

AMERICAN RIVER

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Volume 2 Issue 4 Serving the Communities of Citrus Heights, Fair Oaks and Gold River February 2007, Second Edition

A Positive & Optimistic View Legislation to Protect Public Against Identity Theft



Photo by Mary Pearson

Sacramento - Rudy Giuliani, former New York Mayor, spoke at the California Republican Party convention to an enthusiastic GOP crowd at the Hyatt Regency in Sacramento. Giuliani said the war against terrorism was the greatest moral issue of our time, praising President Bush for our country's efforts. Giuliani stated, "You get to decide who the leader is going to be. I wish you would decide on me." He received many standing ovations as he repeatedly spoke of the ideals of Ronald Reagan in his speech, comparing our fight against terrorism to the fight against communism. Giuliani did not formally enter the political race for president, stating that the final paperwork was not yet complete, but said that he is committed to run for the office.

MBK Homes Breaks Ground on New Citrus Heights Residential Community



MBK Homes Traci Wilson, Jason Grey, Citrus Heights Mayor Jeff Slowey, MBK Homes Brian Armstrong. Photos provided by MBK Homes.

CITRUS HEIGHTS, Calif. (February 16, 2007) - Today, California-based builder and developer MBK Homes officially started construction on its first Northern California housing development in the City of Citrus Heights. With home models scheduled to open in early May 2007, the 66-home community development known as "Camden Place" will offer five single-family floor plans ranging in size from 987 to 1,793 square feet and between two and three bedrooms that include a



loft option. Prices for the new homes are expected to start in the high \$200,000's. And with the City of Citrus Heights celebrating its ten-year anniversary as a city in 2007, leaders certainly have visionary plans for the area. In fact, the newly appointed mayor is actively working on revitalizing the area and MBK Homes, as a local homebuilder, is following suit by creating homes with handsome elevations in hopes of improving the community.

"Camden Place" represents more than just new housing, it represents a major investment in

Citrus Heights by MBK Homes which has taken great steps to ensure that the development fits seamlessly into our community," said Citrus Heights Mayor Jeff Slowey. He added, "I am excited that so many more people will get a chance to realize the American dream right here in Citrus Heights."

With Northern California headquarters located in Placer County, MBK Homes offers first- and second-time homebuyers the knowledge and expertise of a national builder with the quality craftsmanship and design concepts of a custom builder. In fact, local architects, builders and designers collaborated to create unique floor plans and interior design concepts for "Camden Place" in Citrus Heights, which is earmarked by timeless Colonial and Cape Cod exterior home styles located in a planned, contemporary garden court setting.

"Centrally located close to Sunrise Mall and Marketplace as well as easily accessible to the freeway, 'Camden Place' is nestled in a beautifully planned community perfect for local homebuyers who feel connected to the time-honored Citrus Heights community," said Jon Tattersall, President of MBK Homes Northern California. "With longtime roots in the area, our local team is committed to providing interested home buyers with uniquely designed neighborhoods that offer a lifestyle reflective of a local vision."

As the first MBK Homes models in Northern California will become available this spring, interested homebuyers could move in as early as August 2007. In addition to the "Camden Place" Citrus Heights

Sacramento - Each year thousands of innocent consumers are made vulnerable by thieves who have easy access to personal information from government documents. State Senator Dave Cox (R-Fair Oaks) introduced a measure to protect the public against these potential violations. Cox's bill, SB 216, would require government agencies to place only the last four digits of a person's social security number on court documents.

"As with any crime, victims can feel violated, but victims of identity theft have the added trauma of cleaning up the mess left by criminals," said Senate Senator Dave Cox (R-Fair Oaks). "This legislation would

make it more difficult for criminals to obtain personal information from government documents. This added layer of protection will help shield Californians from identity thieves."

SB 216 would change current law to require the courts to only place the last four digits of the social security number on judgment forms in family and other civil proceedings.

Current law prohibits private companies from publicly posting social security numbers but exempts publicly recorded documents. This potentially allows anyone to walk into any county recorder's office, look at a public document and make copies of the social security number.



Senator Dave Cox (R) Fair Oaks, speaks before the Fair Oaks Chamber of Commerce at their monthly membership meeting on February 15th. Photo by ARM Staff

According to the Federal Trade Commission, identity theft is one of the fastest growing crimes in the nation. In 2005, they received over 255,000 identity theft complaints which accounts for 37 percent of all fraud complaints for that year. This was up from 246,000 in 2004 and 215,000 in 2003. This cost individuals and businesses as much as \$52.6 billion in 2004.

Citrus Heights Community Marching Band Announces 2007 Schedule



Photo Courtesy of CHCMB

The Citrus Heights Community Marching Band (CHCMB), sponsored by the City of Citrus Heights and the Sunrise Recreation and Park District, announces its practice schedule and performance lineup for the 2007 season.

The first CHCMB practice will be held Monday, March 12, 2007, in the music room of San Juan High School, 7551 Greenback Lane, Citrus Heights. Registration materials will

be available at 6:30 p.m., and practice will commence at 7 p.m. Tiffany Kincer and Adam Sartain are the directors for the season. Musicians ages 12 and older who can read music, own and play an instrument are invited to participate. It is not necessary to be a Citrus Heights resident to belong to the band.

Prior to March 12, participants may register for the marching band class through the Sunrise Recreation

and Park District at its Rusch Park office, 7801 Auburn Blvd., Citrus Heights. Participants also may register at any rehearsal. For more details, call CHCMB Co-Founders Kathy Cook (916-725-0198) or Linda Glover (916-725-5214). E-mail inquiries can be sent to info@chcmb.com. There is no fee for this year's band class, thanks to a generous community grant from River City Bank.

The CHCMB has scheduled five events on the 2007 calendar. They are the Orangevale Pow-Wow Days Parade on May 19, the Citrus Heights Relay for Life at San Juan High School on June 9, the Citrus Heights Red, White & Parade on June 23, the fireworks display at the Sunrise Mall in Citrus Heights on July 4 and the Citrus Heights Sunday Funday at Rusch Park on Sept. 23.

The band looks forward to a busy, exciting year and welcomes all interested musicians who would like to be part of the group.

Dimple Gets New Digs



Photo by ARM Staff

housing development, MBK Homes also plans to start construction soon on a 155-home development in Madeira, a new-home community in Elk Grove.

"Given we are longtime local residents committed to the continued

Dimple is moving to their new store location at 7830 Macy Plaza in Citrus Heights. They officially opened at the new location on February 15th, moving from their previous location of ten years on San Juan Avenue. Mark Branstad, seen here with a few members of his staff, is the new store manager, having moved from their Folsom store.

Dimple offers a large selection of new and used music, games and videos. They also offer a repeat customer Rewards Program to save loyal customers money on their purchases. Mark is also looking for enthusiastic new staff members to help serve customers coming to the larger store. Stop by and check out their new digs!

growth and expansion of the region, we're thrilled to enter the Sacramento housing market with our exciting new designs and floor plan offerings created specifically with the local home buyer in mind," continued Tattersall.

Federal Fugitive Arrested On "Chop Shop" Charges

Sacramento, CA: The Sacramento Violent Crimes Task Force, comprised of Federal Bureau of Investigation (FBI) agents and Sacramento County Sheriff's Department robbery detectives, and the Rocklin Police Department, arrested federal fugitive ROBERT JAMES GUEST, age 34, at approximately 6 a.m. at his residence located at 5045 San Francisco Street, Rocklin, California. The arrest took place without incident.

On January 3, 2007, GUEST, along with nine additional subjects, was charged in a federal indictment by the United States District Court, Missoula, Montana, on conspiracy charges for his role in an extensive Montana auto theft and "chop shop" ring involving M&T Auto Body, located at 3745 Farm to Market Road, Kalispell, Montana. The theft ring allegedly stole vehicles, sold stolen vehicle parts, and tampered with vehicle identification numbers.

If convicted of this charge, GUEST faces possible penalties of 5 years in prison, a \$250,000 fine and 3 years supervised release.

DUTCH TREAT



By Dennis Packard

TEVO—SHMEEVO

I caved in. We often talk about peer pressure when we're young - but I'm 71 and still facing it. For months I received nothing but pressure from my close friends and relatives to join the millennium and purchase a TeVo for the television.

For the few who have no idea what I'm talking about, I'll give you a brief explanation. This modern rectangular machine from the 21st century comes to life once its tentacles are inserted inside your T.V. set. Then, the magic begins and TeVo attempts to think for you, as any good robot should.

The machine also enables you to stop any T.V. program at any time that you're watching it. You will now have the ability to place it on "hold" if your mother-in-law calls, a pot of soup on the stove begins to boil over, the dog has to go out, you want to make a liverwurst sandwich or nature calls on you personally. And if that's not good enough, you can have Mr. TeVo record programs that you never get to see after you go to bed. After all, the robot never eats or sleeps. And of course, if you're going to do that, you may as well tape EVERYTHING you enjoy watching so you never have to race home to catch your favorite show at any particular time. TeVo also told me that he is the father of two hard drives, so now I can watch one program while recording another. He's swell.

Without going into additional details, I'll finish by telling you that this robot will also record programs that "HE" thinks you will enjoy, based on the programs you asked it to record for you. Where are the JETSONS?

With all this technology at my fingertips, why was I

so reluctant to get involved with this friendly machine? It was relatively simple. My wife and I sit down as a couple to watch television at 7 p.m. Monday through Friday. Perhaps Judge Judy or the news may be playing in the background earlier while we prepare and eat our dinner—but we actually don't sit down together in the living room until 7 p.m.

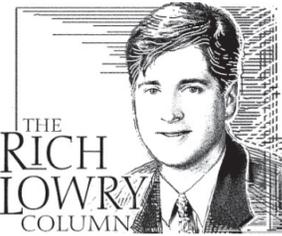
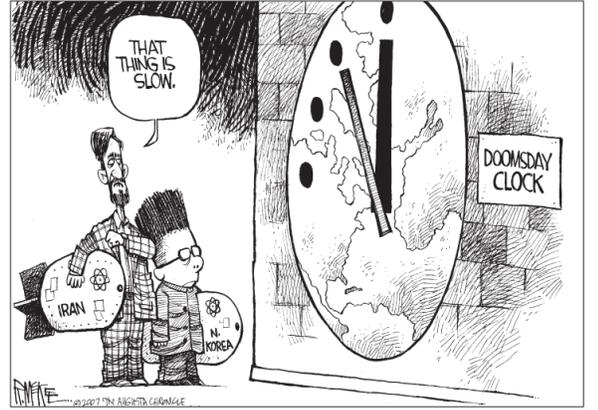
The problem starts with the fact that my wife, Stacey, sets her alarm for 4:45 a.m. every morning for work. Now, by 7 p.m.—her eyes begin to glaze over almost immediately and she's barely a T.V. companion during that first hour. At 8:00 p.m. her head begins to bobble and one eye remains half shut. These actions now trigger us to turn the living room T.V. off and crawl upstairs to watch our bedroom television from the bed.

About 8:30, like clockwork, Stacey has completely drifted off to la-la-land. At this point, I turn off the bedroom lamp and only by the soft light of the television, I begin to peel her fingers off the remote. Once I claim it for myself from her death grip—I smile and flip the T.V. station to watch anything that she won't—like stupid wrestling or a situation comedy re-run. I like "funny" to fall to sleep by.

I've cleverly learned to turn the volume down during this covert mission because I have awakened her before. And even though she's been snoring for fifteen minutes loud enough to vibrate the windows, she'll still claim that she had always been awake. I've argued this point for 32 years to no avail.

As it turns out, even if we do enjoy TeVo and its capabilities that include fast-forwarding through commercials, we still have over 60 hours of recorded shows that we haven't the time to watch. Consequently, we will be taking a leave of absence from our work for a period of six months. Once we find someone to feed us, we can sprawl ourselves across our couch with a couple of blankets and a pillow and watch all the back up programs 24 hours a day until we get caught up.

Quip for the Day: Nice thing about growing old—now when you watch reruns, they seem new again.



The Big Drug Scam

Democrats hate that Republicans are willing, on the issue of embryonic stem-cell research, to let their straitened moral views supposedly stand in the way of medical progress. But Democrats have their own ethical problem with medical progress -- based on their moral qualms about the profit motive.

During the 2006 campaign, Democrats argued that President Bush's prescription-drug program -- Medicare Part D -- could never be cost-effective unless the government was allowed to negotiate directly with drug companies. According to the Democrats, the "D"

in Medicare "Part D" stood for "dystopia," forcing dazed and confused seniors to be ripped off by ravenous drug companies.

In reality, the absence of government negotiations has been key to the program's success. Private health plans negotiate drug prices with the drug companies and then offer a menu -- a formulary -- of covered drugs through Medicare. Seniors choose among the various plans, picking the one with the drugs they want at the best price.

According to the Centers for Medicare and Medicaid Services, the robust competition has meant that premiums for the basic drug benefit average \$22 per month, 40 percent less than had been projected. Seniors are estimated to be saving, on average, \$1,200 a year on drugs, and 80 percent of seniors enrolled in the program are satisfied with it. As it happens, government negotiations of prices won't do any good unless the

government is empowered not to offer certain drugs, thus achieving real bargaining power. This would require creating a national formulary -- in other words limiting the drugs available to seniors in the Medicare program.

The Department of Veterans Affairs -- touted by Democrats as an ideal example of government negotiations -- has just such a formulary. If the latest drug isn't on the VA list -- well, there are always old drugs. Columbia University professor Frank Lichtenberg reports that "only 38 percent of drugs approved in the 1990s and 19 percent of the drugs approved by the FDA since 2000 are on the VA National Formulary."

Democrats don't want to impose a formulary on Medicare Part D because they know that it will cause a revolt. So their negotiation scheme, passed by the House last month, has no chance of lowering prices. At least Democrats will have struck a symbolic blow against

profits. They used to complain that drug companies made too many "me-too drugs," but the variety of drugs available to treat the same conditions has created healthy competition regarding price. Now Democrats complain about one-of-a-kind breakthrough drugs, where there isn't (yet) such competition.

But drug research is risky and hideously expensive. No one will do it without the benefit of profits. When Pfizer's new cholesterol-lowering drug proved a failure late last year, it lost 15 years and \$1 billion in research and development costs.

If Democrats continue crusading against drug-industry profits, they will succeed only in obstructing medical progress, to the detriment of seniors and all of us.

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

Universal Health Care Would Be Universal Disaster

by Adam B. Summers

It seems everyone is jumping on board the health-care reform bandwagon these days. President Bush discussed his health-care tax credit during his State of the Union Address, Gov. Schwarzenegger announced his statewide universal health-care plan, and Democratic 2008 presidential candidates Hillary Clinton, Barack Obama, and Dennis Kucinich have all made nationwide universal health care a major plank in their campaign platforms.

Numerous others have decried sharply rising health-care costs and offered many proposals, but no one can agree on a solution. One common thread to the proposed "solutions," however, is more government involvement, be it more taxes, more program expansions, more subsidies, or more mandates and regulations. Yet, government intrusion in the medical care industry has been increasing significantly for years—particularly since the birth of Medicare and Medicaid in 1965—without ever achieving the promised goals of greater affordability and better quality of care.

It is no accident that the rising prices and declining quality of medical services coincide with an increasing socialization of the health-care industry in America. Perhaps it is time to

reexamine what it is we are trying to fix.

Gov. Schwarzenegger wants to enforce universal health care to cover 6.5 million uninsured Californians at an estimated cost of \$12 billion a year. (Remember: these are government cost estimates. Expect actual costs to be many times higher. Think Medicare prescription drug benefit.) The plan would require all of us to maintain at least a government-approved level of coverage—whether we want to or not—and would require insurers to issue policies to everyone, even those who wait to become sick before applying for "insurance." The plan would be paid for by a number of taxes, including a 2 percent tax on doctors and other medical professionals, a 4 percent tax on hospitals, and a 4 percent tax on employers with more than 10 workers that do not offer health benefits. Furthermore, the Schwarzenegger plan would increase eligibility requirements in the Healthy Families program to allow families with incomes of up to 300 percent of the poverty line (about \$60,000 for a family of four) to obtain subsidized health insurance for children.

In short, California's universal health-care plan would (1) significantly increase insurance costs by artificially increasing

demand and forcing the young and the healthy to compensate for the costs of the uninsurable who now must be covered; (2) increase the cost of services, as doctors and hospitals pass on the cost of higher taxes to their patients; (3) make employees less able to afford coverage, as employers respond to the tax increase by cutting salaries or dropping health-care coverage altogether; and (4) provide less incentive for families earning up to three times the poverty line to acquire private insurance, as more of them would be able to take advantage of the government dole.

One of the main problems with health care today is that medical decisions tend to be made by third-party bureaucrats—whether employees of the government or an HMO—rather than doctors and patients. Cost decisions, in particular, are completely taken away from the patient.

Last year I had to have a couple of radiological procedures done, and I had the audacity to ask the nurse in my doctor's office how much the procedure would cost. Not only could she not even give me a rough estimate, she looked at me as if this was the strangest thing I could have asked. Something is wrong with this picture. If I were to get into an auto accident or need

some regular maintenance done on my car, there would be no question how much it would cost me. I could even go get several estimates and choose the best mechanic based on price and quality of work! Why should it be any different with medical care?

Voters are going to hear many health-care "reform" proposals over the next couple of years (and beyond). The question they should ask themselves is: Does this plan give more power to me and my doctor, or to third-party decision makers? The issue is freedom and control, and the one who pays is the one who controls.

After over a generation of taxes and mandates and regulations and Medicare, we can see that government intrusion in the health-care industry only makes health care less affordable and the quality of care lower. Politicians like Schwarzenegger, Clinton, Obama, and Ted Kennedy are right that the health-care industry in our nation is sick. What they fail to realize is that government intervention is the disease, not the cure.

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

AMERICAN RIVER MESSENGER



Publisher
Paul V. Scholl

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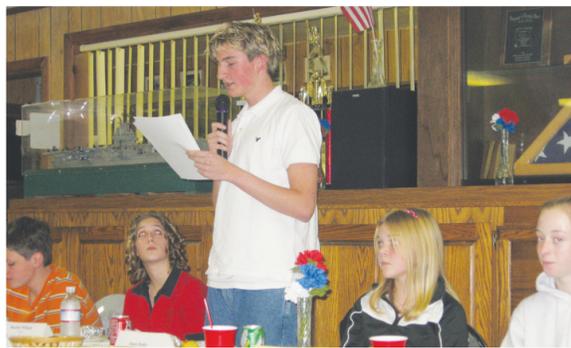
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Sunrise Mall Bridal Show

Are you still looking for products and services for your wedding? Come to Bridal Expo at Sunrise Mall, February 24-25, 2007. More than 100 exhibitors offering wedding products and services. Enter to win one of several Jamaican or Bahaman honeymoons at one of the main registration tables, or enter at the individual exhibitors' booths to win one of their prizes. New this year is a runway fashion show, featuring gowns by David's Bridal and tuxedos by After Hours Formalwear. Inquire at one of the main registration tables for location and times. Mall hours - Saturday 10-9, Sunday 11-6. Admission and parking are free. Registration tables are at each of the four main entrances to the mall. If you have any questions about the show, please call 916-392-5000.

VFW Voice of Democracy



Jason Holley reads his VFW Voice of Democracy speech, Freedom's Challenge. Photo by Paul Scholl, ARM

May 1945. A young man hovered, shivering and terrified in a field somewhere near No-Man's land in a far corner of Belgium. He didn't know whether to run or hide. He was frozen with fright and with frostbite caused by the emergency 8,000 foot parachute decent. The buckle on his helmet would brand his cheek with a permanent reminder of his bone-freezing jump. His bare feet were cut and caked in mud. His shoes, along with his B17 bomber, disappeared when they were hit by enemy fire. Helplessly, he watched as his giant bird spiraled to earth in a powerful explosion. The entire crew escaped into the night sky but he couldn't see any of them.

As he floated silently into the dark abyss he had no idea whether he was in enemy territory or if the rest of his crew had survived. Occasionally, he noticed a flash of light in the distance. But these lights were no source of comfort for this lone soldier. The early morning light brought Belgian farmers into the field. As they escorted him to a barn, a jeep happened by. He was paralyzed with a gut-wrenching fear until the soldier pointed to a small American flag on the jeep. In that moment, this flag represented his life and his freedom. The jeep brought him to a staging area where he was miraculously reunited with four of his five crewmen.

This brave and proud man, Dalton Hudson, went on to serve our country in

Korea and Viet Nam. Lucky for me, he later retired to live across the street from us and he flew the American flag every day. He was proud of his country and I came to be proud of him. When I was small I would sit on his lawn under the giant willow tree and watch him toil in his rose garden.

He taught me to trim his roses with precision. Later, he would help me fix my bike and more recently, my car. When I was five, my guinea pig "Mrs. Magee" died. Without fanfare, Dalton took Mrs. Magee and buried her under that big willow tree. As I stood silently over the grave I asked Dalton if I could say a prayer. He nodded. I thought hard about the most important prayer I knew but I couldn't think of one. So, I just started reciting the Pledge of Allegiance. Dalton stood there dead serious and saluted.

Dalton was always a great comfort to me. As he reassured me on 9/11, he put his hand gently on my shoulder and said quietly and simply, "Don't worry son. We'll get to the bottom of this." As I watched television over the next few days, firemen at ground zero raised a huge American flag. I was proud. But I was also very nervous. I felt someone was trying to take something from me. I now understand someone was trying to take something very sacred- my freedom.

But for all its' challenges, freedom continues to be on the march. Today, there are eighty-nine free nations in

the world and that translates into millions of people liberated from tyranny in just the last quarter century. Thomas Jefferson said, "Eternal vigilance is the price of liberty." As our freedoms are challenged daily here and abroad we must be steadfast in this quest for freedom until it needs us no more. This quest will take many forms, including education, support and protection of our global neighbors as well as here at home.

Dalton taught me to work hard, love my family and country and most of all value my freedom. Dalton died last New Year's Eve.

We must model our liberty every day and every hour just as Dalton did. We must respect the rights given to us in the First and Fourth Amendments. Sometimes it's very difficult. Chief Justice William Young of the U.S. District Court of Massachusetts, at the sentencing of the terrorist known as the "Shoe Bomber", told the defendant; "We are not afraid. We are Americans. We have been through the fire before. We do not negotiate with terrorists. We hunt them down one by one and bring them to justice". It seems terrorists hate the one thing that to us is most precious- our freedom- our freedom to live as we choose, to come and go as we choose, to believe or not to believe as we individually choose.

In America, the very winds carry freedom. It is because we prize individual freedom so much that this terrorist was even sitting in our courtroom. Why? Because we will bear any burden, pay any price to preserve our freedoms. Pointing to the wall, the judge then said, "See that flag? That's the flag of the United States of America. That flag will fly there long after this is all forgotten."

The American flag still flies proudly over Dalton's home.

"I will never forget."

★ VETERANS POST ★

by Freddy Groves

VA Hospitals and EVet

Veterans of a certain age can remember when getting treated at a VA hospital was a nightmare of mediocre to bad care.

Fast-forward to now: A recent Harvard study concluded that the quality of medical care in veterans' hospitals is world-class.

The centralized computer record-keeping is a large part of the reason. A doctor can call up the patient's records, check test results (including X-rays), make notes and order prescriptions, all at the patient's bedside. Within seconds the computer in the pharmacy gets the medication order, bags up the drug and sends it

via tube into the nurse's station. A bar-code system matches the patient with the drug, sounding an alarm if there's an incompatibility with other medications or an allergy.

If you have a service-related medical condition and you haven't been to the VA, go. The VA's resources are stretched, and it's scrambling to keep all veterans covered, so you might wait months to get an appointment. Still -- go. To handle more patients quickly, the VA has 1,274 facilities, including medical clinics and mental-health centers.

If you're a VA patient with a computer, you're in luck. The VA has set up an elaborate (and expensive) computer program (EVet) that will allow you to see your records, refill

prescriptions, research medications and medical conditions, and track your medical appointments. Not all services are available yet, but there's enough there now that it's worth taking a look, especially the library. (They're rolling out features as they're perfected.)

For security reasons, to get full access to your personal information you'll have to show up at a VA Medical Center and present ID and answer a few questions to be authenticated. Check myhealth.va.gov for EVet.

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.

Great American Patriot
www.GreatAmericanPatriot.com



Pictured above are contestants (front row) Rachel Wilson, Bella Vista High School, Megan Scherber, Presentation School, Haley Gable and Kalin Lippmeyer of St. Mel's School. Anthony Fagundes, Brian Carpenter, and Jason Holley of Bella Vista High School, (back row) are pictured with George Gridley of the local Post Veterans of Foreign Wars.

On February 9th at 5:00pm at the Fair Oaks Post, Veterans of Foreign Wars the contest winners of the annual national contests Voice of Democracy and Patriot's Pen were honored by Post members, friends and family for their successful entries.

The Voice of Democracy speech contest is held annually for high school students. This year Jason Holley of

Bella Vista High School, Fair Oaks, represented the local VFW district at the state level of the competition. At the February 9th event he presented his speech. Everyone in the room stood and gave Jason an ovation for his courageous and insightful speech, appreciating its depth and sincerity. His speech is reprinted on this page with his permission. Jason received

a \$200 savings bond for his winning entry.

Haley Gable and Megan Scherber, winners of the Patriot's Pen contest submitted written essays on American patriotism. Both received \$100 savings bonds for their entries.

To find out more about the annual contest call George Gridley at 916-967-5110.

Capturing the Essence of Love in Citrus Heights



Robert Kniese & Wife of Orangevale



Don and Katheryn Hatfield of Citrus Heights



Cleo & Nadme Middleton of Citrus Heights

Citrus Heights - Home Town Buffet in Citrus Heights invited the community to share their perspectives on love this past Valentine's Day. In keeping with a tradition established in 1992 to honor and support family values, the restaurant gave away a free meal on Valentine's Day to couples married 50 years or more. The free meal was offered during lunch between 11:00 a.m. and 3:30 p.m. In addition, all restaurant guests had the opportunity to have a free photo taken, whether a "sweetheart couple" or the whole family, to commemorate the special day. Some of those couples are pictured above.

"We like to focus every Valentine's Day on celebrating the best aspects of love and family values by encouraging people to share the good that love and family bring to their lives everyday," said Susan Ramos of Hometown Buffet. "We believe that local communities have a lot of stories that capture the essence of love, long-lasting relationships, marriage, and family values."

Founded in 1983 by Roe H. Hatlen and C. Dennis Scott, Buffets, Inc. operates approximately 340 buffet restaurants in 33 states that operate primarily under the Old Country Buffet, HomeTown Buffet and Country Buffet names. One of the country's largest restaurant chains, Buffets, Inc. focuses on quality, 'home-cooked' meals. Many of the menu items have been made from family recipes. The restaurant and its parent company, Buffets, Inc., sponsored the national Valentine's Day event.

Photos by Werner Najera - Forever Stellar Photography & Digital Imaging (916) 335-1905 foreverstellar.com

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LIVING FOR GOD™

By Calvin and Lisa Wulf

"Stress Isn't a Fruit of the Spirit"

"The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control." Galatians 5:22-23 (NIV)

"I'm just totally drowning in stress," he groans, burying himself in the couch. "There's way too much going on right now. And I can't control any of it."

"Yeah, my office isn't any better," she sighs. "But there's something I don't

get. If we're Christians, then this shouldn't be happening. Where's the peace they're always promising at church?"

Stress! We all know how it feels. Overwhelmed and trapped. Too much to do and no time. No matter how hard we try, we just get farther behind. We wind up exhausted and hopeless. In the end we're like lab rats running through the maze desperately trying to avoid the electric shock.

So is stress one of the fruits of the Spirit that we hear so much about? Sure doesn't feel much like love, joy, or peace. In fact, it's so opposite that it can rock our boat in a heartbeat. Is Christian faith just a broken promise, or have we forgotten who's really in control?

Not only is God in charge, but he's looking after each of us every day. He's promised us that he won't let us drown in the storm. So rather than battle the stress, maybe we'd be better off to stand aside

and let him fight for us.

So how will we recover the promise of love, joy, and peace? Perhaps by entering into God's rest. As Jesus steers our ships through the sea of stress, let's just go to our cabins and get a good night's sleep. Then our spiritual fruit will bloom and ripen again.

Is chaos rocking your boat? Try this:

- Downsize your stress. Get out of the maze.
- Accept that you can't handle everything. Be gentle with yourself.
- Ask God to take charge of the storm. Rest in his shelter.

Maybe it's time to drop anchor. God wants to moor your ship to his peace and free you to enjoy his fruit. Remember, he never gets stressed. So why should you?

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

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Don't Stir the Waters

We sit back patiently listening over and over again to some people's point of view without uttering a word of disagreement or disapproval. However, once we do voice a different opinion about certain matters we quickly learn-- it will open the door to controversy and arguments. We are accused of no longer being a loving individual and have become someone other than the person they thought we were.

With the shock of attack on our personhood we question if our "silence has caused them to think we were in agreement"? Silence is certainly golden, as the saying goes, in one sense of the word, but not when our silence is mistaken for anything less than merely love and respect. We regretfully learn quickly our opinions (and probably beliefs and values), regardless of the differences, are not respected in any shape or form by those who are now attacking us. We have become their adversary just because we hold a different slant on something and disagree with them. Now our opinions are no longer merely simple words of opinion, but considered ignorant, uneducated, pious, judgmental, not to mention a few others.

Trying to see within and take this scenario into a Biblical prospective

about our own lives—knowing holding grudges is never a good answer—the first Scripture that comes to mind is "Vengeance is mine saith the Lord, I will repay." (Romans 12:19) God is saying to me, He will take care of it. I don't need to say another word to defend myself or my position. I can leave it in His hands because only He knows the heart of the other person and how He is dealing with them. Even though my heart aches, my position, then, is to continue to love them with the Agape love of God that is unconditional and all encompassing, regardless of what they might say or do from this time forward. God is in control.

The second Scripture that speaks to my heart is "Why do you see the speck in your neighbor's eye, but do not noticed the log in your own eye?" (Matthew 7:3 & Luke 6:41,42) and "And God who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the Saints according to the will of God." (Romans 8:27) "Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting." (Psalm 139:23) is my personal prayer.

Will I stir the waters of controversy again? Most likely, because I am not perfect and we are all created different in every way and I am human with the same fleshly instincts of everyone on the face of the earth.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Merab in the Old or New Testament or neither?
2. From Colossians 4, who does Paul call "our dear friend, the doctor"? *Jesus, Mark, Luke, Asa*
3. Jesus was about how much younger than John the Baptist? *12 days, 6 months, 1 year, 3 years*
4. David captured the fortress associated with which mountain? *Zion, Nepal, Rahab, Carmel*
5. James and John were called Boanerges, meaning "Sons of ..."? *Israel, Bethel, Thunder, Hadad*
6. From Genesis 24, who was the mate of Rebekah? *Adam, Joseph, Aaron, Isaac*

ANSWERS: 1) Neither; 2) Luke; 3) 6 months; 4) Zion; 5) Thunder; 6) Isaac

Return To Your Bible

I urge, then,...that requests, prayers, intercession and thanksgiving be made for everyone — for kings and all those in authority, that we may live peaceful and quiet lives in all godliness and holiness.

1 Timothy 2: 1,2



ACLJ Fights for Freedom of Speech for Churches

From the ACLJ Website
January 19, 2007

(Washington, DC) – The American Center for Law and Justice (ACLJ), which specializes in constitutional law, said today it is pleased the Senate approved an amendment last night removing language that would have targeted churches and non-profit organizations by classifying them as "grassroots lobbying firms" subject to governmental regulation. The Senate vote comes as the ACLJ launched a nationwide campaign to oppose the legislation that would drastically affect the free speech of churches and non-profit organizations. The ACLJ says the focus now turns to the House where the dangerous legislation is expected to be introduced and supported by House Speaker Nancy Pelosi.

The ACLJ launched a nationwide petition campaign this week – via email, radio, television, and through its website – to urge Senate and House leadership to reject this legislation. In just four days, more than 54,000 people have signed on to the petition opposing the legislation.

"We are thankful for the victory in the senate but will now turn up the pressure on the House," said Sekulow. "We urge members to do the right thing - and reject this legislation that is not only unacceptable but unconstitutional as well."

Led by Chief Counsel Jay Sekulow, the American Center for Law and Justice specializes in constitutional law and focuses on religious liberty litigation. The ACLJ is based in Washington, D.C.

For more information about the American Center for Law and Justice go to www.ACLJ.org.

Listen to the ACLJ regular daily radio broadcast found on KFIA radio 710 AM. The show is broadcast at 9 am Monday through Friday.

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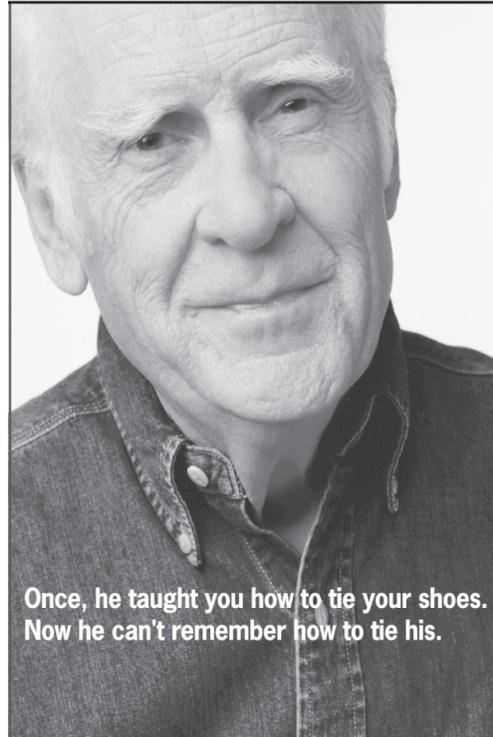


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Fair Oaks News & Views

Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

Earlier this month, John Easterbrook, Security Pacific Real Estate, told me about how he tried to fix the crooked pole in front of the Chamber Office; here is what he had to say...
 "The pole out in front of the Chamber office is conspicuously leaning to one side. I tried six months ago to

straighten it with a V-8 truck. All it did was lift the rear axle off the ground. If we were able to get 50 volunteers to show up, we could move the sign post! It would be an illustration of strength in numbers, a photo op and a great publicity event."

On another subject, as President of the Fair Oaks Chamber of Commerce I have a lot of pertinent information come across my desk. I realize it is important for you to have access to the information so that you may know what is going on in our area. If you feel a burning desire to have your voice heard, we invite you to do so! We want to fully understand your concerns so we can address them. Here are just a few of the questions we've been asked recently:

1. Questions regarding Hazel Avenue Improvement project go to www.hazelavenue.org
2. Read Across America, March 2nd - Northridge Elementary School
 a. Contact Renee Nicholson 867-2066 or rnicholson@sanjuan.edu
3. American River Parkway Foundation
 a. \$40 for annual vehicle pass
 b. Currently Mile 1, 7 and 17 are available for sponsorship

I look forward to seeing you around Fair Oaks!



Dear Community Member,

The Athletic Booster Club at Bella Vista High School is an organization whose mission is to support and promote the athletic programs and activities for our students. The many funding cuts at the district level have directly affected our sports programs and the role of the Booster Club has changed. We are now responsible for raising money for the continual improvement and financial support of our coaches, logistical needs of the teams and continuous development of the athletic facilities and practice fields.

The second phase of our "Field of Dreams," is now under way and we need your help and support. Field of Dreams began in the mid '90's with the installation of our stadium seats, snack bar, restrooms and the all-weather running track. This past fall, our Booster Club took action to begin the next phase which includes field upgrade, irrigation and sod installation that creates fields for our Field Hockey, Lacrosse, Soccer, Band, and Girls Softball sports teams, to name a few. Phase II is expected to cost approximately \$130,000. This project is largely funded by donations from our

business community, parents, neighbors, and friends of Bella Vista High School. We are hoping to receive enough sponsorships/donations to cover these costs and begin the next phase.

We are asking for your overall support through sponsorships, cash donations and membership in our Booster Club. Donations/correspondence can be sent to:

Bella Vista Booster Club, C/O Bella Vista High School, 8301 Madison Avenue, Fair Oaks, CA 95628.

Thank you for your consideration. Please feel free to contact me or visit our website at www.bvfieldofdreams.org for more information.

Bella Vista Booster Club is a 501 c-3 Non Profit Org. I.D. #237108048



Welcome New Directors - Assemblyman Roger Niello installed the new members of the Fair Oaks Chamber of Commerce Board of Directors. Roger Niello (center) is pictured with Terri Perrin (Fair Oaks Cemetery District), Charles M. Barr (Charles M. Barr Art Consultant), Dustin Buck (Edward Jones) and Susan Wanier (Wanier Software Solutions). We look forward to your enthusiastic leadership! Photo by Marsha Karley



Local Cancer Survivors showed their support for the upcoming Fair Oaks Relay for Life at the kick-off event at the Community Clubhouse on February 16th. The event began the process of forming local teams to walk during the event schedule for June 2-3, (see advertisement below). If you would like to join the American River Messenger relay team, call us at 916-773-1111. Photo by Mike Maddox

Valentine's Day Chamber Mixer



Adrienne Levy, owner, of Lucas Hopper's Fair Oaks Coffee House and Deli, was the hostess to the Valentine's Day Fair Oaks Chamber Mixer. She entertained a full house of chamber members who showed support for her joining the chamber as a new member. Many of the most enthusiastic members are pictured above! To find out more about becoming a member of the chamber call Marsha at 916-967-2903.



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Fair Oaks SPRING ADULT SOFTBALL

Registration Deadline: Friday, February 23rd @ 5:00 p.m.
 League Dates: March 4th - May 11th, # of Games: Minimum of eight (8)
 Game Times: 6:20 p.m. - 9:20 p.m. Location: Fair Oaks Park, Cost: \$375.00 per team (plus a one time charge of \$15.00 for your 2007 ASA card)
 Contact: Katy Coss, 966-1036, kcoss@fairaokspark.org
www.fairoakspark.org

Join us in the fight against cancer.



Relay For Life of Fair Oaks

June 2-3, 2007
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 8301 Madison Avenue

Form your team today for this unforgettable event!
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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.

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Beware of Frozen Water Pipes



Ty Rush of Black Diamond Construction writes, "December was an unusually cold month. I was contacted by two families whose water pipes had frozen above their kitchens while the families were on vacation. Unfortunately, the resulting damage was serious enough to prevent the families from living in their homes while repairs were being made. This kind of damage often occurs while homeowners are away on vacation. Pipes can also freeze at a vacant business where the heat has been turned off.

Water leaks can cause lots of damage; even a small water pipe rupture can release hundreds of gallons per day. Water damage can be serious enough to be declared a biological hazard by your insurance company which escalates the levels of inconvenience and expense. About 250,000 claims for water damage occur in this country each year and are

second only to hurricane damage claims. Water damage claims are \$400-500 million annually.

Here are some steps to take during a cold snap. Open a faucet in your home. If only a trickle of water comes out, suspect a partially frozen water pipe. A problem might occur in one or more locations in your home. Checking several faucets might help you pinpoint the problem. Using heat, perhaps from a hair dryer, might be enough to thaw a frozen pipe. Pouring hot water over pipes wrapped in a towel might also work. Don't use a torch to thaw water pipes; you certainly don't want to deal with a water leak AND a fire! Once the pipes are thawed, leave a trickle of water running. This should prevent the pipes from refreezing.

Thawing a pipe that is already split will cause water leakage. Familiarize yourself and your family with the location of the water shutoff valve. Closing the valve will stop all water flow into your home. Be cautious about using any electric appliances near water leaks.

Hot water pipes are not immune from freezing,

especially if you have a long pipe run and/or you have an "on demand" water heater."

Call a plumber if you have any doubts about the integrity of your water system.

Here are some simple precautions a homeowner or business owner can take to prevent the inconvenience and expense of frozen water pipes.

- Disconnect hoses from outside hose bibs.
- Insulate pipes and faucets in unheated areas.
- Close drafts and holes close to water pipes in attics and crawl spaces.
- Never shut off heat completely. Leave at 55 or above when on vacation.
- Turn faucet on to trickle, with some warm water and some cold.
- Close garage door, to keep garage warmer.
- Turn off hot water heater; turn off supply to home, and drain system if leaving for extended periods.

Ty Rush is a member of the Gold River Business Group. Call him for your kitchen and bath remodel needs.

Article by Ty Rush
Black Diamond Construction
Lic. #734221,
(916) 635-2077

Miss California Teen Competition

The Miss California National Teenager Scholarship Competition was held last weekend at the Sacramento Red Lion Inn. This Pageant awards thousands of dollars for college to teens throughout California. The winner also gets an opportunity to compete in the America's National Teenager Pageant in Nashville, TN. Pink Diamond Entertainment produces the Pageant. Pink Diamond is a nonprofit corporation whose mission statement is "Believe what you can become and become what you believe."™



Miss California National Teenager, Alexandira Preciato, receives her awards.

Photo by Don Siedman

Sponsors help offset the cost of the pageant. One of the sponsors this year was Gold River resident, Loni Montalbano. Loni is an Independent Beauty Consultant with Mary Kay Cosmetics and is also a Charter member of the Gold River Business Group. Loni donated prize baskets for the winners, and volunteered during the weekend. "I was impressed at how the Pageant was run,

how the delegates carried themselves and how much the philosophies of the foundation mimicked the ideals of Mary Kay Ash, the founder of Mary Kay Cosmetics," said Loni.

Delegates' scores are largely based on scholastic achievement, school and community service, interview skills and public speaking. Sondra Hill, president of Pink Diamond, told the girls, "This is not a beauty pageant. It is a scholarship pageant. First we

look at what's in your head, and then we look at your head and shoulders. Scoring also takes into consideration poise, personality and personal expression. There is no bathing suit competition."

For information about next year's pageant, email Sondra Hill at teenpageantdirectorcali@yahoo.com or call (916) 952-9025. To reach Loni Montalbano visit www.marykay.com/Lmontalbano1 or cal (916) 397-3529.

Karen Hanretty Speaks at SRWF Luncheon



Karen Hanretty, political and communications strategist, often seen on Fox News programs, provided a lively presentation to the Sacramento Republican Women's Federated luncheon at North Ridge Country Club in Fair Oaks on February 7th.

Mrs. Hanretty offered her views on national security, the growing size of national government, our national identity and who we are as an American people. She also elaborated on Republicans and their greater optimism for the American future.

For more information about SRWF membership or future luncheons call Barbara McCarty at 916-852-8855.

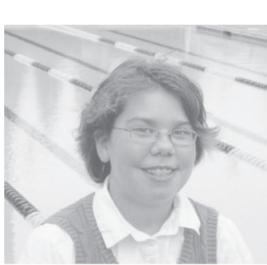
Gold River Raquet Club News

USTA Captain of the Year
– David Meegan



Congratulations are extended from the Club and it's members to David Meegan who was nominated by his peers and acknowledged by the more than 10,000 players who play in Adult League tennis through the USTA in Northern California. In 2006 David repeated for the third time in a row a Sectional title for his 7.0 50+ Mixed Doubles team. He also co-captained 8.0 50+ Mixed to Sectional title, was a finalists in Sectionals with 3.5 Men's, and played on 6 of the teams representing Gold River with amazing durability and success. All teams were District, and/or Sectional caliber teams. His personal play record was 24-7 and his teams were 54-10 in that same timeframe. We are very fortunate to have David and his family as members at Gold River. Congratulations again!

Swimmer of the Month
– Jessie Bringedahl



Our Swimmer of the Month for March is Jessie Bringedahl. She is a ten year old who is in 5th grade at Gold River Discovery Center. Jessie started swimming competitively only in March 2006 and has not stopped since even in the cold of December and January. She had a fantastic fall season and drastically reduced all of her times at each of the four meets that she competed. Jessie worked hard on her form and technique. She learned that to improve her stroke she needed to slow down, practice it correctly and then let the speed come. It sure did! She achieved a BB level times in 5 events this fall (50 Free, 100 Free, 200 Free, 50 Back & 100 Back). Three of these times (100 Free, 200 Free and 100 Back) were top 40 in the Sierra Nevada Region.

Masters Swimming
-- Myron Dong



Interested in improving your stroke and your workout? Then come meet Myron Dong on the pool deck each Monday and Wednesday from 6:00 to 7:00 pm

Masters Swimming is a successful blend of fitness and competitive swimming for adults (18 years+). Year round structured workouts for all levels of ability use techniques of interval training in an atmosphere of fun, fitness, friendship and participation!

Anyone who has basic swimming ability and can comfortably swim a few lengths of the pool will benefit. It is NOT necessary to have previous experience in competitive swimming nor is it expected that anyone joining these workouts will have to compete in meets.

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\$639,000	Gold River	Huntington Village. NEW LISTING. Single level. 2800+ sq ft. 3 br, 2 ba. 4 car garage. Gated village. Courtyard surrounded by french doors.
\$579,000	Gold River	Pioneer Village. NEW PRICE Unbelievable value for this 4 bedroom + loft. Hardwood flooring, granite, shutters, crown moulding.
\$588,000	Curtis Park	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
\$549,000	Gold River	Gold Spike Village. Coker Ewing built 4 br, 3 ba. New tile roof, hardwood & tile flooring. Large yard with pool and stamped concrete patio.
\$519,000	Gold River	Maidu Village, gated. Powell 4 br, 2 ba. Pool, spa, greenbelt parkway yard. New roof.
SOLD!	Gold River	The Classics built by Tim Lewis. Previous model home. 3 bedroom with sitting room. Premium parkway location. Gated community.



Supervisor Roberta MacGlashan

Adult Businesses in Sacramento County

A recent store opening in Orangevale caused the County to realize that there is a significant loophole in Sacramento County's adult business ordinance. That loophole allowed what is, for all intents and purposes, an adult business to locate 600 feet from Twin Lakes Elementary School in Orangevale. This situation was unacceptable because of the nature of the business and its proximity to the elementary school, as well as a school bus stop and two daycare centers. I looked for ways to better address the places that such businesses can locate.

The County currently has an ordinance regulating the location of adult businesses. However, some businesses avoid this ordinance by

selling lingerie, oils, lotions, and other items that are not specifically adult in nature. These businesses are clearly targeted at adult customers, and are absolutely adult in nature.

But the law is more complicated than that. I wanted to craft an ordinance that would address this situation and prevent others like it in the future, while not defining mainstream department stores as adult businesses.

The County Counsel's office researched the issue and found that, while we could not regulate materials protected by the First Amendment (adult videos, magazines, etc.), and could not define this business as adult under the zoning code, we could regulate the sale of specific adult devices (novelties or "toys") that are not protected under the Constitution.

I felt that it would be beneficial to the community as a whole if there were market-based incentives

that would compel these businesses to consider alternative locations that are, frankly, more appropriate.

Some have argued that this is really not the County's business. I disagree with this logic, and feel that parents have the right to decide when the time is right to discuss "the birds and the bees" with their own child. The conversation should not be forced prematurely because Mom has to explain that strange store on the way to school.

The ordinance that was approved by the Board, without dissent, on February 13 prohibits the sale of specified devices within 1000 feet of any public or private school, church, designated school bus stop, daycare center, library, or park. It does not ban the items countywide, but restricts them to areas away from child-oriented facilities. The ordinance becomes effective 30 days following adoption, or March 15, 2007.

Senator Cox Asks for Public's Help to Solve Home Invasion and Assault Case

Senator Dave Cox and home invasion victim Mike Madrid ask for the public's help in finding the suspect who invaded Madrid's home and assaulted him. Members of the public are asked to call the Sheriff's Department at (916) 874-5115 or Crime Alert at (916) 443-HELP if they

have information about this crime. Up to \$1,000 will be awarded to anyone with information leading to the arrest and conviction of this individual.

Recently, a suspect invaded the Fair Oaks home shortly before dawn and struck Madrid on the head with a baseball bat

in a struggle. The suspect escaped and is described as a Caucasian or Hispanic male adult in his mid to late 20's, 6'-6"1" tall, 145-155 pounds, with short hair, he was wearing black jeans with a black sweatshirt at the time of the invasion.

Amazing Connections

— by Laura Taylor



You've heard the saying, "It's a small world" and

indeed, sometimes it really seems to be. In my own life, I never cease to be amazed by the people I meet and what previously-unknown connections we have in common.

For instance, I've experienced some pretty amazing connections just by my interaction with the Citrus Heights Chamber of Commerce. Initially, while attending the Chamber's outstanding Leadership Program I encountered one of the session speakers and was delighted to reconnect with a special gentleman who my husband and I came to love and admire when we attended our first church in this area. Then just a year later, when my daughter was attending a church cheerleading program, the instructor turned out to be the Chamber's then-Marketing Director. Today, the Chamber's lovely receptionist happens to have a daughter in my son's fourth grade class, and the mother of one of his kindergarten classmates (a beautiful person and outstanding parent) works there too.

These connections are often surprising when we encounter them, but I've experienced so many in the past years that I've taken the time to try to understand their meaning. So why do we end up finding people we know or encounter acquaintances that share common relationships, and what does it do for us as people?

For me, meeting a familiar face, especially one that I've lost touch with, brings a warmth and completeness to my life. A sort of "full circle" feeling, if you will. As a person of faith, I try to live my life submitting it to the will of the Lord, never really knowing what that will might be, but trusting that He knows where I need to be. It becomes even more amazing then, when these connections occur and I can look back with 20/20 hindsight and see just where He has chosen to take me.

Sometimes our connections don't come from relationships, though. Sometimes the connection comes through our talent or our knowledge. Recently a parent at my children's school who works in the telecommunications industry was kind enough to bring the California Public Utilities Commission's Teleconnect Fund to my attention. Through this fund, our school (and others) has the potential to cut our phone expenses in half. This gentleman was kind enough to share his knowledge of this benefit with us. Of course, the less the school spends on phone expenses the more can be spent on students, and that benefits us all.

Myself, I happen to have a gift of artistic talent. I have used this gift both to make a living and to benefit a number of non-profit organizations. I have designed logos for everything from homeless ministries to SPCA programs and neighborhood organizations. I've created advertisements, newsletters and holiday giving program materials – all at no cost to the organizations. But why? Why would I give and expect

nothing in return? For me, the paradigm is completely different. How can I have a talent that fills a need and not share it? If I have something to add to a person or an organization that can take them to the next level of achievement and I withhold that, how could I live with myself?

In my walk through life, I've met many people like me and like this parent from our school; people who see what can be and apply their talents to make it so. We are connected by the very desire to see things better than they are. People like Jeannie Bruins (former CEO of the Citrus Heights Chamber and Citrus Heights Mayor in 2006), who knew what a benefit the Chamber's Leadership Program could be to the City and so she made it happen. People like Kathy Cook, who has put her heart and soul into helping create the Citrus Heights Marching Band. People like Jayna Karpinski-Costa (Citrus Heights Councilwoman), who uses her talent and connections as a veterinarian to help provide food for the pets of people in the Meals on Wheels program. And in Citrus Heights there are many, many more.

In the end it turns out that what we do really does come full circle. In fact, what we do to selflessly share our talents and knowledge comes back to us in so many ways that are often undetected. Our connections to the people around us that give us that "small world" feeling will continue to surprise us. In the end, the very best we could ever hope to experience is that warm and satisfying feeling of being connected to each other.

Weekly SUDOKU
Answer

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

Magic maze
Answers

- Trivia Test Answers
- Standard tests
 - Short
 - The American Stock Exchange
 - Eight feet above the floor
 - Smokey
 - Nicosia
 - Obi
 - Blood coagulation
 - A type of fish
 - Jonathan Swift

King Crossword
Answers
Solution time: 27 mins.

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

City Hosting Art Contest with Local Schools

From Citrus Heights Connections Newsletter

Young artists needed to design City's 10th Anniversary commemorative card

The History and Arts Commission and the City of Citrus Heights would like to invite school-age children and aspiring young artists to design a special commemorative card celebrating the City's 10th Anniversary. The winning designs will be chosen by a panel of judges and then printed on a special anniversary card which will be delivered to 35,000 households in Citrus Heights. This is an

opportunity to show your artwork in the community throughout 2007.

Submit your original design by March 28, 2007 to:

Citrus Heights City Hall Anniversary Card Contest 6237 Fountain Square Drive, Citrus Heights, CA 95621 Attention: Nicole Piva

Entries must be 8 1/2" by 11" or smaller. Artwork submitted should be done in suitable media capable of being scanned and reproduced (e.g., flat artwork, paints, watercolors, markers, crayons, etc.). Please include your name, the name of your school, return address, and

phone number with your submission.

The History and Arts Commission panel will make the final selection based on originality, theme, and artistic expression. A total of three submissions will be chosen, including one from elementary, middle, and high school students. All participants will be invited to show their submissions at an "Art in City Hall" exhibit (in the spring of 2007). The winning artists will be notified in April. If you have any questions, please contact Nicole Piva, City staff at (916) 727-4752, or via e-mail: npiva@citrusheights.net.

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Into the Light Grand Opening



Owner Elaine Bratten is holding her grand opening event March 25th from 11:00 am to 5:00 pm. "I was guided to buy the store as my way to give back to the spiritual community. I hope that when people visit the store they will feel better for their visit," Elaine said.

Amber Deann, CMT, CCHT, the author of Release Your Magical Child, published by Mind Emotion Harmony, will be at the grand opening to sign copies of her new book.

Elaine invites you to drop in during the Grand Opening and pick up a schedule of upcoming classes. All teachers will be at the Grand Opening to meet people and talk about their teachings.

The classes will be as follows: Manifesting your true heart desires, African spirituality, Guidance with oracle cards, Reiki I, II & III, Egyptian Dream Temple and Spiritual Awareness, Meditation, Ear candling, Weight management through hypnotherapy, German Shamanism & Ritual Magick, Alchemy, Kabbalah, Sacred Geometry, Astral Travel, Working with your Guardian Angel for guidance and protection. Working with the Angel of Abundance, Angelic Chakra Balancing, Basic Hypnotherapy certification training, and a Mastering Metaphysics Certification program.

The first Reiki class will be taught 03/18/07 from 10a to 6p. Pre-registration required.

Most items in the store will be 10% - 15% to 20% savings. There will be mini-readings and healings for \$10.00 with availability of several readers and healers at the grand opening event.

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F111

Business Directory

Register for Fall 2007 on March 1st

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JIM PUTHUFF
Computer Consultant

phone: (916) 780-1202 cell: (916) 768-3936
email: jputhuff@softcom.net

KING Crossword

Answers on Page 7

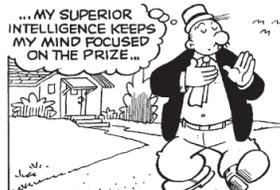
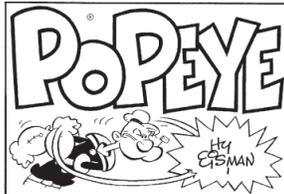
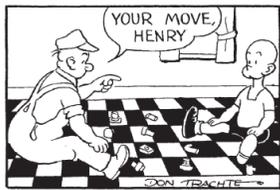
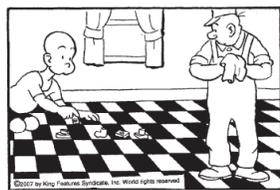
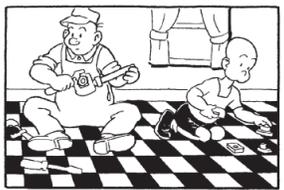
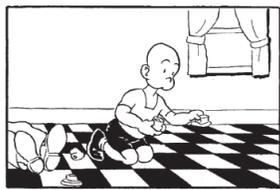
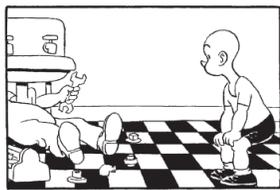
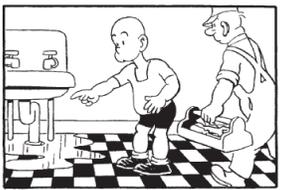
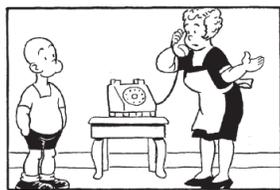
1	2	3	4	5	6	7	8	9	10	11	
12						13			14		
15					16			17			
		18			19			20			
21	22			23			24				
25			26		27		28				
29				30			31		32	33	34
				35			36		37		
38	39	40				41		42		43	
44					45				46		
47				48				49		50	51
52					53				54		
55						56			57		

ACROSS

- 1 Judicial garb
- 6 Embarrassed
- 9 Recipe meas.
- 12 Part of Hispaniola
- 13 Flightless bird
- 14 Genetics abbr.
- 15 Wedding musicmaker
- 16 Sasquatch
- 18 Sports coat
- 20 Booty
- 21 History chapter
- 23 Under the weather
- 24 Opium source
- 25 Ladder feature
- 27 Wickerwork willow
- 29 Governor
- 31 Bad-tempered
- 35 Rolls partner
- 37 Place
- 38 Post-nuptial kin
- 41 Drone
- 43 Hiatus
- 44 Agitate
- 45 Source of Will Rogers' info
- 47 "So what?"
- 49 Giggly noise
- 52 Work with
- 53 Wapiti
- 54 Public disturbances
- 55 Always, in verse
- 56 Crucial
- 57 Available

DOWN

- 1 Plato's P
- 2 Scull prop
- 3 Explosion that started it all?
- 4 List-ending abbr.
- 5 Mideast peninsula
- 6 Insurrec-
- 7 Eastern potentate
- 8 Compre-hended
- 9 Cavalry unit
- 10 Get nosy
- 11 Hamburger, e.g.
- 17 Rosy?
- 19 Polish silver?
- 21 Mess up
- 22 Wish undone
- 24 Each
- 26 He served between Richard and Jimmy
- 28 Become frozen
- 30 Without delay
- 32 VIP
- 33 "Luck - Lady"
- 34 "Uh-huh"
- 36 Like the White Cliffs of Dover
- 38 Permeate fully
- 39 Din
- 40 Hybrid feline
- 42 Subway
- 45 Wan
- 46 Jockey's handful
- 48 "Yipes!"
- 50 Schedule abbr.
- 51 Kreskin's claim



The Spats



by Jeff Pickering

Weekly SUDOKU

by Linda Thistle

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

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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Fair Oaks Post Office Passport Fair

The Fair Oaks Post Office is holding a Passport Fair on March 10th from 10:00 am to 2:00 pm. They are located at 7862 Winding Way, Fair Oaks. They request that everyone applying for a passport bring with them evidence of citizenship, proof of identity, two passport photos, which will be available on site. If you have any questions call them at 967-0249.

Food Booths and County Regulations Seminar

Special Seminar to be held on February 28th. Fair Oaks Community Clubhouse, 7997 California Avenue, Fair Oaks. Noon to 1:30. Admission is free to Chamber members. Non-members \$20. Come and learn from the expert guests information on licenses, permits, costs, rules and regulations, and more. You are welcome to bring your own lunch. Water and soda will be provided. For more information call Naona Monroe 961-1265.

Sunrise Marketplace & CH Chamber offer ADA Seminar

Learn about simple measures business owners can take to help defend themselves in the event of litigation. Topics will include: The ADA, California Access Laws and the Business Owner's Role in the Process; What is discrimination and how to identify it before it happens; Case law, the building code, local building officials, architects, contractors—who is responsible for what? Speaker: Syroun Sanossian of SZS Consulting

Thursday, March 1st, 8:30 am to 10:00 am. Citrus Heights City Hall Council Chambers. Continental Breakfast. Admission is Free. Co-Sponsored by Sunrise Marketplace Business Improvement District, Citrus Heights Chamber of Commerce and sponsored in part by Batteries Plus. RSVP to Chamber Office by February 26th. 722-4545.

Free Small Business Seminar

What you need to know before starting a small business in California Steps to forming a small business & ways to avoid common mistakes. Wednesday, 3/21 6:30-7:30pm

"How to form a non-profit in California." Steps to forming a non-profit & ways to avoid common mistakes Wednesday, 3/21 6:30-7:30pm

To be held at:
Sylvan Oaks Branch
Sacramento Public Library
6700 Auburn Boulevard
Citrus Heights, Ca 95621
Registration Required
Limited Space
Call to Register:
(916) 271-2839

MAGIC MAZE • THOMAS

CMJNHECZXUSQNLJ
GECZOXVTRPNLJHE
CAYWVTYTRPJNLKN
CHIPPENDALEYNI
GECBLKOEZXFDIWS
USRXPCLBOFRKMK
LJUIGEIYETEAGDC
BHAYBBDLXLRHRA
WUTBSQERLPSA O O J
MOORENIAPNOWHLK
JHHGFDWCSANIUQA

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

- Aquinas Crown Hobbes Moore
- Becket Edison Hodgkin Paine
- Carlyle Hardy Huxley Waller
- Chippendale Hart Benton Jefferson

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All Answers on Page 7

Contract Bridge

HOIST BY HIS OWN PETARD

West dealer.
Both sides vulnerable.
NORTH
♠ K Q 8 7 2
♥ Q 10 9
♦ 5
♣ A 10 8 3
WEST
♠ A 5
♥ K 7 2
♦ A K Q J 9 4 3
♣ 2
EAST
♠ 10 9 6 3
♥ 6 4
♦ 10 8 7 6 2
♣ 7 6
SOUTH
♠ J 4
♥ A J 8 5 3
♦ —
♣ K Q J 9 5 4

The bidding:
West North East South
1♦ 1♣ Pass 3♠
3♦ 4♣ 4♦ 6♣
Opening lead — two of hearts.

It is said that a little knowledge is a dangerous thing, and this deal, where South reached six clubs on the sequence shown, would certainly seem to provide support for that argument. Most players with the West hand would choose the king of diamonds as their opening lead. It simply wouldn't occur to them to make any other lead, and in the end, they would wind up defeating the slam.

In the actual case, however, West, a well-known player, led a heart. He

realized from the bidding that South almost certainly had no diamonds, and thought it might be essential to establish a heart trick for the defense before declarer could establish dummy's spades and dispose of his heart losers.

But, alas, West's opening heart lead proved fatal. Declarer won with dummy's queen, ruffed a diamond, played the K-Q of trumps and then led the four of spades.

This presented West with an insoluble problem. If he went up with the ace, South would later discard his J-8-5 of hearts on dummy's spades. And if West followed low instead, declarer would win the spade with dummy's queen and return a low spade to the jack and ace, forcing West to concede the slam whatever he did next.

If West had led a diamond originally — the so-called automatic lead — declarer would have gone down regardless of how he proceeded. There would have been no way for him to avoid losing a spade and a heart, assuming best defense.

Was West simply unlucky because he was smart enough to figure out that South was void of diamonds, or should he have led a diamond anyway? It's hard to say, but of one thing we're sure: A little knowledge can be a dangerous thing!

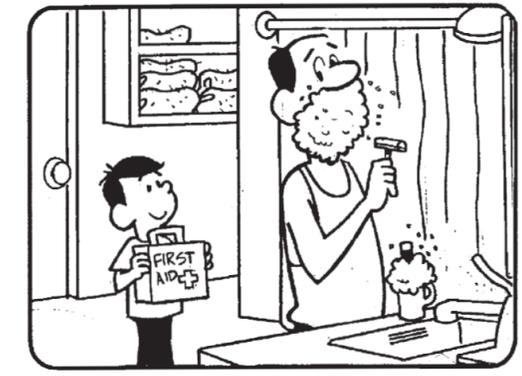
© 2007 King Features Synd., Inc.

by Steve Becker

Trivia test by Fifi Rodriguez

- MOVIES: What are the O.W.L.s in the Harry Potter movie and book series?
- LANGUAGE: What does the Latin prefix "brevi" mean?
- BUSINESS: What does the acronym AMEX stand for?
- GAMES: How high is the top of the net in men's volleyball?
- GENERAL KNOWLEDGE: What is the name of the University of Tennessee's mascot, a Blue Tick hound?
- GEOGRAPHY: What is the capital of Cyprus?
- FASHION: What is the name of the sash traditionally worn with a kimono?
- MEDICINE: Hemophilia is an inherited disorder of what?
- NATURAL WORLD: What is a pompano?
- LITERATURE: Who wrote the satirical essay "A Modest Proposal"?

HOCUS-FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.
Hat is added. 5. Parts are different. 6. Soap is added.
Differences: 1. Towel is missing. 2. Toilet is different. 3. Shirt is different. 4.

Citrus Heights Little League

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FREE Self-Help classes for Women

To Be Held At: Sylvan Oaks Branch Sacramento Public Library
6700 Auburn Boulevard
Citrus Heights, CA 95621

Wednesday, 3/28 6:30-7:30pm "Good vs. Bad Contractors and How to tell the Difference"

Wednesday, 4/4 6:30-7:30pm "Good vs. Bad Mechanics and How to tell the Difference"

Wednesday, 4/18 6:30-7:30pm "Buying, Renting, and Leasing Autos: Tips on making the decision"

Registration Required
Limited Space

To Be Held At: Rancho Cordova Branch Sacramento Public Library
- 9845 Folsom Boulevard, Sacramento, CA 95827

Thursday, 3/22 6:30-8:00pm

"Professional vs. handyman: How to hire & oversee their work"

Thursday, 3/29 6:30-8:00pm "Q & A for Home Repairs and Maintenance"

Thursday, 4/12 6:30-7:30pm "Q & A for Basic Auto Care and Maintenance"

Thursday, 4/26 6:30-7:30pm "Good vs. Bad Mechanics and How to tell the Difference"

Baseball Players Trading Baseball Bats for Golf Clubs

By Sherri Bergmann



Former professional baseball players will be dropping their bats and swinging golf clubs instead on March 24th to swing for Casa Roble High School's baseball team.

One such player is Frank-Paul "F.P." Santangelo. Santangelo played for the San Francisco Giants, LA Dodgers, Oakland Athletics and Montreal Expos.

High school baseball taught

him many things that helped him to be successful in life, on and off the field. Most public high schools require a 2.0 g.p.a. to play sports but F.P. raised the bar for himself because he wanted to succeed beyond the baseball arena. "Knowing what it takes to be successful in the classroom. Good grades are paramount to any successes in life. A 3.85 grade point average and a 1250 on my S.A.T enabled me many options and opened every door."

Not only did he achieve status as a successful MLB player, his academic and self-discipline helped him to continue to share his passion for sports in the specialized field as a sports radio talk show host for "The Rise Guys"

show on KHTK-1140 AM, Sacramento.

"High school baseball showed me the value of teamwork. How if everyone was on the same page and there was a synergistic approach to winning, anything could be accomplished. If you're passionate, dedicated and are focused on a goal, you can accomplish anything."

The Casa Roble High School's Annual Golf Event will be held at Lincoln Hills Golf Club and is open for all golf and baseball enthusiasts to join F.P. and other baseball professionals to "Swing for the Casa Roble High School" baseball team. Dinner will be hosted by Outback Steakhouse. Visit www.casabaseball.com for event information.



Cougar Rugby Club Fundraiser

proceeds from this event will be used to defray expenses of this spring tour and provide field maintenance for our home field.

What does that mean for you? In one word, sponsorship. There are several opportunities for you to help. Please choose the one that suits you best.

- Write a check payable to Cougar Rugby Club
- Consider a donation of trade in printing, food items or drinks for the big event
- Donate items for our raffle or silent auction
- Or you may give us the information of someone you

know who supports team events

When the players compete this season they'll have more than countless hours of practice behind them. They'll have you. Take pride and ownership of the facts: All players on the rugby field demonstrate tenacity, physical agility, courage, competitiveness, cooperation and winning strength.

For more information about the crab feed or to make a donation contact

Samantha Rodriguez
Crab Feed Chair
Cougar Rugby Club
(916) 961-8310

Dream Cars at Autorama



Jackie Martin shows off the 1955 Chevy Bel Air, owned with her husband Doug. Photo by Paul Scholl, ARM

Doug and Jackie Martin of Air at the 2007 Sacramento Fair Oaks displayed their beautiful 1955 Chevrolet Bel

the 11th. The Autorama is one of the longest running indoor car shows in the world. Attendees of the show spent hours walking around appreciating and enjoying the hard work others like Doug and Jackie put into the many amazingly restored vehicles. It made me long for my old 1941 Chevy Pickup, and my 1964 Chevy Impala Super Sport, and my 1957 Chevy Nomad, and my 1968 Mustang, and my...

River Cats Spring Training Schedule

WEST SACRAMENTO, Calif. – The Sacramento River Cats begin their 11-game spring training schedule Friday, March 16, against the Salt Lake Bees in Tempe, Arizona, team officials announced today. The spring training schedule will be interrupted during the last week of March when the River Cats travel to Sacramento to face off against their parent Oakland A's in a March 29th Exhibition Game at Raley Field. Game time for the exhibition game is 6:05 PM PST. Limited tickets for this game still remain.

The River Cats, along with all other A's minor league affiliates, make their spring home at the Papago Park Baseball Complex in Phoenix, AZ. The Cats will play five "home" games at Papago Park and six "road" games over

a two-and-a-half-week span leading up to the 2007 regular season.

Many of the players on the 2007 River Cats will be joining the A's in Major League spring training at Phoenix Municipal



Stadium. For those players as well as rest of the A's 40-man roster, pitchers and catchers report to camp on Friday, February 16, and position players report on Wednesday, February 21.

The complete training schedule can be found on the River Cats website at www.rivercats.com.

rivercats.com.

Individual tickets for the March 29th exhibition game and all 2007 regular season River Cats games at Raley field go on sale at 10 AM on March 3rd at the Raley Field Ticket Office and online at rivercats.com and ticketmaster.com. Until then, tickets for the A's Exhibition Game are currently available only through purchase of River Cats Full Season Tickets, 37-Game and 19-Game Mini Plans. 2007 River Cats Season Tickets or Mini Plans can be purchased at the Raley Field Ticket Office and by calling the River Cats Ticket Hotline at (916) 371-HITS. For more information about the 2007 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com.

- By Gabe Ross

Jerry Manuel Leads Effort to Start William Jessup Baseball Program



Photo courtesy of WJU

ROCKLIN, Calif. – Jerry Manuel will once again make Shea Stadium his home base this summer. But the New York Mets bench coach will also be thinking about another brand of baseball much closer to his roots in Sacramento.

William Jessup University announced this week that Manuel will be leading the effort to establish a baseball program on its Rocklin campus. The Warriors are hoping to field an National Association of Intercollegiate Athletics (NAIA) team by the spring of 2009.

Manuel, 53, grew up in Rancho Cordova and played Major League Baseball for five teams during the 1970s and early '80s. He was named the American League Manager of the Year in 2000 and last year helped the Mets win the National League East Division.

"We feel extremely fortunate to have a tremendous baseball person like Jerry Manuel heading up the effort to start our program," university President Bryce Jessup said. "Jerry is extremely knowledgeable in all facets of baseball and his deep faith makes him the ideal person to be interacting with our young Christian athletes."

Manuel, who leaves for spring training Thursday, will be involved in recruiting, establishing the program's guidelines, and fund-raising efforts for a baseball stadium on the campus grounds.

"This is an exciting opportunity for me; I will be able to set the entire program in motion," said Manuel, who managed the White Sox from 1998 to 2003. "I've always wanted to be involved in collegiate athletics and this is such a good fit for me. William Jessup is a Christian university and the environment will liberate me to do my own thing."

After his playing career ended, Manuel became a scout with the White Sox in 1985. He was third base coach for the Montreal Expos for six years and served as bench coach when Jim Leyland guided the Florida Marlins to a World Series victory in 1997.

Manuel became the White Sox manager in 1998, taking over a struggling team. Two years later he guided Chicago

to a division title with a 95-67 record, a 20-game improvement over the previous season. He had a 500-471 record during his six years as White Sox manager.

An El Dorado Hills resident, Manuel is looking to relocate somewhere in Placer County close to the University. He hasn't ruled out becoming William Jessup's first baseball coach.

"I would still like to manage in the Major Leagues, but if the right opportunity doesn't come along I would love to be the first head coach at William Jessup University," Manuel said. "It would be a tremendous opportunity to impact young men at what I consider an impressionable age."

Anthony Manuel, Jerry's son, will also have a role in starting the William Jessup University program. The younger Manuel, 24, is currently a minor league infielder in the Mets organization.

William Jessup University is located at 333 Sunset Blvd. For more information, visit www.jessup.edu or call (916) 577-2200.



WILLIAM JESSUP UNIVERSITY

The Citrus Heights Little League will be accepting new players all the way up to, and including, Opening Day, which is March 17, 2007. For more information, parents or guardians of prospective players can contact the Citrus Heights Little League at (916) 726-8525 or visit us on the web at www.eteamz.com/CHLLBaseball

Gold River Charity Golf Tournament Held March 10th

Gold River Discovery Center has embarked on a new journey this year. We welcomed back sixty-two of our former students to be the first seventh grade class in the new K-8 program. Mrs. Nix, who previously taught 5th grade at GRDC along with a former IB teacher from Churchill, Mrs. Silva, started this year with a successful transition. The two seventh grade classes have managed to bring a productive and encouraging first year to the program.

A focus in the upper grades is the use of technology in the curriculum. Every student at our school has a daily opportunity to spend individual time on a computer. As they move up each year in grade level, the use of technology becomes more prevalent and important for preparing the students for High School and College.

This year students have been creating their own digital photo album, making music and creating their own movies. We hope to include a daily news broadcast for the entire school in the near future.

Next year with the addition of eighth grade and up to

three sections of seventh grade, Gold River Discovery Center's technology needs will more than double. It is our intention to purchase two SMART Boards for interactive class lessons using the internet and educational software. We will also purchase two presentation stations, each including a laptop computer, LCD projector, and a mobile



cart to be moved from class to class. In the tradition of the Gold River's reputation, we strive to be the best and we will upgrade our program for our students by expanding our ability to teach with the new technology equipment.

In an effort to provide funding for our expansion

program Gold River Discovery Center is hosting a Charity Golf Tournament:

Who: Gold River Technology Expansion Program

What: First Annual Gold River Charity Golf Tournament

When: Saturday, March 10

- 11:00 a.m. Registration, lunch, putting contest
- 1:00 p.m. Tournament begins, Scramble format.
- 6:00 p.m. Mexican Buffet awards dinner, raffle, and music.

Where: Empire Ranch Golf Course - 1620 East Natoma Street, Folsom, CA

Entry Fee: \$125 – Includes green fees, golf cart, on-site contest, boxed lunch, buffet awards dinner. Dinner only \$30 for adults, \$10 for children (12 and under)

TO REGISTER:

Call Marlow Simonetto 916-996-1767 or email GRDCGolfTourney@aol.com. Men, women, or mixed foursomes. Singles and all levels of players welcome. Sponsorship opportunities are available.

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little Max? -- Michael and Terri, via e-mail

DEAR MICHAEL AND TERRI: I'm sure Max is very cute, but the photo was not part of my column. Actually, my column is distributed to a number of newspapers, often appearing next to other pet-related stories or adoption information from local animal shelters.

Check the entire page for contact information related to little Max, or other information related to the local shelter, animal hospital or rescue service. If no additional information can be found, check the blue (government) pages or the Yellow Pages for a listing of area shelters and rescue services, and ask if they published the photo of Max.

You may be able to contact the local paper directly and ask who placed the photo. Contact information is usually placed near the front of the issue under a list of editors' and reporters' names.

Best of luck finding little Max -- and if he is no longer available for adoption, please consider adopting another cute kitten from the local shelter. So many are waiting for a home!

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.

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Student of the Month



Julliet Tran of the Mesa Verde Business Academy (center) is pictured here receiving her Student of the Month Award at the Citrus Heights Chamber of Commerce Luncheon, held at Crosswood Oaks on February 13th. Julliet is presented the award by sponsor Daxs Stadjuhar of Stadjuhar Wealth Strategists, Ted Wolter from the office of Supervisor Roberta MacGlashan, Mike Sides, Chamber President, and Adam Culich from Roseville IT.

Where's That Cute Kitten?

DEAR PAW'S CORNER: My wife and I happened upon your column, and I have got to tell you that the picture of the kitten, "Max," is the cutest we have ever seen. We would like to know if this little guy has a home. Our beautiful 10-year-old red tabby, "Shamrock," passed away in November, and we are looking for a new best friend. Can you give us adoption information on

REACH Mission Statement

The Residents' Empowerment Association of Citrus Heights (REACH) responsibly represents the interests of our community and its citizens and encourages participation in neighborhood associations to achieve continual improvement of our quality of life.

CITRUS HEIGHTS NEIGHBORHOOD MEETINGS

AREA	CONTACT	WHEN
1. Northwest Neighborhood Assoc.	Tonya Wagner: 721-1462	Third Tuesday
2. Rusch Park Neigh. Assoc.	Claude Eisner: 726-2201	Third Thursday
3. Citrus Heights Assoc. Number Three	Cindy Carleton: 726-3511	Second Tuesday
4. Arcade Creek Neigh. Empowerment	Bill Childers: 722-1151	Second Tuesday
5. Park Oaks Neigh. Assoc.	Olivia Gasca: 807-4163	Third Thursday
6. Sunrise Ranch Neigh. Assoc.	Sandra Benward: 421-3511	Fourth Tuesday
7&8 Citrus Hgts. Neigh. Assoc.	John Youril: 849-6174	Second Tuesday
9. Sunrise Oaks Neigh. Assoc.	Gifford Massey: 723-6419	First Wednesday
10. Sylvan Old Auburn Rd. Neigh.	Jana Karpinski-Costa: 722-8647	Fourth Monday
11. Birdcage Heights Neigh. Assoc.	Jay Evans: 944-3925	First Tuesday

Call Your Neighborhood REACH representative and get involved today!

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Solid Waste Advisory Committee Applications Due February 28

Citrus Heights encourages people to become involved in their local community. One way to do so is to serve in an advisory capacity on one of the city's various commissions, committees or boards. The city is accepting applications to fill one (1) position on the Sacramento Cities/County Solid Waste Advisory Committee. Applications can be accessed on-line at www.CitrusHeights.net, at City Hall, by calling the City Clerk's office at (916) 725-2448 or email CityClerk@citrusheights.net. Applications, which include a required supplemental questionnaire, must be submitted to the City Clerk's office by 5:00 p.m., February 28, 2007. No postmarks accepted.

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HELP WANTED

Got spare time to help out your local Chamber of Commerce? Call Marsha at the Fair Oaks Chamber office 967-2903

Homes & Land Magazine
 Delivery drivers wanted. Fair Oaks, Rancho Cordova, El Dorado Hills, Roseville, Rocklin, Elk Grove & Sacramento. Independent Contractors. Delivery once a month. Must have valid CA Drivers License & proof of insurance. Call 773-1111

HOMES FOR RENT

The American River Messenger is seeking independent sales agents to offer advertising to businesses in Citrus Heights, Fair Oaks and Gold River. We have received a great response about our newspaper and its support of the community. Work from home just a few hours each week to develop new accounts. We offer a strong commission plan and a simple sales presentation. Previous sales experience required. Fax your resume to 773-2999 or call 773-1111.

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Donald Kendrick,
Music Director



Verdi Requiem

Saturday, March 3 at 8 PM

Pre-talk at 7 PM

Sacramento Community Center Theater

Alaine Rodin, Soprano Jonathan Hodel, Tenor
Oksana Sitnitska, Mezzo Gregory Stapp, Bass

Giuseppe Verdi poured the same **drama and passion** into the *Requiem* that marks his greatest operas. It is music to **stir the spirit** and **move the heart**. The SCSO salutes Donald Kendrick's 1995 Carnegie Hall debut of the Verdi *Requiem* that received a standing ovation from a New York audience and hailed by their critics as a masterful performance.

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Verdi's Requiem Comes to Sacramento

The Sacramento Choral Society & Orchestra is proud to bring Verdi's stirring Requiem back to the Sacramento Community Center Theater on Saturday, March 3 at 8 PM. "It is really one of Verdi's greatest operas," says SCSO Music Director Donald Kendrick. It showcases the SCSO's large Chorus and Orchestra, along with outstanding soloists from the Bay Area and New York. A pre-talk at 7:00 PM will feature Conductor Donald Kendrick and the entire SCSO Chorus on stage for the live "sound bytes."



Donald Kendrick,
Music Director

Verdi wrote this "monument of Western Civilization" in 1874 to honor the passing of his friend, the Italian poet Manzoni. The Requiem has come to be viewed as music of healing, music dedicated to recognizing our humanity and, at times, human catastrophes such as the current situation in Darfur in Africa.

For SCSO Music Director, Donald Kendrick, the Requiem brings back fond memories of his 1995 Carnegie Hall debut when he featured a Chorus from Sacramento in a well-received performance of Verdi's work.

The Requiem will be sung in Latin and supertitles will add to the drama of the evening and will enhance the enjoyment and understanding of the music. A post-concert reception in the lobby will offer concertgoers the opportunity to meet the artists featured.

For tickets (\$35 - \$15) call the Community Center Box Office at (916) 264-5181 or visit Tickets.com. For information on Group Ticket Sales, call (916) 536-9065 or visit the SCSO on the web at www.sacramentochoral.com

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