, you

open a whole new world of career

and personal possibilities. You

will become more persuasive and

confident when giving presentations.

You will improve your one on one

Even experienced speakers can

benefit from the proven training

programs Toastmasters offers. In

interactions with others.

skills? Toastmasters can help!

Ruler Helena Scherrer, and (seated) resident Mei Wong who helped place the Holiday Cheer around the Care Center. The Elks also placed Holiday Cheer Poinsettias with the Walnut Whitney Care Center - Coordinator Kaitlyn Hoeger, the Mission

Speak Up in 2008 with Your Local Toastmasters Group

speech whether you have 10 days or

10 minutes. You will learn to listen

effectively, think on your feet and

speak confidently in a wide range of

practice in a friendly, comfortable

environment with people who are

there for the same reason you are- to

that empower members to become

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communication skills? Would you to relax, plan and present a terrific

Carmichael Health Care Center -Assistant Director Linda Bush, and Aegis Living of Carmichael - Director Chris Schoonveld. This is one of many Carmichael Elks Community Projects.

Come and see for yourself. January

27th – February 2nd is Toastmasters

Week, a time that many clubs are

holding open house and welcome

visitors. You will be warmly greeted,

have an opportunity to find out what a meeting is like, and learn about the

If you cannot attend during

Toastmaster Week, please know that

you are welcome to visit a club at any

time. Please check the website for

times and places. www.district39.

org or call 916/491-5571

benefits of membership for you.

# **Amazing New Show** at Fine Art Center

An amazing new show consisting of award winning watercolor paintings from around the country will be on exhibit in Carmichael at the Sacramento Fine Arts Center. This special show, the 140th American Watercolor Society's Traveling Exhibition will be in our gallery January 6th to February 5th, 2008. Forty of the finest Watercolors from the New York show were chosen to travel throughout the U.S. We are the only gallery on the West Coast to host this exhibition. This memorable show will be free on Second Saturday along with refreshments. For the rest of the exhibit, which will be open every day (11 to 5pm), there will be a \$5.00 admission charge for the show.

The image below, Razzle Dazzle by Robin Berry, won the Ogden and Mary Pleissner

Memorial Award, and will be on exhibit at the show. (image is attached for higher resolution) The Sacramento Fine Arts Gallery is regularly open Tuesdays 11am-7pm, Wednesday to Saturday 11am-3pm, and on Second Saturday from 5 until 9:00 pm.



The Gallery is located at 5330-B Gibbons Drive, Carmichael, California 95608 (located between Walnut and Garfield streets). The Sacramento Fine Arts Gallery can be found on the web at www. sacfinearts.org. The gallery is wheelchair accessible, and the event is free.

# Call Center Now Open Late! Hours will extend beginning January 14

The Sacramento County Call Center, also known as the Community Assistance & Resource Center, is extending their utility call hours until 9 p.m., Monday through Friday.

County residents will be able to call 916-875-5555 from 7 a.m. – 9 p.m., Monday through Friday, for information regarding their utility bills and services including water, sewer, storm water drainage, refuse, green waste, mixed recycling and bulky item pick-up collection

"We want to be available when our customers need us," said Wendy Randolph, Manager of the Call Center. "Customers can also visit http://www.msa.saccounty.net/utilitybilling/default. htm for information. To report nuisances such as abandoned cars, illegal dumping, and blighted properties, they can call our nuisance reporting line at 916-875-5656



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A YEAR OF hange



As families gather over the holiday season, many observe changes in the health and well being of aging parent or family member.

As your family member faces the challenges of an aging, you may find yourself concerned about Mom or Dad living alone.

 $Y_{\rm ou}$  may wonder if they're eating properly or getting out for shopping or social activities. You may even worry about them being alone and isolated, especially during the long winter months.

We can help. At *The Atrium of Carmichael* we have a limited number of apartments available in our beautiful Independent Living Retirement Community. Call today to schedule a tour!



A Capital Senior Living Community

(916) 486-3533 5757 Cypress Ave Carmichael, CA 95608 www.capitalsenior.com



# Pet WellCare Plans Protect Health

(NAPSA) Keeping a pet's health from going to the dogs has become a top priority for many people in the U.S.

Americans will spend \$41 billion this year on their pets and nearly \$10 billion of those expenses will be on veterinary care.

Still, it doesn't have to cost a fortune to be a responsible pet owner. With a knowledgeable veterinarian, some preventive care and a little financial planning, welcoming a four-legged member to the family can be less expensive than you might think. Here's a closer look: The Role Of Veterinarians

A good veterinarian can make all the difference in the cost of caring for a pet and the quality of your petOs careNso choose your doctor wisely. Talk to family and friends about their experiences and check with area breeders, kennels and pet stores

for vet recommendations. Develop A Wellness Plan

After choosing a veterinarian, work with him or her to develop a preventive health care plan for your animal. Pet doctor visits can help identify health problems in their earliest stages, when they tend to be easier and less expensive to treat.

Many veterinarians recommend pets receive two physical exams each year. A physical exam may include an assessment of a petÕs general appearance, skin, breathing, heart rate, eyes, ears, digestive system and lymph nodes. Depending on the age of a pet, a veterinarian may wish to run a fecal test for internal parasites as well. Your vet can also counsel on the need for different vaccinations for your animal. Vaccines can help ward off disease and protect your pet's long-term well-being. Consider The Costs

Routine veterinary care can potentially save a pet owner thousands of dollars and low-cost pet health insurance helps defray the costs of regular visits. For instance, VPI Pet Insurance offers Pet WellCare ProtectionSM plans that are designed to encourage and reimburse for routine care. The company also offers base medical plans that cover your pet for accidents and



caring for a pet.

Some of the health procedures eligible for coverage include biannual physical exams, flea and/or heartworm preventive, and vaccinations or titers. The plan also reimburses for fecal testing as well as heartworm testing and blood screening.

Perhaps the most popular aspect of the plan, however, is its reimbursement for flea control. Left unchecked, fleas can cause or aggravate skin conditions and severe infections can induce anemia in pets. Preventive flea medications are effective, but need to be used consistently.

**Emergency Care** 

Even when pet owners take preventive measures, pets may still require an emergency surgery at some point in their

Surgeries cost an average of \$574 per incident for dogs and \$334 per incident for cats, according to the American Pet Products Manufacturers Association.

The right pet insurance policy can be an affordable way to handle these often unexpected costs.

Medical plans from VPI range from \$25 to \$30 a month and help with the cost of examinations, testing and treatment of multiple conditions and illnesses.

Pet owners who take steps to promote the health of their pet and manage veterinary costs are the ones who will be rewarded with a happy, healthy and affordable pet companion, said Dr. Carol McConnell, vice president and chief veterinary medical officer for the insurer. Whether it's routine care or emergency treatments, comprehensive pet health insurance coverage empowers pet owners to make financially and medically wise decisions related to their pet's health.

For more information on pet insurance, or to receive a free quote, visit www.petinsurance. com or call (866) 823-5595.

#### New Year, New Dog

What's on your list of New Year's resolutions? If you own a dog, I'll bet one of those resolutions runs along the lines of "Make Fido behave better." Maybe your dog is well-behaved in general but needs improvement in one area or another (don't we all).

This month I'll go through a few basic commands every dog should know, and recommend a few books

that will provide more detailed training information.

First and foremost, however, you must teach yourself a valuable skill, and that is "patience." All dogs can be trained well; some learn faster than others. Never give up or get impatient or angry with your dog. Keep training sessions short -- between 15 and 30 minutes per day.

The first basic command is "heel" -- telling the dog to walk at your side. Train on a walk down the sidewalk, or pick a spot in the park and walk in circles. Use a secure collar and leash. Hold the end of the leash tightly in your right hand, and guide the leash with your left.

With the dog on your left side, step forward with your right foot and give the command "heel." Tug or lightly

snap the leash in the direction you want to go. Your dog should walk calmly next to you, his shoulders and neck aligned with your leg.

Whenever he achieves this position, praise your dog. If he pulls away or hangs back, don't yell or say "no," or get angry; tug him back into position and give praise when he reaches it. If he really doesn't want to heel, stop walking, bring him back into position, and start again.

Recommended book: American Kennel Club Dog Care & Training," Second Edition (Hungry Minds Inc., \$16.99).

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or email them to pawscorner@hotmail.com. (c) 2007 King Features Synd., Inc.

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#### Remember to Spay and Neuter!



The Tibetan Mastiff will make its debut at the world-famous

Westminster Kennel Club Dog Show at Madison Square Garden in New York City.

farm dog and used for herding cattle. The double coat and the characteristic "harness markings" are essential features of this breed. The tail may be natural or docked. (From the Swedish Vallhund Standard.)

For pictures and information about all of the 169 breeds and varieties that will appear on the telecast, log on to the Westminster Web site at www. westminsterken nelclub.org.

The Westminster Kennel Club is America's oldest organization dedicated to the sport of purebred dogs. Established in 1877, Westminster's influence has

been felt for more than a century through its famous all-breed, benched dog show held every year at New York's Madison Square Garden. The show is second-longest America's held continuously sporting event. Westminster will stage its 132nd consecutive show on February 11-12, 2008, nationally televised on USA Network. For more information, log on to www.westminsterkennelclub.org.

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# **Dog-Show Debut: Four New Breeds**

longest-running sporting events is in for a change.

Four newly recognized breeds will make their debuts at a dog show that has thrilled fans since 1877. The Plott, Tibetan Mastiff, the Beauceron and Swedish Vallhund will all grace the iconic "green carpet" in New York

They'll be part of the 132nd Annual Westminster Kennel Club All Breed Dog Show. To see these breeds up broadcast of the show on USA Network on Monday and Tuesday, Feb. 11-12, at 8 p.m. ET. Here's a closer look:

Plott-Hound Group

A hunting hound of striking color that traditionally brings big game to bay or tree, the Plott is intelligent,

(NAPSA)-One of the country's alert and confident. Noted for stamina, endurance, agility, determination and aggressiveness when hunting, the powerful, well-muscled, yet streamlined Plott combines courage with athletic ability. The Plott easily traverses various terrains with agility and speed. Loyal and eager to please, the Plott is an aggressive, bold and fearless hunter. (From the Plott Standard.)

Tibetan Mastiff- Working Group

The Tibetan Mastiff is considered by many to be the stock from which most close and personal, tune in to the live modern large working breeds have developed. Generations of working as a guardian of women and children has produced a temperament of fearlessness, tempered with patience, loyalty and extreme stubbornness. The Tibetan Mastiff is a powerful dog with a broad and impressive head, and a typical

expression of watchfulness. (From the American Tibetan Mastiff Association.) Beauceron-Herding Group

The Beauceron is an old and distinct French breed of herding dog, bred and selected for its aptitude to herd and guard large flocks of sheep, as well as for its structure and endurance. The ideal Beauceron is a well-balanced, solid dog of good height and well-muscled without heaviness or coarseness. A formidable dog, intelligent, easily trained, faithful, gentle and obedient, he demands respect wherever he goes. (From the Beauceron

Standard.) Swedish Vallhund- Herding Group

The Swedish Vallhund is a very old Spitz-type breed known since the time of the Vikings. Small, powerful, fearless, and sturdily built, the Swedish Vallhund has been kept for centuries as a

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Every U.S. president from Harry S. Truman to George W. Bush and other world leaders have found occasion to call on Dr. Graham.

(NAPSA) - He is one of the most recognizable figures in the world, a man who, for more than 60 years, has spoken in person to over 100 million people on six different continents, in 85 countries and in all of America's 50 states.

Dr. Graham, known as "America's Pastor," has ministered to millions around the world, has counseled presidents and prime ministers, and was the driving force behind the evangelical movement of the 20th century.

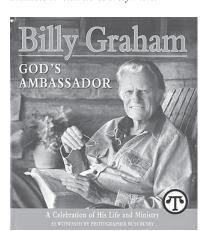
once-in-a-lifetime volume, Graham, God's Ambassador' (HarperOne), recounts in photographs and words Graham's life, from his childhood in North Carolina to his inspirational ministry that continues to reach millions today.

Every U.S. president from Harry S. Truman to George W. Bush and other world leaders, including Queen Elizabeth II, Golda Meir and Pope John Paul II, have found occasion to call on Dr. Graham. With hundreds of photos from the archives of Graham's photographer Russ Busby, along with quotes, comments and personal reflections, "Billy Graham, God's Ambassador: A Celebration of His Life and Ministry" captures the public and private moments of the most influential Christian of the 20th century.

Raised by his Scottish Presbyterian family on a North Carolina dairy farm, William Franklin Jr. was known as "a nice kid, a good boy, typical and average." When he was 17, a revival meeting in Charlotte, North Carolina sparked a change, but it wasn't until he took a nighttime walk on a golf course that an inner, irresistible urge caused him to sink to his knees and sob, "Oh God, if You want me to serve You, I will. I'll be what You want me to be. I'll go where You want me to go." And after that, Billy Graham's life was never the same.

In these pages emerges an intimate and unique portrait of a man who dedicated his life to the gospel and became one of the century's most influential figures.

"Billy Graham, God's Ambassador" is available at retail stores everywhere.



# A New Beginning

By Joyce M. Marcroft

Christmas 2007 provided a myriad of special stories of love and compassion in our greater Sacramento area. It was truly a season of giving and love for our fellow man that brought joy to the hearts of

One instance in particular stands out as an example of giving of ourselves, our time and our talent, and what can be accomplished.

Under the leadership of Pastor Duane Johnston at Creekside Church in Rocklin, CA, members determined to devote themselves to helping the Aldar Academy in Sacramento by making much needed repairs and refurbishing. Carpentry,

painting, minor repairs to roof and walls, library restoration and other laborious chores were accomplished by Creekside members as a gift to their community.

Creekside Church has a average number of members but they live in entire greater Sacramento area- from Antelope to Orangevale, from Granite Bay to Carmichael, from Lincoln to Loomis, from Rocklin/Roseville to Citrus Heights, but they are all united in a community spirit.

Aldar Academy is a private, nonprofit, non-public school established in 1975. The school specializes in meeting the needs of handicapped students with severe learning, emotional and behavioral problems. Individualized

are provided for students ages 4-21, grades K-12. In December 2003, Alder Academy received high commendation from the California State Department of Education and is considered to be one of the best non-public schools in Northern California.

A wish for 2008- that all resident5s of the greater Sacramento area live in unity with one another, that we seek out the needs of those less fortunate and graciously provide help and assistance. We will become a community of friends known for our love and compassion.

Happy New Year! Joyce M. Marcroft

# Supernatural Change



By Pastor Ray Dare

God brings us life in bite-sized pieces, in hours, days, months and years. Every year He says, 'Let's wipe the slate clean and let's start with a brand new year.' It's like a fresh start. That's good news.

How will your 2008 be better than 2007? The key is you've got to have a plan. Don't just head into 2008 and say, "I hope it's going to be better." You've got to have a plan to make it better. The Bible says, "An intelligent person aims at wise actions, but a fool starts off in many directions" Proverbs 17:24. Here are four steps to wise aims in 2008.

Choose responsibility. That's the first key to making 2008 better than 2007.

Choosers say, "I choose the direction of my life. I assume responsibility for my own happiness. I'm not dependent upon anybody else. I'm not depending upon the crowd. If you do that, you're already a step ahead in 2008.

Believe you can change. Not on your own power, but with the power that Christ gives you. That's why most New Year resolutions don't last. You're relying on will power rather than His power. The Bible is full of stories of people who changed because they believed that they could change after they relied on Gods power.

Pinpoint what you want to change. The Bible says, "You have not because you ask not." James 4:2. You ask not because vou've never thought about what you want to change. Make this your prayer list. Pin it up on a wall and review it everyday and pray about it. Then watch God do miracles in your

Begin now. Two words that will change your life forever... Begin Now. Don't wait till things "settle down". When things settle down you'll be dead. You think, "When things settle down, I'm going to start having a daily quiet time and read my Bible every day." You're not going to do it. You learn to read your Bible when things are unsettled. Life must be enjoyed under imperfect circumstances. So whatever you want to do, do it now.

If you're a Christian, your ultimate

goal is to become like Jesus Christ. So how did Jesus develop? Luke 2:52 it tells us four ways: "Jesus grew in wisdom and in stature and in favor with God and favor with man." must develop the four ways Jesus developed.

He developed in wisdom – that's intellectual development.

He developed in stature – that's

physical development. He developed in favor with God

- that's spiritual development.

He developed in favor with man that's social development.

You're thinking, "I've tried this! I've tried New Years resolutions. They don't last! I can't seem to stay with it. You're exactly right. That's why you must walk with Jesus Christ on a moment by moment basis. "Your strength must come from the Lord's mighty power within you." We're talking here about supernatural change. That's the difference between self-help psychology and Christianity; supernatural power. Christ can do in you and for you what you cannot do for yourself.

Pastor Ray Dare, New Community Christian Church www.YourNewChurch.org

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# Celebrating Billy Graham's Life & Ministry The Greatest of These is Love..



By Marlys Johnsen Norris

Our lives are weaved together with conspicuous small acts of love hardly noticed by most. When the total value of our life is analyzed at its end, others will realize how much they miss our presence. We can take comfort in the truth that these small kind acts of love were genuine and often directed from above. Treasures in heaven are small, unnoticed acts of loving kindness given without any sought acknowledgement even from this "unconditional love".

One of my favorite chapters in the Bible is I Corinthians 13 Verses 1 and 2 speak about the kind of love that should rule all of our lives. Though I speak with the tongues of men and of angels and have not charity (love) I am become as sounding brass or a tinkling cymbal. Though I have the gift of prophecy and understand all mysteries, and all knowledge, and though I have all faith, so that I could remove mountains and have not charity (love), I am nothing.

Following verses tell us what love IS -Charity (love) suffers long, and is kind; charity (love) envies not; charity (love) vaunts not itself, is not puffed up, does not behave itself unbecoming, seeks not her own, is not easily provoked, thinks no evil, rejoices not in iniquity, but rejoices in the truth, bears all things, believes all things, hopes all things, endures all things. Charity (love) never fails. Other versions of the Bible say "Love hardly notices when others treat it

its recipient. The Bible clearly calls wrongly. The last verse of that chapter says; And now abides faith, hope, charity, these three; but the greatest of these is LOVE.

Most often those who do those big outstanding acts that are seen visibly by others want to portray the act of love but may also be seeking the praise of men rather than their Creator-God. They have received their reward already.

Jesus was our teacher when in a few short years of his life, one by one he did numerous acts of love -all blending together until his final act to reconcile you and I -and-- through His death and resurrection we receive God's forgiveness for all our sins and receive the greatest gift God could ever give to us -- ETERNAL LIFE..

Marlys Johnsen Norris LIFE MESSAGE WORKSHOPS "Intimacy Begins Going God's Way" Marlysj@sbcglobal.net

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www.oakavefmc.org

1. Is the book of Simon in the Old or New Testament or neither?

by Wilson Casey

- 2. From Ezekiel 44:22, what was the one kind of woman a priest could not marry? harlot, divorcee, heathen, vir-
- 3. Who was grateful for a plant that shaded his head, delivering him from misery? Bartimaeus, Zophar, Moses, Jonah
- 4. In Matthew, what did Jesus say would not prevail against His church? Gates of Hell, lust, evil forces, Satan's
- 5. Whom did God smote for taking hold of the Ark of the Covenant? Nathan, Hiram, Samuel, Uzzah

6. What was the forbidden fruit Adam and Eve ate? Not specified, pear, apple, fig

ANSWERS: 1) Neither; 2) Divorcee; 3) Jonah; 4) gates of Hell; 5) Uzzah; 6) apple

Wilson Casey's "2008 Bible Trivia Calendar" (SourceBooks, \$11.99) is now available.





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# MOVIE REVIEWS

## The Orphanage

By David Dickstein

If you're hankering for a tearjerker about a dead husband who haunts his loved one, get your fix from "P.S. I Love You." Want death but without the sappiness? Then the demon barber of Fleet Street has a chair open for you with "Sweeney Todd." But if what you really crave is a macabre tale with an equal amount of love and death, and one I assure you will still rank among your scariest - and favorite -- movies of the year even 11 months from now, "The Orphanage" is up for adoption.

The Spanish import (with English subtitles) centers on a family that has purchased and renovated the old, longclosed orphanage where Laura (Belen Rueda), the mother, was raised. The parents' hope is by boarding children with special needs, new life will be brought to Laura's former home and to their adopted son, Simon (Roger Princep), whose only friends are imaginary ones (supposedly), a great concern to Mom and Dad.

Spines start to tingle after Simon



disappears during the grand opening, and Mom, looking everywhere, is approached by a figure whose head is covered by a sack with a disfigured face painted on the front. That's never good. The remainder of the movie has Mom desperately looking for her son, a search that will scour the entire estate and the paranormal. (Geraldine Chaplin is exquisite as a medium in a tour-de-force sequence shot inside

the old house in night-vision green. Denial, guilt, fear and a host of other emotions overwhelm Mom for months as her husband wants them to move on. But there's no moving on until the very end in Juan Antonio Bayona's triumphant directorial debut, and what an ending it is.

3 ½ of 4 Stars, Rated R, 105 minutes, Spanish with English subtitles

# **MASTERPIECE Series to Premiere on KVIE** "The Complete Jane Austen"

By Sheryl Brown, KVIE Staff For the first time on television, MASTERPIECE invites you to tune in Sunday nights for a four month Jane Austen marathon extravaganza. This presentation of "The Complete Jane Austen" will be beautifully acted with lavish sets and gorgeous costumes. Tune in for the first installment, "Persuasion" with Sally Hawkins as Anne Elliot on Sunday, January 13, 9:00pm - 10:30pm on KVIE Public Television's channel 6 and KVIE DT 6.1 services.

The "The Complete Jane Austen" will air Sundays at 9:00pm starting January 13, 2008. The lineup includes newadaptations of Persuasion (January 13), Northanger Abbey (January 20), Mansfield Park (January 27), and Sense and Sensibility (March 30 and April 6), along with the acclaimed Emma (March 23) starring Kate Beckinsale, and Pride and Prejudice (February 10, 17, and 24), the Emmy award-winning miniseries that made

Colin Firth a heartthrob. As a bonus, viewers will be treated to a new drama based on Jane Austen's own letters and diaries, in Miss Austen Regrets (February 3).

The MASTERPIECE programs on KVIE in January will start with "Persuasion," on Sunday, January 13, which presents Anne Elliot (Sally Hawkins) destined for spinsterhood at age 27 after being persuaded eight years earlier to refuse the proposal of dashing Captain Wentworth (Rupert Penry-Jones). Then chance brings them together again. While her better days are past, his are definitely ahead, as he's now rich and free to play the field among eligible young beauties. Anthony Head co-stars as Anne's spendthrift father.

Then, Sunday, January 20, 9:00pm – 10:30pm, see "Northanger Abbey," Austen's gentle parody of gothic fiction. In this program, Felicity Jones plays romance-addict Catherine Morland. Invited to a medieval country house that appeals to her most lurid fantasies, she forms a close friendship with the younger son on the estate, Henry Tilney (JJ Feild), but their budding romance is mysteriously cut short.

The third of seven Jane Austin MASTERPIECE presentations is "Mansfield Park," which airs on Sunday, January 27, 9:00pm – 10:30pm. This program is Austen's most complex plot. Billie Piper stars as Fanny Price, who goes to live with prosperous relatives at Mansfield Park. Fanny navigates a labyrinth of intrigues and affairs among the occupants of the house, while her cousin Edmund Bertram (Blake Ritson, "Inspector Lynley Mysteries") remains her stalwart confidant. Also starring Jemma Redgrave as Fanny's observant aunt.

For more information about KVIE programming, visit www.kvie.org



## RILEY REVIEWS



Tim Riley

THRILLS SHINE NOT AS **BRIGHT IN "NATIONAL** TREASURE" AGAIN A Film Review by Tim Riley

NATIONAL TREASURE: **BOOK OF SECRETS** (Rated PG)

While we are waiting around for Harrison Ford to return as Indiana Jones, it's not so bad to watch an imitator about half his age taking on the role of a globe-trotting adventurer in search of treasure. Nicolas Cage is no low-rent Indy, considering that he established himself nicely as treasure hunter Ben Gates in "National Treasure," which had the salutary effect of making American history a lot more fun than one would ever imagine possible when measured against the average high school history textbook.

However, while the "National Treasure" films have no real educational value as history lessons, it is probably an article of faith for unwary filmgoers that the Masons have buried treasure maps within many of our most treasured national monuments. After all, it's more fun to think some mysterious group holds the keys to deeply concealed secrets.

"National Treasure: Book of Secrets" is more than willing to push

1. **I am Legend** .....(PG-13)

2. Alvin and the Chipmunks (PG)

3. The Golden Compass ..(PG-13)

4. **Enchanted** .....(PG)

5. No Country for Old Men ....(R)

6. The Perfect Holiday .....(PG)

7. **Fred Claus** .....(PG)

8. **This Christmas** .....(PG-13)

9. **Atonement** .....(R)

10. **August Rush** .....(PG)

Freddie Highmore, Robin Williams

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Saoirse Ronan, Ailidh Mackay

Morris Chestnut, Gabrielle Union

Vince Vaughn, Paul Giamatti

Laz Alonso, Chris Brown

Tommy Lee Jones, Javier Bardem

Nicole Kidman, Daniel Craig

Amy Adams, James Marsden

Will Smith, Alice Braga

Jason Lee, David Cross

heavy doses of fictional history in service of advancing an interesting story. In its efforts to make history alive and vital, this sequel expands the story into a global adventure, but not before opening up with a flashback to the assassination of Abe Lincoln. Nicolas Cage returns as Ben Gates, assisted by his father, university professor Patrick Gates (Jon Voight), and the mission is much more personal.

The father and son team are shaken by the discovery of one of the longlost pages from the diary of Lincoln assassin John Wilkes Booth. The diary was found on Booth's body when he was killed, but several pages that had been torn from the diary had never been found until now. Surprisingly, the information on a recovered page seems to implicate their ancestor Thomas Gates as a conspirator in the plot to kill Lincoln.

Of course, we know this is bogus right from the start, since the evidence has been brought forward by highly suspect Mitch Wilkinson (Ed Harris), whose efforts to uncover his family history oddly seem to require the services of menacing henchmen. Meanwhile, Ben has to reassemble his crack team of history investigators, which is complicated by the fact that he's now estranged from his old flame, American history archivist Abigail Chase (Diane Kruger) Ben's tech-wiz partner Riley Poole (Justin Bartha) is game for the mission, considering that his Ferrari has just been impounded for unpaid taxes.

For reasons not to be fully explained here, the story takes Ben and his crew to foreign locales, starting with a quick trip to Paris where a replica of the Statue of Liberty provides a coded message in one of its inscriptions. Then the gang is off to England where the mission becomes much more daunting, particularly when Ben has to sneak into the Queen's private quarters

at Buckingham Palace. A dazzling street chase occurs in London, which is hard to believe because gridlock is a constant in this capital city.

Having retrieved a clue from Queen Elizabeth's desk, Ben takes the action back to Washington, D.C., where the objective becomes the need to find another clue from a matching desk that is only found in the White House. At some point, it becomes necessary for Ben to call for help from his mother, linguistics professor Emily Appleton (Helen Mirren), as only she can translate the clues written in an obscure Native American dialect. Before heading off on an archeological hunt in the vicinity of Mount Rushmore, there's also the small matter of the abduction of the President of the United States (Bruce Greenwood).

By the way, the presidential kidnapping brings into focus what the "Book of Secrets" is all about. Tapping into the conspiracy theory mindset, this supposed secret book is for the eyes only of the President, and it turns out to be some sort of historical scrapbook that holds top secret letters and documents. Naturally, Ben needs something that's in the secret book, if only because the story is so improbable that it serves the plot to have him chasing after something that should be absolutely unattainable.

Notwithstanding its essential iness, "National Treasure: Book of Secrets" has a surprisingly large number of high caliber cast members, certainly more than the plot warrants. The film also benefits from plenty of humor that helps to distract from the thin plot. Action sequences kick in with enough punch to keep everything lively. Simply put, "National Treasure" may not shine as bright the second time around, but there's plenty of adventure and fun to keep audiences flocking to this sequel.



By Judy M. Zimmerman

It's early Sunday morning of December 7th 1941. The familiar red and white control tower stands sentinel over the Ford Island Airfield in the middle of Pearl Harbor. Grass grows through the cracks in the runway. You are at the spot where the first bombs dropped on Ford Island.

Sailors, soldiers, and airmen dodge the bullets as they rip through the glass windows of the burning hangars. The mighty Pacific Fleet lay shattered in ruins in the harbor. You are there where bravery overcame fear and boys became men. World War II had begun for the United States of America

"You have arrived at the Pacific Aviation Museum (PAM). It opened in December 2006 and is the perfect complement to the other Pearl Harbor historic sites," said our guide, Education Director Kathryn (KT) Buddee-Jones, as we entered

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The north is home to the Amazon

rainforest. The center west is dominated

by the capital, Brasilia, and ecotourism

hot spot, the Pantanal. To the southeast

are São Paulo, Rio de Janeiro and Belo

Horizonte. The south is the only part of

Brazil that has all four seasons. It also

attracted a large number of immigrants

When planning a trip to Brazil, keep

Sun and Beach - Itacaré, just south of

Salvador, is Brazil's new jewel of the

coast, with white sand beaches, ocean,

waterfalls, and hills covered by dense

Ecotourism - Brazil offers everything

from snorkeling down crystal-clear

rivers alongside varieties of fish in

Bonito to hiking through the Atlantic

Sports - Brazil is known for its soccer

team, but many other exciting spectator

from Europe in the 20th century.

mountain, valley and city.

along our coastlines."

these points in mind:

Rainforest reserves.

**Discover the Treasures of Brazil** 

#### Travel with Judy You are There: **December 7, 1941** the lobby of hangar 37, a former plane, the Ruptured Duck."

seaplane hangar that survived the surprise attack.

In the exhibit area, there's an authentic Japanese Zero in a diorama on the deck of the Japanese aircraft carrier Hiryu at dawn on December 7th. Much like a natural history museum, all the planes are displayed in environments similar to the original ones, taking visitors to the flight deck of the USS Hornet, the jungles of a tropical island, the beaches of Guadalcanal, or the privately-owned deserted island of Ni'ihau.

One of the most unique artifacts in the collection is the only remaining Japanese Zero from the attack on Pearl Harbor . The Zero crash-landed on Ni'ihau where it remained hidden and forgotten for the past 65 years. "It was the response to this Battle of Ni'ihau Island that led to the Japanese Internment Act," said Jones.

"Another rare plane in the museum is a B-25 Mitchell Bomber similar to one used in the Doolittle Raid," she continued. "That was the first time in over 600 years that foreign forces had attacked Japanese soil. This one wears the nose art of Ted Olsen's

sports can be found, including a

uniquely Brazilian sport, capoeira,

which involves a stylized fight

Culture - There may be no

better way to experience the

diversity, creativity, color and

culture of Brazil than at Carnival.

It occurs in February and March

throughout the entire country,

with the largest celebrations in

cosmopolitan Rio de Janeiro.

Salvador and Recife also host

spectacular Carnival celebrations.

popular meeting destination in the

world, Brazil offers unparalleled

accommodations for business

A recent survey conducted

by Vox Populi found that 86

percent of travelers intend to

return to Brazil and 94 percent

would recommend Brazil to their

friends and family. While the

official language is Portuguese,

Americans will find it easy to

communicate in major cities and

For more information about

Brazil and for help planning a

trip, visit www.braziltour.com or

through international tours.

Learn More

www.mre.gov.br.

travelers.

Business - As the seventh- most

surfing are also popular.

The museum also offers recreation

as well as education. Realistic flight simulators put guests in the cockpit of a Zero over the Pacific or in a Wildcat defending Guadalcanal. The 20-minute simulator flights allow the "pilots" to engage in air to air combat, seeing and sensing some of the emotions of the moment.

If expressing humanity's defining moments in vivid experiences is, indeed, a museum's highest calling, surely the Pacific Aviation Museum has achieved that goal.

If You Go

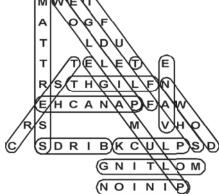
- o www.pacificaviationmuseum.org o For reservations and tickets,
- call (808)441-1000
- o Tickets may also be purchased at
- a Waikiki travel desk o Adults \$14, Children (4-12) \$7;
- military discounts available

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

Magic maze

WORDS OF A FEATHER

#### dance, and beach volleyball and **Answers** horse racing. Fishing, diving and



#### Trivia Answers

- 1. Madrid, Spain
- 2. Upper arm
- 3. Cocoa Puffs
- 4. The cone-shaped deposits rise
- from the floor of a cave
- 5. South Africa
- 6. The electron
- 7. "O Canada"
- 8. Disk Operating System
- 9. Groucho Marx
- 10. Artist's studio

#### **King** Crossword Answers

Solution time: 25 mins.

CUSPLAC STANDS CURL OBIE



"I Am Legend"

Running time: 1 hour 40 minutes MPAA rating: PG-13

Sometimes ignorance can be bliss. In the case of "I Am Legend," being blissfully unaware of the source material (Richard Matheson's novel of the same name) might have made the movie more enjoyable. I say this because the theme and the dark irony of the novel are betrayed in favor of a happy Hollywood ending.

In the book, scientist Robert Neville is the monster, the bad guy. The irony of the novel is that the vampires created by Neville's experiments have created a civilization, and Neville has become the stuff of legend — a nocturnal monster who preys upon the vampires, kills them and performs experiments on them.

Neville, the "last man on Earth," is the Boogeyman.

But in the film, Will Smith's Neville is a likable, sympathetic widower frantically trying to find a cure for a virus that has turned virtually every human into a vampire/zombie/monster thingy. The monsters, although

created by science, are considered the bad guys, not the victims. They have no humanity. They're basically the same mindless, superhuman monsters we've seen in "28 Days Later," a movie series that is 10 times better than "I Am Legend."

Will Smith does a good job in the role of a driven man trying to fend off madness in a solitary world — but then it's not a big stretch for Smith to play a likable character. For twothirds of the film, Smith is the only



Will Smith

person you see onscreen. If the script had concentrated more on character development and Neville's mental state instead of spending the entire third act as yet another shaky-cam zombie shoot 'em up, "I Am Legend" could've been a classic science- fiction movie, one for the ages.

Instead, it's just another mediocre, brainless Hollywood holiday blockbuster.

**GRADE: C-**

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Brazil's famed beaches, such as Praia do Forte located to the north of Salvador in Bahia, stretch more than 4,000 miles throughout the country.



Dear Readers: Each New Year I do a column on what I consider the most crucial issue of our time. This year that issue is what I call The Male Crisis.

Males are in trouble. Of all the American adults behind bars, on probation or parole, 93 percent are male. Males in America are five times more likely than females to commit suicide. Drug abuse, alcoholism, homicide, homelessness, violence — all are significantly dominated by males.

Those red flags have been waving at us for some time now. There are new flags, however, hoisted in the last generation, so new and so foreign that many people aren't seeing the bright red cloth.

For instance, did you know university campuses are now dominated by females? Last year, the student body of the average four-year college was 58 percent female, 42 percent male. At some larger universities, there are two females for every male. Most girls enrolled will earn a degree. Most boys will not. Compare this to 1959 when 64 percent of the average student body was male and it was girls who tended to

Girls today are smart and driven. Boys today are laid-back and unmotivated. From kindergarten to college to

The Male Crisis

middle age, males have lost their drive. One third of men ages 22 to 34 are now living with their parents (a 100 percent increase over the last 20 years). The New York Times recently documented the trend of able-bodied men throughout the nation who are neither working nor looking for work. One in seven men in the prime of life, mostly white, mostly middle class, often college educated, has no interest in working.

Of course there are still intense. passionate young men who are striving toward success and independence, but they are the exception. Most follow the "slacker-dude" profile, preferring to take a subsistence-level job, play video games, and "just have fun."

Did you know that the sperm count of a young man today is less than half of what his grandfather had at the same age? That 70 percent of college-aged men regularly view pornography? That one in three college-aged males reports erectile dysfunction? Some use Viagra, Cialis, or Levitra, others have given up on the dating scene entirely and rely on pornography as their only sexual outlet.

If I could beg my readers for something, it is to read the book, Boys Adrift: The Five Factors Driving the Growing Epidemic of Unmotivated Boys and Underachieving Young Men by Dr. Leonard Sax.

Below is a summary of the factors Dr. Sax thinks are responsible for what he calls "this weird new virus of apathy" affecting males.

**Factor 1:** Kindergarten is the new first

grade. Schools disenfranchise boys with too-early reading and writing, removal of competition, and abstract knowledge favored over hands-on knowledge. Females thrive in this environment, males do not.

Factor 2: Video games affect the part of the prefrontal cortex, different in males than females, that controls realworld drive and motivation. We've all experienced the rapidly growing species of irritable, socially-isolated males with no interest in anything but video games.

Factor 3: ADHD drugs (Adderall, Ritalin, Concerta, Metadate), prescribed primarily to boys so they can "sit still" in our new "feminized" schools, turn adventurous boys into a lazy boys.

Factor 4: Estrogen mimics, chemicals leached from plastic bottles into our water and soft drinks, have flooded our endocrine systems with female

Factor 5: Traditional rites of passage are absent. The transition from boy to man is not hard-wired, it must be taught. And it is — by Snoop Dog, Eminem, and Homer Simpson.

Dr. Sax lavs out the most documented evidence for the male crisis that I've seen to date. There is no preaching and he wraps up the book with solutions. Please read Boys Adrift. Our boys — and all of us — are depending upon it.

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

# straight talk for teens Teens Trade Time Off To Become Global Citizens

(NAPSA) Every year, students plan how to spend their summer vacations - and for many, it's not just about "fun in the sun". According to a study by the Corporation for National and Community Service, the number of teen volunteers has more than doubled and this year will be no exception.

The United Nations Association of the United States of America's (UNA-USA) HERO campaign in partnership with beinggirl.com currently searching for 20 students (ages 16-19) to be selected as 2008 HERO Youth Ambassadors. The campaign is dedicated to providing comprehensive, school-based support to orphans and vulnerable children living in HIV/AIDS affected communities in sub-Saharan Africa.

Students chosen will travel to Africa in 2008 to work on projects supported by Protecting Futures, a program created by beinggirl. com founding brands, Tampax and Always, dedicated to helping keep girls in Southern Africa in school.

Cause and Effect: More than 12 million African children have lost one or both parents to HIV/AIDS, and the number is expected to grow to 20 million by 2010. This past July, 24 teens from across the country were selected as HERO Youth Ambassadors and traveled to Namibia and South Africa. The Youth Ambassadors helped make a difference in the lives of children at the HERO-sponsored schools by building kitchens, installing security fencing and playground equipment, laying the foundation for new classrooms and dormitories, and spending time teaching classes.

Race for a Place: Now you have the opportunity to see if you have what it takes to become a real HERO.



Students interested in getting handson experience as a HERO Youth Ambassador this summer can apply online at being girl.com/hero through February 15, 2008. The application includes submitting a 300-word essay and two letters of recommendation. If you are awarded the title of HERO Youth Ambassador, you will be required to raise a minimum of \$5,000 to cover your trip expenses.

Dig Deep: Getting people to hand over their hard-earned cash for a good cause may seem like a daunting task, but it doesn't have to be. There are a number of different ways to raise money without having to go door to door. Host a virtual yard sale: ask

friends and family to donate items and put them up for auction on eBay. Or host a fundraising 50/50 raffle at school, with permission from your teachers. Half of the money raised will go toward the charity and the other half will go to one lucky winner.

To learn more about the 2008 HERO Youth Ambassador program and Protecting Futures, log on to www.beinggirl.com/hero or www. heroaction.org. You can also view the previous Youth Ambassadors' personal experiences from Africa in a series of webisodes that help encourage and empower all teens to become global citizens.

# Helping Teens Cope with Everyday, **Real-World Problems**

(NAPSA) In a pressure-filled modern world where youngsters constantly struggle with everything from alcohol and drugs to being too thin or too heavy, there is a book that should be on every concerned parent's shopping list.

The book - written by leading authorities - may be just the resource that America's youth needs to help teens handle difficult and high-risk situations, whether experienced personally, by their friends or with family members. The authorities? The 125-year-old national children's crisis charity KidsPeace and more than half a million of America's teens.

Written in the voice of today's young people, "I've Got This Friend Who..." (Hazelden) was designed to help kids through a critical time in their lives. That's because today's youngsters face an array of pressures and dangers that would have been unimaginable to most of us just a generation ago: dangers that undermine their peace of mind and sound judgment every day. And since young people's peers know just about as much as they do, this can often lead them into trouble that could have been avoided if only they-or a friend-had a little more information about how to handle things.

"The teen years can be an exciting and exhilarating time of selfdiscovery," explains Chris Beckman, TV celebrity and author of "Clean." "But they're also a terrifying time of walking down a winding road you've never walked before, not knowing where it will take you or what dangers might be just around the corner."

"I've Got This Friend Who ... " is a unique "how-to" manual to help teens and their friends avoid the dangers of alcohol, smoking, drugs, eating disorders, self-injury, and risky

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behaviors associated with the perilous adolescent years. Written in the voice of six young characters with whom today's teens can easily identify, the book was designed to help young people at exactly the point in their lives when they are least likely to turn to adults for help.

The book is the result of more than a century of work by KidsPeace, its 3,000 doctors and child care professionals, child and adolescent development and-most importantly-more than half a million of America's teens.

The topics featured-along with detailed information and coping techniques-are based survive the perilous teen years.

on expert knowledge and the firsthand experiences of actual teens, obtained through TeenCentral.Net, an innovative, problem-solving resource designed to help young people work out stresses and problems before they become overwhelming.

About TeenCentral.Net

TeenCentral.Net was created in 1998 by KidsPeace, Harvard Medical SchoolÕs Dr. Alvin Poussaint, Brown University Child Study Center founder Dr. Lewis P. Lipsitt and KidsPeace Executive Vice President Joseph A. Vallone, all co-founders-with Lee Salk's brother, polio vaccine pioneer Jonas Salk-of the KidsPeace Lee Salk Center for Research.

Providing anonymous and free 24/7 counseling, TeenCentral.Net receives more than 2 million hits each month from teens with diverse backgrounds in all 50 states, military bases around the world and 100 foreign

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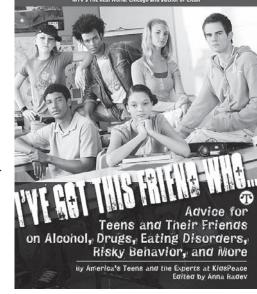
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Finally, a book designed to help youngsters

countries. Powered by innovative software that guides kids through a process of problem identification, information sharing and crisisresolution techniques, the site has become an ever-expanding database of real stories, revealing what's actually happening to our kids, what they're feeling, what the critical trends and hot-button issues are, and what they're doing about them.

Since its founding in Bethlehem, Pa., in 1882, KidsPeace, the National Center for Kids Overcoming Crisis, has been working to develop new ideas, programs and practical strategies to help millions of children and families avoid and overcome the kinds of crises that can strike any child.

"I've Got This Friend Who..." is available through www.kidspeace.org, by calling 1-800-25-PEACE, and at bookstores nationwide.

# **Education News And Notes**

# Coming Soon To A Dorm Near You: Microsoft Office Live Workspace

New Free Internet Service Offering **Students Their Own Group Study Hub Online: Now The Dog Can** Eat Your Homework And You Can Still Be An 'A' Student!

(NAPSA)-Looking for a better way to connect and collaborate with your classmates on group class assignments and juggle that crazy study schedule with a social life that makes Paris Hilton look like a wallflower?

With Microsoft Office Live Workspace students can radically streamline the way they work together. And it's free-totally!

So what exactly is Office Live Workspace? Well, it's just that: a workspace, online; your very own Internet group study hub in which to store and organize hundreds of Microsoft Office documents and other files.

With Office Live Workspace, the majority of your digital goods-lecture notes and term papers in Word, class presentations in PowerPoint or PDF formats, even photography projectscan have a home online where you can access and share them with professors and classmates (many heads are better than one-right?). Use it to create your own group study sessions on the fly, compose to-do lists, and project task lists and virtual notes that others can update, too. And it's a snap to track important academic data such as class schedules, assignment deadlines and grade point averages. You can do all this with the knowledge that you control the door policy, so there's no unwelcome gate-crashers. A simple e-mail, as if you

were sending out a party invitation, is all it takes to invite people to join your workspace, and you even get to decide who has editing rights and who can simply review documents. Go on; unleash your inner control freak!

Unlike freshman trigonometry, there's a minimal learning curve. Office Live Workspace replicates the look and feel of the Office applications you already know and interfaces seamlessly with them. You can pull down documents from your workspace to work on, on your PC, or synchronize contact, task and event lists with Outlook.

You can also wave good-bye to the scourge of "version control." With Office Live Workspace, there's no more manual sharing of documents by e-mail or laborious merging of different versions of documents from multiple people. Instead, classmates and faculty members provide input and make changes to the same document posted to the workspace, but you can still keep score of all previous versions, so nothing gets lost.

And because we know college life is not all work, Office Live Workspace is good for stuff besides study. Use it to plan events, coordinate activities, organize club meetings and sports practices, and generally manage your hectic social life. At the heart of Office Live Workspace is the capability to share information in a far more streamlined fashion. People can update their availability for everyone to see, because everyone's literally on the

All this, and you can log on to Office Live Workspace and retrieve your term paper from virtually any computer with an Internet connection, whether it's a friend's laptop in his or her dorm room, at home on the family desktop, or a communal PC in an Internet café in Cozumel, Mexico, during spring break! Yes, the dog can now eat your homework-or at least your hard drive can-and you don't have to sweat it!

Oh, and did we mention Office Live Workspace is free? Using it is as easy as preregistering at www.officelive.com/edu. Register now-that's today's homework! And pin that Web address to the fridge for your friends to see alongside the phone number to the pizza delivery guy!

Faculty Members Can Get With The Program, Too

Office Live Workspace is not just for students. Faculty members can also use it to engage with students where they already are -online-in the way they like to work. Create a class hub for students to post papers to and get grades and feedbackno more need to deal with the hassle of receiving student assignments in multiple, easy-to-miss e-mail attachments. Also, use Office Live Workspace as a platform to distribute assignments or course material, especially when everyone's dispersed between classes.

Office Live Workspace means that, wherever you go, the documents that are important to you follow. No need to save information to flash drives or to e-mail yourself documents to work on later. Access important projects when you're at conferences or out in the field using virtually any computer with Web access.

It's free. To use Office Live Workspace, simply preregister at www.officelive.com/edu.

Piper"

perfect

moment

42 Heavy weight

43 Highlander

44 Marching

band

member

45 Expectorate

Duel tool

Bacterium

Finds the

choose the

38 Ability to

40 Bay

47

49

#### - KING Crossword

#### **ACROSS**

- 1 Revue segments Navigation
- aid 8 Milky stone
- 12 Lummox
- 13 Lummox
- 14 Heap 15 Captain Corcoran's
- ship 17 Sufficient,
- old-style Traffic 18
- problem
- 19 Analyzed the
- grammar
- 24 Fond du -, Wis.
- 21 Point

28 Smooch

25 Former frosh

#### 30 Scenery

- chewer 33 Blackbird
- 34 Pony or bean
- 35 Tokyo's old
- name ... ... and its 36
- money
- 37 Black
- 38 Walked hard (on)
- 39 Conk out
- 41 Bigfoot's
- cousin 43 Bleachers
- 46 The end
- 50 Ringlet 51 Seal or
- walrus 54 Theater
- trophy

55 Wall climber

- 56 Dweeb
- 57 Diplomacy 58 Ball-bearing item?
- 59 Zales
- merchandise

#### **DOWN**

- 1 Much of Austria
- 2 Neologize Albacore,
- e.g.
- Excessive formality
- 5 Long March
- leader

Incubator

- 6 Springtime abbr.
- noise 8 Phantom's

#### Answers on Page 13 hangout

- 9 Midsized working dog
- 10 Burn soother 11 Lascivious
- 16 Winter
- ailment
- 20 As well 22 Epidermis
- 23 Ring site,
- sometimes
- 25 "For instance, ..."
- 26 Inseparable
- 27 Like some
- odes
- 29 Eye woe 31 Big fuss
- 32 Chic, to
- Austin **Powers**
- 34 "The —
- "— Got a
- Secret"

total

53 Comedian Louis

### One Teenager Fatality, 9 Others Injured in DUI Crash



December 19, 2007, approximately 10:50 p.m., Bethann Colyer, a 34 year old from Sacramento was driving a black 2005 Chevy Tahoe on westbound Whitney Avenue approaching Eastern Avenue at an unknown speed. Garron Engstrom, an 18 year old from Sacramento was driving a blue 2003 Honda CRV at approximately 40 mph on northbound Eastern Avenue approaching Whitney Avenue. As Colyer approached the

intersection she failed to stop for the

red traffic signal and broadsided the left side of the Honda CRV. The Honda was carrying 8 passengers PLUS THE DRIVER. Scott Crouch, an 18 year old from Carmichael was sitting in the right rear seating position of the Honda was pronounced deceased at the scene. (Sacramento Coroner's Case # 07-06633). The EIGHT other occupants were transported to nearby hospitals.

Those passengers include: Jessica Mendoza-18 year old from Gold River was transported to MSJ hospitalmassive head trauma, Bart Kirby- a 19 year old was transported to MSJ with a broken pelvis, lacerated liver, and major head trauma, Jason Doverspitean 18 year old from Carmichael was transported to Kaiser North with head trauma, Jessica Rosser- an 18 year old from Gold River was transported to Sutter Roseville with complaint of pain to her head and was admitted, Ian

Smith- an 18 year old from Carmichael was transported to UCD with a broken neck, Benjamin Harrington- an 18 year old from Auburn was transported to UCD with major head trauma, Michael Huwitt- a 20 year old from El Dorado Hills was transported to UCD with broken ribs, collapsed lungs, and head trauma. The driver of the Honda, Garron Engstrom was transported to Sutter Roseville with cuts to his hands and face. All occupants in the Honda CRV were not wearing their seatbelts except the driver and right front passenger (Mendoza).

Bethann Colyer is suspected of driving under the influence of alcohol. She was transported to MSJ with minor injuries. Colyer will be charged with 192 PC- vehicular manslaughter and 23153 VC-Felony DUI.

This collision is still under investigation.

#### 41-year old Matthew Seybert. Seybert's body was found near his E. Stockton Boulevard property on December 8, 2007. Carnes currently has two active warrants for his arrest; including one for

Sacramento County Sheriff's

Department Homicide Detectives have

developed information that leads them to

believe fugitive Arthur Charles Carnes,

IV may have recently returned to the

Sacramento area. Detectives believe

Carnes is responsible for the murder of

To Sacramento Area

Carnes is a 36-year old white male, he's 6' tall and weighs 180 pounds, he has brown hair, blue eyes and he wears glasses. Carnes should be considered

by a member of the public they should not attempt to contact him and immediately call law enforcement.

Murder Suspect May Have Returned

Anyone with information regarding the whereabouts of Arthur Charles Carnes, IV is urged to call Sheriff's Detectives at (916) 874-5115 or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to

From the Sacramento County Sheriff's website



## Three Teens Die in Crash In Antelope

On December 20, 2007, at approximately 2:28 p.m., the driver of a Honda Civic was driving on southbound Walerga Road south of Elverta Road in the fast lane. Witnesses stated that he was traveling at a high rate speed then suddenly lost control of his vehicle. The Honda rotated counter-clockwise traveling into the northbound lanes. The Honda struck a 2000 Suzuki Esteem and a 2000 Dodge Caravan. The 17 year old male driver of the Suzuki and his male juvenile passenger, both from Antelope, were transported to Mercy San Juan Hospital with minor injuries.

The driver of the Dodge was a 17 year old female from Antelope. She was transported to Sutter Roseville Hospital for precautionary reasons. The impact of the collision caused the Honda to be sheared in half. Two male occupants from the Honda were ejected and sustained fatal injuries. The third male occupant of the Honda, although not ejected, also sustained fatal injuries. It is believed that at least two of the occupants of the Honda were wearing their seatbelts.

The three males have been identified as: Driver Andrey Tsurkan - 18 year old from Rancho Cordova

Psgr Eduard Shvets- 17 year old from Antelope

Psgr. Yuriy Adamovych- 19 year old from Rancho Cordova

The 17 year old female that was driving the Dodge Caravan received lacerations to the back of her head and sustained a fractured skull.

The 17 year old driver of the Suzuki sustained a broken nose and his 17 year old passenger was transported only for precautionary reasons.

Alcohol and/or drugs does not appear to be a contributing factor to

this collision. This collision is still under investigation.

## **Driver and Passenger Killed in Crash in Sacramento**

#### On December 17, 2007, at approximately 3:30 a.m., Gustavo Jimenez-Solis was driving a 1991 Nissan pickup on westbound Alta Arden Expressway just east of Wyda Way. As Jimenez-Solis approached a left hand curve in the roadway he allowed his vehicle to drift to the right and travel off the roadway and

strike a tree. The impact caused

the vehicle to burst into flames. A passerby removed Jimenez-Solis and his passenger Juan Tadeo-Perez from the vehicle and dragged them to a safe location. Due to the high speed and severe impact both occupants were pronounced dead at the scene. Jimenez-Solis (Sacramento Coroners Case #07-06546 and Juan Tadeo-Perez (Sacramento Coroner's Case # 07-

06547). Passenger Tadeo-Perez was not wearing his seatbelt at the time of this collision.

It is unknown at this time if alcohol/ drugs is a contributing factor in this collision. Toxicology reports on the driver are pending.

This collision is still under investigation.

## **CHP Arrests Two Suspects in Fatal Hit and Run**

On June 14, 2007, pedestrian Megan Smith was struck and killed by a vehicle on Walerga Road just north of Kirkby. After she was struck, the driver fled the scene. After a complex and lengthy investigation, Tamara Broadnax, a 29 year old from Sacramento has been positively identified and arrested as the driver of the vehicle that struck Smith.

Also arrested was the suspects boyfriend Kenneth Peoples, a 44 years old from Sacramento.

CHP had information which revealed that Broadnax was with her boyfriend who was on Parole and known as local drug dealer. Early this morning, Parole agents had knowledge of the whereabouts of Peoples. CHP and Parole Agents went to a North Sacramento hotel where Peoples was staying and located both Peoples and Broadnax. Inside their hotel room a large amount of rock cocaine, cash, and marijuana was located.

Broadnax has a no bail warrant for possession of narcotics. She will be charged with 20001- Felony Hit and Run and 11351 H & S- Possession of Cocaine for sale.

Kenneth Peoples is on Parole for drug sales and will be charged with 32 PC- Accessory in the Hit and Run and 11351 H & S- Possession of Cocaine for Sale.

# North Highlands Dui Crash Kills Two Brothers

On January 4, 2007 at approximately scene on foot. 11:20 p.m., Francisco J. Carbajal-Soto. a 21 year old from Sacramento, was driving a white 1990 Acura Integra on northbound Watt Avenue at Gratten Way. The vehicle had been traveling at a high rate of speed when, for unknown reasons, the vehicle began to spin out of control. The vehicle began to rotate and was traveling backward when it stuck and severed a wooden power pole on the east roadway edge. After the collision, the driver fled the

On January 4, 2007 at approximately

7:21 p.m., Tiratha Singh, a 40 year

old from Antelope was driving silver

2003 Toyota Corolla on northbound

99 approaching Elverta. The signals

were on flashing red due to power

outages throughout the day. Per

witnesses Singh was traveling at 65

mph or higher. As Singh approached

the intersection he came upon stopped

10/02/08-0352 hours

01/03/08-2144 hours

01/03/08-0246 hours

Antelope Man Dies in

on 99 & Elverta Road

Hit and Run

vehicle sustained major rear end damage and may be totaled.

CHPD Investigation into this continues.

Shoplift – Air Soft Guns

of methamphetamine. The suspect was arrested and booked at county jail.

under the influence of alcohol. The suspect was arrested and booked at county jail.

The right front passenger, Eduardo Barriga, a 17 year old from North Highlands was pronounced dead at the scene. (Sacramento Coroner Case #08-00118). The right rear passenger, Eric Barriga, a 20 year old from North Highlands was not wearing his seatbelt and was ejected from the vehicle and pronounced dead at the scene. (Sacramento Coroner's Case # 08-00117). Both deceased are brothers.

The driver was located by

vehicles and swerved to the right to

avoid the vehicles. His vehicle struck

a traffic light signal pole head on, in

the southeast corner of the intersection.

The pole was sheared off at the base.

Singh's Toyota rotated clockwise

across the intersection striking another

traffic light signal pole at the northeast

corner with its left rear door. Singh

was pronounced dead at the scene.

CITRUS HEIGHTS

POLICE DEPARTMENT

CHPD Officers were dispatched to a Hit and Run that had just occurred at the above location. A witness reported seeing the suspect

vehicle (a maroon colored GMC truck) driving eastbound on Antelope from Van Maren. Officers decided to drive up Mariposa to

Antelope when a suspicious white male adult who was walking away from a maroon colored truck that was parked on the wrong side of the road on Mariposa at Cook. On closer inspection the truck had major front end damage. Thinking this was the suspect vehicle from

the Van Maren call the suspect was detained, later arrested, and admitted to driving the truck and crashing on Van Maren. The victim

Two males and females entered the store and the females distracted the clerk. The males reached over the counter and stole two air soft

handguns. A description of the suspect(s) and gun(s) was not available at this time. The crime may have been captured on video and the

CHPD Officer conducted a traffic stop on a vehicle for false registration tabs. A consent search of the vehicle yielded a useable amount

A CHPD Officer conducted a traffic stop on the suspect vehicle, evaluated the driver, and determined the suspect had been driving while

Possession of methamphetamine 7301 Greenback Ln

Van Maren/Misty Creek

San Juan/ Green Back Ln.

7512 Auburn Bl (Norca Army Surplus)

Sacramento County Sheriff's Deputies wandering the residential area east of the collision scene. He sustained minor injuries as a result of the collision and was arrested. He was subsequently booked into the Sacramento County Main Jail for 191.5(a) PC-Gross Vehicular Manslaughter while intoxicated, 23153(a)(b)VC-Felony DUI, and 14601.2 VC-Driving while suspended.

This collision is still under investigation.

(Sacramento Coroner's Case #08-

was wet at the time of the collision.

Drugs and/or alcohol do not appear to

be a contributing factor at this time.

This collision is still under investigation.

S- Jaclyn Jones A

S- Joshua Mcmurtry

Singh was wearing his seatbelt and his airbags deployed. The roadway

Solo

**Collision** 

# Fair Oaks

2007-12-21 23:00 Burglary Residential 2007-12-22 23:00 Larceny/Theft 2007-12-24 07:30 **Burglary Residential** Burglary From Vehicle 2007-12-25 00:00 2007-12-25 20:25 Simple Assault 2007-12-28 15:00 Larceny/Theft 2007-12-28 15:40 Robbery Aggravated Assault 2007-12-29 17:30

2007-12-29 20:18 Larceny/Theft 2007-12-30 02:45 Narcotics 2007-12-30 05:00 **Burglary Residential** 2007-12-30 12:50 **Burglary Business** 

2007-12-30 19:25 **Burglary Residential** 

Carmichael

2007-12-21 07:00 2007-12-21 10:00 Vandalism 2007-12-21 11:30 Aggravated Assault 2007-12-21 16:00 **Burglary Business** 2007-12-22 20:30 Robbery 2007-12-23 00:00 09:00 2007-12-24 2007-12-24 21:00 2007-12-25 10:00 Larceny/Theft 2007-12-25 23:51 Vandalism

2007-12-26 12:30 2007-12-26 17:00 2007-12-26 18:30 Narcotics 2007-12-26 18:56 Larceny/Theft

2007-12-28 23:00 Larceny/Theft **Burglary Business** 

2007-12-30 04:20 2007-12-30 18:39 Narcotics

**Orangevale** 

2007-12-30

2007-12-21 00:00 2007-12-23 19:30 Vandalism 2007-12-23 22:40 Burglary From Vehicle 2007-12-23 23:00 Vandalism 2007-12-24 23:55 Burglary From Vehicle 2007-12-26 18:00 Burglary From Vehicle 19:00 Burglary From Vehicle 2007-12-26

2007-12-26 20:00 Vandalism

Vandalism

02:00 Vandalism 2007-12-27 10:30 Simple Assault 9200 block of Central Ave

9100 block of Elm Ave 9000 block of Elm Ave

6000 block of Garden Towne Way Residence/home Vehicle Vehicle Vehicle Vehicle Vehicle Vehicle Vehicle Vehicle

armed and dangerous; if he is spotted A Message from Sheriff John McGinness



The men and women of the Sacramento Sheriff's Department are closing out a significant year in terms of improvement in our critical service plan. After years of climbing statistics in the area of violent crime, we were able to effectively implement a new effort to reduce violent crime and restore quality

of life in the diverse communities we

The new effort included deployment of a High Impact Team of uniformed deputies working in close conjunction with the Gang Suppression Unit. The combination of enhanced uniformed presence, readily deployed to various parts of the county has created a comforting presence to those who comply with the law, while discouraging lawlessness from those who would otherwise be so inclined. The sharing of intelligence data between the two teams working together serves as a force multiplier and has clearly contributed to significant improvements in nearly all categories of crime.

Unfortunately, on Wednesday December 19, 2007, a brave and enthusiastic young detective assigned to the Gang Unit paid the ultimate sacrifice

when he pursued an armed gang member through a residential neighborhood in south Sacramento. The detective, Vu Nguyen was shot and mortally wounded by the 16 year old gang member. Sheriff's Deputies, and officers from other law enforcement agencies in the region, quickly took control of the neighborhood and developed the intelligence necessary to identify the suspect and bring him to justice.

Detective Nguyen served his community in the highest tradition of the Sheriff's Department, and will be remembered as a hero who added to the quality of life and safety in this community.

The Sheriff's Department is absolutely committed to fulfilling the continued effort to create a better life for all in Sacramento County. It is our pleasure to

#### Sacramento Violent Crimes **Task Force** & Roseville Police Arrest "Grandma Bandit"

Rocklin, CA: The Sacramento Violent Crimes Task Force (SVCTF), comprised of Federal Bureau of Investigation Agents and Sacramento County Sheriff's Department robbery detectives, and the Roseville Police Department arrested Valerie Harris, also known as the "Grandma Bandit". Harris, a 50 year old resident of Rocklin, California, was arrested this morning following a search

of her residence. Harris was suspected in the armed bank robbery of the US Bank branch located inside the Safeway Grocery Store at 989 Sunrise Avenue, Roseville, California, on December 12, 2007. During the robbery she presented a note demanding money from the teller and displayed a handgun that was located in her purse.

An anonymous tip received by the

FBI Office in Sacramento, California, led investigators to Harris. Following her arrest, Harris was interviewed by investigators and admitted committing the robbery. She will be booked with the U.S. Marshall's Office and will make her initial appearance today at 2:00 p.m. in federal court.

# CRIME REPORTS

From The Sacramento County Sheriff

#### Time Crime **Address** 2007-12-21 08:00 Burglary Residential 8200 block of Summer Falls Cir 2007-12-21 09:15 Burglary Residential 7900 block of Skywoods Way 8700 block of Cord Way 8300 block of Sutter Buttes Way 7300 block of Fletcher Farm Dr

7300 block of Walter Ave 7100 block of Chandler Dr 7900 block of Gerber Rd 7800 block of E Stockton Blvd 8100 block of Addie Ave 7900 block of Gerber Rd

7700 block of Southland Way 6500 block of Harley Way 8300 block of Gerber Rd

Residence/home Residence/home Vehicle Residence/home Retail/dept/discount store Other/unknown Parking lot/garage Retail/dept/discount store Highway/road/alley

**Location Type** 

Residence/home

Residence/home

Residence/home

7600 block of Harvest Woods Dr

Fair Oaks Blvd / Stanley Ave

5900 block of Fair Oaks Blvd

5300 block of El Camino Ave

4000 block of Manzanita Ave

6300 block of Fair Oaks Blvd

4300 block of College View Way

5100 block of Ramona Vista Way

6600 block of Madison Ave

6400 block of Markley Way

5800 block of Manzanita Ave

4800 block of Manzanita Ave

8900 block of Fair Oaks Blvd

2500 block of El Vita Way

5100 block of Marconi Ave

6100 block of Sylvester Way

6800 block of Fair Oaks Blvd

3500 block of Broadmoor Way

4700 block of Manzanita Ave

5900 block of Fair Oaks Blvd

1600 block of Safari Ct

Residence/home Gas/service station Residence/home

Highway/road/alley

Residence/home

Parking lot/garage

Parking lot/garage

Parking lot/garage

Residence/home

Residence/home

Residence/home

Convenience store

Highway/road/alley

Convenience store

Commercial/office building

Retail/dept/discount store

Highway/road/alley

Residence/home

Vehicle

Vehicle

Vehicle

Vehicle

Commercial/office building

2007-12-21 00:51 Narcotics **Burglary Residential** Burglary From Vehicle **Burglary Residential Burglary Residential** Burglary From Vehicle Burglary From Vehicle

2007-12-27 02:15 Burglary From Vehicle 2007-12-27 16:00 **Burglary Business** 

Larceny/Theft

**Burglary Residential** 

2007-12-26 21:30 2007-12-27

17:00

5100 block of Butterwood Cir 6900 block of Mellodora Dr 9000 block of Greenback Ln 8500 block of Krogh Ct 9300 block of Rolling Acres Ct

8300 block of Forest Creek Ln 8800 block of Greenhalgh Ln

Vehicle

7200 block of Main Ave

Residence/home Residence/home

#### 01/03/08 High winds/ Rain Citywide Officers responded to 13 false alarm calls last night likely due to the high winds. The wind and rain also caused a number of hazards including trees to come down and one power line to also come down overnight. No one was injured.

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**DEDICATED TO PROTECTING PROPOSITION 13 AND TAXPAYERS RIGHTS** 

# Don't Shoot the Messenger

By Jon Coupal

The potential recall of State Senator Jeff Denham is a tragic example of what happens in Sacramento when one has the audacity to stand on principle. Denham realized that voting for a budget that started out \$700 million in the hole was not a good example of fiscal stewardship. For this, he and other balanced budget supporters were labeled "fiscal terrorists" by the tax and spend lobby. Ultimately, Denham's continued resolute support of the principle that we should live within our means saw him removed from powerful legislative committees (keeping him from serving his constituents) and made him the target of a recall.

Not surprisingly, evidence has emerged that the puppet master funding and behind this shadowy endeavor is Senate President Pro Tem Don Perata. Perata is no stranger to controversy, himself the target of an FBI investigation, and who also was responsible for locking moderate members of his own caucus out of their offices earlier this year. Now he has turned his displeasure on Denham whose desire was simply to rein in outof-control spending and fix our everpresent structural budget deficit.

During the long protracted stalemate in this year's budget battle, Senator Denham met the trials placed before him in a fiscally prudent but reasonable manner. He proposed the "Denham Amendment" to continue to provide vital services to low-income Californians while budget details were being sorted out. This was rejected by the majority Democrats on a party-line vote. This was just one example of Denham's constant focus toward the needs of all Californians, instead of merely using them as political pawns.

Three months after the signing of the budget, there is incontrovertible proof that Denham's faithfulness to protect the wallets of hard-working Californians has helped keep a bad situation from becoming a catastrophe. Governor Schwarzenegger's Department of Finance released their preliminary budget report earlier this month, where they projected a \$14 billion deficit. Were it not for Denham -- and other like-minded fiscal watchdogs -- this deficit could be well over \$15 billion.

The recall of Jeff Denham signals a dangerous escalation in the war against those who believe that government should spend no more money than it receives. Already, those who would increase government involvement in our lives are proposing new taxes. A recall, if successful, would mean there would be one less legislator demonstrating fiscal sanity and make more likely a massive tax increase, a watering down of Proposition 13 or other budgetary folly. This would be tragic and we hope that voters see that this recall is wholly illegitimate.

The good news is that even the media -- which trends left of center in Denham's district -- sees this juvenile act of retribution as little more than a political stunt. And we hope some adult

Capitol would remind Perata that you don't punish someone for being right. 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.

# SMUD Offers Tips to Customers to be Warm and Safe this Winter

Lower winter rates, money-saving programs, safe home heating

Burning an open fire inside a home is dangerous and can be deadly. However, this was an accepted practice in the homelands of some recent immigrants. The Sacramento Municipal Utility

District (SMUD) is reaching out to these customers. Information in multiple languages on safe heating practices and programs to help lowincome customers with their electric bills is available from SMUD.

The use of open fires indoors to stay warm and cook could be deadly because California homes are very airtight unlike the open-air homes in some countries. Burning wood and charcoal releases carbon monoxide. Carbon monoxide cannot be seen or smelled and it can kill people in minutes. SMUD is sharing these safety messages:

- Never use an unventilated appliance like a kerosene or propane heater, stove, oven or dryer to heat your home.
- Never use an unventilated fire or
- burn charcoal indoors. Never use lighter fluid or Weatherization program.

gasoline to start a fire or burn painted or treated wood in the fireplace.

SMUD is here to help with electric bills as well. SMUD offers several programs to help customers save and lower their electric bill. Eligible lowincome customers can take advantage of SMUD's Energy Assistance Program Rate (EAPR). EAPR is a discount rate that can save customers more than 30 percent on their entire monthly electric bill as well as \$1.50 off the \$5 customer charge.

Customers qualify for the program based on income and the number of people in the household. More customers qualify this year since the SMUD Board of Directors voted last summer to increase the eligibility level. Customers are now eligible for the discounted rate if their total household income does not exceed 200 percent of the federal poverty level. For example, a family of four can earn up to \$41,500 a year to qualify for EAPR. The previous eligibility limit was \$36,300 for a family of four.

SMUD EAPR customers also may be eligible for the Residential

Qualified customers can, at no cost to them, have their homes and apartments weatherized to improve energy efficiency and lower energy Weatherization measures may include attic insulation, low flow showerheads, water heater blankets and pipe wrap and compact fluorescent lights.

Customers in households where a full-time resident requires an electrically powered device for medical reasons may take advantage of the Medical Equipment Discount (MED) rate. The SMUD MED rate provides savings of over 30 percent on the customer's entire monthly electric bill.

SMUD customers continue to pay significantly less for electricity than most Californians and about 26 percent less than customers who are supplied by neighboring PG&E.

For information on SMUD's lowincome discount rate, call 1-866-675-6624. For information about all of SMUD's energy saving programs and for tips on how to stay warm and safe this winter while keeping the electric bill lower, please call SMUD at 1-888-7 7683 or visit smud.org.

# **More Reasons To Beware of Huckabee**

**CHUCK BALDWIN LIVE** 

By Chuck Baldwin

Many Christian conservatives see Mike Huckabee as the best candidate to deliver the GOP from an impending pro-abortion presidential nomination of either Rudy Giuliani or Mitt Romney. Huckabee is doing especially well in Iowa, particularly among evangelicals. Is Mike Huckabee worthy of this support, however? The facts

I have already attempted to warn my evangelical brethren as to the dangers of supporting Mike Huckabee. See http:// www.chuckbaldwinlive.com/c2007/ cbarchive 20071102.html However, that first column was just the tip of the proverbial iceberg. Here are more reasons to beware of Mike Huckabee.

Robert Novak recently wrote a column about Mike Huckabee entitled, "The False Conservative." In the column he said, "Huckabee is campaigning as a conservative, but serious Republicans know that he is a high-tax, protectionist, big-government advocate of a strong hand in the Oval Office directing the lives of Americans.'

Novak also said, "There is no doubt about Huckabee's record during a decade in Little Rock as governor. . . He increased the Arkansas tax burden by 47 percent, boosting the levies on gasoline and cigarettes.

Novak continued saying, "Quin Hillyer, a former Arkansas journalist writing in the conservative American Spectator, called Huckabee 'a guy with a thin skin, a nasty vindictive streak.' Huckabee's retort was to attack Hillyer's journalistic procedures, fitting a mean-spirited image when he responds to conservative criticism."

Calling Huckabee a proponent of biggovernment is an understatement. "If you listen closely, all the things he supports increase the size, power and cost of government. From subsidies for energy research to increasing money for health care and government housing, the size, power, and cost of government will not shrink under a President Mike Huckabee; they will increase . . . Mr. Huckabee swore an oath to support and defend the Constitution when he became governor, yet many of his proposals are clearly unconstitutional." (Source: David Ulrich, Letter of the Week, World Net Daily, 10/26/07)

In addition, Dr. Jerome Corsi reports that "Financial inducements arranged by former Arkansas Gov. Mike Huckabee to establish a Mexican consular office in Little Rock may have violated state law, according to an Arkansas attorney."

Writing for World Net Daily, Dr. Corsi exposed the fact that Mike Huckabee "worked with some of the state's most

United Animal Nations (UAN)

today asked presidential candidate and

educate himself about horse slaughter and

reconsider consuming a Dutch horsemeat

According to Washington Wire, a blog

from The Wall Street Journal's Capital

Bureau, Huckabee made the comment on December 21, 2007, when speaking with

a group of reporters in eastern Iowa. The

blog entry suggested that Huckabee was perhaps pandering to the Dutch Iowan vote

when he mentioned several of his favorite

Dutch foods, including one made from

Americans disapprove of eating horses,

passed a bill to ban horse slaughter in 2006, I

was shocked that a high-profile presidential

candidate would show such flippancy

many Americans and legislators," UAN

President and CEO Nicole Forsyth said.

"We hope that Mr. Huckabee will check

the facts and learn why most Americans

"Given that an estimated 70 percent of

"like chicken."

horsemeat.

prominent and politically powerful businesses to establish the [Mexican] consulate as a magnet for drawing illegal immigrants to the state to accept lowpaying jobs.

Corsi goes on to report that "Arkansas attorney Chip Sexton provided WND a written legal brief arguing the state government's sublease to Mexico of office space for the consulate was illegal under Arkansas law. Sexton contended the deal raised questions about the appropriateness of private citizens and corporations in Arkansas providing financial incentives for the government of Mexico to locate a consulate office in Little Rock."

Corsi also writes that "Robert Trevino, commissioner of Arkansas Rehabilitation Services, told WND he and Huckabee helped arrange state and private financial support to induce Mexico to establish the consulate as a business development 'quid pro quo.

"Trevino signed on July 7, 2006, a 'Facilities Use Agreement' with Mexican consular officials to rent state government office space for \$1 a year on the second floor of the Arkansas Rehabilitation Services building at 26 Corporate Hills in Little Rock."

According to Sexton, not only did subleasing state government offices to Mexico violate Arkansas state law under Ark. Code Ann. 22-2-114(C)(i) which provides: "After July 1, 1975, no state agency shall enter into or renew or otherwise negotiate a lease between itself as lessor or lessee and a nongovernmental or other government lessor or lessee," but it was even more offensive in that "there was nothing in the lease or other agreements that would have prevented the Mexican consulate from providing legal assistance to illegal aliens.

In addition, Corsi also exposed the fact that Mike Huckabee worked with Mexican President Vicente Fox to help provide cheap Mexican labor for Tyson foods and other large Arkansas corporations. According to Corsi, "Trevino confirmed he was state director of the League of United Latin American Citizens, also known as LULAC, an activist group strongly advocating for the rights of Hispanic immigrants in the U.S., when on Oct. 3, 2003, he accompanied Huckabee in a state airplane to visit [President Vicente] Fox in Mexico."

There is more.

The American Spectator reported that "Fourteen times, the ethics commission--a respected body, not a partisan witchhunt group--investigated claims against Huckabee. Five of those times, it officially reprimanded him. And as only MSNBC

**National Animal Protection Organization** 

among the big national media has reported at an real length, there were lots of other mini-scandals and embarrassments along the way."

Plus, writing for The Washington Times, Greg Pierce quoted Hillyer as saying, "[Huckabee] used public money for family restaurant meals, boat expenses, and other personal uses. He tried to claim as his own some \$70,000 of furniture donated to the governor's mansion. He repeatedly, and obstinately, against the pleadings even from conservative columnists and editorials, refused to divulge the names of donors to a 'charitable' organization he set up while lieutenant governor--an outfit whose main charitable purpose seemed to be to pay Huckabee to make speeches. Then, as a kicker, he misreported the income itself from the suspicious 'charity.'

Mike Huckabee's beliefs and actions even border on the bizarre. According to David Keene, Chairman of the American Conservative Union, "GOP presidential wannabe Mike Huckabee suggested that as president he would, for the good of the people, support a federal anti-smoking law. You see, as governor, Huckabee supported such laws because, well, he doesn't like smoking and doesn't think folks should indulge in so heath-threatening an activity. If he could move on up to the presidency, he would continue his abolitionist crusade at the national level without giving much, if any, thought to the question of whether the Constitution or anything else would legitimize a federal ban on smoking."

I have yet one more word of warning for those evangelicals supporting Huckabee because he is pro-life: Mike Huckabee will most definitely support Rudy Giuliani should Giuliani obtain the Republican nomination. Count on it.

I ask you, how could a committed "prolife" conservative support a pro-abortion, pro-gay rights, pro-gun control liberal such as Rudy Giuliani? He couldn't.

At the end of the day, however, there is absolutely no question that Huckabee will support Giuliani (or any other proabortion Republican), because, when all is said and done, Huckabee and his fellow big-government Republicans have no real commitment to the life issue or to any other conservative principle.

Let's say it plainly: Mike Huckabee is just another big-government, establishment politician who will do nothing to stem the tide of socialism or fascism (pick your poison) emanating from Washington, D.C., these days.

Dear Christian friend, don't be duped by Mike Huckabee.

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Detail

Asks Mike Huckabee to Forgo Eating Horses view horses as an icon and companion, not as a dinner option. We have sent him a letter explaining why most Americans find

Iowa caucus winner Mike Huckabee to eating horses deplorable.' UAN's letter to the Huckabee campaign dish, which he recently described as tasting

included the following points: -- Although horsemeat is considered a delicacy in Europe and Asia, the vast

majority of Americans oppose eating it. -- Horse slaughter is not a humane form of euthanasia. Horses suffer tremendously during transport to the slaughterhouse, and are killed using equipment designed for cattle. According to federal law, horses must be rendered unconscious prior to slaughter, usually with a captive bolt pistol. However, some are improperly stunned and still conscious when they are killed. In Canada and Mexico, slaughter methods

and that our own House of Representatives are equally if not more barbaric. -- The USDA reports that 92 percent of the 100,000 horses slaughtered in the United States at three foreign-owned slaughterhouses in 2006 were young about a current issue that is important to horses in "good" condition, contradicting a common belief that slaughtered horses are typically old or injured.

-- In 2007, state-level legislation

and legal action caused all three U.S slaughterhouses to cease operations; federal legislation to permanently ban horse slaughter for meat is currently in both the U.S. House and Senate.

-- The U.S. exported more than 6,200 live horses to the Netherlands in 2006, many likely destined for slaughter.

The popular celebrity gossip site TMZ. com also carried the story of Huckabee's meal preference, drawing several critical comments from readers. One commenter, "grammote," posted, "Americans find it offensive to eat a horse due to our culture, and it is our culture that shapes our laws. Mr. Huckabee if you truly want to be president I advise you to take those...Americans into consideration."

United Animal Nations (UAN) is North America's leading provider of emergency animal sheltering and disaster relief services and a key advocate for the critical needs of animals. Learn more at http://www.uan.org/

Publishers note: Is this why the other candidates kept referring to themselves as Seabiscuit?



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OOPS! I MUSTN'T DRO

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JELLYBEANS

*"WIMPYISM"..* 

CAN'T CUT

THE MUSTARD

The Spats









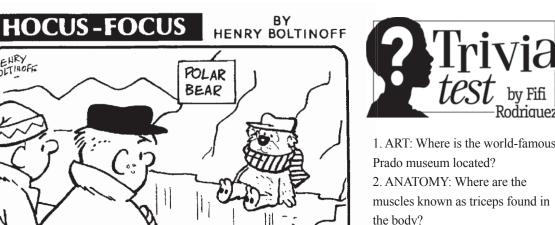










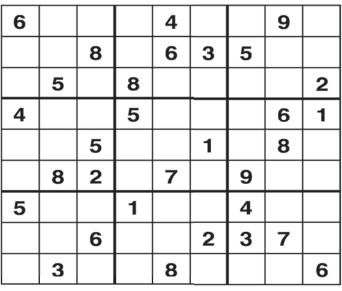




tens. 3. Boy's glove is black. 4. Mountains are snow-capped. Differences: 1. Boy's hat is different. 2. Bear is wearing mit-

# Weekly SUDOKU

#### by Linda Thistle



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!

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# MAGIC MAZE ● WORDS OF A FEATHER

MUROLIEBYVSQNKH E B(M)W E T Y W T R O L O J G E B A Y O G F W U R P U N K I G D T B Z L D U X V I S Q O M K I T G T E L E T L E E C A Y WURSTHGILFNSQPN |E|H C A N A P F A W H F E C R S A Y X V U M S V H O Q P C N S D R I B K C U L P S D M KJHFECGNITLOMBZ YXVUTRNOINIPQPO

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

**Birds** Crest Down

Fledge

by Jeff Pickering

3. ADVERTISEMENTS: What

breakfast cereal did Sonny the

4. NATURAL WORLD: Where

would stalagmites be found in a

5. GEOGRAPHY: The kingdom

of Lesotho is an enclave of what

6. SCIENCE: What was the first

7. MUSIC: What is the national

8. COMPUTERS: What does the

9. FAMOUS QUOTES: Who

once said, "I worked my way up

from nothing to a state of extreme

10. LANGUAGE: What is an atelier?

Cuckoo Bird promote?

natural formation?

anthem of Canada?

acronym DOS stand for?

..HECK, I CAN'T

EVEN OPEN

THE JAR!!

Flight Mattress Molting Panache Pillow Pinion Pluck Plumage

Shaft Tuft Vane

#### All Answers on Page 13

#### **Contract Bridge**

REVERSAL OF FORTUNE North dealer.
North-South vulnerable.
NORTH

K108
VA Q 6 4
10 7 2

SOUTH AQJ93 The bidding: South 301. 2 ♠ 4 NT elementary particle to be discovered? Opening lead —

> The play that is probably overlooked more often than any other is the dummy reversal. It seems that nearly everyone who plays the game has a built-in blind spot that makes the dummy reversal very difficult to

Admittedly, South's decision to bid a grand slam was rather speculative, but it must be conceded that a seven bid is very tempting. Once there, however, South should naturally try to find the line of play most likely to succeed, his only real concern being a

diamond loser.

He can, of course, attempt a heart finesse on the opening lead and get the agony over with quickly. But this has at best only a 50-50 chance of success, even if West is the type of player who might lead away from a king against a grand slam.

But there is a far better chance to make the contract if the missing trumps are divided 3-2, which occurs in about two deals out of three. The key is to get the greatest possible mileage out of the trump suit. The desired goal, pe

desired goal, peculiarly enough, is to discard the eight of diamonds on one of dummy's trumps, a great trick if it can be done - and it can be! The heart jack is taken with dum-

my's ace, and a heart is ruffed with the jack. A low spade to the eight is followed by a heart ruff with the queen. Next comes the nine of spades to the ten and a third heart ruff with South's last trump, the ace.

A club to the queen allows dummy's king of spades to draw East's last trump as declarer discards his diamond loser. South's last five cards are the diamond ace and four clubs, and the grand slam is home. All told, declarer scores dummy's three trumps, three ruffs in his hand, the two red aces and five clubs to come to

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#### Seniors Legal Workshop

Ethel Hart Center 915 27th Street Sacramento 95816 916 808-5462

Power of attorney/advance health care directives: What are the advantages – and dangers – of preparing for possible future disability by giving others some control over your finances and/or health decisions? What are some of the different ways this can be done?

Legal Services of Northern California and the Ethel Hart Senior Center will hold a series of talks, followed by individual client consultations (by appointment), at the center, 915 27th St. in Sacramento. The free workshops are held the 4th Thursday, January 24, 2008 at 1:00 p.m.

From 2 to 4 p.m. following the talks, a Legal Services advocate will hold individual consultations on any legal matter, but they must be scheduled in advance. If you wish to make an appointment, please call Senior Legal Hotline at (916) 551-2140, press 3, and ask for Roy. We will help you decide whether you can get what you need more quickly by phone, or if preferable, make an in-person appointment for the Hart Center.

The Senior Legal Hotline exists to provide seniors, over 60, with fast, accurate advice on any legal subject, by phone and Internet. We aim to empower callers to solve the problems they face, and when needed, we may offer limited extra assistance. When clients need more help than we can offer - representation in court, for instance - we do our best to help them find it. We also engage as much as we can in educational efforts to help seniors prevent legal problems before they occur. And we aspire to take a leadership role among other providers of legal assistance to seniors in California, working with them to increase the extent of help available and the efficiency with which it is provided. For additional information, please log into http://www. seniorlegalhotline.org/

#### **Roseville American Cancer Society Events**

Hearts & Flowers: January 11-13

Love is in the air and in bloom. Join us in a celebration of hearts and flowers. Featuring Valentine gifts of all kinds. Don't forget your special someone. Friday, Jan. 11th 10-8pm, Sat Jan. 12th. 10-5pm and Sunday Jan 13th 11-4pm.

Chic to Chic Designer Event: January 25 & 26 Gorgeous collection of designer clothing, purses, jewelry, shoes, and home decor items. All the most popular brands such as: St John, Escada, Tesori, Alberto Makali, Missook, Dana Buchman and more!!!!! Friday 10-8pm and Saturday 10-5pm.

American Cancer Society Discovery Shop 1813 Douglas Blvd. (next door to Mervyn's) Roseville 916 786-7773

Donations are accepted daily Volunteers are needed.

All proceeds go towards cancer research and patient services.

#### **Military Monthly Meetings**

Monthly Military Retiree/spouses Meeting: Our first monthly meeting for the New Year will be held on 9 Jan 2008 and we will meet at the Garden Pavilion, in the Terrace Room, starting at 1030 hrs. Our speaker will be Ed Outland who will cover a little known benefit called "Aid and Attendance". You don't want to miss this one. Come on out and enjoy a cup of coffee that is furnished by our superb McClellan Commissary. If you have any questions, you can contact one of our volunteers at 561-7476 during the week, Monday thru Thurs, 0900 to 1500.

#### **Ethel Hart Piano Lessons**

Seniors who have long dreamed of learning to play the piano, can have that dream come true by attending a free introductory piano workshop at the Ethel Hart Senior Center, 915 - 27th Street (27th & J Streets), 9:30 AM, Monday, January 14th.

The workshop will utilize the new "Simply Music" piano teaching method, which is designed to allow beginning students to play mature sounding popular, classical and blues music, after their first lesson.

For seniors, and others, who have been discouraged, overwhelmed, or confused by the traditional piano instruction approach, this workshop using the newly devised, "Simply Music" teaching process, may be just the thing to open up the door to an enjoyable new activity.

After the introductory workshop, regular group classes will begin January 28th. Further information can be obtained by calling the Ethel Hart Senior Center at (916) 808-5462.

**Got Local News?** Call 773-1111

# January Autographing Events at | Citrus Heights Barnes & Noble

6111 Sunrise Boulevard Citrus Heights, CA 95610

Event: Local children's author Babette Donaldson will provide a storytime and sign copies of her delightful new books: Emma Lea's First Tea Party and Emma Lea's Magic Teapot. The Emma Lea Books are a series of stories about a young girl, her family and friends and her experiences in the world with her special

and enjoyable with a serious message for children and adults," said Joseph Simrany, President of the Tea Council of the USA. "The message is that we all need to be sensitive to each others feelings and we all need to learn to appreciate the joys that may

pleasures." Babette Donaldson has a BA in Creative Writing and a BFA in Ceramic Art from San Francisco State University and received

is currently the director of Tea Suite, a non-profit organization supporting art education.

Date: Saturday, January 12 at 11:30 a.m.

please contact Barnes & Noble Community Relations Manager Michael Troyan at (916) 853-

# Barnes & Noble in Citrus Heights to Feature **Local Authors for School Fundraiser Event**

Citrus Heights, CA, January 1, 2008 -The Citrus Heights Barnes & Noble store will host twelve local authors as part of a Local Author Appreciation Event and fundraiser for Northridge Elementary School on Saturday, January 19, 2008

from 11:00 am - 4:00pm. Below is a schedule of the planned signings. The Children's authors will

provide individual story times as well as signing copies of their books. Children Authors: 11:00am – 1:00pm Annie Bowler, Gecko's Complaint, Adv

Treasure Fleet Virginia Carter, What Time Is It? Leslie Cummings, Born To Ride

Jeri Ferris, Arctic Explorer, Open Hands

Bitsy Kemper, Out And About At The school in several ways. A percentage Theater

Patti Newman, Jingle The Brass Ken Ramirez, Valley Of The Raven, The

Adult Authors: 2:00pm – 4:00pm Dr. Allen Hassan, Failure To Atone

Naida Trilogy

William Nichols, Seabiscuit: The Rest Of The Story

Jose Paman, Comprehensive Self Defense, Arnis Self Defense, Ngo Cho

Gary Zeleski, The Passion Centered Professional

This event will be part of a weeklong fundraiser in the Citrus Heights Barnes & Noble store for Northridge Elementary School. The fundraiser will help the

of the fundraiser sales from vouchers, which are available at the school or in the store, will assist in enhancing their library collection. A library wish list will also be available in the store during this fundraiser. Bookfair supporters may choose books from this in-store wish list display to purchase for the library. Please support Northridge Elementary

School by shopping at Barnes & Noble, 6111 Sunrise Blvd. in Citrus Heights, from Friday, January 18 through Sunday, January 27 with a voucher.

For additional information on these and other Barnes & Noble events in Citrus Heights, contact Mike Troyan, Community Relations Manager, at (916) 853-1389.

"I found the Emma Lea stories to be utterly charming be derived from life's simplest

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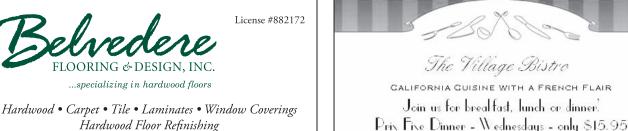
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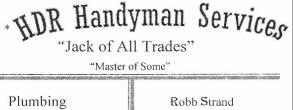
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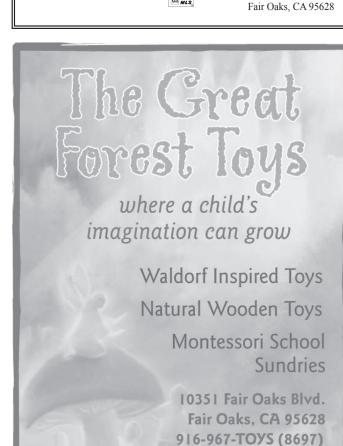
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# Creative Ways to Watch HD Sports With Friends

(NAPSA) Each year, the Super Bowl ranks as the most-watched television program, largely because many people who donOt watch a football game during the regular season will tune in for the big game - usually while

attending a Super Bowl party. If you're hosting such a get-together this year (be it the Super Bowl, the Stanley Cup, Baseball All-Star Game or a regular Wednesday night basketball game), here are a few suggestions for making the event more enjoyable for fans and casual observers

 Menus and food ideas. Create a regional menu based on the participating teams. Remember, Super Bowl Sunday is also the top snacking event of the year, so give guests a real taste of the action. While some food choices are traditional (clam chowder or baked beans for the Patriots, chili for the Cowboys, chicken wings for the Bills,

cheese for the Packers), there's also deep-dish pizza for the Bears, Indiana potato salad for the Colts and pecan ice cream balls for the Steelers.

Commercial awards. Advertisers

shell out a lot of money and are often Arizona. Give your guests a taste of at their most creative for the Super Bowl. The ads they debut become an important part of the broadcast. So why not create your own awards? Give each guest a voting sheet with



An HD home-theater projector can help ensure that you and your guests get the full experience of the big game.

categories such as favorite, least both rich and vibrant colors with favorite, funniest, best use of animals, strangest, best beer commercial, etc.

• Thematic decor. Super Bowl XLII will be held on February 3, 2008, at University of Phoenix Stadium in the Southwest by decorating in the colors of the region. For example, pick up some cacti (the stadium is designed to resemble a barrel cactus) and other desert items.

Theatrical experience. When it comes to screen size, a home-theater projector offers far more bang for the buck than a flat-panel TV. And when it's the big game, you want the best and biggest picture to go along with it. Mitsubishi's HC6000 offers enhanced features including full HD projection at under \$4,000. Designed for high-def broadcasts, it also performs seamlessly with the latest Blu-ray or HD DVD technology.

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extraordinary details for outstanding HD-experience picture quality.

For more information, you can call (888) 307-0312 or visit www. mitsubishi-hometheater.com.

# Dan Patrick Show to Air Nationwide on XM Satellite Radio

XM Satellite Radio and The Content Factory, a Chicago-based content distribution company, today announced Dan Patrick's national radio show will air on the sports talk channel XM Sports Nation starting January 21. Fans across the country can hear Patrick's renowned insight and humor on "The Dan Patrick Show" on XM Sports Nation (XM channel 144) every weekday from 10 a.m. to 12 noon ET/7 a.m. to 9 a.m. PT.

Patrick premiered his new syndicated radio show in October. In addition to the radio show, Patrick recently joined Sports Illustrated as a senior writer for the magazine and SI.com, and will re-launch DanPatrick.com in February 2008. Prior to joining the Content Factory, Patrick spent 18 years at ESPN, where he served as an anchor on "SportsCenter" and, for the past eight years, hosted his ESPN Radio show.

"We are excited about being part of XM Satellite's powerful programming line-up," said Dan Patrick. "The Dan Patrick show has quickly developed a strong terrestrial radio affiliate network and we look forward to expanding our reach to XM's millions of subscribers from coast to coast. When we launched the show, it was our goal to provide an unparalleled listener experience and we are thrilled to bring our program to America's number one satellite radio company."

"People who love sports love to listen to Dan Patrick on the radio, and now you can hear Dan on XM wherever you are, from coast to coast," said Kevin Straley, XM senior vice president of news, sports, and talk programming. "Dan Patrick is one of the biggest names in sports broadcasting, and his show is a fantastic addition to XM Sports Nation on channel 144."

Patrick continues to make national news by interviewing some of the biggest names in sports and entertainment. Senator John McCain, U.S. Rep. Tom Davis and former Oakland A's slugger Jose Canseco all made headlines on "The Dan Patrick Show" with strong comments about baseball's steroid scandal. Other notable guests include

David Beckham, Wayne Gretzky, NASCAR's Tony Stewart, Mavs owner Mark Cuban, Artie Lange of the Howard Stern Show, Lakers Coach Phil Jackson, skateboarder Tony Hawk, Red Sox pitcher Curt Schilling and comedian Dennis Miller. The show is distributed by The Content Factory on a variety of media platforms, and can now be heard on more than 80 terrestrial radio stations and in eight of the top ten markets

XM is the sports leader in satellite radio with more than 5,000 live sporting events annually. XM is the official satellite radio network for Major League Baseball, the six major college sports conferences in the Bowl Championship Series (BCS), the National Hockey League, the PGA TOUR, and the IndyCar Series. XM also offers the most sports talk on the radio with the 24- hour channels XM Sports Nation, MLB Home Plate, NHL Home Ice, ESPN Radio, ESPNews, and Fox Sports Radio.

# NFL Players Helmets Off: Lights, Camera, Action! to Air Throughout the Month of January on FSN

NFL PLAYERS, the licensing and marketing subsidiary of the NFL Players Association, presents "NFL PLAYERS Helmets Off: Lights, Camera, Action!" the final episode of the 2007 "NFL PLAYERS Helmets Off" season. Created and produced by NFL PLAYERS, this half-hour program takes fans behind-the-scenes to find out which NFL players have the skills to dazzle audiences off the field during the making of four nationally-televised commercials.

Check out some of the NFL's biggest names, including Maurice Jones-Drew (Jacksonville), Matt Hasselbeck (Seattle), Todd Heap (Baltimore), Devin Hester (Chicago), Larry Johnson (Kansas City), LaDainian Tomlinson (San Diego), Jonathan Vilma (New York Jets), and DeMarcus Ware (Dallas), as they square off in a pick-up game at the park for the latest installment of the Campbell's Chunky Soup commercial. Hester then joins fellow

NFL super sophomores Reggie Bush (New Orleans) and Vince Young (Tennessee) to impart words of wisdom to the rookies of 2007 for EA Sports' "NFL Madden 08" campaign.

With a little help from Hollywood, watch as Chicago Bears Brendon Ayanbadejo, Muhsin Muhammad, and Nathan Vasher team up with Reebok to transform sunny Southern California into the chilly confines of mid-winter Chicago. Finally, it's off to New Orleans, where Drew Brees, Marques Colston, and Deuce McAllister lead the Saints as they go marching into the New Orleans Superdome for Visa.

Tune in to see who shines the brightest and how each NFL player reacts to the Hollywood spotlight in "NFL PLAYERS Helmets Off: Lights, Camera, Action!" airing all month on FSN. Visit http://www. nflplayers.com/ to catch a sneak peek of the show and check your local listings for air dates and times.

Formed in 1994, NFL PLAYERS is the licensing and marketing subsidiary of the NFL Players Association. Representing more than 1,800 active and many memorable retired NFL players, NFL PLAYERS "takes the helmets off" the players and markets them as personalities as well as professional athletes. Through an exclusive sponsorship agreement between the organization and the NFL, players are integrated into NFL sponsor activation programs. In addition, under an exclusive agreement between NFL PLAYERS and the NFL, NFLPLAYERS.COM, the company's official website, is part of the NFL Internet Network. Each year NFL PLAYERS negotiates and facilitates more than 4,000 player marketing opportunities for players. NFL PLAYERS activities include retail licensing, corporate sponsorships and promotions, special events, radio and television projects, publishing and internet.

# **Staying Active-Longer Than Ever**

boomers" are childlike in their enthusiasm for energetic activities. They love riding bikes, playing tennis and dancing the night away. Now more than ever, experts agree that these types of exercise offer innumerable benefits, including cardiovascular health, improved cognition, increased energy and a happier mood.

Active seniors may be especially interested to know that exercise can help slow the progression of arthritis by curbing weight gain and keeping joints functional. With that in mind, it is important for the active aging population to keep an eye on their knees. Seniors today want to keep moving and this means keeping their joints healthy. For those already coping with knee osteoarthritis (OA), more and more doctors hyaluronic acid therapy to help relieve the pain that accompanies the disease and hinder patients' active lifestyles.

Early diagnosis of osteoarthritis can be the key in determining the proper treatment for you or a loved one. One option for treating the pain caused by knee OA is Euflexxa (1 percent sodium hyaluronate). Euflexxa is an injectable available therapy, by prescription, that replenishes the natural fluid found in the knee,

allowing for the relief of pain. With less pain, patients may enjoy improved knee joint function.



The "baby boom" generation likes to stay active and have fun.

For more information, speak to your doctor and visit www. Euflexxa.com.

# Total Nutrition

## Five Shortcuts to a Healthy Body and Mind



by Mindy Hermann, R.D.

(NAPSA)-When I attended the American Dietetic Association's Food and Nutrition Conference, I was struck by the number of foods and products that were linked to better health for baby boomers. The oldest boomers have just crossed the 60-year line and the rest of us are not far behind. Certainly, better health and vitality are priorities as we keep up our active lives. These five shortcuts struck me

as being particularly important. 1. Healthy fats. Omega-3 fatty acids are essential for good health, and the body uses one type of omega-3, alpha-linolenic acid, to manufacture hormonelike compounds and other 3 fatty acids are higher-fat fish such as salmon and trout, flaxseeds, canola oil and walnuts. New Total(r) Cranberry Crunch and Total(r) Honey Clusters, which include omega-3 fatty acids from flax, are another tasty source.

2. Nuts. Do you remember when nuts were a diet no-no? Times have changed as researchers learn more about the health benefits of eating nuts. In addition to their healthy fats, nuts have phytochemicals and antioxidants that may boost brain health. Nuts are also an important part of a heart-healthy diet.

3. Berries. Berries are tops for natural antioxidants, according to tests that measure the antioxidant content of different fruits and vegetables. When you enjoy your bowl of cereal with blueberries, strawberries, raspberries or dried cranberries, you're providing your body with an antioxidant boost that may help keep the entire body in good working order. You can also eat them at other times of the day besides breakfast.

important fats. Top sources of omega
4. Foods rich in vitamin E. Vitamin E is an antioxidant vitamin that helps protect nerves and brain tissues from damage. It also helps the nervous system function properly. Vegetable oils, nuts, green leafy vegetables, and fortified cereals such as Total® are rich in this vital nutrient.

5. Daily physical activity. In addition to its best-known benefits -better fitness, heart health, calorie burning-daily physical activity does so much more. Researchers found that adults who increased their level of daily physical activity also reported higher quality-of-life scores. For an extra push, get a pedometer, count your steps in an average day and try to push the number up by 1,000 steps toward a final goal of 10,000 steps daily.

Mindy Hermann, MBA, RD, is a nutrition writer for women's, health and fitness magazines. She is the co-author of "Change One" and the American Medical Association's "Family Health Cookbook."

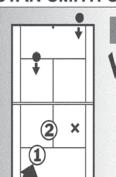
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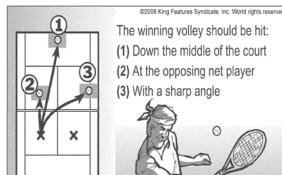


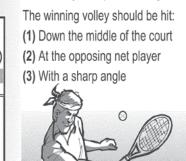
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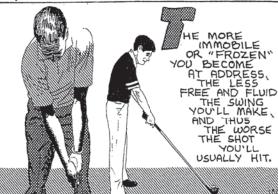
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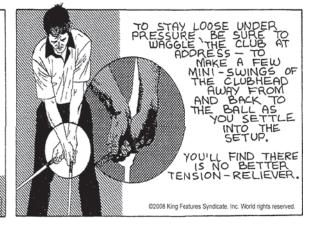
In doubles, the server should hit his first volley deep into the opposing court and move forward. He should continue forward and hit his second volley inside the service line.





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# **Explore Your America**Visiting National Parks and Public Lands

(NAPSA)-Visiting America's national parks and other federal recreation sites has just gotten more convenient, thanks to an annual pass that can be purchased in advance of your trip via the Internet or simply by calling a toll-free telephone number.

The America the Beautifulthe National Parks and Federal Recreational Lands Annual Pass is a yearly entry pass to nearly 2,000 federal recreation sites including national forests, wildlife refuges, national parks and recreation areas. The pass can be purchased as a birthday or holiday gift and is great for those who enjoy visiting the nation's public lands.

Purchasing a pass before you take off on vacation is especially advantageous at many U.S. Forest Service and Bureau of Land Managements sites, which require you to display your valid entry pass in designated areas. In some cases, the closest place to purchase the pass and accompanying hang-tag may be miles from the area you are interested in exploring. Having your pass ahead of time enables you to relax, take in the views and maximize your experience in the great outdoors.

The pass admits pass holders and passengers in a noncommercial vehicle at sites that charge a vehicle entrance or standard amenity fee. At areas that charge a per-person fee, it allows the pass holder and up to three more adults to enter the



A Federal Recreational Lands Annual Pass gives families access to nearly 2,000 recreation sites.

site together. Children under 16 are admitted free of charge.

Funds generated by pass sales are used to improve visitor facilities and services, such as improving trails and campgrounds, replacing aging water and sewer systems, providing new exhibits and interpretive signs and providing accessibility to visitors with disabilities. Funds allocated by Congress to federal lands only cover part of the work that needs to be done to preserve the nation's inheritance.

The Annual Pass can be purchased for \$80 online at http://store.usgs.gov/pass. For additional information, you can

e-mail fedrecpass@usgs.gov or call (888) ASK-USGS, ext 1. You may also purchase a pass in person at participating federal recreation sites and offices at National Park Service, Forest Service, Fish and Wildlife Service, Bureau of Land Management and Bureau of Reclamation sites.

If you are a U.S. citizen who is 62 or older or a U.S. citizen who receives disability benefits, you may be eligible for the Senior (\$10) lifetime pass or Access (no charge) lifetime pass. These passes are only available by visiting recreation sites in person. For more information about these passes, visit www.recreation.gov.

# A Healthy Alternative To Sugary Drinks

(NAPSA) - Dieting can be a weighty matter. Everyone knows the keys to losing weight: Eat less and exercise more. Sounds simple enough but it's not. Here are a few tips that will help you stay healthy and keep you on target:

 Enjoy your favorite foods but eat less of them. That means putting smaller portions on your plate.

• Think about what you can add to your diet, not what you should take away. Start by focusing on getting the recommended five to nine servings of fruits and

vegetables each day. Fruits and vegetables displace fat in the diet.

• Drink plenty of water and other low-calorie beverages. And stay away from sugar. Sun Shower 100 percent Nectarine Juices, for example, have no added sugar or preservatives. They are also high in potassium, vitamin C and antioxidants. Sometimes people confuse thirst with hunger. These nectarine juices contain only 90 calories per 8-ounce serving and each serving equals two servings of fruit

• Eat protein every meal. Protein is more satisfying than carbohydrates or fats and may be a good weapon in weight control. Researchers point out that diets higher in protein and moderate in carbs, along with a lifestyle of regular exercise, have an excellent potential to help weight loss.

• Eat several minimeals during the day. If you eat fewer calories than you burn, you will lose weight, but when you're hungry all the time, eating fewer calories can be challenging. Studies show that people who eat four to five meals or snacks per day are better able to control their appetite and weight.

For more information, visit www.nbijuiceworks.com.

Sometimes people confuse thirst with hunger. Drinking water and a low-calorie, no-sugar-added juice will help cut the craving for food.

# **Fans Race to NASCAR Attraction**

(NAPSA) - The RCR Racing Museum is a must-see for all racing fans. Located at the RCR (Richard Childress Racing) campus in Welcome, N.C., the RCR Racing Museum is a 47,000-square-foot facility that allows fans "under the hood" of the 11-time NASCAR championship organization.

The interactive museum, located in the same building where the famed No. 3 teams earned all six of their NASCAR Cup Series championships, contains nearly 50 race vehicles, including the 1998 Daytona 500 winner driven by the legendary Dale Earnhardt. The 2007 Daytona 500 Champion's race car, driven by Kevin Harvick, will be on display in February 2008.

With new displays and features, including a memory wall and an interactive Shell-Pennzoil display where fans can win free gasoline, the museum has something for loyal fans and newcomers alike.

Special events, such as fan appreciation day, allow fans a chance

Winston

to meet the drivers they cheer on throughout the year. RCR's "Fan Day" draws thousands of fans who attend driver autograph sessions and tour the race shop. The RCR Racing Museum is a mustsee pit stop for all race fans. For more information, call 1-800-476-3389 or visit www.RCRracing. com.

## **Understanding The Link Between Type 2 Diabetes**

(NAPSA) - Approximately 21 million Americans have diabetes and, according to estimates, two-thirds of them will die of cardiovascular disease (CVD), such as heart attack or stroke. Fortunately, there's now a national campaign to help those living with type 2 diabetes manage the disease and learn about its connection to CVD.

About Diabetes

Approximately 30 percent of people living with diabetes are unaware that they have the disease. Of those diagnosed with diabetes, 90 to 95 percent have type 2 diabetes. Type 2 diabetes occurs when the body doesn"t make enough insulin or doesn't efficiently use the insulin it does make.

It appears most often in middle-aged adults; however, it is now affecting young adults at an

A family history of diabetes can significantly increase a person's risk of developing the disease.

Untreated diabetes can lead to many serious medical problems. These include blindness, kidney disease, nerve disease, limb amputations and CVD.

Educational Campaign

Randy Jackson has partnered with the American Hear Association to lead The Heart of Diabetes<sup>a</sup> campaign. Through the campaign, Jackson shares his story about living with type 2 diabetes and provides information about successfully managing the disease. The goal of the campaign is to help people prevent or manage type 2 diabetes and its associated risks and encourage them to seek proper treatment options that can facilitate a healthy lifestyle.

"When I was diagnosed with type 2 diabetes, I took a hard look at my life choices and lifestyle habits," Jackson said. "I also worked closely with my doctor to stick to a treatment plan, including learning about healthy food choices and exercise routines."

Jackson and the American Heart Association developed the following tips to help patients stay in the KNOW:

• Keep active and maintain a healthy body weight. Even 30 minutes of moderate physical activity five days a week can help prevent diabetes, reduce blood pressure and cholesterol, maintain a healthy body weight and minimize risk of cardiovascular disease.

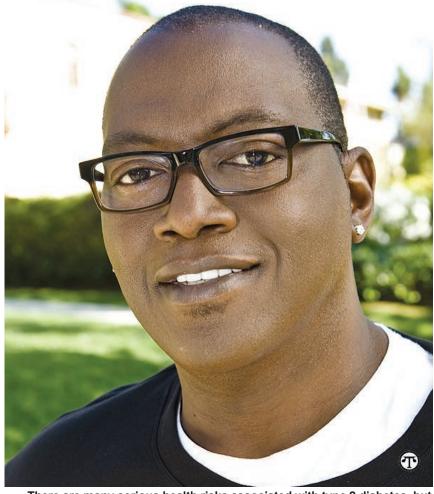
• Normalize your numbers. Schedule regular visits with your doctor to help monitor your blood sugar and manage your diabetes. It has been shown that you can reduce cardiovascular disease by improving your blood sugar control and controlling other risk factors. Learn to keep track of your critical health numbers, including blood pressure, cholesterol, body weight and blood sugar.

• Opt for a healthy lifestyle. Eat a healthy, balanced diet and reduce intake of saturated and trans fats, cholesterol, sodium and added

sugars. Also, if you smoke, opt to quit: smoking increases the risk of cardiovascular disease.

• Work with your doctor. People living with type 2 diabetes often need multiple approaches to treatment to control the disease and its associated risks. If you live with type 2 diabetes, it is important to talk with your doctor, describe your symptoms and be persistent until you find treatment options and lifestyle changes that work for you.

For educational resources and additional information about The Heart of Diabetes, visit IKnow Diabetes.org. The American Heart Association's The Heart of Diabetes is supported by an educational grant from Takeda Pharmaceuticals North America, Inc.



There are many serious health risks associated with type 2 diabetes, but many people may not realize that cardiovascular disease is one of them.

# Healthy families are happy families.

It's 2008 and our Fabulous Fitness Program is here to get you started and focused on the coming year. Here's how it works. If you become a new member of Gold River Racquet Club before January 22, 2008, you could save \$100 on your initiation fee, but you'll have access to a complete package of personalized fitness instruction, family fitness activities and lively social events. It's fun, it's healthy, and it gives everyone something to do. When you compare Gold River with other area clubs, you'll realize there's so much more value here.

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Page 22 January 2008, First Edition

# **Evolving Role of Academics Attracts New** Caliber of Eager, Creative Students

International **Design & Technology Comes to** Sacramento Area

Sacramento, CA— International Academy of Design & Technology -Sacramento was established to fill a critical need for students not addressed by traditional four-year institutions. Its focus is on interactive learning and skill-building. The Academy opened its doors in May to several hundred students, launching a creative curriculum that is both revolutionary in concept and attractive to a student population more discerning about its learning environment. The Academy provides educational programs that prepare students for professional opportunities in the creative fields of fashion design, marketing, interior design and visual communication.

The faculty includes a talented collection of working professionals with concrete work experience. They possess both the theoretical and practical, hands-on expertise necessary to introduce students to an exciting yet realistic portrayal of career options.

"We take a more personal approach to education," stated IADT - Sacramento President, Melody Rider.

"Our students are mature and have specific needs. We give them a quality education, the opportunity to develop 'real world' portfolio-quality projects and help guide them into the workforce once they have graduated. It's an empowering experience for us as educators, as well as for the students, who learn, grow and succeed in their chosen creative field."

The Academy's classrooms provide an intimate learning environment with small class size in all core subjects. Classrooms consist of lecture rooms and instructional laboratories. Computer labs are equipped with equipment appropriate to the demands of different design professions. Drawing, drafting and sewing studios are designed to help provide creative, hands-on skill development in the areas of the student's chosen profession.

International Academy of Design & Technology - Sacramento students

**Academy** of are offered curriculum in the following creative areas:

**Fashion Design & Marketing** 

Students can learn merchandising and marketing of showroom and retail techniques in the display and sale of fashion, and can gain an understanding of the principals of visual merchandising, fashion marketing, consumer behavior and the quality and performance of materials. Students have the opportunity to learn pattern drafting, draping, clothing construction, creative garment development from student original designs utilizing computer pattern drafting software to design, plan and create a variety of clothing patterns; explore merchandising principles and practices to market and sell fashion clothing and accessories.

**Interior Design** 

Study of the history of architecture, development of design concepts for interior spaces and transforming them into practical, functional and innovative environments. Drafting and planning of both residential and commercial design are studied and provide students with hands on experience. Building systems, regulations and current business practices are also taught to prepare student for internships and professional careers.

**Visual Communication** 

Commercial art, graphic design and multimedia industries present a variety of creative career options. Students have the opportunity to learn basic drawing, design and typographical skills, digital imaging, computer illustration and apply their knowledge and skills to graphic design problems and projects. Color and design principles, composition, printing technology and translating advertising ideas into digital images for internet communications are the focus on this intensive curriculum.

From Classroom to Career...

Enrolled students have many opportunities for part-time employment while they pursue their studies at IADT. The school's Director of Career Services will assist students

with resume writing, interviewing skills and professional networking techniques; serving as the liaison between students and employers. The placement process intensifies as students near graduation. Students interview both on and off campus until they have secured a position. Some graduates seek employment with prominent organizations while some entrepreneurial graduates use their education and talents to start businesses of their own.

IADT - Sacramento offers a yearround academic calendar with courses scheduled in six-week blocks.

Tuition planning is available to all students and financial aid is available for those who quality.

Flexible class schedules are offered with both day and evening options. Training within the campus curriculum includes career counseling, portfolio development (of sample work product), interviewing skills and techniques, as well as internship and career placement

The International Academy of Design & Technology, founded in the 1970s with a single location, is a vibrant and growingcollegecommittedtoproviding a design education that delivers today's technology into the classroom, and tomorrow's creative professionals into the workforce. Today, IADT has 11 locations and continues to grow. IADT is accredited by the Accrediting Council for Independent Colleges and Schools to award associate, bachelor's, and master's degrees. The Accrediting Council for Independent Colleges and Schools is listed as a nationally recognized accrediting agency by the United States Department of Education and is also recognized by the Council for Higher Education Accreditation.

The International Academy of Design & Technology Sacramento opened its doors May 21, 2007 to its first full academic school year. It is located at: 2450 Del Paso Road, Sacramento, CA 95834. For more information please visit www.iadtsacramento.com or call (916) 285-9468



# **BWC MORTGAGE SERVICES**

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Karla Hawe

Sacramento, CA- Buying a home vs. renting is a big decision that takes careful consideration, as most mortgage consultants will agree. But the rewards of home ownership are great. For many years, purchasing real estate has been considered an extremely profitable investment. It is an achievement that offers a sense of pride, financial stability and potential tax advantages. Consumers who take advantage of today's excellent buying climate to purchase a home will find that it is the best investment they ever made.

The numbers are staggering if you look at it this way. If you are paying \$1,000 per month for an apartment, and you know your rent will increase 5% every year, then over the next five years you will pay your landlord Gain by Pursuing Home **Ownership** 

Renters Have Much to

\$66,309. If you are currently renting a house, you may be paying much more than that each month. Either way, you gain no equity by shelling out this monthly housing expense and you certainly won't benefit when the property value goes up!

However, if you were purchase your own home or condominium, you would be well on your way toward building equity within that same five-year period. By choosing a fixed-rate loan program, you can have the comfort of knowing that your monthly mortgage payment will never go up. In fact, you would have the option of refinancing to a lower interest rate as some point in the future should interest rates drop, and this would cause your monthly payment to go down.

In addition to building equity, there are tax advantages that come into play with home ownership. Depending on your tax bracket, owning a home is often less expensive than renting after taxes. Interest payments on a mortgage below \$1 million are tax-deductible, and your mortgage consultant should help you evaluate the tax advantages of various loan scenarios, and share this information with your tax consultant to glean feedback on your behalf.

The best tax break is when you sell your primary residence. A couple who won and live in their home for two years and then decide to sell can keep as much as \$500,000 of the profit tax-free, and a single owner can keep \$250,000!

Housing is an expense that takes a big bit out of the monthly budget. If you are a renter and feel that "home" is more than just someplace to hang your hat, think about the advantages of purchasing real estate in 2008. It may be time to take the step into building your personal net worth as a home owner.

For more information you can contact Karla Hawe, Mortgage Consultant at 916.923.5900 or karlah@bwcmtg.com.

By Karla Hawe Mortgage Consultant **BWC** Mortgage

# Anything You Say to Your Doctor May Be Used Against You



By Steve Strayer

It is annoying that innocent people in America must carefully guard their words and actions in the presence of government officials to avoid providing excuses for harassment. Even more frightening, however, are the growing array of incentives quietly put into place for private individuals in privileged positions to betray the trust of fellow citizens.

On the occasion of my daughter's 18th birthday, I thought back to a few weeks before her birth, when my wife's gynecologist warned us about something called postpartum depression. Sure enough, as Sachi rearranged her life to accommodate a newborn baby, she began feeling exhausted and despondent. For her routine one-month check-up we took our baby to Palo Alto Medical Clinic in Fremont, Calif., the private facility we had always trusted for medical services.

After confirming the baby's health, the doctor asked how Sachi and I were doing. Sachi mentioned casually that she was depressed. The doc's friendly demeanor suddenly changed, and he insisted that I wait outside. Soon he reappeared and announced that he had arranged "psychiatric help" for Sachi with the "crisis nurse" at Washington Hospital. When I questioned the need for psychiatry, his tone became threatening, and he indicated he would follow up to ensure compliance with his orders.

I sensed that a crisis nurse was somebody we didn't want to get involved with and advised the doc that it was not his place to

give us orders. Sachi, however, hoping to get something to help her rest, urged me to drive her to the hospital. The crisis nurse, as advertised, quickly created a crisis. She insisted that Sachi immediately see a psychiatrist, and since we had no medical insurance, ordered that Sachi be taken by ambulance to Highland Hospital, where charity cases are processed. At this point Sachi and I both wanted to go home, but the nurse threatened to have us arrested if we left. We were terrified.

After confirming with a friend that the nurse could indeed have us arrested for disobeying her, I attempted to negotiate some peaceful way out for my family. Intent on pushing her crisis to the limit, however, the nurse rejected every sensible alternative to an ambulance ride to Highland. We refused demands to fill out forms authorizing "services" or to provide any personal information, but apparently the nurse got everything she needed from our trusted M.D. Sachi, the baby, and I were forced to endure a 75 mph ambulance ride, with rock music blaring, to Highland, a rather shabby institution located in a bad area of Oakland.

Sachi was led into a locked psycho ward while I was forced to wait outside with our month-old baby among several strangely behaving people. Fortunately, the psychiatrist soon came out questioning why we were there. After I described the incident, he shook his head knowingly, made a note on a form, and released us. We were denied copies of that form and all other paperwork involved in the incident,

except for bills. Soon we received outrageous bills from the clinic whose M.D. had initiated the whole mess, from Washington Hospital, from Highland Hospital, and from the ambulance company. We refused to pay any of them, and they were all eventually

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dropped, but the ambulance company badgered us for several years before finally giving up and placing an adverse item in our credit records. Section 5150 of California's welfare and institutions code allows involuntary confinement up to 72 hours (extendible to indefinitely) of anybody who in the opinion of a cop, attending staff, or "other professional person" may endanger others or himself. Section 5278 exempts from liability anyone who has somebody locked up under 5150. Nothing precludes legal action against private practitioners for allowing people to remain free. To physicians ever mindful of the explosion in frivolous lawsuits and the whim of the bureaucracy controlling their precious medical licenses, the message is surely clear: When in doubt. they must sacrifice the welfare of patients, the judgment of concerned family and friends, the Hippocratic oath, and every other ethical consideration to the state's voracious appetite for oppression.

Americans have been systematically kept in the dark about governmentsponsored abuse of innocent people in our country, and when such an incident does become known, many of us doubt the accuracy of its description. Had I read an account like the one above before this happened to us, I probably would have discounted it as an exaggeration. Perhaps some of you feel that way about this one.

Steve Strayer earned his engineering degree at the University of Kansas and completed USAF Navigator and Electronic Warfare officer schools, After five years in the Air Force during the Vietnam era, he completed MBA coursework at California State University, Hayward. He currently serves as a systems engineering

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## Carr elected SMUD Board President

SMUD Director Larry Carr was elected to serve as president of the SMUD Board of Directors. Carr previously served as president in 2000 and 2001. His term as president will run from January 2008 through December

Director Howard Posner was reelected vice president. Posner also serves as the Ward 3 representative on the SMUD Board.

Director Carr commented on the challenges facing SMUD. "We must continue to encourage energy efficiency through our Compact with the Customer efforts. We must try to keep rates low despite what looks to be a weaker water year for our hydropower facilities and we must find a new general manager." SMUD General Manager Jan Schori recently announced her retirement and the Board is beginning the process of searching for her replacement.

Larry Carr was first elected in

the SMUD Board. He was re-elected in 2002 and 2006. Ward 6 is bounded by Broadway on the north, Freeport Boulevard on the west, Power Inn Road on the east and Calvine Road on the south.

Carr is also the executive director of the Florin Road Partnership, a south Sacramento Property- Based Business Improvement District (PBID). The PBID administers funds collected through the district, which is charged with enhancing the image and vitality of the Florin Road corridor. He is a Board Member of the Inner City Housing Corporation which is focused on acquiring, renovating and aggressively managing multi-housing projects in the most challenged neighborhoods of the region.

Prior to assuming leadership of the Florin Road Partnership, Carr taught at Sacramento High School. He started the Army JROTC program and headed the AVID/MESA Academy at November 1998 to represent Ward 6 of the school. Carr retired as a lieutenant

colonel after 23 years in the U.S. Army where he was an electronic warfare and computer information systems officer and a recipient of the Legion of Merit. Carr lives in the Parkway community in Sacramento and has served as president of the Parkway Neighborhood Association.

He earned a bachelor's degree in political science at Norfolk State University and a master's degree in business administration from the University of California, Los Angeles.

SMUD is the sixth largest publicly owned utility in the country in terms of customers served and provides electric service to Sacramento County and a small portion of Placer County. SMUD's customers continue to pay significantly less for electricity than most Californians and as much as 26 percent less than residential customers who are supplied by neighboring PG&E. For more information, visit smud.org.



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January 2008, First Edition Page 23

# Homes: "Attention Football Fans!"

Homebuyers Who Purchase New Homes In the "Camden Place" Community in Citrus Heights

\*This Weekend Only\*

With the game of the year only weeks away, MBK Homes Northern California is offering free trips to the championship game in Arizona – while supplies last – to new homebuyers who purchase a home in the "Camden Place" community this weekend, January 12th and 13th. As part of this limited-time offer, the free trips include roundtrip airfare for two individuals, overnight accommodations for three nights and two tickets to the big game on February 3rd.

And, for new homebuyers who decide to purchase a home this weekend but do not meet the necessary requirements for the free trips to the big game, MBK Homes plans to instead provide a "big game prize package" that includes a 42" flat-screen TV and an in-home surround sound system while supplies last.

Special eligibility requirements for the trips to the big showdown in Arizona and the "big game prize packages" apply. Requirement information and complete official rules and regulations will be available at the MBK Homes "Camden Place" sales office this weekend.

Nestled in a quaint neighborhood setting in Citrus Heights, "Camden Place" is offering five distinctive two-story floor plans that range in size from 987 to 1,793 square feet with two to four bedroom offerings with options that include a loft or den. With prices starting in the \$200,000s, January 2008 is the time to take advantage of the best buyer's market in nearly 20 years.

In addition to quality construction,

concepts, special "Camden Place" features include the following:

Energy Star rating for optimum energy efficiency;

Thoughtful standard features and amenities such as 12 x 12-inch tile in the entry, kitchens and all bath and utility areas, well appointed kitchens with GE appliances, and open and usable floor plans with cable, telephone and multimedia in useful and well-planned areas:

Timeless Colonial and Cape Cod exterior home styles located in a private, tree lined community with a contemporary garden setting including paseo walks and a park area.

Greenback Lane and Manzanita Avenue, "Camden Place" new home models are open this Saturday and Sunday – January 12th and 13th – from 10:00 a.m. to 6:00 p.m.

With Northern California headquarters located in nearby Roseville, MBK Homes Northern California also plans to start construction soon on "Talmont," an 89-new home development centrally located in Fair Oaks and "Bella Strada," a 155-new home development in the master planned Madeira community in Elk Grove. For more information these and other MBK Homes communities, interested homebuyers can call (916) 783-1150 or visit www.mbkhomes.com.



# **New Curves Web Site**



Women now have online access to advice and motivation from nutrition and fitness experts.

(NAPSA)-A best-selling weightloss book has become the basis for a new Web site offering online diet and fitness information, tools, experts and motivation.

The Web site is based on the proven theories behind "Curves: Permanent Results Without Permanent Dieting," by Curves founder and CEO Gary Heavin. Curves is the world's largest fitness franchise, with more than 4 million members. The online program features easy-to-follow meal plans, shopping lists, healthy recipes and a database of more than 30,000 foods featuring full

nutritional information.

CurvesComplete.com subscribers have ongoing access to a network of nutritionists and fitness experts who are available to answer questions and provide motivation. By following the plan and logging their eating and exercise activity, subscribers can track their progress. The program automatically adjusts and provides recommendations, as well as advice and guidance, based on how the subscriber is doing relative to her goals. For more information, visit www.

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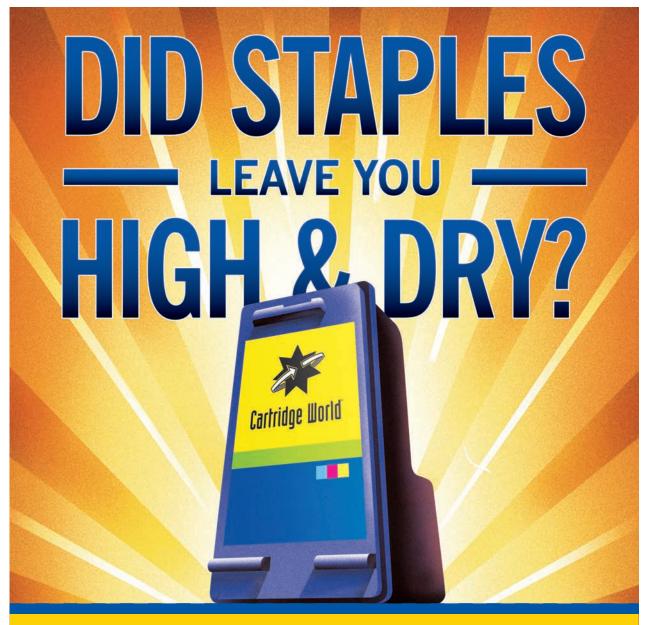
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