

AMERICAN RIVER MESSENGER

Taming of The Shrew



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Volume 2 Issue 8

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

April 2007, Second Edition

Local Author Susan Sarback to Appear at Barnes & Noble



Susan Sarback, Author

Citrus Heights - The Barnes & Noble Citrus Heights store is proud to celebrate the works of the Fair Oaks School of Light & Color over the April 28-29 weekend. At the focal point of

the event is local author, artist, and founder of the school, Susan Sarback. She will sign copies of her new book *Capturing Radiant Light & Color*, while students will paint throughout the store. The weekend will also serve as a fundraiser for the school. Vouchers are available at the school, and will be available in the store, that supporters can pick up to use with their purchases so that a percentage of the weekend's proceeds can go to the school.

Sarback's book, a revision of her popular and illuminating *Capturing Radiant Color in Oils*, offers fresh insights, new paintings, and expanded coverage of soft pastels. The book offers

the secret to capturing the living, breathing sense of atmosphere so celebrated in the works of the Impressionist painters.

Named one of the Master Painters of the world by *International Artist Magazine*, Sarback holds a Bachelors and Masters degree in Fine Art. Her paintings have been shown in galleries in New York City, San Francisco, Napa Valley, Sacramento, Seattle, and Santa Fe. The founder of The School of Light & Color, Sarback has lectured about color at over 100 art schools, museums, universities, and art associations. She has taught painting workshops and classes throughout the U.S. and Europe.

Water District Wins Award

Fair Oaks - The Fair Oaks Water District's (FOWD) website was honored with a "Gold Cattie Award of Excellence" by the Sacramento Public Relations Association (SPRA) during the Association's recent awards gala. The "Gold Cattie Award of Excellence" - SPRA's highest honor - was granted for the "New Media - Worldwide Website" category to the FOWD and FOWD vendor and the website developer Drisha Leggett & Company Communications, in recognition of excellence in website content, design, development and results. The SPRA "Cattie" Awards competition attracts communications entries from throughout Northern California and national campaigns. "We are very proud that our website received this wonderful honor," stated Tom Gray, FOWD General Manager. "We worked very hard with Drisha Leggett & Company Communications to develop a website that truly reflected



Drisha Leggett, Drisha Leggett & Company Communications, Sheryl Brown, Marketing Communications Manager KVIE Public Television, and Tom Gray, General Manager Fair Oaks Water District

our beautiful community and our water district. We also wanted a website that was much more user-friendly, cost-effective, and provided valuable information for our rate-payers. I think that the website we have posted now reflects these goals and objectives very well. And we are excited and honored that the Sacramento Public Relations Association also believes our new website meets those standards." To view the Gold Cattie-award winning website, please check the Fair Oaks Water District website at: www.fowd.com.

Annual Fair Oaks Spring Fest

A Full Weekend Of Family Fun

Fair Oaks - Be sure to mark your calendar for the weekend of May 5th and 6th for the 58th Annual Fair Oaks Spring Fest. This popular family event is packed with activities and takes place in the Fair Oaks Village.

This year's theme is "Rock and Roll" and this will be the most exciting Spring Fest ever. This two-day event draws more than 10,000 people from all over Northern California. There is no charge for general admission.

Several charities benefit from activities at the Spring Fest; the North Area Teen Center receives all proceeds from the frog jumping contest; the Ronald McDonald house receives a portion of the proceeds from the car show; the American Cancer Society will host a booth and a raffle; and the Orangevale Grange is sponsoring the breakfast events.

Events begin on Saturday morning with a pancake breakfast at 7:00 a.m. and a parade through

Fair Oaks Village at 10:00 a.m. Throughout the day attendees can enjoy pony rides, a petting zoo, games and craft booths, food, and exhibits. Returning this year is the children's carnival with the admission just \$10 for the entire day!



Other events scheduled at various times throughout the day include a frog jumping contest from noon to 4:00 p.m., performances by school bands at noon and 2:30 p.m., the famous toilet bowl race at 1:00 p.m., and a spectacular bicycle air show at

3:30 p.m. and 5:00 p.m.

Events on Sunday include a Pancake Breakfast at 7:00 a.m., the annual Sun Run which begins at 8:10 a.m., a car show which runs from 9:00 a.m. to 3:00 p.m., and dance contest and 50's musical performer look-a-like competitions from 11:00 a.m. to 3:00 p.m.

A free shuttle service is available from 8:00 a.m. to 4:00 p.m. on Saturday and 8:00 a.m. to 2:00 p.m. on Sunday. The service goes between Scandinavian Designs on Winding Way and Sunrise to Fair Oaks Village. There's plenty of parking at Scandinavian Designs. Shuttles will be provided.

A complete schedule of events and applications for organizations and vendors are available on the Chamber website at www.fairoakschamber.com. For further information, contact Rand Jacobs, event coordinator, at (916) 966-3733 or the Fair Oaks Chamber of Commerce at (916) 967-2903.

Proactive Steps Taken to Reduce Cat and Dog Overpopulation

By Pam Runquist, Director AVAR
SACRAMENTO - At a hearing on April 17th, the Board of Supervisors, by a vote of 4-1, gave initial approval to an Animal Overpopulation Ordinance that promotes spaying and neutering of cats and dogs and restricts out-of-control breeding. The focus of the ordinance is higher licensing fees for unaltered cats and dogs (\$150) versus a much lower license fee for animals who are spayed or neutered (\$15). There is a reduced unaltered fee (\$45) for animals who are registered with breed groups and meet certain criteria.

The county's Department of Animal Care and Regulation will use these licensing fees and accompanying fines as a financial incentive to crack

down on problem breeding situations. Any citations issued under the ordinance will be "fix-it tickets" with fines and higher fees waived if animals are sterilized. Fines collected under the ordinance will help fund spay-neuter programs for low-income families. The Board of Supervisors is scheduled for a final vote on the ordinance on May 8.

"By indicating its approval for this measure, the Sacramento County Board of Supervisors has demonstrated its proactive position regarding the welfare of animals in our community and our collective commitment to reduce overpopulation and the euthanasia in our shelters," said Pat Claerbout, director of the Department of Animal Care and Regulation.

"We applaud the four supervisors who approved this ordinance and have taken a strong stand against out-of-control breeding in the Sacramento region," said Pam Runquist, a representative of the Coalition to Stop Animal Overpopulation. "Now animal control has a tool to deal with problem breeding situations and a strong incentive to encourage people to spay or neuter their companion animals."

The lone "no" vote was from Supervisor Roberta MacGlashan, who said she didn't think the ordinance would work despite testimony that similar ordinances have successfully reduced animal intake at shelters in other communities.

Teachers Honored with Crystal Apple Award

By Tim Jackson.

Citrus Heights - Four teachers from three local high schools will be given a "Teacher of the Year" award as selected by their students on April 27, 2007. This annual event is called the Crystal Apple Award and is given by students that attend three local schools: Mesa Verde and San Juan in Citrus Heights and Casa Roble in Orangevale. These same students also attend religion classes weekday's before school which is provided by the Citrus Heights Stake of the Church of Jesus Christ of Latter-day Saints.

This year's winning teachers are Karen

DeFoe, an English and Drama teacher from San Juan High, Michael Peoples a Math teacher from Mesa Verde High and two teachers from Casa Roble High, Mike Stathem who teaches Math and Jim Grove a Science and Chemistry teacher.

Members of the community are invited to attend the awards program held at the LDS Church at 7009 Van Maren Lane, Citrus Heights, beginning with a dessert reception at 6:30 p.m. A brief program featuring many of the high school youth in a song and dance number will precede the

presentation of a Crystal Apple to the winning teachers by a student from the high school.

Each of the teachers will be accompanied by their school's principal. Dave Terwilliger, principal at San Juan was in attendance the last three years and was pleased to see the recognition for the teachers continue. "These hard working and dedicated teachers don't always get much positive recognition," said Terwilliger. "We appreciate the Church's continued acknowledgement of their efforts in our community."

Bill to Safeguard Local Communities from Prisons Passed by Senate Public Safety Committee

Sacramento - Senator Dave Cox's efforts to protect communities from the adverse effects of prisons moved one step closer to reality. SB 878 by Senator Dave Cox passed its first hurdle by receiving a unanimous vote by members of the Senate Public Safety Committee.

"Members of the Senate Public Safety Committee should be applauded for helping

small communities," said Senator Dave Cox. "I am encouraged by today's action to put the needs of local communities first. In light of past history, it is important that the State of California live up to its promises."

SB878 requires the State of California to include mitigation measures when building or expanding state prisons. These measures would make the affected communities with current

prisons and proposed expanded facilities whole in terms of transportation, education, social service and environmental impacts.

Cox's measure stemmed from having five prisons in his district and seeing first-hand the impacts prisons have on surrounding communities.

SB 878 will now move to the Senate Environmental Quality Committee.

DUTCH TREAT



By Dennis Packard

Just Horsing Around

Sugar trotted over to us with a glimmer of excitement in her eyes. My wife, Stacey, and I, along with our two young daughters, Cara and Maree, stood there as if frozen in time. This was the first time we met the quarter horse. There were a few additional moments of discomfort as my family and the horse continued to stare at one another. Then, a little frightened of this huge beast of an animal, we all stepped back from her—in unison. Sugar had a heavy coat of reddish brown hair from being boarded outside in the element for a few years and we could count the ribs protruding from her side. She was not a pretty site, but she had a beautiful face and big brown eyes that seemed to penetrate directly into our souls. It was obvious to her that we were not “horse people.”

The four of us nervously smiled at her and we all extended our hands towards her, each of us holding a carrot like an orange torch. We all prayed that she was a gentle animal and would not bite our hand off with those giant white teeth. The quarter horse continued to stand there and size us up. Finally, she shrugged her shoulders, raised her eyebrows and shook her long head from side to side in disbelief and stepped one foot closer to us. Startled, we city folks all jumped and dropped the carrots. Sugar smiled and proceeded to eat them off the ground. When she finished, she turned around and trotted back to some of her buddy horses that were standing in a circle under a tree watching the whole scene. I think I heard them laughing when I turned my head away from them.

Raised in Santa Cruz, California—my wife often dreamed of owning a horse. That was one childhood fantasy that didn't blossom. Now she was married, living in the suburbs of Sacramento with a husband that thought he could fulfill this long overdue dream.

Since many of our neighbors did own a horse or two, it wasn't a stretch of our imagination to believe that we could manage this giant pet. After seven years of marriage, we had raised three dogs, four cats, two rats and one Iguana. How difficult could this be? We could buy a little hay once in a while and board the horse a couple blocks from our home.

Checking the papers daily, we found someone that had boarded a horse for a few years and was willing to sell it for the price of the boarding fee that had never been paid. Her name was “Sugar.”

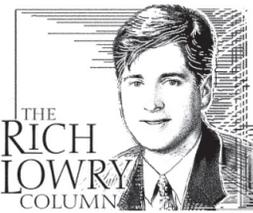
Little did I realize that fulfilling my wife's dream meant that I left early for work each day to feed this big animal. Although she was relatively healthy, she had many needs. Our new horse needed shoes, something we never had to buy for our dogs and cats. Sugar also needed special expensive oats and hay to get her weight back to normal. She needed to be brushed, her new shoes needed to be picked and cleaned almost daily, she needed showers, exercise, combing, riding, petting, a saddle and lots of loving. My daughters weren't this much trouble.

Stacey tried to exercise her in the afternoons. We were told by the “horse people” to run her in circles while you held her by a rope. Sugar refused to do anything. We were convinced that she was the dumbest horse on the face of the earth. Then, a young lady, apparently raised with horses, saw us and volunteered to show us something special. She asked my wife to step aside and replaced her in the center of the circled track. Sugar looked surprised, realizing that the game was over.

This young lady, within moments, had Sugar prancing upon command, trotting upon command, stopping and even walking backwards upon command. Stacey and I dropped our jaws so far they fell into the dirt. We were being played! Stacey finally stepped up to the plate and began to be more forceful with her and soon she was performing on her command.

Sugar brought us much joy and a lot of family together times during the three years we owned her. Carefully, we chose a new family for our now healthy, good-looking intelligent four-legged friend.

P.S. Please check out my new web site www.dutchtreatwebsite.com



Democrats Have it Wrong in Iraq

When President Bush announced a surge of troops into Baghdad in January, Democrats pounded him for the folly of putting U.S. troops in the “middle of a civil war.” Three months later, the question is, “What happens to a civil war if only one side shows up to fight it?”

The Shia militias that had become the main driver of violence in Baghdad are ducking and covering. Militia leader Moqtada al-Sadr is in hiding, perhaps in Iran. His fighters aren't resisting U.S. troops who have begun conducting patrols in his stronghold of Sadr City. According to

Gen. David Petraeus, 700 members of Sadr's Mahdi Army have been detained in recent months.

This hardly means that peace and harmony reign in Baghdad, but it has reduced the killing significantly. If at the beginning of the year anyone had predicted such progress from the addition of just two U.S. combat brigades in Baghdad (six brigades eventually will be part of the surge), he would have been derided as a delusional optimist.

This progress might be transitory, but it illustrates the falsity of a key assumption of Democrats. They prefer to talk of Iraq in terms of a civil war because it suggests that nothing can be done about the violence, that it is running its own hermetic course. Well, it clearly isn't. What the U.S. does matters. If we hadn't surged, Baghdad already might have descended into the genocidal fury toward which it was headed earlier in the year.

The other side of the Iraqi civil war -- the car-bombing Sunni terrorists -- hasn't stood down, of course. But these are the people that Democrats express a notional interest in fighting. In a January letter to President Bush, House Speaker Nancy Pelosi said “counterterror” should be one of the “principal” missions of U.S. troops. Sen. Carl Levin wants to restrict U.S. troops to “an anti-terrorist mission to go after al-Qaida in Iraq.”

According to a U.S. intelligence report quoted by The New York Times, captured materials from al-Qaida in Iraq say that the group sees “the sectarian war for Baghdad as the necessary main focus of its operations.” So the Democrats profess to want to fight terrorists in Iraq, and al-Qaida in Iraq is making Baghdad its focus. It would stand to reason, then, that the Democrats wouldn't want to undermine our effort to

control Baghdad.

Nonetheless, Democrats in the House and Senate are attempting to force our troops from Baghdad, exactly as al-Qaida in Iraq wants. In reporting on al-Qaida in Iraq's strategy, The New York Times notes, “American forces, instead of withdrawing from the capital as the Sunni insurgents had hoped, prepared plans to reinforce their troops there.” Over the strenuous objections of Democrats.

Even as the civil war has de-escalated somewhat in Iraq -- weakening the force of the Democrats' favorite “middle of a civil war” sound bite -- and even as the surge has elevated the fight against al-Qaida in Iraq -- the enemy that Democrats say they want to defeat -- Democratic opposition to the surge has only intensified. Will they oppose it even more if it continues to work?

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

How California Lost Its Sovereignty

by Fred E. Foldvary

The State of California is supposed to be sovereign under the Constitution of the United States. There is no higher government authority above California. The Constitution provides for parallel sovereignty for the federal and state governments, each with its own realm of authority. The federal government is not supposed to have a superior status. The 10th Amendment emphasizes that powers not specifically allocated to the federal government by the Constitution are held by the states or the people.

The Constitution endows the states with ultimate sovereignty because they can change the Constitution. Article V of the Constitution states that “on the Application of the Legislatures of two thirds of the several States, [Congress] shall call a Convention for proposing Amendments” subject to ratification by three-fourths of the states.

The states have in fact submitted over 500 requests for such a convention to Congress, with the required two-thirds of the states asking for such conventions. The state applications for

an Article V convention are registered in the Congressional Record. But Congress has violated the Constitution by ignoring these requests. In so doing, Congress has destroyed one of the checks on federal power that the founders had implemented.

The states have thus lost their sovereign ability to change the Constitution. This loss was in part the fault of the states themselves when they adopted the 17th Amendment to have a direct election of senators by the citizens rather than the original constitutional provision of having the state legislatures elect their senators. This situation could be reversed by the repeal of the amendment if two-thirds of the states call for it. But Congress refuses to comply.

Some people fear that a constitutional convention might propose amendments that will limit our liberty. However, any amendment would have to be ratified by three-fourths of the states. Few of the many past proposed amendments were ratified. The convention could also propose amendments that would enhance liberty, particularly

if the convention is called by the state legislatures to limit the power of the federal government. Indeed, many of the state calls for a convention have sought to limit federal taxation. This may be the reason Congress refuses to comply.

Many legal scholars think that the federal government has abused its constitutional authority over interstate commerce by interpreting all economic activity as being subject to federal authority. The federal government has gone around the 10th Amendment with revenue sharing that has strings attached, conditions that in fact enable the federal government dictate policy to the states. Moreover, the Supreme Court has in effect amended the Constitution for the worse when it has interpreted the commerce and other clauses in favor of federal power.

Regardless of whether one fears or welcomes a constitutional convention, the Constitution authorizes it, and if we are to have a rule of law under the Constitution, Congress must follow the provisions of Article V. Liberty is better served with divided powers than with power

concentrated in the federal government.

Two lawsuits, Walker v. United States and Walker v. Members of Congress, have been initiated in federal courts to make Congress obey Article V (see <http://www.article5.org/>). The refusal of Congress to comply with Article V has received little public attention. Those of use living in California should be aware that our individual sovereignty as citizens is also cut short when our state representatives have lost their constitutional authority. We no longer have a real Constitution and rule of law when Congress arrogantly asserts supremacy over the states.

Are Americans to have sovereign states as authorized by the Constitution, or will the states be demoted to mere administrative provinces under an all-powerful central government?

Fred E. Foldvary teaches economics at Santa Clara University, where he is also an associate of the Civil Society Institute. His main areas of research include public finance, public choice, social ethics, and the economics of real estate.

Libertarian Party of CA 14547 Titus Street, Suite 214, Panorama City, CA 91402

AMERICAN RIVER MESSENGER

Publisher Paul V. Scholl

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Keeping Our Country's Promise to All Veterans

By **Rich Dryden**, Executive Director Disabled Veteran's Business Enterprise Alliance

The California Disabled Veteran Business Alliance and Sprint Nextel are proud to announce the "Keeping the Promise 2007" (KTP) Annual Symposium for Veteran Business. As title sponsor, Sprint Nextel leads a growing number of corporate America's largest business sponsors for the KTP that include PG&E, AT&T, SoCal Edison, Caremark Rx, McKesson, American Airlines, Lockheed Martin, SMA Global and Sempra Energy. During his 2nd Inaugural Address on March 4, 1865, President Abraham Lincoln stressed the importance that this country provide for those "who shall have borne the battle" and for their families. With thousands of military men and women returning now from service the issue of opportunity becomes paramount to their successful entry back to civilian life.

This annual symposium does exactly that, matching veteran and disabled veteran entrepreneurs with corporate and government leaders and procurement and supplier diversity professionals throughout the two-day event.

This is the 15th annual "KTP" symposium that for the second year in a row

will be held at the beautiful Anaheim Hilton in sunny Southern California. The event begins with training and leadership sessions on Wednesday June 13, from 9:00 a.m. until 4:30 p.m. There is a plenary discussion during the lunch period featuring a panel of Corporate Diversity and Procurement professionals who will provide answers to many of the tough questions facing our disabled veteran and veteran business professionals.

The evening will once again provide an entertaining venue, initially with the greeting of over 100 active duty servicemen and women who have recently returned from duty overseas. Last year their presence generated the most positive comments of the entire dinner event. We will meet them during the cocktail hour and concurrent silent auction, and have the opportunity to chat with them during the dinner as they will be seated throughout the room at all tables. Pacific Gas and Electric is sponsoring this superb dinner venue.

The evening will continue with the gala dinner and recognition of numerous corporate supporters, businessmen and women, and prominent figures from the entertainment industry. We anticipate over 600 attendees to this evening

event and over 2000 for the entire two days.

Thursday, June 14th, begins with an introduction at breakfast of the Business Matchmaking agenda conducted by SMA Global and this year sponsored by Lockheed Martin. Concurrent with this all-day event is the Expo itself. Over 100 exhibitors will have diversity and procurement professionals manning their exhibits and conducting the one-on-one business matchmaking interviews. And once again, to provide his unique perspective on our nations veteran heroes, Mr. Tommy Lasorda will be guest speaker at lunch.

The California Disabled Veteran Business Alliance is a non-profit 501 © (3) corporation which supports this state's 225,000 disabled veterans and offers specific assistance to those that pursue entrepreneurship. This annual convention reaches out across the country to all veterans to give them the opportunity to participate in an event tailored specifically for them after they have served this country with great honor and heroism.

The Alliance and its wonderful sponsors welcome you to "Keeping the Promise 2007" in Anaheim! For more info, go to www.cadvbe.org or www.KTP2007.org. (916) 446-3510.

Cypress Gardens Lends a Hand



Submitted by Sondra Campbell

Wow! What an experience. Have you heard of Meals on Wheels? Well, the management team at The Gardens at Citrus Heights were invited by Mark Snaer, Program Specialist, and provided with an opportunity to learn exactly what they do and how they do it! It's a program that provides hot, nutritious meals for "can you believe" more than 1700 homebound seniors all over Sacramento County EVERY DAY! The tour, given by Janine Brown (Program Manager), showcased their state of the art kitchen which has the potential to feed ten thousand per day. The Gardens staff had an opportunity to work on the assembly line preparing meals that will go out on Wednesdays' run. If you would like to volunteer and make a difference call Mark at (916) 444-9533

THE GARDENS AT CITRUS HEIGHTS
Specializing in Alzheimer's Care
7375 Stock Ranch Rd., Citrus Heights, CA 95621

Expressions On Canvas

ART SHOW & Auction

Paintings by our very own Residents!

Date: Thursday, April 26, 2007
Time: 3:00pm - 5:00pm
Featuring: The Frank Otto Trio

Raffle and Silent Auction
with proceeds given to
Adopt an Elder Foundation
All donations are tax deductible!

Wine and Cheese will be served

★ VETERANS POST ★

by Freddy Groves

GI Bill Boost

The GI Bill gave World War II veterans a leg up: education benefits that allowed them to get a great start in life and bring a new wave of prosperity to the U.S. But that program was for peacetime. And too many veterans weren't told about all their benefits. Here's one to keep an eye on: Jim Webb, a senator from Virginia, introduced the "Post-9/11 Veterans Educational Assistance Act of 2007" (S.22) in January. As of now it's sitting in the Committee on Veterans' Affairs. The bill would alter the Montgomery GI Bill as follows: If you were on

active duty on or after Sept. 11, 2001, you could receive full coverage of tuition, room and board, and a stipend of \$1,000 a month, up from \$800. You'd have 15 years to apply for those benefits (up from 10 years), and you wouldn't have to pay the enrollment fee of \$1,200 in your first year of service.

If you need a tutor, you could be eligible for \$100 a month for 12 months, to a maximum of \$1,200. Then you would be eligible for up to \$2,000 for one licensing or certification test fee.

You'd need to complete secondary school (or get a GED) first, and the program would have to be approved (The VA Web

site has a list of approved programs.) In some cases you can pursue your education while on active duty: Half-time, apprentice, correspondence school, flight training, tutoring help and licensing and certification tests.

Let's hope this isn't another case of a good bill being stuck in committee or watered down with a companion bill. It's worth keeping an eye on -- and deserves you making a phone call or two to prod those on the committee.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send an e-mail to letters.kfws@hearstsc.com. (c) 2007 King Features Synd., Inc.

A Broadway Salute



Conductor Donald Kendrick, (front row on right), is pictured with singers from the Sacramento Choral Society who live in Gold River, Citrus Heights, Fair Oaks, Orangevale and Carmichael. They will all be performing "A Broadway Salute" on May 12th. See their advertisement on the back page to order tickets to the event.

You are always a valuable, worthwhile human being -- not because anybody says so, not because you're successful, not because you make a lot of money -- but because you decide to believe it and for no other reason. — Wayne Dyer

Thank You for Protecting the Road towards Freedom

When you return home, we'll put you on the path to great health.

We are proud to support the men and women serving our country worldwide in the war against terror. Lest we forget, these brave soldiers protect freedoms to which we have become accustomed -- freedoms that were threatened more than five years ago by the attacks on American soil.

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SMUD Invites Public Input on Rates

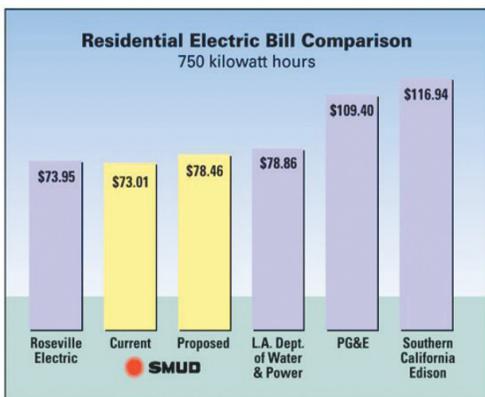
At its board meeting this Thursday the SMUD Board of Directors will consider holding public workshops and community meetings to discuss the need for a general rate increase in 2008. SMUD General Manager Jan Schori is recommending an average 7 percent rate increase to take effect January 1. The revenues would:

- Cover rising power costs.
- Replace aging equipment and facilities to maintain reliable electric service.
- Help meet SMUD board and state goals for solar power, energy efficiency and increased renewable energy.

As consumers have experienced high prices at the gas pump and in home-heating bills, SMUD has faced sharply higher prices for the natural gas it buys to fuel power plants. In addition, natural gas prices have driven up the cost of wholesale electricity SMUD buys to supplement its own power generation. SMUD's natural gas plants are among the cleanest burning and most efficient in the world. Even though natural gas prices have increased 60 percent over the last five years, SMUD's costs have increased only 13 percent because of operational efficiencies and long-term contracts.

Nevertheless, these rising costs have directly affected SMUD's budget.

SMUD has raised rates only twice in the last 17 years, and our rates are among the lowest in California (see graph.) After the recommended increase, SMUD electric rates would remain competitive and would be approximately 25 percent lower than those of neighboring PG&E.



Caption: Even with the rate increase, SMUD's rates will remain among the lowest in the state. This graphic shows the costs to residential customers using 750 kilowatt hours per month.

If the Board of Directors adopts the proposed rate increase for 2008, a residential household using 750 kilowatt hours in a month would see its bill increase by \$5.45 to a total of \$78.46 (see chart.)

Long-term focus

Later this year, SMUD will engage customers in a broader discussion about how rate pricing may play a role in SMUD's resource planning strategies to meet customers' peak energy needs. SMUD is aiming to give customers

options to help reduce the growth of peak energy usage and reduce emissions of greenhouse gases to fight global warming.

More information on the proposed rate increase and the schedule for meetings can be found on smud.org. Customers who have questions may call Alan Wilcox at (916) 732-6222. Written comments may be sent to him at awilcox@smud.org or MS A451, SMUD, P.O. Box 15830 Sacramento, CA 95852-1830

Proposed Community Meetings Schedule

All Community Meetings, Workshops and the Hearing begin at 6:00 p.m.

Monday, April 30
Orangevale Community Center
6826 Hazel Avenue,
Orangevale

Monday, May 7
Rockingham Station
10361 Rockingham Drive,
Rancho Cordova

Tuesday, May 8
La Sierra Community Center
5325 Engle Road, Carmichael

Lawmakers & Mothers Join Forces

Group urged the passage SB 850 to recognize the birth of these babies, not just their deaths

Sen. Abel Maldonado was joined by members of the state legislature and families affected by stillbirth to urge the Senate Health Committee to pass SB 850, the MISSING Angels Act. SB 850 will allow parents who have experienced the tragedy of stillbirth to elect to receive a Certificate of Birth Resulting in Stillbirth. Currently, families who give birth to a stillborn baby receive only a death certificate and the financial burden of burying the stillborn child.

"I am profoundly sorry for these families' loss," Sen. Maldonado (R-Santa Maria) said. "I hope that the Senate Health committee will pass this legislation so that we can help give these families a sense of closure. Stillbirth affects many, many families and this an issue where government can do something helpful and constructive. I hope that the chair and members of the committee opt to move this legislation to the full Senate."

Sen. Dave Cox (R-Fair Oaks) said,

"California currently recognizes the deaths of stillborn babies but not their births. Mothers endure the labor of giving birth only to receive a death certificate. The government must show some compassion for grieving families by recognizing the birth of their babies, not just their deaths."

Similar legislation has passed in 14 states including Maryland, Massachusetts, Minnesota, Arizona, Florida and New Jersey. It is estimated that approximately 3,000 stillbirths occur in the state of California each year. Stillbirth affects roughly 1/100 pregnancies and takes the lives of more infants than all other causes of infant death combined.

"This is a bi-partisan bill," Sunita Param from the MISSING Angels and the mother of a stillborn daughter said. "It is neither pro-choice nor pro-life but rather it is pro-child, pro-family and most of all pro-women. This optional Certificate of Birth Resulting in Stillbirth will be a piece of tangible and healing evidence that my daughter was born."

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THE MORTGAGE MANAGER



Well here we are in the bloom of spring and nature seems is giving us a breath of fresh air. Figuratively speaking of course. What a time for cleaning, watering and planning. Planning you say? Why yes, planning I say!

It has amazed me for years how the attitude of people seems to change when spring is in full bloom. Along with the allergies, somehow their outlook on life seems to brighten a bit. This could be all those years I spent as a mental health professional that helps me notice such things, but it's a nice thing to notice nonetheless.

I know a couple that just completed construction on the outside of their barn. It now looks like a house until you walk inside and notice the walls have no dry wall on them and the floor is bare concrete. They didn't finance that project on the barn. They paid for it as they went along, and we were able to make small changes because they were paying cash. What a concept eh? Paying cash?

Having cash on hand to do thing such as this and even bigger things is only a plan away. Let me repeat myself for the (whatever the number is) time: A mortgage done correctly will build true

wealth. Did you know that less than one percent of mortgage originators in this country actually know how to do this for their clients? No wonder we're right up there with the used car guy.

There are actually people in the mortgage industry who aren't in this business for a paycheck. They are passionate about helping others obtain their dream of financial security. Of course you have to seek these people out; they don't just stand on the corner jiggling with a sign announcing their presence. Some write newspaper articles.

The four goals we are trying to achieve for you are: Becoming debt free; paying off your home early if you so choose; a liquid cash account equal to one year's salary, and a smaller account about the size of a months salary for incidental things, like a new starter for the car.

Did you know that an adjusted gross income on your tax return in the amount of \$328,049 is all it takes to put you in the top 1% of taxpayers in this country? Those passionate people have a plan to get you there.

You can reach Ed Wacaster at 916-677-0996 or at ewacaster@rpm-mortgage.com



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LIVING FOR GOD™
By Calvin and Lisa Wulf

“Calendar Clutter”

“There is a time for everything, and a season for every activity under heaven.” Ecclesiastes 3:1 (NIV) “Next Thursday at 2:30?” he asks, whipping out his palm pilot. “Sorry. Staff meeting,” his wife answers, scanning her calendar. “A week from Wednesday at 7?” “Little League. Two weeks from Saturday morning?” “Church meeting. Three weeks from Friday at 5:30?” “That works. But why is it so hard to get a date with my

own wife?” We’re drowning in commitments. Keeping up with family, church, and work is a real struggle. Add in friends and community activities and we start to submerge. Soon precious relationships fall through the cracks. We’re exhausted but there’s no time for rest. No time – even for God. So what’s wrong here? God specifically asks us to unselfishly honor Him and those closest to us. But the tyranny of the calendar has edged everyone out. Honoring means being in relationship. But relationships take time and priority. Our full calendars may look impressive, but who’s really getting our time? Life is full of competing demands and priorities. Who gets our attention? Instead of running to and from every day like robots, it’s time to ask for directions. Requesting God’s roadmap is the first step in ordering our lives. We just need a new G.P.S. – God’s Priorities for

Scheduling. There is a time for every heavenly purpose. If you are too over-committed to spend quiet times with loved ones then you are too busy. If you don’t have time to sit alone with God, then you are lost. Before you drop from sheer exhaustion, consider these alternatives:
• Check out your priorities. Ask yourself what is really important.
• Find your balance. Are you honoring God and those closest to you?
• Spend time with God every day. He misses you. Sometimes it’s really hard to say no. But in God’s plan there’s time for everything that really matters. When you apply wisdom in ordering your life, chaos transforms to joy. So clean the clutter off your calendar and start over. Just don’t forget to ask God for directions!

Living for God (TM) offers resources on Christian living. Check them out at www.livingforgod.net or call (719) 578-8837. © 2007 Calvin R. Wulf and Lisa Are Wulf



How to Write Your Story

Don’t let the library about your life burn up! Have you ever thought about writing little segments about your life? It can be a lot of fun! Just thinking about writing an entire personal memoir can be self-defeating. This is a much easier excellent way! During the time I was preparing to teach the Life Message Workshops, God gave me some ideas about how individuals could begin without it becoming burdensome. When you have lived a full long life many many things have happened that arise in our memory that are meaningful legacy and would be priceless treasures to future generations. Photos trigger off some good memories one can write about. One of the first things I did was collect graduated age photos of our daughter. I remembered things she did as a child: like the time she wrote a message on the wall; the time she copied someone and said a bad word; the time I slammed the car door on her fingers; the time she had the lead in an Easter musical; the song she wrote and sang at her eighth grade graduation at Knott’s Berry Farm; cheerleading days; her first prom; her graduation and her engagement, plus many more.

Each of the photos inspired a loving memory and I wrote about them, typing and then pasting them in a little scrapbook next to a photo of her. A special gift we gave her for her 40th birthday she can treasure and give to her grandchildren some day. Of course I made two copies of the scrapbook about her and our grandchildren, so as we get older and are rocking in our chair we can reminisce and enjoy them many times around. My next project will be putting together all the “love notes” she wrote to us. I never threw away but tucked in books and places here and there. Finding them and reading them through these many years has been a joy and a second blessing to us. This same idea can be incorporated in several more ways using these small scrapbooks: with your travel photos and some special memory of the trip; lifetime friends and what they meant to you; family members and some special thing about each of them; traditional family recipes or even recipes given to you by friends; writing legacies for members of the family who have passed on; genealogy is interesting too, or special notes or cards received that have a special meaning. More ideas are available at my workshops. Marlys Johnsen Norris LIFE MESSAGE WORKSHOPS “Intimacy Begins Going God’s Way” Marlysj@sbeglobal.net



It’s Never Too Late to Start Over

Life is not an unbroken series of victories. The fact is everybody experiences failure in life. We all have setbacks, failures, defeats, losses. Everybody makes

mistakes. Sometimes a defeat can seem to overwhelm you. This is the way Job felt when he said, “My days have passed. My plans are shattered and so are the desires of my heart.” Job 17:11 Have you ever felt like that? ‘My plans are shattered and so are the desires of my heart?’ You may feel like a failure, like you’ve failed at life, you’ve let others down, let yourself down and you feel stuck. What do you do? Three things... God says in Isaiah 43:18-19, “Forget what happened before, and do not think about the past. Look at the new thing the I am going to do. It is already

happening. Don’t you see it? I will make a road in the desert and rivers in the dry land.” Is. 43:18-19 (NCV) 1. You Forget Your Past. God says, “Forget what happened...” Some of you are allowing your past to control your future, and that’s a mistake. Your past is past. It’s water under the bridge. You can’t change the past by worrying about it. What memory in your life are you allowing to continually manipulate you? Every time it comes up you think, “I wish I’d never done that! I regret that!” What you need to realize is you are not washed up unless you choose to quit, unless you choose to reject

the grace of God. You can either live in condemnation or you can confess your mistakes and get on with life. So, let it go and focus on the future. It’s not so much where you’ve been, but what direction your feet are headed now that counts. Forget the former and focus on the future. 2. You Perceive Your Possibilities. God says, “Look at the new...” You don’t ponder your past... you perceive your possibilities. Be positive and expect God to complete what He started in you. “God began doing a good work in you, and I am sure he will continue it until it is finished when Jesus Christ comes again.”

Philip. 1:6 (NCV) You may think, “It’s too late for me... I’ve lost too much time... I’ll never recover, my life is half over, I’m not even going to try to try again...” Don’t even think that way – not for a minute! Yes, you may have blown it. You may have fallen out of the race or been pushed out by other people. But God is not through with you! The race is not over! It’s not how you start the race of life that matters - it’s how you finish. 3. You Expect God’s Help. God says, “I will make a road in the desert and rivers in dry land.” God says, “I will do it. I will do for you what you cannot do for

yourself.” Have you felt like you’ve been in a desert lately...a spiritually dry place? God says, “I will make a road...a way out.” Have you felt emotionally overwhelmed? God says, “I will make rivers in dry places...I will refresh you.” God is the God of second chances. He loves to give people second chances and third chances and tenth chances and twentieth chances! I don’t care how many times you’ve failed, God never gets tired of forgiving and it’s never too late to start over! Pastor Ray Dare, *New Community Christian Church* www.YourNewChurch.org

Victory in the Partial-Birth Abortion Case at Supreme Court

by Jay Sekulow
Jay’s Trial Notebook, ACLJ.org

I am happy to report that we just got the decision from the Supreme Court of the United States in the partial-birth abortion cases. Our analysis prevailed, and the Court ruled 5-4 in our favor. In an opinion by Justice Kennedy, the Court upheld the ban on partial-birth abortion. Former Attorney General John Ashcroft, who was the Attorney General during the litigation, will be our guest on the radio broadcast today. We had the privilege of representing members of the House and Senate who actually drafted the legislation. This is a significant victory! One of the main thrusts of the arguments we made in the trial courts, in the courts of appeals, and ultimately, to the Supreme Court, was that the government has a compelling interest in protecting the life of the unborn. Justice Kennedy, in his opinion, specifically

held that “the government has a legitimate, substantial interest in preserving and promoting fetal life.” He went on to say that that interest would be “repudiated were the Court now to affirm the judgments” of the Court of Appeals and hold unconstitutional the ban on partial-birth abortion. The Court recognized that “Congress determined that such abortions [partial-birth abortions] are similar to the killing of a newborn infant.” Justice Kennedy also wrote: “The Act’s stated purposes are protecting innocent human life from a brutal and inhumane procedure and protecting the medical community’s ethics and reputation.” The Court went on to state that the government, undoubtedly, “has an interest in protecting the integrity and ethics of the medical profession.” Moreover, the

Court recognized that the government may use its “voice and its regulatory authority to show its profound respect for the life within the woman.” The Court concluded by noting that the Act’s ban on abortions involving partial delivery of a living fetus furthers the government’s objectives. Be sure to listen to the next broadcast of Jay Sekulow Live! On KFIA 710AM, M-F 9:00am.

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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Eliab in the Old or New Testament or neither?
2. From Genesis 21, who was commander of Abimelech’s army? *Benaiah, Omri, Sisera, Phichol*
3. Saul consulted a medium wanting to talk to whose spirit? *Goliath, Moses, Samuel, Solomon*
4. Which natural disaster occurred only once in the Bible? *Wind storm, Flood, Drought, Earthquake*
5. Who was known as the “Weeping Prophet”? *Jeremiah, Nathan, Elisha, Daniel*
6. Who was the mate of Rachel? *Ananias, Boaz, Jacob, Isaac*
ANSWERS: 1) Neither; 2) Phichol; 3) Samuel; 4) Flood; 5) Jeremiah; 6) Jacob
For more teasers, log on to www.TriviaGuy.com
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The Drama Club of St. John the Evangelist School (Carmichael) Presents . . .

“Peter Pan”

This wonderful production runs Friday, April 27th; Saturday, April 28th and Sunday, April 29th. Almost one hundred children take part in this captivating musical under the direction of Joanne Giffard. For ticket information, please contact the school at (916) 481-8845, ext 216.



Fair Oaks News & Views

Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

As the President of the Fair Oaks Chamber of Commerce I am lucky enough to learn and hear about many different things that go on in our community as well as find out about tools and services I did not know of previously.

Recently the Local Government and the

Sacramento Metro Chamber invited the local chambers to get involved with something called Metro-Pulse. The premise being that Business success depends on relationships and resources. This "system matches a business owner to other businesses and economic, community or workforce development vendors and services they need to succeed, to grow and to remain in our region."

What a great tool! As a business person lets just say you own a business that you want to expand in the Greater Sacramento Area. You would simply log on to metropulse.org and fill out a self-assessment at no cost. The appropriate agency

gets your information and then partners you with other businesses or agencies that can help you reach your goals!

The Fair Oaks Chamber is here to help you succeed. We look forward to helping your business achieve its goals.

On another note, remember to take a look at fairoakschamber.com where you can find local chamber events as well as a directory of businesses making a difference in our area. As I have said before, "Give back to the community what they have so freely given you and the flood gates will open!"

Regional Transit Service Lacking

What impact does the Regional Transit system have on business, you ask? A lot! Fair Oaks and Orangevale have not received their fair share of this public service. From Sunrise Blvd. on the west and the Folsom Bridge on the east, and from Highway 50 on the south to Oak Ave. on the north, there is virtually no service. Yet the other areas of Sacramento County look like a mass of webs of bus routes and lightrail tracks.

Fair Oaks and Orangevale residents have been dependent on their vehicles to go to work, to get around and to go downtown. And it shows! Major intersections such as Madison and Hazel, Madison and Sunrise, Greenback and Sunrise, and Greenback and Hazel are backed up like they have never been before. Not to mention how entering onto the freeway from Sunrise or Hazel has become a major holdup, negotiating the snarled parking lot of vehicles called on-ramps. When traffic is heavy people do not want to venture off the street to use the businesses. If they come back, it will be when the traffic has died down.

The Fair Oaks Chamber of Commerce Legislative Committee sees the relevance and is acting to help alleviate the problem. A

meeting was set up with County Supervisor MacGlashan and her Chief of Staff Ted Wolter, Regional Transit Deputy General Manager Michael Wiley, Regional Transit Director of Planning Taiwo Jaiyeoba, and Ralph Carhart and Don Troutman. Carhart and Troutman wanted to bring the problem to the attention of the people who can initiate a change. Although there will not be immediate changes, Fair Oaks and Orangevale are on the Board. Their reception to hearing the problem, and the long discussion that followed has brought this issue to the forefront. Congratulations especially go to Ralph Carhart, who has used public transportation for 25-plus years and lived the problem noted above. Ralph has spent even more years working for Cal Trans and interacting with Regional Transit. His suggestions were sensible and solid, which contributed greatly to the discussion.

Ralph Carhart and Don Troutman have committed to carry this through. It is their goal to improve transportation, which will benefit businesses and the community on the whole.

The Women's Thursday Club

The Woman's Thursday Club of Fair Oaks located at 10625 Fair Oaks Blvd, Fair Oaks met May 10 at 11:30 for the May Pot Luck Luncheon. Installation of new officers by past president Lucy Strom will follow the dinner and a special presentation and award will be presented to June Melvin a 50-year member of the club. A medley of Fair Oaks songs will be presented by Ms. Melvin's daughter, Carole Brewer. The Fashion Show Scholarship recipients Cassandra Franklin of Bella Vista and Dejana Runner of San Juan will be present. Members and guests welcomed. Contact Dorothy Huggett for more information. 916-961-9540.



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SERTOMA Free Hearing Test at Spring Fiesta

The Sacramento Valley SERTOMA Club and the Sacramento Agency for Hearing will be offering free hearing testing at the Fair Oaks Spring Fiesta on Saturday, May 5, 2007. The Agency for Hearing will provide its mobile testing van and Audiologist for the one day only, free of charge.

The SERTOMA Club refuses to be silent about hearing loss! SERTOMA brings together three important words: SERVICE TO Mankind. The club's primary service project is assisting the more than fifty million people with speech, hearing, and language disorders. SERTOMA also sponsors community projects to promote freedom and democracy, to assist youth, and to benefit a variety of other local community needs.

Over the past twenty-seven years the Sacramento Valley Sertoma Club has raised and distributed over \$500,000 to various elements of the community in addition to thousands of volunteer man hours. Here are

some of the sponsorships:

Mustard Seed School for homeless children, Clean and Sober organizations, Children's Crisis Nursery (Sacramento and Roseville), Camp Sign-Shine for deaf & hard of hearing children, CCHAT Center(Children's Choice for Hearing and Talking), Dewey School-deaf and hard of hearing program, David Lubin School-Deaf and hard of hearing program, Del Oro High School- Deaf and hard of hearing program, Sacramento Agency for Hearing, Christmas Promise, Making Memories(Program for Foster Child Care), Ski for Light(Blind cross country skiing), Citrus Heights Women's Crisis Center, Marine Moms, plus many others over the years.

The club meets each Thursday morning at 7:00 am at Carrows Restaurant, Madison & Sunrise Blvd. For more information contact Hal Scott 916-296-1815 or Bill Wilson 916-966-1361.

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Gold River News & Views

Putting the Fun Back in Fundraising! *by David Teel*



Nobody likes to hear the "F" word ~ Fundraising! But it is a vital survival tool for every organization. We have all been involved in fundraising, either as a volunteer

worker or as a target for resources. Who hasn't bought cookies, candy bars, coupon books, raffle tickets, or pledged a dollar a mile to nieces or nephews? Here's a fun way to raise funds that doesn't involve knocking on doors and begging for money ~ Travel! Most fundraising committees wouldn't consider travel as a viable tool to fill the group's coffers, but it can be painless, and lucrative! Here's how it works: Most Travel Agents won't voluntarily tell you about a little known travel feature called the "Tour Conductor." (T/C) When groups travel under the hospice of one organizer, vendors such as cruise lines, resorts, and tours often offer group discounts and/or an additional cabin, seat, or room based on a certain number of paying travelers. The T/C can be applied to an individual or as part of a group booking. Some vendors are so generous as to offer one T/C for every

five paying travelers; though this is the best I've seen. For example, say your church wants to install a new play set for the Sunday school daycare and needs \$3,000. Your minister graciously agrees to go on a cruise and hold a small private service on the ship and fellowship with those that want to go along. You have eleven couples who are eager to travel with your minister and his/her spouse. Under the 5/1 T/C offering described above, the minister and spouse get to go for free and the other T/C can be sold to the eleventh couple, raising the much needed funds. Everyone has a great time and tells the whole congregation how wonderful it was. Next season's fundraising effort will be even easier! T/Cs require minimal effort on the part of the fundraising committee. Basically, discuss your options with a reliable Travel Consultant, and alert the group membership to the wonderful opportunity you have for them. Remind them the alternative is sitting in front of the grocery store in August selling cookies and candy! David Teel owns Teel Travel & Tours and is a published travel author and consultant. For more information contact David at (916) 631-1303 or on the web at www.teeltraveltours.com.

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I was in a car accident, what now?

By Fred Simmons, Ph.D., Nationwide Agency Owner,

You are driving. The radio is on. Everything is great in your world. Suddenly, you are distracted by the ringing of your cell phone. In only seconds, a good day turns into a nightmare. You are in a car crash.

If you're involved in an accident, first make sure you and everyone in your car is not injured. Next, check on the passengers in the other vehicle; or, if necessary, make certain that no pedestrians are hurt.

Five things to do if you're in an accident:

1. Stay at the scene. Leaving can result in additional violations or fines.
2. Call 911 or the police as soon as possible. They'll dispatch medical personnel and a police officer immediately to the scene of the accident. Wait for the police to complete an accident report.
3. If you're on a busy highway, stay inside the car and wait for the police or an ambulance. It's dangerous if passengers stand along a busy street.
4. Don't get into an argument or a fight with the other driver. Simply exchange contact and insurance information. If possible, also get the name and phone numbers of witnesses.
5. Call your insurance provider to report the claim. Your agent will ask you to send any paperwork you receive regarding the accident and will give you instructions as to where you can get your car fixed.

Three things you should always have in your car:

1. First aid kit. It will help with some minor injuries until the ambulance arrives. But make sure everyone is checked by the paramedics.
2. Camera. If possible, take pictures of the accident. It will help document the crash, position of the cars, etc.
3. Insurance and vehicle registration. You want to make sure that you always have these two documents in your car.

And remember: you have to have insurance to drive in the United States. I can help you choose an insurance policy that will fit your needs today and tomorrow. Let's talk.

To learn more about car insurance, contact the Fred Simmons Nationwide Insurance Agency at 916.638.0585 or go online at www.fredsimmons.com.

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Career Workshops

Thursday, April 26, 2007 from 10 a.m.-Noon CornerStone Staffing Solutions, Inc. Recruitment Workshop has positions for Administrative, Accounting, Clerical, Mailroom, Food Production, Light Industrial, and Certified Forklift Drivers. Salaries range from \$7.50-\$15./hour. Applicants need to possess Proof of Eligibility to work in the USA and be registered in CalJobs. Please bring a current resume with you to the Rancho

Cordova - Sacramento Works Career Center at 10665 Coloma Road, Suite 200, Rancho Cordova, CA. To sign up call, 916-852-3608. Youth Job Fair for ages 16-21, Wednesday, May 2, 2007 from 1:30-3:30 p.m. at the Rancho Cordova - Sacramento Works Career Center 10665 Coloma Road, Rooms A & B. For more information, call Kathy at 916-852-3623. Spring into Summer--Don't Get Stuck this Year Without a Job!

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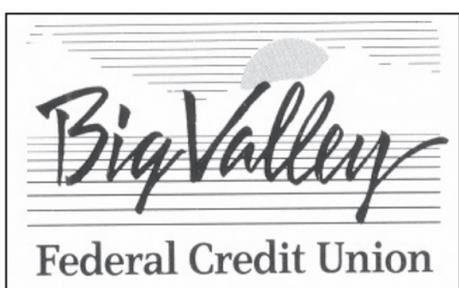
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Orangevale News & Views

Orangevale Grange Family Fair

Come to the Grange Hall and have some fun!

Orangevale Grange No. 354 presents its second annual Grange Family Fair. This FREE community event will take place on Saturday, April 28th from 10 a.m. to 4 p.m. at the Orangevale Grange Hall located at 5807 Walnut Avenue in Orangevale.

The Grange Family Fair will offer a diverse

collection of activities to be enjoyed by the whole family. Each member of the family will find something to see or something to do. Activities will include live music, games, prizes, a magic show, storytelling, a treasure hunt, Grange fair animals & projects, crafts, a bounce house, a book giveaway by Siren the Fire Safety clown, Sheriff and Fire department exhibits,

antique farm equipment, delicious food, and vendor exhibits.

Visit our web site at www.orangevalegrange354.com for the most up to date information about the Family Fair. Or contact Leslie at familyfair@gmail.com or 916-568-6858.

Bring your family and join us for this wonderful day!

Tim Lewis Communities Features New "Green" Homes

Submitted by Lesley Miller

Sacramento, CA April 19, 2007- To mark Earth Day, an international holiday celebrating innovative ways to care for the environment, and in the spirit of protecting the planet, Tim Lewis Communities opened Brentwood Villas, a brand-new green community in Orangevale, on Saturday, April 21st, featuring homes that will exceed state standards for energy-efficiency and feature solar roof panel systems. Homebuyers who purchase this month will also receive the added incentive of free backyard landscaping to add even more green to their new home.

"All over the nation homebuilders are realizing how important it is to care for the environment by offering buyers a green alternative," said Linda Schwartz, Marketing Director at Tim Lewis Communities. "The best part is that saving the environment doesn't cost any money to the homebuyer. In fact, they are actually saving money because their energy bills will lessen dramatically. Pre-sale pricing and free backyard landscaping is really an added benefit to these already desirable homes."

Brentwood Villas will be using SunPower 2.3kW Solar

Electric System for its roof panels. Other green features include: SMUD Solar Smart Home, Dual glazed Energy Star® rated vinyl windows with low-E squared glass, Sun Power cells, Louisiana Pacific Tech-Shield attic radiant heat barrier to reduce cooling costs, Ultra high efficiency natural gas furnace, Quick recovery high efficiency 40 gallon gas water heater for faster hot water delivery time, R-13/R-19 wall insulation verified by third party inspection, and Environmentally-friendly 14 SEER rated central air conditioning. Interested homebuyers are encouraged to call (916) 987-3415.

East Valley Church Plans Extreme Makeover 2007

My name is Jason Beck and I am the Outreach Pastor at East Valley Church in Orangevale. With help from the community we have had the opportunity to serve our community over the last two years by performing "Extreme Makeover School Edition".

We started this in 2005 by performing a Makeover on Oakview Community School. This project was true to form of the TV show, and was a complete secret to the staff of Oakview. This project was estimated at over \$250,000.00 by the normal bidding process. We completed the project in 3 days and for a little over \$20,000.00. This was made possible by our Church and corporate donations in money and materials. The project was a major success.

In 2006 we wanted to carry on what looks to be an annual event. Casa Roble High School was chosen and the planning started in October of 2005. This project was much larger and was estimated near \$500,000.00. It was also estimated by the San Juan School District to take normal construction crews 4 to 6 months to complete. We knew that the size and scope of this project would not allow us to keep it a secret, so we made the decision to make it a true community

event. We solicited local organizations such as the Chamber of Commerce, OV Grange, Lyons club and the Rotary. We also solicited local businesses, such as your self, to help fund the event. With the entire community's generosity, Extreme Makeover Casa Roble was another huge success and we completed the event in 3 days. There were over 800 volunteers who showed up and some of them worked around the clock to make sure we were finished by Monday morning.

This year we are planning Extreme Makeover 2007, planned for May 4th, 5th and 6th. This year the project has taken on a different spin and we are going to makeover two different schools at the same time. The schools are Louis Pasteur Middle School and Pershing Elementary, both located in Orangevale. The projects will once again take the cooperation of the community and schools to be a success. We will focus on the front of the schools and also the interior of the campuses, making them safe and clean for our children. I thank you in advance for your support and look forward to seeing you all there...

For video of the last two years please visit our website www.eastvalleychurch.org and click "Extreme Makeover"

Dog Lover's Photo Contest

Wagging Tails off the Leash Fundraiser. 50% of the proceeds will be donated to the Folsom Dog Park Construction. Winner will receive a limousine ride to and from the Day Spa (within 30 miles), Shari's Berries and a Massage for 4 (valued at \$650).

Contest rules: 1) Purchase a 1 hour massage or longer, 2) bring in your favorite photo of your pooch. All photos will be returned. Contest ends May 31st. Boarders Folsom & Orangevale. A Advance Body Concept, 9198 Greenback Lane #208. 989-9922.

Time for Some Financial Spring Cleaning?



Kirk Camunez

Now that April is here, you might decide to spruce up your home, both inside and out. But you also may want to do a little "spring cleaning" to help keep your financial house in order.

What steps should you take to tidy up your financial situation? Actually, some of the moves are the same as those you'd use to reinvigorate your house and yard. Consider the following:

- Get the clutter out. When you open some of your closets, you probably ask yourself: "Why on earth do I need that?" Strange as it may seem, when you open your investment portfolio up for examination, you might have similar thoughts. Perhaps you've had some investments for so long that you no longer remember why you bought them. If you aren't sure why you own a stock, bond or other type of security, you might want to sell it and use the proceeds to invest in something else that might be more useful in helping you meet your goals.
- Rearrange the furnishings. Over time, and almost without your being aware of it, the furnishings in a room can get "out of balance." Perhaps you have too many chairs in one corner, or maybe your new entertainment center is crowding out a couch. Usually, with a little rearranging, you can get things back in order. And the same is true with your portfolio: Over time, it might have become unbalanced, with too much of one investment and too little of another. This situation could prove hazardous to your financial situation, especially if the imbalance means you are taking on too much risk or, conversely, if your holdings have become too conservative to provide the growth you need. A well-balanced portfolio can help you achieve your long-term goals and accommodate your individual risk tolerance, but it won't assure you of a profit or protect against a loss in declining markets.
- Update your home's "look." If you've lived in a place for a long time, the rooms and even the landscaping can start to look a little "frumpy." Perhaps the way you lived in 1997 isn't quite the way you'd like to live in 2007. So, you make some changes. And when you look at your investment portfolio, you might also think that some elements aren't reflecting new realities of your life, such as marriage, divorce, a new child, a child going off to college or impending retirement. If this is the case, you may need to adjust your holdings.
- Check your security system. It's always a good idea to check your smoke detectors and alarm systems to make sure they are functioning properly. And, just like your home's security features, your life insurance needs to be checked periodically. If you've moved to a more expensive home, or if you've added a child to your family, is your insurance still sufficient? Or, if you have recently remarried or divorced, have you changed your beneficiaries?

As you can see, you can gain a lot of benefit from a financial spring cleaning. Get started soon.



Peggy Boling

Daughter

858-1234

peggy@peggyboling.com
peggyboling.com



Mary Ann Henrikson

Mother

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\$669,00	Gold River	Mother Lode Village. 4/5 bedroom, bonus room. Backyard paradise. Pool, spa, natural slide. Outdoor Kitchen
\$639,000	Gold River	Huntington Village. Single level. 2800+ sq ft. 3 br, 2 ba. 4 car garage. Gated village. Courtyard surrounded by french doors.
SOLD!	Gold River	Prospect Village. 5 br, 3 ba, 3100 sq ft. This model has not been available in many years. Quaint village 80+ homes, surrounded by walking trails.
SOLD!	Gold River	Prospect Village. 4 bed, 3 bath, single level. Prkwy location & 3 car garage
\$538,000	Curtis Park	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
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Girl Scouts... Where Girls Grow Strong



Ashley, Sara, Alyssa, Jessica, Clair, Paige, and Ashleigh of troop 1954. Photo by Rene Kipp

By Erica Jones

"It takes an entire community to raise a child." We've all heard this ancient African proverb at some point, and it is very true. We can only teach our girls of the future so much. Girls need to be involved in activities with people who encourage them to be who they want to be. Being a part of Girl Scouts is a great way for girls to get involved in meaningful activities, make new friends, express themselves, develop their talents and be around positive role models.

Membership in Girl Scouts is open to girls ages 5-17. Getting girls involved at a young age is beneficial because they can start learning important values that

will carry them through life. But Girl Scouting is not just for young girls. "The average person will say that Girl Scouts is only fun for young girls. However, that's not true. I'm 17 years old and I still have fun during every meeting, every excursion, and every hour that I'm with my troop," says Jessica Kipp, a Senior Girl Scout in Troop 1954.

Girl Scouts participate in many interesting activities. From day hikes and community service to snowboarding and surfing, Girl Scouts do it all!

Girl Scouts of Tierra del Oro is a nonprofit, volunteer driven organization that serves 14 counties and approximately 26,000 girls. Without dedicated volunteers, we wouldn't have the resources to serve our girls. There are waiting lists in many communities, so we are always looking for volunteers to form new troops.

Being a troop leader is not as time-consuming as one might think. When you are the leader, you decide when, where and how often

you have meetings. You also have the opportunity to mold and shape the character of girls, which can be very rewarding. "My daughter has been in Girl Scouts nearly eight years, since the 4th grade, and I've been her leader the entire time. I don't feel that spending time with my daughter and her friends is a burden. My feeling is that I am committed to my daughter and I know that by being there for her, I am showing her a positive role model," says Rene Kipp, Co-Leader of Troop 1954.

Being a Girl Scout leader can be a richly rewarding experience. "I have been to so many places with my troop that I might not have otherwise gone. One time our troop went to Angel Island for a two-night trip. We also went to Marine World and spent the night in the Shark Tank. It was quite an experience for all of them. I am enjoying the troop as they go through the high school years and all that it entails," says Kipp.

For more information, visit our website www.tdogs.org, call 800-322-4475, or email info@tdogs.org.

Hands-Off Cooking at Barnes & Noble



Ann Martin Rolke, Author

Ann Martin Rolke will sign her new book: *Hands-Off Cooking: Low-Supervision, High-Flavor Meals for Busy People.*

Not just another quick-and-easy cookbook, this distinctive guide features flavorful classic and contemporary recipes that emphasize freshness and avoid highly processed foods. From entrees and sides to breads and desserts, the dishes can be prepared fast and left alone while the cook answers emails, spends time with the kids, puts laundry in, entertains guests, or simply relaxes.

Each recipe in this book notes exactly how many Hands-Off minutes you get, so you can plan out your free time. Rolke also provides Eye-Appeal tips, so you don't have to sacrifice presentation for the sake of time. This extraordinarily helpful cookbook will allow busy parents to spend extra time with their families,

college kids to be more self-sufficient, and stressed hosts to be more relaxed.

Ann Martin Rolke has cooked at several high-end restaurants, including Red Sage in Washington, D.C. and MECCA in San Francisco. She currently writes food articles for the Edible Communities publications, teaches cooking classes, and copyedits cookbooks like *Cooking at Home* with the Culinary Institute of America and *How to Cook Everything: Mark Bittman Takes on America's Chefs*. Rolke formerly worked in food PR for clients like Kikkoman and the Almond Board of California and has developed and tested recipes for food clients such as Perrier, the Honey Board, and Driscoll's berries. Rolke has a blog, Sacatomato.com that gets approximately 150 readers a day

Date: Saturday, May 5, 1:00 p.m. – 3:00 p.m. 6111 Sunrise Boulevard Citrus Heights, CA 95610

For more information, contact Barnes & Noble Community Relations Manager Michael Troyan at (916) 853-1389.

THIS EVENT IS FREE AND OPEN TO THE PUBLIC

American Cancer Society Volunteers In Rancho Cordova to Paint Our Town Purple

Rancho Cordova – On May 1st, the town of Rancho Cordova will be covered in purple, thanks to efforts by volunteers from the American Cancer Society's annual 24-hour "Relay For Life." Across the nation, towns, schools, and businesses will "paint our town purple" to celebrate cancer survivorship and bring attention to the annual event, which will be held on October 6-7, 2007 at Mills Middle School. This is an effort to bring good news to cancer survivors and mobilize the community here in Rancho Cordova. May Day For Relay is a time to celebrate the lives of cancer survivors, and to have some fun with the color purple to bring attention to the American Cancer Society's many programs and services in our community.

Rancho Cordova plans to "paint the

town purple" by increasing awareness of American Cancer Society services and holding a fundraiser for our Relay For Life event at our local Straw Hat Pizza, hosted by Skip and Olga Sehhat. Mr. and Mrs. Sehhat have generously offered to donate 50% of the pizza sales on May 1, 2007, to the American Cancer Society if people mention Relay For Life when ordering.

Registration forms and information about the Relay For Life of Rancho Cordova are now available by visiting the website at www.acevents.org/relay/ca/ranchocordova or contacting Susan Nickelson, Event Chair at relayforliferc@yahoo.com. For 24-hour cancer information, contact the American Cancer Society anytime at (800) ACS-2345 or www.cancer.org.

ARC's 'The Taming of the Shrew'



L to R: Devin Jacobsen, Lindsey Jones, Brian Rife, Zoe Garcia, Dara Yazdani and James McMillan

One of Shakespeare's most popular comedies, *The Taming of the Shrew*, is running through April 29 at American River College Theatre's temporary venue, San Juan High School Theatre. The ARC Theatre Department, whose own theatre is undergoing renovation, is excited with the venue choice for this lusty, rollicking comedy. According to Director Pamela Downs, "San Juan's spacious theatre features a grand proscenium stage,

Taming of the Shrew tells the story of the fiery, intelligent, tempestuous Kate (Zoe Garcia) who promises to be tamed by no man (much to the dismay of her younger sister, who cannot marry until Kate does). When the equally stubborn Petruchio (Brian Rife) enters the picture, a deal is struck and the comedy begins, as he launches into one of the most unusual courtships on record! Garcia (featured last year as the Elven Queen in ARC's *The Hobbit*) and

terrific raked seating, and a classic feel that's ideal for this fun, semi-traditional production."

Noted for its bawdy comedy and hilarious intertwined plots, *The*

Rife (who put in a strong performance as Hal in *River Stage's Picnic*) make a handsome, energetic couple in this delightful romp. Lavish Tudor costumes by Gail Russell (who designed the sumptuous costumes for California Stage's *Les Liasons Dangereuse*) are the proverbial cherry on the cake of this exciting production.

All performances of ARC's *The Taming of the Shrew* will be held at San Juan High School's theatre in Citrus Heights. San Juan High School is located at 7551 Greenback Lane. Free parking is located behind the theatre. All performances will begin at 7:30 p.m. Ticket prices are \$9 for general admission and \$7 for students, seniors, and SARTA members. Group rates are also available. For more information or to charge by phone, please call the ARC Box Office at (916) 484-8234.

Seven Key Challenges of Retirement



Dr. Salsbury

by Gregory Salsbury, Ph.D.

(NAPS)-There's good news for baby boomers planning for retirement-even if they are getting a late start.

Whether retirement is five years away or 20, boomers can start preparing now by working with an experienced financial professional to address the seven key

American families, accounting for 30 percent of their income. Many indicators show this percentage will continue to increase.

5. Inflation: The Invisible Enemy. Since 1965, annual inflation has averaged 4.6 percent. If an individual must earn \$50,000 a year in today's dollars, he or she will need more than twice that in 25 years to maintain the same standard of living.

6. The Health Care Nightmare. Even with Medicare, the average American may need almost \$300,000 in inflation-adjusted dollars to cover health care costs in retirement. Research indicates that health care expenses are the No. 1 concern of Americans aged 45 and older, ahead of the war, the economy or education.

7. Red, White & Broke. Most Americans are undersaved and underprepared for retirement. Half of American households have less than \$24,000 in total financial assets.

Dr. Gregory Salsbury is executive vice president of Jackson National Life Distributors LLC and the author of "But What If I Live? The American Retirement Crisis: A Retirement Guide for Baby Boomers," which is available at www.butwhatifilive.com.

Working with an experienced financial professional can help boomers face the seven key challenges of retirement.

challenges of retirement.

1. Aging of America. Americans, as a whole, are getting older. They are also living longer and retiring sooner. The risk of outliving one's retirement savings has never been greater.

2. Disappearing Pensions. More than 1,000 employers discontinue their pension plans each year, putting the responsibility for saving for retirement into the hands of the individual.

3. Social Insecurity. More than two-thirds of retirees rely on Social Security for half their income, but the program is in danger of going bankrupt.

4. The Tax Axe. Taxes are the single greatest monthly expense for most

Golden Valley Charter School Receives OSH Garden Grant

Submitted by Jennifer Hall

Fair Oaks- Golden Valley Charter School in Fair Oaks has been selected as one of 86 schools statewide to participate in the Orchard Supply Hardware (OSH) School Gardens Program, a statewide campaign to create or enhance school gardens. This initiative, introduced last year in commemoration of OSH's 75th Anniversary, supports California schools by creating hands-on learning experiences.

Schools were selected from nearly 300 applicants throughout California. Each OSH store will partner with a selected local school and donate up to \$1,000 in supplies, plants, tools and other materials, as well as gardening expertise, to help create and maintain the gardens. Schools also will receive curriculum packets, prepared by the California Department of Education, to facilitate successful program implementation in the classroom and in the garden.

OSH selected Golden Valley Charter based on the strength of its school garden curriculum, its school-wide

commitment to develop and use the garden, its plan to sustain the garden as a valuable educational tool and the broad involvement of students and staff in the program. These selection criteria were established by OSH in partnership with the California Department of Education.

Promoted by the California Departments of Education and Food & Agriculture as a valuable learning tool, school gardens can be used to teach children lessons in life sciences, reading, history, math and spatial skills. They can also help foster good health as children learn the links between plants, gardening, food and health.

"When we reviewed grant applications, we put a strong emphasis on identifying schools with a plan to create a rich curriculum around the garden-both during its initial development, and in the years to come," said OSH President and CEO Rob Lynch. "Every school we selected for the program demonstrated a commitment to establish a successful and sustainable school garden."

San Juan High School Alumni Association

General Meeting on TUESDAY EVENING, MAY 8, 2007 at 7 pm. San Juan High School Cafeteria, located on 7551 Greenback Lane, Citrus Heights

Our guest speakers will be former San Juan alumni or faculty from the classes of 1930's or 1940's who will share what life was like at San Juan High School and the community during those years. Guest speakers include Jim Van Maren, graduate from San Juan in 1946. Jim's family is a founding mem-

ber of Citrus Heights, and Jim is a leader within the Citrus Heights Historical Society. Please bring stories to share about your days at San Juan High. The meeting starts at 7:00, with speakers to begin at 7:30 pm, and business meeting at 8:00 pm. All alumni, past and present teachers, current students and their families are invited to attend. For details call Dick Cowan, President, (916) 635-7225 or dcowan@clarksullivan.com

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San Juan High School
 7551 Greenback Avenue

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This is the American Cancer Society's Relay For Life, a 24-hour community event where people come together to remember loved ones, inspire others, and celebrate life. Join your community in walking the track and camping overnight to raise much-needed funds for cancer research, education, advocacy, and patient services. Purchase a luminaria to remember those lost to cancer and honor those who have survived.

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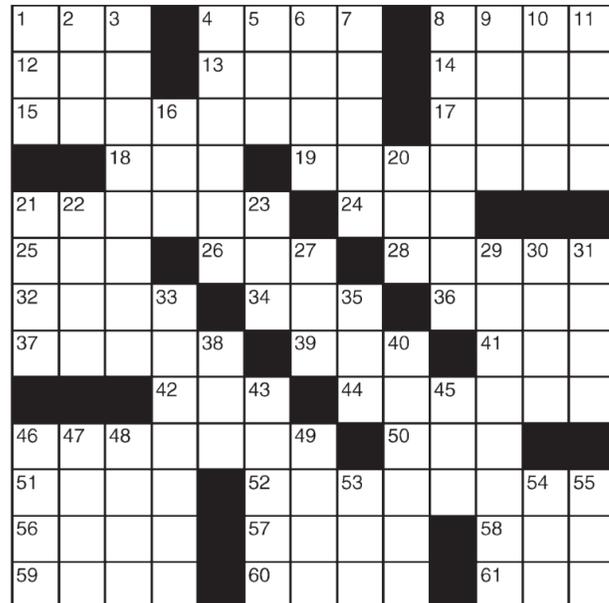
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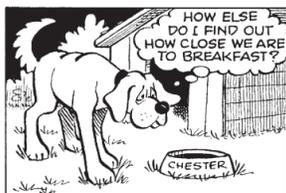
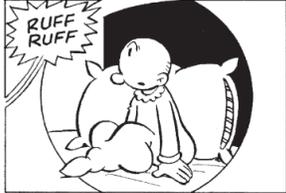
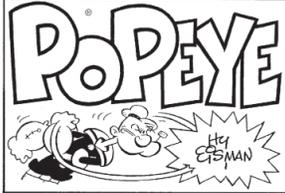
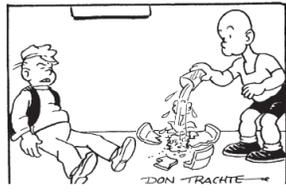
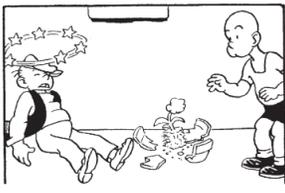
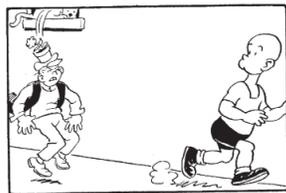
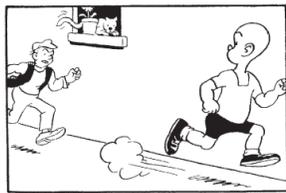
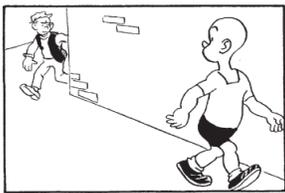
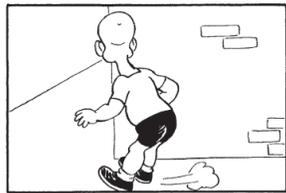
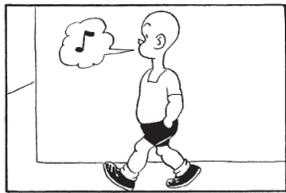
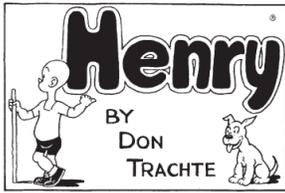
- 1 Urban carrier
- 4 Billions and billions
- 8 Toil
- 12 Numerical prefix
- 13 Hodgepodge
- 14 "Hi, sailor"
- 15 Teddy's cudgel?
- 17 Streamlet
- 18 Have a bug
- 19 Peeper's place
- 21 Stylish
- 24 Sheltered side
- 25 Dadaist artist
- 26 Deviate off course

- 28 Wealthy person
- 32 Chip's partne
- 34 Chart
- 36 Tragic
- 37 Not merely plump
- 39 Poorly lit
- 41 Obtain
- 42 Garfield, e.g.
- 44 Compassion
- 46 Kitchen cloth
- 50 "Letters From — Jima"
- 51 Skilled
- 52 Bean spiller
- 56 Remark from 42-Across
- 57 Shawm descendant

- 58 The Red or the Black
 - 59 Divorce court figures
 - 60 Peruse
 - 61 Chow down
- DOWN**
- 1 Newsroom newbie
 - 2 Blackbird
 - 3 New York City
 - 4 Multicolored
 - 5 Foreman rival
 - 6 Shaving mishap
 - 7 Hayseed
 - 8 Missile

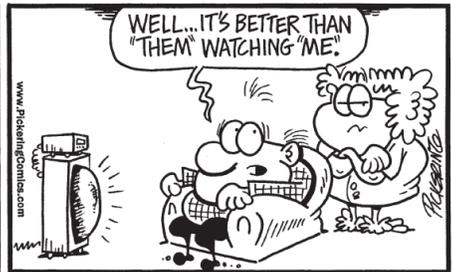
Answers on Page 12

- 9 Columbus' place
- 10 List of members
- 11 Rote of football fame
- 16 Try the Tokay
- 20 Longing
- 21 Pedestal part t
- 22 Bedouin
- 23 Aries
- 27 Bankroll
- 29 Jail
- 30 Hydrox look-alike
- 31 OTB transactions
- 33 Shuns
- 35 "Great Expectations lad
- 38 Listener
- 40 Injured severely
- 43 Small drum
- 45 Pair
- 46 Knighted woman
- 47 Mountain goat
- 48 — gin fizz
- 49 Scoff
- 53 — long way
- 54 Afternoon social
- 55 Bella Abzug trademark



The Spats

by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Door is added. 2. Balloon is added. 3. Girl's sweater is different. 4. Boy is missing. 5. Cake is added. 6. Gift bow is different.

Trivia test by Fifi Rodriguez

1. MOVIES: Who won the Best Actor Academy Award for his role in "Forrest Gump"?
2. TELEVISION: On what show did the Coneheads get their start?
3. FOOD & DRINK: What is a cauliflower's true origin?
4. ANIMAL KINGDOM: What type of creature is a bandicoot?
5. GEOGRAPHY: On which continent is the country of Gabon located?
6. ENTERTAINERS: Which entertainer's real name was Muzyad Yakhooob?
7. GEOLOGY: What is the chief ore in aluminum?
8. TECHNOLOGY: What does a baud measure?
9. MEDICINE: Who discovered that yellow fever was carried by mosquitoes?
10. GENERAL KNOWLEDGE: On which river is Victoria Falls located?

Weekly SUDOKU

by Linda Thistle

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

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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MOST USED WORDS IN COUNTRY AND WESTERN SONG TITLES

MAGIC MAZE

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

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

- Blues Life Man Roses
- Country Little Mountain Woman
- Crazy Lonesome Never Your
- Don't Love Night

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All Answers on Page 12

Contract Bridge

YOU CAN WIN, BUT YOU CAN'T LOSE

West dealer.
Both sides vulnerable.
NORTH
♠ A Q 6 4 3
♥ K Q 8 4
♦ A 9
♣ 7 2

WEST EAST
♠ 7 5 ♠ K 10 9 8
♥ A 2 ♥ 7
♦ J 8 6 4 ♦ Q 10 3 2
♣ A Q J 10 6 ♣ 9 8 5 3

SOUTH
♠ J 2
♥ J 10 9 6 5 3
♦ K 7 5
♣ K 4

The bidding:
West North East South
1 ♣ 4 ♥ 2 ♣ 2 ♥
3 ♣ 4 ♥

Opening lead — ace of hearts.

In bridge, the participants see only 26 cards when the play starts and not the 52 cards seen in the diagram. Naturally, seeing only 26 cards, they might not play their cards as perfectly as if they saw all four hands. Being human, they might err.

The declarer, and the defenders likewise, frequently trade upon this deficiency. They sometimes make plays they would not make if all 52 cards were in plain view, and they do this because they might induce a mistake by the opponents.

Consider this deal where South stole the contract by making an unnatural play. West led the ace and another trump. Declarer, after sizing up his chances, won the second trump in dummy, cashed the ace of spades and returned a low spade toward his hand.

East assumed from this line of play that declarer had a singleton spade and therefore played low instead of going up with the king. South won with the jack and eventually established dummy's fifth spade as a trick to finish with 11 tricks in all.

Now let's suppose declarer had won the heart in his hand at trick two and led the jack of spades for a finesse, as most players would do. In that case, East would have taken the king and returned a club to put South down one.

The beauty of South's play is that it gives him a chance to make the contract regardless of where the king of spades is located. If West has it, the hand is sure to make because dummy's queen becomes established for a vital club discard.

If East has the king, then it is just as well not to attempt the losing finesse. In fact, it is much better to cash the ace and lead toward the jack because East has a chance to go wrong.

It is true that South might cost himself 30 points if it turns out that West has the king of spades, but who wouldn't pay a 30-point premium to ensure a game?

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ReVive Yourself at Rollingwood Racquet and Health Club

This is a free one month program to raise awareness to the benefits of warm water and light, low impact exercise. It is a "joint" effort by the Arthritis Foundation and Rollingwood Racquet and Health Club to offer classes specifically designed to help arthritis patients. Water group exercise classes are held in a warm, heated indoor pool year-round. Class instructors are certified not only by nationally recognized organizations, they are also certified by the Arthritis Foundation. Rollingwood Racquet Club is located at 9373 Winding Oak Dr. Fair Oaks Call: 988-1727 and ask for member services or email bmergens@paradigmclubs.com

Happy Tails Dinner Charity Event

"On May 4 of this year, the Sacramento Chapter of the American DJ Association (an association of professional mobile entertainers) has scheduled a charity event. Our Sacramento area chapter seeks to make this an annual charity event where we hold a dinner dance with proceeds to benefit a local charity. This year, our first event will benefit the Happy Tails no-kill animal sanctuary of Sacramento (EIN 68-0317260; CT #91743). We would like to sell tickets to the dinner dance, which would include a bonus free drawing for attendees. We envision holding a drawing during the event with donated prizes, including a grand prize, given away to attendees (i.e., "door prizes").

Please contact Michael for your tickets and to offer a door prize. Email to mnolasco@water.ca.gov. Subject: HappyTailsAssist

1st Annual 4-Wheel Fest Saturday, May 19th

4-Wheel Fest is an off-road specific event that allows owners to showcase their modified trucks to other enthusiasts, as well as the public, at beautiful Fair Oaks Park. All makes, models, and all conditions of trucks are encouraged to register for this event. This event will include live music, 4WD vendors, food vendors, beer, and awards. All registered trucks will receive an event T-shirt. Please visit the website below for further information regarding the event and event registration. All registrants need to arrive no later than 9:45a.m.

9a.m. to 2p.m. Located @ Fair Oaks Park, Fair Oaks Blvd. & Madison Ave in Fair Oaks, CA. 11549 Fair Oaks Blvd. Fair Oaks, CA 95628

Pre-Register: \$25/Truck
Day of Registration: \$35/Truck
www.fairoakspark.org

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 Weekends 11-5
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 8049 Greenback Lane, Citrus Heights
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Barnes & Noble Store Hosts Special Events

For Pre-K through 12 Educators and Librarians Reception to Features Folsom author, Giveaways, Special Offers and Presentations on Library Resources Citrus Heights, CA (April 13) – Barnes & Noble stores nationwide will host special events for PreK-through-12th grade librarians/media specialists as part of Spring Educator Appreciation Week, April 28-May 6, 2007. The Barnes & Noble store at 6111 Sunrise Blvd. in Birdcage Center will host their Open House reception on Saturday, April 28th, from 9:00 a.m. until 1:00 p.m. Folsom author Deanna Enos will be there to sign copies of her new book, Nobody Left Behind; One Child's Story About Testing. Librarians will also have an opportunity to

learn about Barnes & Noble's services and programs for educators, including purchasing discounts, the 2007 Summer Reading Program, bookfair fundraisers, and new titles available for library collections. Prizes, including the opportunity to win a \$500 Barnes & Noble gift card, free items, and refreshments will also be available. All PreK-through-12th grade school teachers, media specialists and administrators will receive 25%* off their book purchases and 10% off DVDs and music CDs from April 28 – May 6 when they present their valid Barnes & Noble Educators Discount Card. *Normal exclusions apply. See any bookseller for details.

Cox's Bill to Timely Pay Back Local Gov't Passes Senate Public Safety



Senator Dave Cox

Sacramento – A measure to timely reimburse county law enforcement agencies for prosecuting crimes inside prisons unanimously passed the Senate Public Safety Committee today. SB 604 by Senator Dave

Cox will require the State to pay interest to local agencies if refunds are more than 60 days late for the services they render on behalf of the State.

“Local government provides essential services for their communities with limited funding,” said Senator Dave Cox. “My measure would make counties whole so local officials don’t have to take money away from other service programs. I appreciate the support from members of the Senate Public Safety Committee for this bill.”

Local law enforcement

provides many critical services to the state prison system including the investigation and prosecution of any crime committed at a state prison. District Attorneys and counties have experienced significant delays in reimbursement.

Under Cox’s measure, the state will be required to pay interest to counties if the bill is paid 60 days or more after receipt of a statement for reasonable and necessary costs.

SB 604 will go before the Senate Appropriations Committee for their review.

Violent Crimes Task Force Arrest “Sports Cap Bandit”

Sacramento, CA: The FBI’s Sacramento Violent Crimes Task Force (SVCTF), comprised of FBI Agents and Sacramento County Sheriff’s Department Robbery Detectives, arrested BRIAN SCOTT TRAYNOR, 41 of Roseville, Calif., on Monday, April 2, 2007. TRAYNOR was arrested at 2416 McGregor Drive, Rancho Cordova, Calif., at approximately 9:20 a.m. TRAYNOR was a California “Parolee At Large”, and arrested by the task force on parole and drug charges. Federal

bank robbery charges were subsequently filed on April 4, 2007 charging TRAYNOR with the robbery of the Wells Fargo Bank, 340 F Street, Davis, CA on 3/10/07. TRAYNOR is also suspected in the robbery of the Bank of the West, 1011 Helen Power Drive, Vacaville, CA on 4/11/06 and 2/26/07, the Golden 1 Credit Union, 6839 Five Star Blvd, Rocklin, CA on 3/2/07, and the Citibank, 9601 Greenback Lane, Folsom, CA on 3/29/07. Participating in the joint investigation was the Vacaville Police

Department, Davis Police Department, Rocklin Police Department, and Folsom Police Department. TRAYNOR is currently being held in Sacramento county jail without bail is expected to be transferred to federal custody later this week. Bank robbery surveillance photographs were previously released as part of the March 16, 2007 FBI Sacramento press release and can be viewed at: <http://sacramento.fbi.gov/pressrel/2007/sc031607.htm>

Truckers to Boycott

“Circle-the-Wagons Blockade Against Anarchy”

As referenced on their website RENSE.com

On Monday, Tuesday and Wednesday, APRIL 23, 24, 25, truckers nationwide are planning a boycott to express their opposition to the recent bill signed by President Bush, originally put in motion with Senator Ted Kennedy, to allow Mexican trucks on United States highways. Frosty Wooldridge, who posts the website, says he was a trucker for 21 years with United Van Lines, Consolidated and Single Source. Wooldridge claims, “Bush, Kennedy and friends place all American motorists at risk... (with)

uninspected, unsafe trucks and trailers. Not only will American truckers lose their jobs, but American motorists become collateral damage in accidents guaranteed to occur, closing highways and tying up traffic in the process. Therefore, truckers from four border states- Texas, New Mexico, Arizona, California- and beyond, may choose to participate in a trucker boycott, April 23, 24, 25, 2007. Those truckers that want to stop this latest insult to America’s working class by this president and Congress may elect to shut their rigs down for the entire three days.” He continues, “It is high time to show Bush and his sorry friends in Congress that truckers are the lifeblood of our nation- and can paralyze this country in a New York minute. Truckers may surround all 48 state capitals with their rigs nestled nose-to-tail- park ‘em, and walk away!” Also quoted on his website is Wanda Piety from www.saveamericafund.com.

“When Bush and Kennedy invite the Mexican truckers into the USA, the U.S. citizen-taxpayer truckers will lose their futures, and it will seal the tragic fate of this country as we lose our sovereignty, Constitution and ultimately our governing body, liberties and freedoms. Anarchy and lawlessness is suicide.” Wooldridge lists the following comments as some of his talking-points and action-steps: “Rigs will be allowed to cross the border with no weight regulations, no load restrictions, as their loads will not be under the same security scrutiny that our truckers’ loads have to comply to, which opens the door to more drugs, terrorist, weapons and

human smuggling, some with no liability or collision insurance in place, some truckers with no driver-licenses and some with criminal driving records, no background checks, bald-tires and trucks that are not regulated to adhere to our strict safety regulations. “This is a complete breakdown of the current trucking laws and regulations that govern our teamster truckers, independent trucking organizations, and mom-and-pop trucking families. This will work to destroy the truckers’ livelihoods and futures- as for many, this is all they have ever done.” Mr. Wooldridge states his goal is to “shut down all trucking and surround every legislative capital building in every state and D. C. with a bumper-to-bumper ‘train’ of trucks. We are demanding an end to the socialist/fascist corruption in our government by our errant elected officials who refuse to uphold our laws, our Constitution, their oaths of office, and stand up FOR the people who voted them into office. We are their bosses- it’s time for them to stop ignoring us, blatantly breaking our laws, and twisting the truth to suit their own nefarious agendas.” His website posting concludes with this request, “Fellow Americans- truckers, teamsters, independent haulers, and mom-and-pop outfits- it’s time to stop Bush and the U.S. Congress as they try to pull the fifth wheel out from under the CITIZEN TAXPAYER TRUCKERS in our nation.”

For more information go to www.saveamericafund.com

Jury Duty Scam

This has been verified on Snopes.com (link listed below) and by the FBI (link also listed below). Please pass this on to your neighbors. Be prepared should you get this call. Fall for it and your identity could be stolen, reports CBS.

In this con, someone calls pretending to be a court official who threateningly says a warrant has been issued for your arrest because you didn’t show up for jury duty.

The caller claims to be a jury coordinator. If you protest that you never received a summons for jury duty, the scammer asks you for your name, Social Security number, and date of birth so he or she can verify the information and cancel the arrest warrant. Give out any of this information

and bingo! Your identity just got stolen.

The scam has been reported so far in 12 states, including Missouri, Michigan, Ohio, Texas, Arizona, Illinois, New York, Pennsylvania, Minnesota, Oregon and Washington State. This (scam) is particularly insidious because they use intimidation over the phone to try to bully people into giving information by pretending they’re with the court system.

The FBI and the federal court system have issued nationwide alerts on their web sites, warning consumers about the fraud.

Check it out here: www.snopes.com/crime/fraud/juryduty.asp

On Tuesday morning, April 17, 2007, at approximately 1245 hours, Denise CasaGrande, a 37 year old from Citrus Heights, was driving a 2000 white Jeep Cherokee on northbound Don Julio south of Lorac Vista Drive. CasaGrande allowed her vehicle to veer to the left and strike a raised curb causing it to overturn. This impact caused the drivers’ side of the vehicle to be sheered back. CasaGrande was wearing her seatbelt; however, she was partially ejected from the vehicle. She was pronounced dead at the scene. (Sacramento Coroner’s Case 07-02127).

Pending a toxicology report, it is unknown if alcohol/drugs is a contributing factor. Speed is also being investigated as an associated factor to this collision.

This collision is still under investigation. For any additional information about this news release contact Officer Dutton who will be available at the CHP North Sacramento Area business phone number of (916) 338-6710, Monday through Friday 8:00 to 5:00 p.m. After hours, or if urgent, please contact her by cell phone at 216-5077. MEDIA ONLY.

REMEMBER TO ALWAYS BUCKLE UP AND DON’T DRINK AND DRIVE

The California Highway Patrol is a law enforcement and traffic safety agency reporting to Business, Transportation and Housing Agency Secretary Sunne Wright McPeak and Governor Arnold Schwarzenegger.

CRIME REPORTS

Fair Oaks

From The Sacramento County Sheriff

Tuesday, April 3, 2007

Specialty store 2414 Larceny/Theft 14:00 -08:30 Fair Oaks Blvd • Vehicle 2416 Burglary From Vehicle 20:30 -11:00 Turnbull Cir

Wednesday, April 4, 2007

Vehicle 2407 Burglary From Vehicle 13:00 -14:15 Southcliff Dr • Vehicle 2407 Burglary From Vehicle 22:30 - 07:15 Southcliff Dr • Vehicle 2419 Robbery 01:40 - 01:50 Madison Ave • Commercial/office building 2412 Burglary Business 03:05 - 03:07 Hazel Ave • Residence/home 2419 Burglary Residential 07 07:30 - 08:59 Cookson Ct

Thursday, April 5, 2007

Residence/home 2418 Burglary Residential 08:30 - 15:30 Billie St • School/college 2418 Burglary Business 04:02 - 04:16 Dewey Dr • Residence/home 2418 Burglary Residential 14:05 - 14:10 San Juan Ave

Friday, April 6, 2007

Residence/home 2410 Burglary Residential 06:45 - 17:20 Phoenix Ave

Sunday, April 8, 2007

Vehicle 2418 Burglary Business 09:00 -07:30 Hillglen Way • Residence/home 2418 Burglary Residential 00:30 - 17:00 Castleglen Way • Parking lot/garage 2419 Robbery 11:27 - 11:28 Dewey Dr • Residence/home 2402 Simple Assault 21:05 - 21:08 Madison Ave

Monday, April 9, 2007

Vehicle 2413 Burglary From Vehicle 15:00 -18:30 Van Gogh Cir • Office building 2406 Burglary Business 14:00 -08:00 Sacramento St • Other/unknown 2413 Larceny/Theft 16:00 -11:30 Vista De Lago Way • Vehicle 2418 Burglary From Vehicle 02:00 - 07:00 Pampas Way • Other/unknown 2406 Larceny/Theft 11:30 - 07:30 Main St • Vehicle 2412 Burglary From Vehicle 21:30 - 07:30 Winding Way • Vehicle 2408 Burglary From Vehicle 22:00 - 06:45 Hazel Ave

Tuesday, April 10, 2007

Vehicle 2411 Burglary From Vehicle 21:00 -07:30 Fieldwood Ln

Orangevale

Monday, April 2, 2007

Residence/home 2515 Burglary Residential 09:45 - 11:30 Stratus Dr

Tuesday, April 3, 2007

Other/unknown 2501 Larceny/Theft 12:00 - 12:00 Central Ave

Wednesday, April 4, 2007

Vehicle 2517 Burglary From Vehicle 23:00 -07:00 Kenneth Oak Way • Highway/road/alley 2501 Stolen Property 12:00 - 12:00 Escallonia Dr • Public/government building 2518 Vandalism 13:20 - 13:20 Greenback Ln

Thursday, April 5, 2007

Vehicle 2521 Vandalism 11:00 - 01:00 Flintridge Way • Residence/home 2517 Larceny/Theft 18:30 - 08:00 Le Parc Ct • Vehicle 2517 Burglary From Vehicle 15:20 - 15:20 Greenback Ln • Residence/home 2516 Burglary Residential 21:00 -08:00 Hazel Ave

Friday, April 6, 2007

Residence/home 2521 Larceny/Theft 02:00 - 07:00 Blue Oak Dr • Vehicle 2521 Weapons Violation 02:30 - 03:00 Madison Ave • Residence/home 2519 Burglary Residential 07:30 - 15:15 Aksarben Dr

Sunday, April 8, 2007

Public use area 2521 Robbery 18:00 - 18:15 Snipes Blvd

Monday, April 9, 2007

Other/unknown 2507 Vandalism 12:00 - 07:00 Elm Ave

Weekly SUDOKU

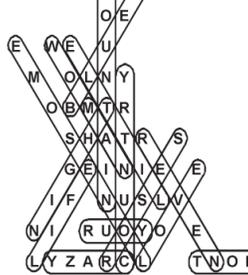
Answer

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

Magic maze

Answers

MOST USED WORDS IN COUNTRY AND WESTERN SONG TITLES



Trivia Answers

1. Tom Hanks
2. “Saturday Night Live”
3. It is a type of cultivated cabbage
4. Marsupial
5. Africa
6. Danny Thomas
7. Bauxite
8. Transmission of digital data
9. Walter Reed
10. Zambezi River

King Crossword

Answers

Solution time: 25 mins.

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

What is Saturday Morning TV Teaching Our Kids?



by Laura Taylor

Are you watching what your kids are watching? If you're like most people you work hard all week - staying up late - getting up early, and you like to spend a little extra time in bed on Saturday morning.

If you did get up as early as your kids and sat in front of the TV watching the Saturday Morning Cartoons you'd be pretty bored ... or would you?

It seems that the adult themes that are pervading our Saturday Morning Cartoons are being skillfully spoon-fed to our children right under our dozing noses.

It was a typical Saturday morning in the Taylor house. Mom, exhausted from juggling her responsibilities as Mom, housekeeper, small business owner, part-time bookkeeper for the school, legislative opponent,

News Talk Show guest, Planning Commissioner, freelance writer, fundraising coordinator and pet caretaker is sleeping in. Dad, exhausted from working the REAL job that keeps this family afloat AND picking up all the slack left over from Mom's crazy schedule is blissfully right there with her.

The two Taylor kids arguing over what cartoon to watch breaks the blissful quiet. Little sister, stomps into the bedroom declaring the inequity of her young life that her big brother wants to watch "The Replacements" while she wants to watch "Horseland." Dad, the ever present mediator, declares that since brother watched Replacements last weekend, little sis gets to watch the horse show this weekend.

Mom (that's me) awakens, bleary-eyed, clicks on the TV in the master bedroom and tunes to ABC, the home of "The Replacements" just in time to hear the following dialog "hey [main character] if I don't make it I just want to tell you ..." My mind races ahead to possible dialog "you're my best friend" or "it's been nice knowing you" or "I still have your copy of Old Yeller" or something equally kid-related. But is that what I heard? NO! "Hey, [so and so] if I don't make it,

I just wanted you to know that I'm in love with your mother." Then sub-character #2 says "yeah, me too." And then from off camera, "yeah, me too."

WHAT? ARE YOU KIDDING ME? With all the news items chronicling inappropriate relationships between teachers and children, parents and teenagers, what in God's name are they doing making light of this in a Saturday Morning Cartoon? Do they really want to desensitize our kids to the possibility of an inappropriate relationship with an older adult? Has the value of childhood innocence been lost on the self-gratifying cartoon writers?

Since when is it necessary to appeal to a demographic outside of six to ten year-olds on Saturday morning? Your advertisers aren't advertising to an older crowd - and - heaven knows the parents aren't watching.

Well, needless to say, my children aren't watching anymore either. Our kids are pretty smart. There are a number of programs already off limits in the Taylor house due to inappropriate adult themes. This morning, I got to explain to my son that another one's been added. Funny thing ... he didn't mind at all.

Chiropractic Regulates Blood Pressure – WebMD



Dr. Bill Bollinger, Discover Chiropractic, Family Wellness Center

The most remarkable thing about this study for me is that it clearly demonstrates that the idea that chiropractic is only good for treating back pain, or any attempt to restrict its use to minor painful disorders, would be terribly misguided and probably detrimental to the common good.

The study that appeared in the most widely used medical website (WebMD), put a placebo group of high blood pressure sufferers against a similar group that got a chiropractic analysis and adjustment, with X-ray follow up to determine if the adjustment was sufficient to expect the positive changes in the symptoms. The consistency and magnitude of the results dropped the jaws of every medical

researcher on the team.

The study was triggered when a field medical doctor noticed something strange in his family practice. He had been referring patients to a chiropractor for painful problems, and those who had high blood pressure came back to him normal, and he didn't know why. It is a tremendous credit to him, first, that he noticed the phenomenon and, second, that he took action and initiated the conversation that led to this study. Millions will benefit because of that willingness to remain objective, even though these doctors' experience didn't necessarily match their expectation.

Research leader George Bakris, MD said that fifty hypertensive patients were divided into two groups, one receiving precise adjustment of the atlas vertebra. "When the statistician brought me the data, I actually didn't believe it. It was way too good to be true. But we checked everything, and there it was. The procedure has the effect of not one, but two blood pressure medications given in combination, and it seems to be adverse-effect free.

We saw no side effects and no problems."

Demonstration of the measurable connection between spinal distortion and blood pressure begs the question, "What else does chiropractic care do that we didn't know about?"

Chiropractors have been claiming these kinds of results anecdotally for a hundred years, with none of the risks or dangers of drugs and other medical procedures. It is refreshing to see that scientists who are willing to look at the real feedback and data are beginning to realize the power of the adjustment, and the possibilities that come along with chiropractic care. While they may still interpret this discovery as a novel treatment for high blood pressure, it's another step closer to having chiropractic embraced in the mainstream of health and wellness, because of all the good it can do.

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International World Walking Day On May 8th

SACRAMENTO, CA-- The Sacramento Walking Sticks will be hosting a walk for fun, fitness and friendship on Tuesday, May 8, 2007. The event will start at the State Capitol Park at the World Peace Rose Garden on 15th and L Streets, Sacramento, CA 95814. Anyone can join in the fun with registration beginning at 5:00 p.m. and closing at 6:30 p.m. There will be a 5k (3.1 miles) and 10k (6.2 miles) route to choose from and both routes will be on city streets around downtown Sacramento and will feature historic Victorian mansions and many other historic places. Both routes are suitable for strollers and wheelchairs and dogs on leash with cleanup are also welcome to come. These walks are FREE and are a perfect family outing.



World Walking Day events are held by International Volkssport Federation (IVV) associated clubs worldwide (like the Sacramento Walking Sticks). These events will have a special certificate

that will be given to all walkers who complete one of the routes. The IVV is the world's largest organization of walking clubs. Each club hosts non-competitive, self-paced walking events that are open to the public. In the USA, clubs are organized through the AVA, and in Canada through the CVF. <http://www.ivv.org/englishweltwandertag.htm>

Volkssports (sport of the people) originated in Germany in the '70's and the US military families enjoyed them so much that they brought the sport back to the US. There are over 300 clubs in all 50 states. Walking is not only one of the more efficient and inexpensive forms of exercise around, it also offer an array of psychological, physical, and spiritual benefits as well. Walking is an exercise that works on you from head to toe as well as from the inside out. www.SacramentoWalkingSticks.org Contact Barbara Nuss (916) 283-4650

SJHS Football Seeks Support

Russ Hibbard has been named the new Head Football Coach of San Juan High School. He would like to introduce you to a unique advertising opportunity that will greatly benefit your company, our community and especially the student athletes of San Juan High School. Yes we are talking about a fund raiser. Never has the need to raise additional funds for the football program been so pressing as in this time of shrinking athletic budgets. Your advertising funds will be used to purchase helmets, shoulder pads, new uniforms and provide financial assistance to students to attend a summer football camp in Oregon (this has never been done here at San Juan). More importantly, your support through our advertising program will ensure that every student athlete who participates in the Football Program will be properly equipped

and have life long experiences that can only come from playing high school sports. The cost of being a sponsor depends on the size of the sign/banner you choose. 3'x5' sign: \$250; 4'x5' sign: \$300; 3'x8' sign: \$350 or a 4'x8' sign: \$400. Please note the cost of having the sign/banner made is not included in the quoted prices. One of your very own alumni, John Balke of Smart Signs Plus...(916) 972-7620 is offering a discount should you work through him. If your company is unable to be a sponsor by buying a sign/banner, direct donations will gladly be accepted. Checks should be made payable to: San Juan Booster Club (Football). Please mail check to: San Juan High School, Attention: Coach Hibbard, 7551 Greenback Lane, Citrus Heights, CA 95610 rhibbard@sanjuan.edu

Summer Kids Camps, Swim Lessons and Tennis Registration

The time is nearing for parents to think about what their active kid(s) will be doing this summer. Why not make Gold River Racquet Club Summer Camp the place to be? There will be fun and exciting themes, field trips and free lunches on Fridays. Registration days are Wednesday, May 9th, and Wednesday, May 16th, from 4:30 pm to 6:30 pm. Make your plans early because the registration fees (\$20.00) for activities will be waived for everyone who registers on those dates. Each session will be \$145 per child (yes this is a lower price than last year), and \$125 a session for each additional child. Half-day sessions will also be available for \$95. Sign up for all sessions and receive a 20% discount! Also, Grandparents with out of town grandchildren are welcome to sign up those active kid(s) with no extra guest fees. So get those 5-12 years old and that summer gear ready, and we'll see you at summer camp!

Registration night for all the children's summer activities will be held Wednesday, May 9th and Wednesday, May 16th from 4:30-6:30 PM. Sign ups for Swim Lessons, Tennis Lessons, and Kids' Camp will be available.



Junior Tennis Player of the Month



Max Vogt

Gold River Racquet Club's Junior player of the month is Max Vogt. Max has been a part of Gold River Racquet Club for many years. He started his first lessons in the summer camp as a little tyke and with the help of long time GRRC

teaching pro Bill Watters continued on to enjoy tennis. Presently Max is ranked 45th in Norcal boy's 14's and plays everyday. He strings his own rackets and from what I have seen, has a uncanny drive and love for the game that all tennis players should strive for. Most importantly even with all the time and energy Max puts into tennis he is a High Honors student in his 7th grade class at St. Mels School. We are very proud of this young man and look forward to watching the future of such a wonderful student athlete. Congratulations Max!

37th Annual Fiesta Days SATA Grand Prix Tournament

Enter this year's event early and be sure you join in the fun and tough tennis that always accompanies the Fiesta Days Tournament at Gold River Racquet Club. Usually 250 players attend and compete in all levels of play from 2.5 level new tournament players to the 5.0 advanced levels that always include some of our favorite pros. Singles, Doubles, and Mixed Doubles events will be offered. If you want to be sure you are playing tennis on the great weekends of June 2nd, 3rd, 9th, 10th, sign up for this great event today. The deadline will be fast approaching with May 23rd coming sooner than you think. Call 916-638-7001 for more details

The Celebration Continues – May 12 - 2:00 to 6:00

The Gold River Racquet Club Spring Celebration continues through the Open House Saturday, May 12. The celebration is an assortment of fun tennis and fitness events going on right now at the club. So, bring a guest and introduce them to all that we offer. Try something new like a free tennis lesson or cruise into a group exercise class. We have something for everyone. Pick up at the front desk an official schedule or visit web-site at www.sparetimeclubs.com under News and Events. It is all in good fun to benefit the American Diabetes Association, because for every new member who joins during the Celebration the club will donate \$25 to help find a cure.

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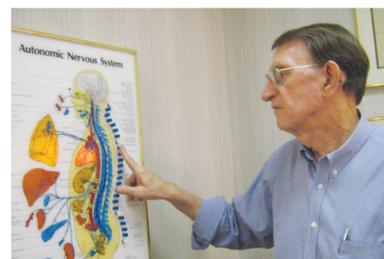
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MANAGING YOUR MONEY

Increasing Cash Flow

(NAPSA)-Hidden wealth can be turned into cash flow-if you know where to look for it.

Discovering and using such assets can help a business succeed, says best-selling author Janet Switzer in her new book, "Instant Income."

In the book, Switzer explains how to analyze the potential of the resources you have, identify new wealth-building opportunities and implement each income-boosting option to generate short-term cash and build income.

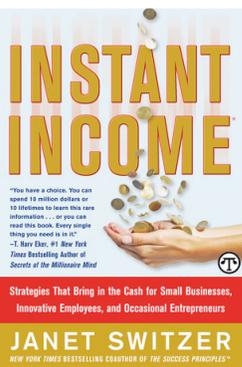
The first part of the book addresses the seven areas in any business that contain hidden wealth.

Part Two provides readers with an overnight audit so they can develop a plan that fits into their life and business.

Part Three provides strategies for employees who want to go into business with their boss, and Part Four contains Switzer's guide to becoming an occasional entrepreneur.

Switzer, a 22-year veteran of the marketing and advertising field, is the creator of the Instant Income series of small-business books, multimedia training courses and public seminars. In her new book, she offers strategies, compelling examples and insights from leading success gurus and access to free online tools, including an e-training program to implement key strategies.

The book is available where books are sold.





**Paw's
corner**
by Sam Mazzotta

Your Pet's Diet

Q: Last month's recall of some pet foods really had me worried. I feed my 2-year-old cat, "Scrappy," wet food about twice a week, but since the recall I have stopped doing so. I really don't want to feed him just dry food, but I don't know if it's safe to buy wet food yet. And making fresh food takes time and costs more money. Can you guide me on keeping Scrappy healthy? -- Dolores L., White Plains, N.Y.

A: As of this writing, more than 60 million cans and pouches of dog food

sold under various name brands have been pulled from supermarket shelves, and the investigation by the Food and Drug Administration is still ongoing. For now, owners can check the list of brand names of cat and dog food to see which ones are affected by the recall. The list can be found at www.menufoods.com/recall; additional information can be found at many pet sites, including <http://petstyle.com>.

Wet foods currently on the shelf should be safe for pets to eat, but if you are still leery of them, consider giving Scrappy a fresh meal once or twice a week. Many veterinarians and pet owners are enthusiastic fresh-diet advocates. The benefits include having control over all the ingredients in your pet's food -- not just the protein content, but sodium

and other ingredients -- and providing many more nutrients than processed food can offer.

Fresh pet food can be prepared inexpensively - the biggest investment is time. According to PetStyle.com, a healthy meal should comprise one-third meat, one-third grains (such as cooked rice) and one-third vegetables. Avoid spices, which can upset a pet's stomach.

Cookbooks for pet diets are also available at your local bookstore or online. They contain a wealth of information and ideas on feeding pets a healthy diet.

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

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Like it or not we are, in fact, being defined more and more as a number. It starts at birth with our weight and length being recorded and moves on to grade point average and SAT scores. Athletes are known for their running speed, batting average, passing rating or lap time. Be it your social security number or cholesterol level, it's the number that counts. When it comes to the credit agencies or anyone lending you money, except maybe mom, your credit score is it.

You are your credit score. Gone are the days of your local banker peering at you over his glasses. We have now been reduced to a quantitative value given for our habits in comparison to millions of others. And for you statisticians out there, the credit agencies aren't scoring on the curve. Scores range from 450 to 850. 720 + is excellent, 660 - 720 is good, and the rest - well let's just say you are "under construction" on the highway of life.

Better your credit score, better the rates for mortgages and auto loans. Everything else being equal, a 20-point improvement in score can save \$87 a month on a \$350,000 mortgage or \$31,490 over the life of the loan. Knowing how the credit agencies evaluate those habits, however, can give you an edge. Few people know that 5 is the magic number for credit cards. Any more than 5 and you lose points. But before you race to close down your accounts be aware that closing accounts loses you points too! Your credit cards need to have low balances and be paid on time. Balances close to their limit and inactive cards will definitely impact your score negatively. Each credit profile has to obtain a delicate balance to maximize your score. Seek an experienced mortgage planner who can help you analyze your credit report NOW before the pressure of refinance is bearing down on you.

Delia Fling is a Mortgage Planner with Trans Pac Financial in Fair Oaks. If you would like further information covered by this article contact Delia at deliaf@transpacllc.com .

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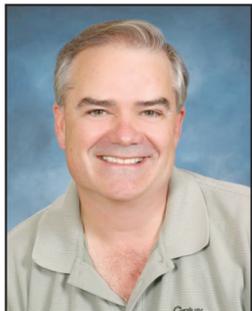


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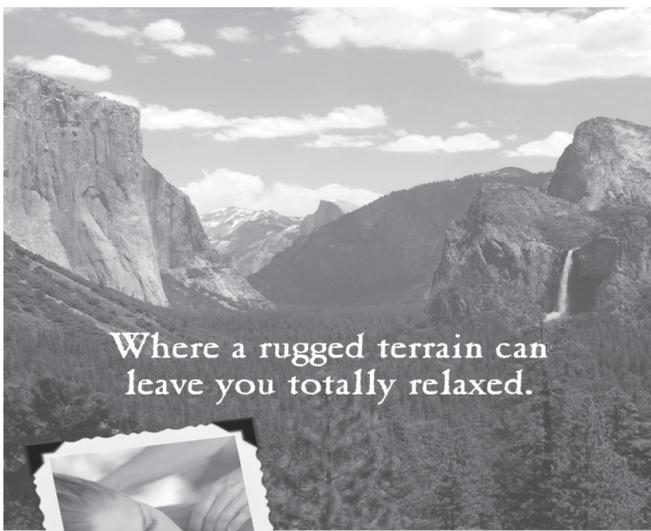
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