

# AMERICAN RIVER

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Move America  
Forward

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

Volume 2 Issue 5

Serving the Communities of Citrus Heights, Fair Oaks and Gold River

March 2007, First Edition

## Reduced Speed Limits Take Effect



Maximum enforcement by the Citrus Heights Police Department

Citrus Heights - On Thursday, March 1st, travelers going through the City of Citrus Heights are encouraged to pay close attention to the posted speed limits due to a 5 MPH reduction on many of the City's largest roadways. "KNOW THE LIMITS" is the message coming from the Citrus Heights Police Department, who will be strictly enforcing the newly reduced speeds. Speed limits have been reduced from 45 MPH to 40 MPH on some segments of major thoroughfares, including: Antelope Road, Auburn Blvd., Fair Oaks Blvd., Greenback Lane, San Juan Avenue, Sunrise Blvd., and Sylvan Road.

This adjustment is intended to achieve consistent travel speeds and patterns along these congested corridors. The consistent speed limit will also work in concert with

coordinated traffic signal operations on Greenback Lane and Sunrise Blvd. (and other arterials in the future), where signal progressions are essentially set at a 40-mph travel speed.

The City of Citrus Heights' City Council voted unanimously to approve the speed limit ordinance in January 2007. The speed limit ordinance was proposed to the City Council in response to the increase in traffic volume, speed levels and accident rates in the City of Citrus Heights over the past five years. Since January 1, 2000 to the present, the City has experienced in excess of 9723 collisions and 32 fatalities on the local streets. Of great concern is the fact that 14 of the 32 fatalities have occurred during the last 22 months alone.

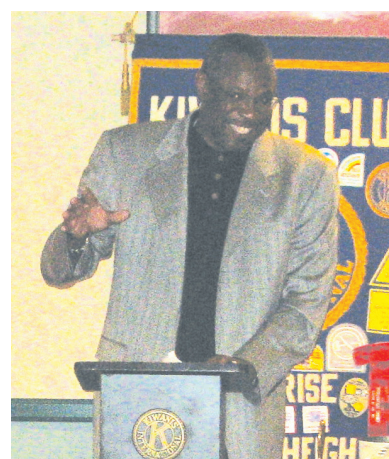
## Firefighters Say "Thank You"



Citrus Heights - Firefighters from many local agencies collected over \$127,000 in donations given by drivers at the intersection of Greenback Lane and Sunrise Blvd. in Citrus Heights over their four-day fundraising event. Patty Neifer, Executive

Director of the Firefighters Burn Institute said "Our thanks to the community of Citrus Heights, and to everyone who donated this year." The donations go to support burn victims from the Burn Institute.

## Talkin' Baseball with Dusty Baker



Citrus Heights - Dusty Baker, former major league baseball manager, player and local high school star, spoke before the Citrus Heights-Sunrise Kiwanis group at Denny's Restaurant in Citrus Heights on February 21st. Dusty told a number of entertaining baseball stories, both about his time in the majors and when he played locally.

"I think I'm the busiest unemployed guy I know," stated Baker, talking

of his current schedule, which includes enjoying watching his son play Little League. He also said he is looking forward to his duties as an analyst with ESPN for the upcoming baseball season.

Dusty stayed to sign a few autographs and have pictures taken, especially with one die-hard Dodgers fan! To find out more about Kiwanis and how they serve within the community, call Tim Melson, President, at 859-0114.

## Reward for Illegal Dumping Tipsters

Sacramento - Two \$250 tip rewards were presented recently to residents living in north and south Sacramento as part of the Illegal Dumping Prevention and Enforcement program sponsored by the Sacramento County Departments of Waste Management & Recycling (WM&R) and Neighborhood services and the California Integrated Waste Management Board.

"Since its inception in May 2006, we've presented nine rewards to residents who have provided information that led to citation of people illegally dumping in the unincorporated

region of Sacramento County," said David Pelsler, WM&R director. "We are partnering with our customers to help reduce the unsightly blight of illegal dumping in the unincorporated communities."

The program has posted "Illegal Dumping is a Crime" signs in identified hot spots, installed barriers to frequently abused alleys and stepped up community awareness through outreach. More than 63 tip calls have been received, and 47 citations have been issued. Residents are requesting more signs posted in their neighborhoods.

Residents spotting illegal

dumping may be eligible for the \$250 reward if they report information into the County's hotline at 916-875-5656. They should report dumper and vehicle description including license plate number, color, make and model, and time and date along with location and type of materials being dumped.

Where to Report: Call the Community Assistance Resource Center hotline at 916-875-5656. Toll Free: 888-358-8499 TDD: 916-875-7105 Or Report Online at: [www.illegaldumping.saccounty.net](http://www.illegaldumping.saccounty.net)

## "CLEO" Needs a Loving Home



Gold River - Breed-wise, Cleo is 100-percent "Onlehevnooes" [Pronounced "Only Heaven knows!"] Cleo is a VERY cute, EXTREMELY friendly, 1-year-old, spayed female mixed-breed. She still behaves like a puppy and has behaved well with children, strangers, cats and other dogs (both larger and smaller than her). Cleo is a tail-wagging giggle generator; everything that she does she does in a way that's hilarious to watch. Very

smart--Cleo knows 3 different ways to open a sliding patio door. Very high-energy; has shown no food-aggression towards people or dogs; recommended for a home with other dog(s) or where someone is home during the day. Crate-trained; likes to go for walks; good watchdog.

To adopt Cleo (or to foster or adopt a different dog or cat), please contact dog rescuer Gary Sawyer at [ShelterMou@Hotmail.com](mailto:ShelterMou@Hotmail.com).

## 100 Year Old Citizens Wanted for Celebration

When they were born, Theodore Roosevelt was the president and a pound of sugar cost less than a nickel. The average life expectancy in the United States was under 50.

Take a Stand Against Elder Abuse (TASEA), in partnership with the Sacramento County Senior and Adult Services Division of the Department of Health and

Human Services, is seeking area centenarians to attend the upcoming Centenarian Dinner and Celebration. The event is scheduled for sometime in June 2007.

Honorees must be residents of Sacramento or the surrounding counties and have reached the age of 100 by June 8, 2007. The event is free for the centenarian

and one guest. Centenarians will be interviewed for their life history between February and April 2007 by California State University, Sacramento Gerontology Students who have passed a background

check. Each centenarian's biography and photograph will be placed in the event program. For more information, call Rosalind at (916) 874-9245. Deadline is March 31, 2007.

**DUTCH TREAT**



By Dennis Packard

**Running Barefoot Through Security**

The country was on "ORANGE" alert. It wouldn't have mattered much if it were a "RED" alert. We've been planning this vacation to Maui for fifteen months—and we were going on the 27th of December at 8:45 a.m. regardless.

It had been years since my wife, Stacey, and I had flown. Even though I was well aware of the security, I was still surprised when I had to bend over to grunt, untie and wiggle out of my tennis shoes to have them x-rayed. But even walking around in my stocking feet and my arms in the air, I still caused bells and alarms to go off walking through the human security tunnel of shame. Finally, I took my cell phone from my shirt pocket that triggered the alarms and aggravated all the passengers behind me. Feebly, I attempted to hand it to the security officer. He refused to touch it and without murmuring a word, he pointed me to the back of the security line, like any bad boy.

We were fortunate to get the first two seats behind first class and next to the window. There were no seats in front of us, just a T.V. screen. We were delighted.

Sitting on the aisle seat, most all the first class seats were in plain view to me. Once we were in the air the stewardess pulled the drapes dividing the second class from the first class. Unfortunately, the drape was actually a large fish net and it certainly didn't hide the view. I laughed and whispered to another second-class passenger sitting across the aisle from me that I could still see "THEM."

Some of our more frequent flyer friends had informed us before the trip that no food would be offered on this flight to Honolulu. With this thought in mind, I purchased a nice fat sandwich to take

with me. About an hour into the flight, they served a bag of pretzels and drinks. Within seconds I dove into our carry-on bag and pulled out my big sandwich. Once I inhaled my lunch—all by 10:45 a.m.—the stewardess came by and offered us a free hot lunch. I was forced to accept the hot turkey, mashed potatoes, dressing and gravy. Well, it was small.

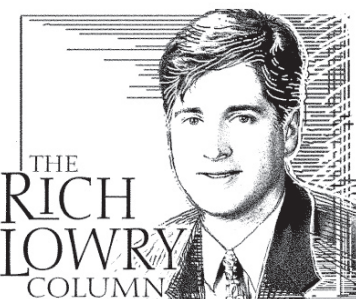
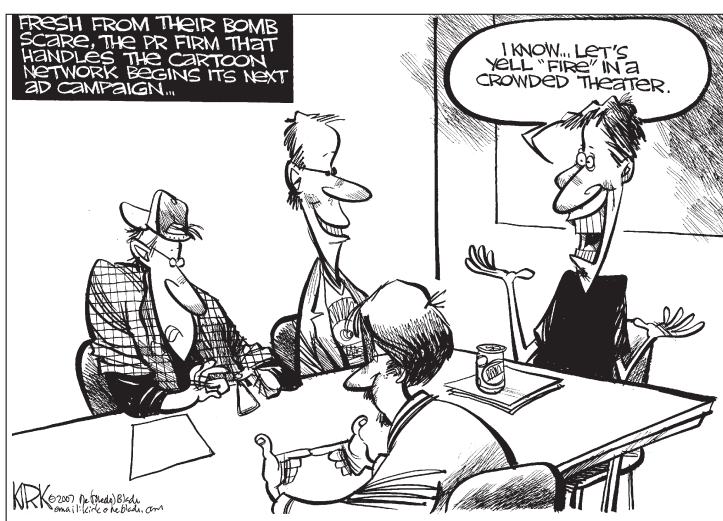
In order to enjoy a movie after lunch, we purchased earphones. A male plug was attached to one end and as it opened into a "Y," two tiny buttons to place in each ear completed our set.

I tapped my wife on her shoulder. With both earphones inside my ears, I held the male end of the plug up to her face and screamed, "WHERE DO YOU PUT THIS?"

She reluctantly informed me that the plug, volume and change of channels were located inside the left armrest that was totally hidden because my thighs were pressed against these controls. Since the "Seat Belt" signs were lit, I wasn't able to get up or lift my leg to see the controls. Frustrated, I pushed and crammed my fingers down between my thigh and armrest and began to feel the buttons. The first button I pushed turned the "ALERT" light on above my head to attract the steward or stewardess. I decided to just wait until the "Seat Belt" sign went off.

I still hadn't figured out all the controls when they decided to start the movie. Frantically, because I'm one that hates to miss the beginning of a movie, I threw my legs up over my wife to see the controls. They were all labeled, and unless I got out of my seat, laid in the aisle and pressed my face into my seat, I certainly couldn't read them. At one point, playing with all the buttons, I turned the volume up so high that the earphone buttons flew out of my ears and left a ringing noise that lasted for five minutes. I finally got everything together and was able to see and hear the movie—except somehow—it was in Spanish. Maybe next time, I'll spring for "First Class."

Quip for the Day: You can't fool all the people all the time, but the airplane schedules come pretty close. P.S. Check out my new web site. [www.dutchtreatwebsite.com](http://www.dutchtreatwebsite.com)



**The Nonscandal of CEO Pay**

High executive pay hasn't quite reached that status of a bipartisan "crisis," but it's approaching it. The Democratic senator from Virginia, Jim Webb, fulminated against it in his response to President Bush's State of the Union address. Bush himself, in a "State of the Economy" speech on Wall Street, urged corporate boards to "step up to their responsibilities" to better manage CEO pay. Once something officially becomes a crisis, that means that it is certain there will be a raft of foolish proposals to address it, and sure enough, legislative measures to crimp corporate pay already are bubbling up. There are,

of course, some abuses in CEO compensation packages, but the broad picture justifies the truism, "You get what you pay for." Skyrocketing CEO pay has coincided with two decades of wondrous economic performance, during which the value of all stocks traded in the U.S. rose from \$1.3 trillion in 1981 to more than \$15 trillion in 2000.

The scolds of corporate pay years, in effect, for the bad old days of the 1970s. Then, CEOs were paid relatively small amounts, but corporations weren't particularly innovative and were run with little concern for the interests of shareholders. The hostile-takeover revolution of the 1980s changed all that. As *The Economist* magazine puts it, CEOs had been paid like bureaucrats; now they are paid like entrepreneurs. The key innovation was tying compensation to the value of the company's stock through executive stock-ownership plans. A CEO's pay, therefore, was directly

related to his performance, and his interests brought into alignment with those of shareholders.

It worked, and this model of pay spread throughout the corporate world.

The larger a company is, the greater an incentive that company will have to have the best-possible CEO, since it has more riding on it than a smaller firm. The number of people with the management skills, toughness and imagination suited to running a large corporation is small, and competition for their services is fierce. They are going to be paid a lot of money, especially when a profit or loss of billions of dollars depends on how they perform.

CEOs might be paid extremely well, but they don't have easy jobs. Their performance is always evaluated by the inescapable taskmaster, the financial markets. When they are found lacking, they are canned -- witness Kevin Rollins at Dell, out

as CEO after just two and a half years. CEOs last on average about six years in their jobs.

There are always examples of excess. The CEO of Home Depot, Robert Nardelli, stoked outrage when he left the company with a \$200 million severance package. His contract was a relic of the bull market of 2000, but it was understandable that Home Depot had desperately wanted a highly regarded former GE executive.

One theory says that corporate boards of publicly traded companies are too cozy with management, so they dole out excessive pay. This happens sometimes. But companies owned by private-equity firms with a direct stake in their success pay similarly large packages to entice and keep hard-charging CEOs. The market knows what it's doing here. Politicians don't.

Rich Lowry is editor of the *National Review*.

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**California - The Golden Bear Nation-State**

by Ron Getty

Gov. Schwarzenegger, in his second Inaugural Address, said "I call California a nation-state because of the diversity of our people, the power of our economy and the reach of our dream. Ladies and gentlemen, my dream is that California, the nation-state, the harmonious state, the prosperous state, the cutting-edge state, becomes a model, not just for the 21st century American society, but for the larger world."

Let's explore Gov. Schwarzenegger's dream for California as a nation-state and the implications for us Californians.

Our gross state product of \$1.62 trillion ranks us as the seventh largest country worldwide, and constitutes 17% of the United States gross domestic product. Our manufacturers export \$95 billion of products. Our fertile agricultural fields generate \$35 billion in produce sales. Tourists bring us another \$35 billion in revenue. Hollywood's \$47 billion dollar movie industry is the icing on our cake.

Our 36 million people have this enormous cornucopia of wealth while we are rich in cultural diversity and dynamic creativity, which does makes us an economic powerhouse beholden to none.

On the other hand, our "fair share" of the national budget between personal and corporate taxes is \$300 billion. If we could keep this \$300 billion, the economic impact on our manufacturing and agricultural industries would be phenomenal. Furthermore, the billions in venture capital made available for creative entrepreneurs would spawn new industries and create employment. If our state were to be released

from Congressional laws, rules, and regulations and the imposed federal red-tape-ridden administrative bureaucracy, we could breathe free. We could do what was best for us—not what Washington dictated for us. We would be freed from paying for wars of aggression on foreign soil with our taxes and the lives of our young men and women. We wouldn't see our taxes lent by Washington in foreign aid—with much of those aid funds disappearing into private Swiss bank accounts or shaky economic projects.

We could become the leader in enlightened education without the mandates of the Department of Education and its various attempts to force questionable educational programs on our children. These mandated education programs rob our leaders of tomorrow of the knowledge foundation necessary to be able to build a better California for our future generations.

We approved Proposition 215 allowing personal possession of marijuana for medical reasons with a doctor's prescription. Washington still classifies marijuana as a controlled substance. As a result, the Drug Enforcement Agency constantly raids our state-approved medical marijuana dispensaries.

Worse, the War on Drugs skews our law enforcement priorities. Last year, this resulted in 160,000 misdemeanor drug offense and marijuana possession arrests against 125,000 arrests for homicide, rape, robbery, and aggravated assault. Our California nation-state law enforcement would shift its priorities to pursuing dangerous felons, not pot smokers.

Medicare, Medicaid, and the HMO Act of 1970 caused the costs of

medical care to skyrocket. Today a third of healthcare costs go to administrative red tape and paper processing without any benefit to the patient—just paying for insurance bureaucrats. California without these administrative costs would have less expensive patient medical care.

If California were a nation-state, our personal income and payroll taxes sent to Washington would cease. Our average personal income is \$35,000. On this we pay \$10,000 a year in federal income and payroll taxes. Think about what keeping this \$10,000 for your personal use would be like.

If only Gov. Schwarzenegger's dream of a 21st century world-class model nation-state and economic dynamo could happen. Then self-directed people from around the world, attracted by the opportunities in the Golden Bear nation-state, would flock to California. They would bring their vibrant visions and energetic strength to further build our thriving nation-state of California.

Yes, there are huge obstacles in the way of California becoming a nation-state. However, it never hurts to dream and think of ways to make this dream happen. I'm reminded of what Dr. Martin Luther King Jr. said; "I have a dream . . ." We can have our dream as well, of California as a free nation-state.

Ron Getty is the senior staff member of a tax attorney with his practice located in San Francisco. His background includes an electrical engineering degree and 30 years of sales, marketing and advertising with small to large corporations. A Vietnam Veteran of Chu Lai - I Corps, he brings personal perspectives on veterans and their treatment by the government.

**Laurissa Carmichael Speaker at Luncheon**

Fair Oaks - Laurissa Carmichael will be the guest speaker at the March 7th, luncheon of the Sacramento Republican Women's Federated. As a registered lobbyist, Laurissa has experience and knowledge of politics at most levels of state and local government. She authors the newsletter "Canvassing the Capitol" which reports on CRWF activities at the state level. Laurissa also authors the "Legislation Update," reporting weekly on CRWF positions and events. The March luncheon will be held at 11:30 at North Ridge Country Club on Madison Avenue in Fair Oaks. For information call: Barbara McCarthy (916) 852-8855. For reservations call: (916) 733-1623



**AMERICAN RIVER MESSENGER**



**Publisher  
Paul V. Scholl**

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## Move America Forward Rally March 8th

Move America Forward has launched a major campaign to rally support for our troops in Iraq. The Sacramento area Rally is Planned for California Veterans Memorial - Capitol Park, downtown Sacramento, March 8th from 12:00PM - 1:00PM.

They have learned that anti-war protestors have been desecrating war memorials and in some isolated instances publicly denouncing/insulting returning Iraqi war veterans. On Saturday, March 17th, the 4th anniversary of Operation Iraqi Freedom, Cindy Sheehan, Jane Fonda and Ramsey Clark will lead a giant anti-war protest in Washington, D.C. - disgracing the war memorials there as they march to the Pentagon. A massive anti-war crowd is expected.

Move America Forward <http://www.MoveAmericaForward.org> is proud to announce that they will be fighting back against all this negativity

and disrespect towards our troops with a positive and patriotic national effort titled: "THESE COLORS DON'T RUN".

MAF will lead a national caravan of vehicles and supporters from California across the nation to Washington, D.C.



Heading up the caravan will be Gold Star Parents who lost a child in the war on terrorism, Blue Star Parents who have a son/daughter serving in the war effort, or veterans of Operation Iraqi Freedom and Operation Enduring Freedom.

MoveAmericaForward is putting out the word to all Americans to join them for this national show of support for our troops - and at each stop along the way

conducting a patriotic pro-troop rally where they will be collecting American flags from rally participants. They are calling on the school children of America to make homemade flags and for those who can knit or sew to make homemade flags to be brought to these rallies.

They ask families to bring a flag that has sentimental value or a patriotic story behind it to these rallies or simply buy a flag and bring it to the rally so we can add it to this special collection of flags heading for the big Washington, D.C. event!

When the rally is completed each and every flag donated to the effort will be sent to a unit serving in Iraq or Afghanistan with a placard explaining the story behind the national effort that brought this flag of support from the United States to our troops fighting the war on terrorism.

In the coming days MAF will be reaching out to coordinate efforts and

## Military Members Can Now Save 1% on Home Sales and Purchases

(PRWeb) -- Real Estate professionals across the country are proud to offer something back to servicemen and women of our armed forces. Participating real estate agents of the Military Real Estate Network offer 1% discounts, as a way to say thanks to all who serve and sacrifice so much. This comes at a time when military families are enduring more hardships everyday.

Because military families relocate so often, their housing needs are great. By offering military real estate services designed especially for them, Off-BaseHousing.com has become the #1 website for Military Housing needs. Of the 1.4 million active duty military members, about 500,000 relocate each year. For additional information on the Military Real Estate Network, contact Richard Curtis at <http://www.Off-Basehousing.com>.

### Monthly Military Retiree/Spouses Meeting

Our next monthly meeting is scheduled for 14 Mar 2007. The meeting will be held in the Garden Pavilion (Former McClellan AFB Enlisted Club) and it starts promptly at 1030 hrs. The speaker is Rick Buckman, who is the Veterans Service Officer for Placer County. Update yourself on the benefits to which you/spouse are entitled. Come on out and enjoy a cup of coffee, compliments of the outstanding Commissary at McClellan Park. Plus, the Managers of the Commissary and BX will be present to answer any questions you may have. If you have any questions regarding the meeting, you can call one of our volunteers at 561-7476. We are open Mon-Thurs, 0900 to 1500 hrs.

## Fun with Fitness at Phoenix Schools



Fun with Fitness, what could be better for children than having fun while getting fit? Childhood obesity has become an epidemic in our country and the Phoenix Schools is working with parents for a solution. The Phoenix Schools has introduced a new health and fitness program called "Fun with Fitness". Children will participate in physical activities based upon two week themed sessions from soccer, relay races, aerobics and yoga.

As a part of the new Fun with Fitness program, children will learn about healthy foods with a weekly classroom cooking activity. Complimentary recipes for families to try together will be sent home every two weeks. This will encourage children to try new healthy foods. Families will also be encouraged to participate in weekly physical activities as a family and share their experiences with their classmates.

The Phoenix Schools kicked off the new program with a Fitness Day on Thursday March 1st. We are excited about our new program and are looking forward to creating a positive impact on our students and their family's health & fitness.

**Now Enrolling!**

Please Join us for our Open House on Sat. April 28th 10:00-2:00

* Bounce Houses	* Meet our friendly staff
* Refreshments	* Enter to win a free trial week
* Games & Prizes	* Tour the campus
* Arts & Crafts	* Bring the whole family

Part of The Phoenix Schools Family Since 2002  
 Address: 8089 Madison Ave., Citrus Heights, CA 95610  
 Phone Number: (916) 962-2137  
 Ages Served: Infants through School-Age  
 Hours of Care: 6:30 am - 6:00pm  
 Center Director: Tara Johnson  
 Joined The Phoenix Schools in 2000

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CURRICULUM INCLUDES...

• Low Child to Teacher Ratio	• Spanish Lessons
• Kindergarten Readiness Program	• Computer Education
• Zoo-Phonics®	• Baby Signs®
• Math Their Way®	• Fitness & Nutrition Curriculum
	• Caring & Educated Staff

We are conveniently located in the Almond Orchard Center Behind Beverly's

# ★ VETERANS POST ★

by Freddy Groves

### VA Should Ban Removable Media

What's it going to take to convince the VA to keep our information secure? It's happened again: A hard drive went missing and the records of tens of thousand of veterans have gone -- where?

Last time, if I remember correctly (these incidents are all starting to run together), it was a laptop that went missing. (Is that the one recovered when it was sold off the back of a truck in Maryland?) This time it's a portable hard drive.

According to the VA press release, they've "initiated an administrative investigation to determine

how such an incident could occur." I can sum it up in two words: removable media. A portable hard drive is like a laptop. You pick it up and carry it away.

And once again those veterans whose information is determined to be compromised will be given a year's free credit watch, ostensibly soothing all worries.

What that announcement really means is that tens of thousands of veterans are going to have to spend hours on the phone trying to reach a human at the big three credit agencies to determine if their credit is already compromised, and failing at the task.

I know of what I speak because I just got a letter (not a VA issue) saying my info was on a computer

that was stolen. The form letter suggested that I call the credit agencies and put in a fraud alert. I spent a lot of time on the phone and never did get a human.

Think what they're getting in my case alone: name, address, Social Security number, as well as other personal information. You could start a new life on a lot less, if you're in the market for a new identity.

Now multiply that by tens of thousands.

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](mailto:letters.kfws@hearstsc.com).

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## Future Voters to Attend Advocacy Workshop in April

Future voters will attend the California Federated Republican Women Advocacy Workshop at the Hyatt Regency Hotel on April 24th. High school seniors who are taking government, political science, or economics classes are being invited to this workshop. This event informs students about Republican politics in a most timely and exciting forum. They will learn about the workings of our state government and have a chance to meet many of our elected officials and learn about current issues. Our goal is to appeal to

young people and to make sure that they are well-versed in the challenges and workings of the Republican Party. This program is a wonderful opportunity for



our members to sponsor a student for this event. Our membership sponsored 26 students last year and we

hope to exceed that number in 2007. The Advocacy Committee is appealing to all our members to sponsor at least one student to this workshop. For the nominal cost of approximately \$40.00 per student, a member can sponsor a student who will come away with a clear and realistic picture of what makes a Republican. We also urge members to attend the Red Coat events during this workshop. Send your donations or call.

Advocacy Chairperson JoAnn Raney  
 2105 Gold Rush Dr.  
 Gold River, CA 95670  
 Phone: 916- 631-6344

## A Searing Verdi Requiem Performed by the SCSO



Jonathan Hodel, Tenor; Elaine Rodin, Soprano; Oksana Sitnitska, Mezzo-Soprano; Bojan Knezevic, Bass-Baritone; Dr. Donald Kendrick, Conductor. Photo by Paul V. Scholl-ARM



Review By Jeffrey Springman

In a letter to an associate regarding the possibility of composing a Requiem Mass, Verdi famously remarked, "I do not like useless things. There are so many, many Requiem Masses!!! It is useless to add one more." Fortunately for Western civilization, Verdi, working at the height of his powers, went ahead with the Requiem's composition, and the result—one of the most spectacular and oft-performed choral works in the repertoire—is the ideal concert piece through which to demonstrate the formidable powers that Sacramento Choral Society and Orchestra Music Director Donald Kendrick has assembled.

The signal achievement of the performance last Saturday was the superb balance between the orchestra and chorus throughout. From the hushed opening strains of the Requiem e Kyrie movement to the rightfully sudden

and apocalyptic third reprise of the "Dies iræ" chorus, Dr. Kendrick inspired from his force of 54 orchestral players and 122 choristers a beautiful symmetry of sound.

The quartet of soloists distinguished itself, as well. Soprano Alain Rodin's bright, crystalline voice and outstanding upper register was well-suited for effectively sustaining the numerous long phrases demanded of her. Ukrainian mezzo-soprano Oksana Sitnitska sang with warmth and artistry, particularly in the "Liber scriptus" section of the Dies iræ. Jonathan Hodel's powerful and dramatic tenor resonated through the auditorium. The most impressive performance of the evening, however, was that of Serbian bass Bojan Knezevic, a late replacement whose sepulchral turn as Death in the "Mors stupebit" section of the Dies iræ was chillingly rendered.

Following the exuberant climax of the Libera me movement and its solemn close—with gorgeous interplay between chorus and soprano—the rapt and unusually large audience leapt to its collective feet with boisterous applause having contained its enthusiasm for the full duration of an electrifying performance.



## LIVING FOR GOD™

By Calvin and Lisa Wulf

### “Double Talk -- Double Life”

“He is a double-minded man, unstable in all he does.” James 1:8 (NIV)

“I can’t believe those politicians think it’s ok to lead such shocking personal lives,” she exclaims, clicking off the news.

“But what does it matter if they’re doing a good job?” her husband replies.

“Well, I suppose. Oh, by the way, the bank called today about those checks you bounced last week.”

“OK. Let me handle it. But just don’t tell anyone at church. I’m an elder, you

know.”

That conversation happens every day in America. We’re glued to the TV, obsessively watching wrongdoing at the highest levels. Yet we often excuse it. We’re convinced that job performance is all that counts and somehow personal conduct is divorced from public accomplishments. But do we overlook this in our leaders so we can excuse it in ourselves?

Even we sometimes hide behind our public image. We’ve told ourselves that private conduct doesn’t matter, yet we’re still terrified that somebody might find out. Sadly, many have become double-minded people leading double lives.

Operating under different standards is like trying to be two people at the same time. Our thinking becomes divided and unsteady. We’re insincere and unstable. In the end, this path leads only to deception, lies, and heartache.

God’s way is simple. He asks for just one standard. When he tells us that we can’t serve two masters, he’s encouraging us to serve

him alone in an attitude of humility. If we live by God’s instructions, we’ll be consistent inside and out and we won’t have to hide anything.

Living such a life is tough. Try these tips:

- Pick God’s standard to live by. Let him show you the path to follow.
- Hold each of your actions up against it. Do they all pass muster?

- Be consistent. God’s path is straight and steady.

If both pieces of your life are cut from the same cookie dough, can they really be different? Living two lives is nerve-wracking. Why not just let go of the double talk? Leave your double life behind and follow God’s perfect path.

Living for God (TM) offers resources on Christian living. To learn more about workshops and retreats, visit [www.livingforgod.net](http://www.livingforgod.net) or call (719) 578-8837. Copyright 2006, Calvin R. Wulf and Lisa Are Wulf



## Finding Happiness

How does one define happiness and how can it be found? Today our culture seeks after happiness, and whatever gives one some kind of momentary pleasure is called happiness. True happiness is so much more than a specific moment of pleasure. Most times when a person thinks of being happy, their world is centered on the great big “I”. This self-centered thinking may take them on many wrong paths, because satisfying only fleshly desires and finding temporary fulfillment will never make one experience that “happy feeling” indefinitely. One will never arrive at that place of happiness that is satisfying, offering them the contentment and peace they desperately need for their lives.

However, when one decides to look beyond themselves to find answers, and looks to the One who created heaven and earth and formed them in their mother’s womb, a wonderful adventure has begun that will lead to new desires and true happiness. The secret of finding real happiness lies

in recognizing the difference between the desires of the flesh and the desires placed in us by the Holy Spirit. God’s Holy Word puts it this way. “Blessed is the one who reads aloud the words of prophecy (the Bible), and blessed are those who hear and who keep what is written in it. . . Revelations 1:3a and Blessed (happy, fortunate, prosperous and enviable) is a man who walks not in the counsel of the ungodly . . . But his delight and desire are in the law of the Lord, and on His law (precepts, the instructions, the teachings of God) he habitually meditates (ponders and studies) by day and by night.” Psalms 1:1-2

God’s Word provides the answers to many of the questions we have about life. When we sincerely seek Him, He provides more than we ever dreamed possible, giving us the true happiness we yearn to have. God’s mercy is new every morning!

Marlys Johnsen Norrris

## AFRICAN-AMERICAN ROOTS SEMINAR

By Lisa West

SACRAMENTO, CA Black families, torn apart in civil unrest, slavery and war, are coming together again for the 2nd Annual African-American Family History Seminar on Saturday, March 10, 2007 in conjunction with Black History Month. The seminar is sponsored by the California Black Chamber of Commerce, Sacramento Black Chamber of Commerce, Councilwoman Lauren Hammond, Councilwoman Bonnie Pannell, as well as The Church of Jesus Christ of Latter-day Saints.

The Sacramento Regional Family History Center, 2745 Eastern Avenue, Sacramento, California is hosting the seminar. The center, which is privately owned by The Church of Jesus Christ of Latter-day Saints, has been providing free services to Sacramento’s metropolitan

genealogists and the public since 1962 and is one of only 13 centers in the entire world. The facility provides access to records from the largest family history archives in the world, located in Salt Lake City, Utah. Extensive British, Canadian and U.S. Census records, book and family history collections, numerous computer stations, Social Security Indexes and Pedigree Catalogues are just a few of the items contained at the center.

The theme of this year’s seminar is “Preserving Our Rich and Diverse Heritage,” based on this quote by “Roots” author, Alex Haley – “In all of us there is a hunger marrow deep to know our heritage – to know who we are and where we came from. Without this enriching knowledge there is a hollow yearning. No matter what our attainment in life, there is still a vacuum, an emptiness, and the most disquieting loneliness.”

There are countless reasons to acquaint oneself with family and ancestors. Many people simply wish to learn and gain an appreciation for their heritage. Others want to satisfy their curiosity about their roots or preserve family, cultural and ethnic traditions.

The Church of Jesus Christ of Latter-day Saints participated in an 11-year project to document the “Freedman Bank” records which dramatically improves the ability of African-Americans to move forward in continuing to research their heritage. The Freedman’s Savings & Trust Company was created in March 1865 to enable soldiers of the United States Colored Troops and other newly-freed slaves to deposit their savings and military pay at the close of the Civil War. The Church produced a CD-Rom listing 72,000 Freedman’s Bank depositors alphabetically, with

cross-references to spouses, children, parents and other kin – 480,000 names in all.

In past years, family history enthusiasts and genealogists used to search through rolls and rolls of microfilm with varying degrees of success. “Now with just a few keystrokes, people all over the world can search through millions of records by connecting to the internet, and in particular [www.FamilySearch.org](http://www.FamilySearch.org),” concluded Holland. The Church launched this website in May 1999 and in the first year alone the free website had received over 3 billion hits.

The seminar will be from 8:30 a.m. to 4:00 p.m. Pre-registration for workshops and materials for the course with lunch will cost \$20. Materials and workshops without lunch will cost \$15. The cost increases \$5 after March 1, 2007. Early registration is recommended. For further information, call (916) 487-2090.

## Evening of Fun Presented By His Light Co.



His Light Co. Cast Photo

Three delightful evenings were enjoyed Friday, Saturday and Sunday at Sunrise Community Church in Fair Oaks, as performances were given by His Light Company players this past Valentine’s weekend. Everyone was greeted at the door by members of the “Just Around the Corner” cast.

The evening was opened with

the “Swingtime Sisters” singing delightful songs from the 1950’s. Swinging and swaying with a few comical antics, they delighted the audience with their charisma and talent. For the senior audience the music brought back many memories of the youthful years of their lives.

Sixteen members of the church, disguised in their costumes and wigs of the ‘50’s, delighted all three full audiences. The story line with the southern accents made for delightful humor. Guests found themselves engaged in infectious laughter for two hours.

Chris Poppelreiter is Director of His Light Co., a Swingtime Sister, and also played a role in the Beauty Shop of the play. Trevor Hislop, Music Minister, served as Master of Ceremonies. One of Sunrise’s favorite seniors, Margaret Fisher gave an elegant and comedy performance.

Other performing cast members included Frank and Susie Gontarski, Nancy Kraber, Wayne Lord, Ysmael Gonzales, Rick Girard, Heather Lord, Joan Mathison, Rosa Johnson, and Judy Trent Whitnack.

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**Saturday, April 7 10 am to 12 pm**

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- Jump Houses
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- Story Telling
- Carnival Games
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**Return To Your Bible**

*Submit to God and be at peace with Him; in this way prosperity will come to you.*  
Job 22:21

**Once, he taught you how to tie your shoes. Now he can't remember how to tie his.**

Are you caring for a loved one with Alzheimer's or dementia? Would you like ideas that will promote optimal living for both of you?

*Please join us for learning, sharing, and support on March 20th at 3 pm when our topic will be:*  
“Cognitive Impairment; what’s normal, what’s not?”

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# Fair Oaks News & Views

## Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

"Leadership is the art of getting someone else to do something you want done because he wants to do it" - Dwight Eisenhower

The Fair Oaks Chamber of Commerce is a non-profit organization with many

committees that help put on such great events like the Spring Fest (formerly Fiesta), Taste of Fair Oaks, the Fair Oaks Metric Century a Bike Ride, Concerts in the Park, the Mac Huss Memorial Golf Tournament, the Fair Oaks Dog Walk, Safe Halloween, and Christmas in the Village. Not a short list of events benefiting the community by bringing people together in a safe and enjoyable environment.

The Fair Oaks Chamber is able to put on these events because we have great volunteers that take the time and energy to help. However there are other benefits that many people do not think of:

- Leadership skills
- Delegation
- Management

· Problem solving  
· Communication skills  
· many more  
All of the above skills are required in management of or owning your own business as well as working on a day-to-day basis with people in general.

Recently we realized the need for someone to specifically direct people in the community of Fair Oaks to the committees that could most use their services or direct those people to positions that the volunteer would like to learn. If you are interested in "Volunteering" to help the Chamber with putting on all of these wonderful events I ask you to contact Charles Barr at 944-4490 or via email [cmb@softcom.net](mailto:cmb@softcom.net).

## 2007 Honorary Mayor Race

Would you like to meet a lot of wonderful people, get involved with your community, and at the same time help your favorite charity? If so, we have just the thing for you... become the "Honorary Mayor" of Fair Oaks! The "Honorary Mayor's Race" is a fundraiser for the charity of your choice. Half of the funds raised will be presented to your charity, and the other half will help support the Fair Oaks Chamber of Commerce, working together with the community, making Fair Oaks an unequalled place

to live, work and do business. The Honorary Mayor's Race is a fun event. The spirit of the "Race" is good-natured rivalry between Fair Oaks organizations, business owners, and local citizens. When the "Race" is finished and we have a winner, the "Honorary Mayor" will be presented with the "official Purple Robe" and a sash to wear at all Fair Oaks Chamber functions.

The 2007 "Honorary Mayor's Race" candidates will ride in the Fiesta Parade,

which is the first weekend in May; however, the kickoff of the "Race" will be at the May General Membership Meeting. The "Honorary Mayor's Race" will end at noon on the day of the Fair Oaks Chamber Networking Mixer, held at the North Ridge Country Club, in September.

Being the "Honorary Mayor" of Fair Oaks is a wonderful experience. We encourage everyone to consider running for "Honorary Mayor" of Fair Oaks. Call the Chamber at 967-2903.

## Fair Oaks Community Planning Council Moves into Larger Digs

Sacramento, CA., --The monthly meetings of the Fair Oaks Community Planning Council will move to the Fair Oaks Elementary School Multi-Purpose room beginning March 7. "The Fair Oaks Community is very interested in proposed projects in their community; the meetings at the Fair Oaks Library were attracting more than 60 people at times," said Steve Young, East Area Service Manager for the Department of Neighborhood Services. "We had groups huddling in the parking lot or lobby waiting for agenda items to be finished so they could enter the room." The new meeting room can easily hold more than 100 people and will service us well until the East Area Service Center

opens later this year, Young added. Beginning March 7, the meetings will be held at:  
· Fair Oaks Elementary School Multi-Purpose Room  
· 10700 Fair Oaks Blvd. at Winding Way  
· Contact Steve Young, Service Area Manager- 916-536-9887, [youngste@saccounty.net](mailto:youngste@saccounty.net)  
About the Community Planning Councils:  
The community planning council effort is designed to bring local control over many quality-of-life issues facing residents and business owners in four designated communities in the unincorporated Sacramento County. As a two-year pilot project, the initial community council structure will follow

that of the County's Planning Commission. As with the Planning Commission, the community councils have decision-making authority over land-use issues such as cell phone towers, kennels, private schools and others. Additional responsibilities include local control of issues currently managed by the County Zoning Administrator and the Subdivision Review Committee. With experience, the councils' authority could include local transportation issues such as parking lots, stop signs and speed bumps. The land-use authorities are delegated by the Board of Supervisors, who historically do not hear such issues unless the appointed body's decision is appealed.

## St. Patrick's Day Dinner



The Fair Oaks Theatre Festival will hold their 17th annual Corned Beef and Cabbage Dinner in honor of St. Patrick, on Friday, March 17th. Beginning at 6:00 p.m., the "Home-Cooked Style" dinner will be served at 7:00 p.m. Great prizes will be raffled off at 9:00 p.m. The event will be held in the Fair Oaks Community Clubhouse located at 7997 California Ave. and Temescal Ave. in the Old Fair Oaks Village. Also on

hand will be the Easy Sounds Trio to provide marvelous music and an Irish song sing-along. This year attendance will be limited to 300. Tickets are available on our website ([www.fairoakstheatrefestival.com](http://www.fairoakstheatrefestival.com)), at Oaks Hardware, American River Bank, Bella Fiore, Goodies Galore, or from any FOFC Board Member. Tickets are \$15.00 per person and will go on sale February 15th. All proceeds will be used for our summer

production of Rogers and Hammerstein's "Cinderella," opening in the Veterans Memorial Amphitheatre on June 22nd, and "Side by Side by Sonheim," opening August 17th. For more information call 966-3683.



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### The Woman's Thursday Club of Fair Oaks Presents LAISEZ-LES-BON-TEMPS-ROULER

(Let the Good Times Roll) LUNCHEON AND FASHION SHOW.

March 22nd 2007 at The Northridge Country Club.

Fashions by DRAPERS AND DAMON'S  
This is The Annual Scholarship Fund Raiser for Community High School Seniors.  
Social hour starts at 11:00am and Luncheon at 12: noon.  
Reservations to Terry at 965-3630 by March 19. \$30.00.

## La Bella Joins Fair Oaks Chamber



La Bella Learning Centers of Fair Oaks had their ribbon-cutting ceremony to recognize its joining the Fair Oaks Chamber of Commerce on February 23rd. Cecilia Tillett, Administrator, is seen above cutting the ribbon while being cheered on by

her many students. After the ribbon-cutting ceremony Cecilia gave the attending members from the Chamber a tour of the facilities, discussing the wonderful teaching and training the children receive. La Bella offers the Reggio inspired

approach to learning, serving children from eighteen months to twelve years of age. La Bella Learning Center is located at 8896 N. Winding Way in Fair Oaks. For more information call 916-965-1273.

## Fair Oaks Rotary Crab Feed a Success



Over 600 people attended the Annual Fair Oaks Rotary crab feed. It's the main fundraiser of the year and proceeds go to the club's many charitable

activities. The Rotary would like to thank all those who participated for their support. Fair Oaks Rotary meets Monday night at 6:30 pm at

7997 California Ave in the basement of the Fair Oaks Community Center.

Join us in the fight against cancer.



### Relay For Life of Fair Oaks June 2-3, 2007 10AM Sat. - 10AM Sun.

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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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# RIDE TO CURE DIABETES

Dear Friends,

My name is Eric Planzer and I am a 19-year-old type-one diabetic living in Rancho Cordova. I have been living with diabetes for the past seven years of my life constantly trying to regulate my blood sugars and keep moving forward with my life. For the past three years I have been challenging myself with a 100-mile bike rider every year to support finding a cure for diabetes. This will be my fourth year in the event, and so far I have had the opportunity to travel to such places as Monterey, Carmel, and Asheville, North Carolina. This year I will be focusing my efforts on another bike ride, but this time in Whitefish, Montana. The organization I am riding with is called the Juvenile Diabetes Research Foundation, otherwise known as JDRF. They are a nonprofit group and one of the leading fundraisers for diabetes research in the world. In order to do this ride, however, I must raise a total sum of \$4000.00, which is a lot of money, especially for someone my age.

Type-one diabetes, otherwise known as juvenile diabetes affects over one million people in the United States alone and many more throughout the rest of the world. Juvenile diabetics depend on insulin injections sometimes up to ten times a day to keep themselves healthy and alive. Take a moment to think about

that, even I shot a day for the rest of your life would seem a lot, but we endure many more than that, along with countless finger pokes to check our blood sugar, and many visits to many different doctors throughout the year. Upon that we find ourselves dealing with not only emotional, but also physical highs and lows, the likes of which many people couldn't even imagine what it is like. I know living with diabetes has forced me to grow up and mature faster in some areas than most people my age, and although that me be looked at as a good thing, that doesn't make it any easier.

One of the most positive things diabetes has done for me, however, is given me many opportunities. During the summer I work at a summer camp for children with diabetes and have met so many incredible people with stories to tell other than the regular, "You're diabetic? I have a diabetic cousin who lost their fingers or feet". Although that circumstance is true, diabetics do have limitless potential as long as they take care of themselves, and a lot of times the people with diabetes who do incredible things like climb Mount Everest or become professional athletes get overlooked by those who suffer from numerous diabetes complications. The ride for diabetes is one of those rare occasions when I have the

opportunity to meet people that go through the same things I do and see what they can do and what I can do as well. Cycling for 100 miles in one day is not easy and requires a lot of training and preparation. This ride, however, is something that drives me to prove to myself and others that people with diabetes can do cool things such as 100-mile bike rides. Having the chance to ride with so many people that endure the same thing or support what we go through on a daily basis is a great feeling and makes me want to prove my limitless potential.

As I said before I am planning on riding in Whitefish Montana in September of this year and I must raise \$4,000.00. This is a lot of money to raise, especially because I and going to school and working full time on top of training and raising money for this ride, while at the same time trying to retain a small bit of a social life. This money is not about the ride as much as it is about raising money to find a cure. Most people know or have met someone with diabetes, and may know it is nothing fun to have. I don't want to grow up to have complications or lose appendages and I want to find a cure. I'm writing this letter to ask for your support in my effort to raise money and one day find a cure for diabetes.

## Protect Your Valuable Windows



Many of us have insulated glass (IG) windows. They are also called "d u a l pane". The

windows consist of two pieces of glass with a dead air space in between. Proper care will help prolong the life of these windows.

The idea of IG windows is to weaken the transmission of heat and cold from one side of the window to the other, and they do a pretty good job as long as the seals are intact.

Seals keep the windows airtight. When the seals fail, air and moisture collect between the panes of glass, and a multitude of problems begin to occur. Quality IG windows will last for years in most cases, although failures are not uncommon.

Sad to say, IG windows in California tend to fail sooner than windows in other regions. The cause is not the CA weather, the cause is the material used in the sealant. In California, all window sealants now have to be made of biodegradable materials which tend to break down faster than the butyl used in years past.

You can prolong the life of your windows by being careful when you clean them. Don't use any chemicals or caustic cleaners on your windows or frames. Solvents will work their way into the seals, and failure is only a matter of time.

*Doug Lent is a professional window cleaner who will gladly answer your questions about window care and cleaning. Call him at 916-203-4038 or email: douglent@yahoo.com. Doug is a member of the Master Window Cleaners of America, the Association of United Window Cleaners and the Gold River Business Group.*

fairness and to promptly address any and all customer concerns.

GRBG members meet at the Amore Café in Gold River on the second and fourth Wednesdays each month at 7:00am for about an hour. Interested professionals are invited to attend.

For information about goods and services offered by GRBG members and/or for information about becoming a member, please email GRBGinfo@yahoo.com.

# Gold River

## BUSINESS GROUP

The Gold River Business Group is comprised of business professionals in Gold River, Fair Oaks, Citrus Heights and the surrounding communities. GRBG members live and work in the local community and offer a wide range of services.

GRBG is a networking group and more. GRBG members adhere to a strong code of ethics and work to the highest professional standards. Members pledge to treat customers with honesty and

## Join Fred in Supporting Eric Planzer's Ride for the Cure of Diabetes

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## Disaster Readiness for Seniors Project

According to the Sacramento Area Flood Control Agency website, "Sacramento's risk of flooding is the greatest of any major city in the country." The tragic events in New Orleans have made it clear that people fare much better during an emergency when they have prepared ahead of time. Experts recommend that people be ready to provide for themselves for at least three days, possibly longer. This is especially true for seniors who are living alone. In order to be prepared for an impending disaster, RSVP volunteers have the opportunity to attend a two-hour Neighborhood Emergency Training (NET) class on the following dates: March 21st - 2pm - 4pm, March 26th - 2 pm - 4pm, and April 3rd 9am - 11am. Each class will be held at 3727 Marconi Avenue. Please call 875-4459 for a reservation.



**Peggy Boling**

*Daughter*

**858-1234**

[peggy@peggyboling.com](mailto:peggy@peggyboling.com)

[peggyboling.com](http://peggyboling.com)



**Mary Ann Henrikson**

*Mother*

**247-7070**

[maryann@goldriverhomes.net](mailto:maryann@goldriverhomes.net)  
[maryannsrealestate.com](http://maryannsrealestate.com)

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### Featured Listings

RE/MAX Gold

\$1,395,000	<b>Granite Bay</b>	Awesome view of Folsom Lake. Approximately 250 feet to shoreline. New Construction. Rare opportunity in this established neighborhood.
\$649,000	<b>Gold River</b>	Prospect Village. 5 br, 3 ba, 3100 sq ft. This model has not been available in many years. Quaint village 80+ homes, surrounded by walking trails.
\$639,000	<b>Gold River</b>	Huntington Village. NEW LISTING. Single level. 2800+ sq ft. 3 br, 2 ba. 4 car garage. Gated village. Courtyard surrounded by french doors.
<del>\$750,000</del>	<b>Gold River</b>	Pioneer Village. NEW PRICE Unbelievable value for this 4 bedroom + loft. Hardwood flooring, granite, shutters, crown moulding.
<del>\$750,000</del>	<b>Gold River</b>	Gold Spike Village. Coker Ewing built 4 br, 3 ba. New tile roof, hardwood & tile flooring. Large yard with pool and stamped concrete patio.
\$538,000	<b>Curtis Park</b>	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
\$519,000	<b>Gold River</b>	Maidu Village, gated. Powell 4 br, 2 ba. Pool, spa, greenbelt parkway yard. New roof.

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# Climate Change Legislation Demands Sensible Implementation

By Assemblyman Roger Niello



Last month, representatives from industry, environmental organizations, and government convened to swap ideas on how to best implement the goals of AB 32, the "California Global Warming Solutions Act of 2006." What came out of the meeting was an appeal by all involved for the need to implement this bill in the right way. As you may remember, this much-debated piece of legislation mandates a 25% reduction of greenhouse gas emissions by 2020. While exchanges were "heated" leading up to its passage, we stand now at the point where debate must shift toward how to best implement the legislation.

Predictably, debate has flared up over what is the "best" and most cost-effective way to achieve AB 32's mandate of emissions reductions. Fundamentally, the bill directs that a combination of policies--market-based, voluntary, and conventional regulation--may be used to achieve its

targets. Out of this, two camps have emerged. The traditional "command and control" advocates are suspicious of those favoring a more market-driven solution, specifically, a market-based system, which allows trading of emission "credits" between companies. Under such a system, net emission reductions are the same as if emission caps had been imposed uniformly, but industry is allowed some flexibility in the process and industries will have incentive to reduce beyond the benchmarks.

Part of the reason for the recent debate over implementation is that the use of market systems are allowed, but not mandated by AB 32. Leading up to its passage, even the permission in the bill for the Air Resources Board (ARB) to use a market-based compliance system was hard-fought by some legislators, who opposed such an approach. The Governor, recognizing this vulnerability in the bill's final language and wishing to solidify a role for the market, issued [in October of last year] an executive order directing the formation of a "Market Advisory Committee" comprising national and international experts on climate change. This committee's task will be to issue recommendations to the ARB by June 30th of this year, at which point the

ARB will collaborate with the Secretary of the Cal-EPA to develop a market-based program.

This is a wise move; as we put into motion a comprehensive plan to meet the ambitious goals of AB 32, we must keep in mind our other important priorities, such as reliability and cost feasibility. Implementing a market-based system allows industries to participate in complying with the mandates, while providing a market to soften the immediate impact on the economy. Market-based programs are currently under development by a group of nine northeastern states (Regional Greenhouse Gas Initiative) and went into effect last year in the European Union (EU Emissions Trading Scheme). These systems establish benchmarks along the way, but allow industries some say in how they get there. In fact, this has been my approach to legislation and regulation in general: We ought to govern in terms of setting standards, not dictating procedures.

Most people recognize that competition brings about creativity, but how do we expect creativity to be fully realized if we keep changing the rules or are too rigid in dictating how standards will be achieved? Under established rules, industry can be inventive in their efforts to create the

best and most innovative product or in devising ways to meet established objectives. In the case of greenhouse gases, industry may discover methods that lawmakers never considered for achieving reductions. If the incentives are there to reduce, there will be a drive to develop efficiencies, even absent the heavy hand of the regulator. Before we write off the economic considerations of those we consider to be equipped to shoulder the burden of regulatory flux, we might consider this second less-considered aspect of policymaking.

At the end of the day, our economy functions most effectively when its components can breathe and innovate within an established framework of rules. I did not support AB 32's passage, at least in part over how it could be executed. But now that this measure is law, you can be assured that I will work to see that it is carried out in a way that keeps our economy moving forward. We simply cannot implement a measure of such impact without a degree of flexibility, and in the end, the best approach will be the one that considers what is best for both our environment and our economy. These considerations must not be mutually exclusive.

# Career Transition – Laid Off or Looking?



Jim Kinghorn

Sacramento, CA – February 22, 2007 – Successful people steer their own ships, and many Americans are choosing forms of business other than traditional employer-employee relationships. Whether it happens quickly or slowly, people want to chart their own courses in life. According to Department of Labor Statistics, if you are a W-2 wage earner, you can expect to have 6 to 8 job changes within a chosen profession—and to completely change your profession at least three times in your working lifetime. What about provisions for retirement? Roughly two out of every ten invested retirement dollars is cashed-out when workers switch jobs. Since these traditional options are unreliable, you may have to provide 50% of the income you'll need for the more than 20 years you may live in retirement.

"The most effective way to secure your future is to control your own destiny. As a large percentage of the working population moves toward retirement, many people want and need to stay engaged in an activity that will generate income even after retirement," according to Jim Kinghorn, Sacramento-area consultant and career transition coach with The Entrepreneur's Source. Seventy-Five industries and thousands of brands operate within the franchise format. Thus, chances are good that aspiring entrepreneurs will identify with a business opportunity that is appropriate for them. "The Entrepreneur's Source lets dreams take flight in the safety and security of a proven system; it's all

about discovery through an inside-out approach," says Kinghorn...

For most new business owners, financing a new business is an important component when assessing appropriate business models. Many franchisees find the SBA (Small Business Administration) a favorable source for their financial needs. Toward that end, Kinghorn has partnered with a local SBA lender to present free monthly workshops in the Sacramento region. "We're very excited about this opportunity to team up with Jim Kinghorn and The Entrepreneur's Source, to provide workshops that will help launch new businesses in the region," says Gordon Gerwig, Business Services Manager with First U.S. Community Credit Union.

These workshops offer a discovery process that allows people to explore business options and uncover possibilities that are in sync with their personal, professional, and financial goals.

Kinghorn adds: "One of the most important parts of the process is to identify what motivates such people, and how to help them define their goals and expectations."

[Free] Workshop Information:  
Title: How to Become a Franchise Business Owner  
Date and Time: March 13, 2007 (6-8 p.m.)  
Location: 580 University Ave, Sacramento, CA 95825  
About The Entrepreneur's Source: With its Performance Enhanced Center located in Southbury, Conn., The Entrepreneur's Source is North America's leading independent business ownership consulting company with more than 280 offices in the United States and Canada, offering a full range of services to individuals interested in self-employment and companies searching for methods of expansion. The goal of The Entrepreneur's Source is to help clients identify alternative career options that best meet their goals and expectations.

## Sons and Daughters of the Revolution



Dart Winship, President, Sons of the American Revolution is pictured here with Donna Spradling, a member of the Daughters of the American Revolution.

Fair Oaks – A piece of American history was relived on Monday, February 19th at Mount

Vernon Memorial Park in Fair Oaks. The President's Day event included a visit with the Sons of the American Revolution, performances by the California Consolidated Fife and Drum Band and exhibits by The Civil War Association and the California Railroad Museum.

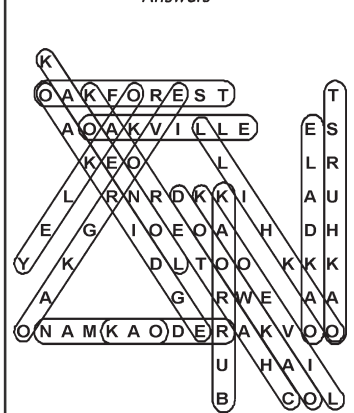
To learn more about the Sons of the American Revolution call Art Winship at (916) 723-4727.

### Weekly SUDOKU

Answer

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

### Magic maze



### Trivia Test Answers

1. The Bangles
2. Winston Churchill
3. F. Scott Fitzgerald
4. Organization of the Petroleum Exporting Countries
5. 1970s
6. Six volumes
7. A large horse-drawn carriage
8. Expressionism
9. Suva
10. Louis Philippe

### King Crossword

Answers  
Solution time: 25 mins.

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

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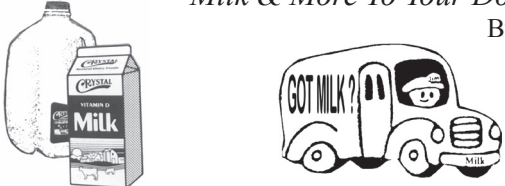
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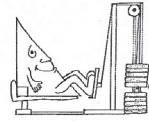


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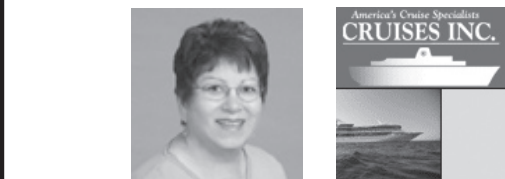
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### KING Crossword

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				58				59		

#### ACROSS

- 1 Lascivious
- 5 Hostel
- 8 Pesky kid
- 12 Shaving-cream additive
- 13 Conk out
- 14 Anger
- 15 HOV lane groups
- 17 "To hear," in court
- 18 Be philanthropic
- 19 Silly smile
- 21 Trudge (through)
- 24 Neither mate
- 25 Church area
- 28 Mire
- 30 Under the

- weather
- 33 Japanese theater
- 34 Arousing suspicion
- 35 Coquettish
- 36 Verily
- 37 Aleutian island
- 38 Hackman or Kelly
- 39 Bug-spray letters
- 41 The Tentmaker
- 43 Episodic TV show
- 46 Impel
- 50 Arabian Sea nation
- 51 Will

- modifications
- 54 Mallard
- 55 Inseparable
- 56 Long narrative work
- 57 Wan
- 58 Drag along
- 59 Assessment

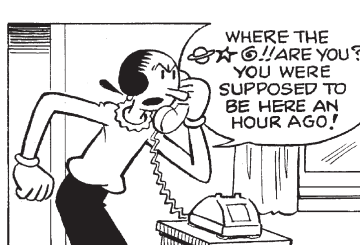
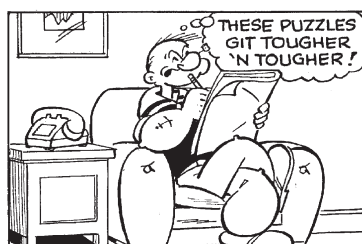
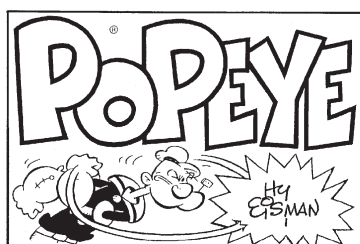
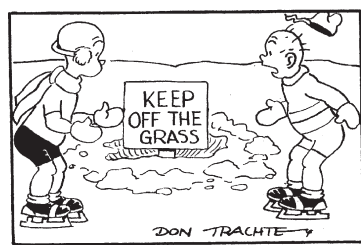
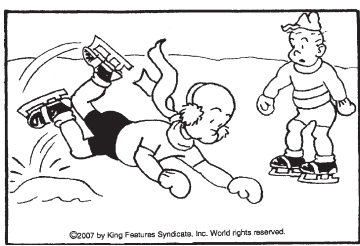
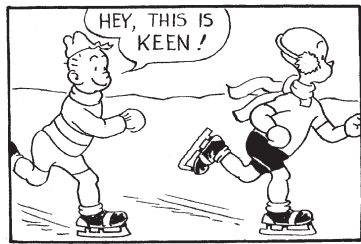
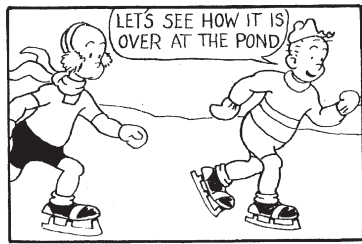
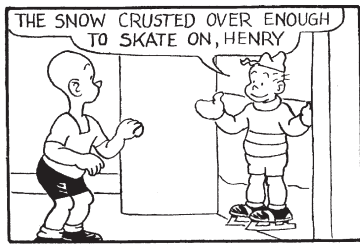
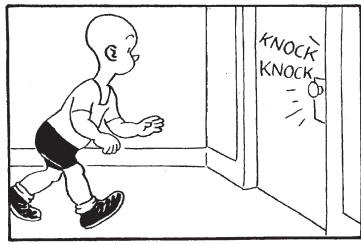
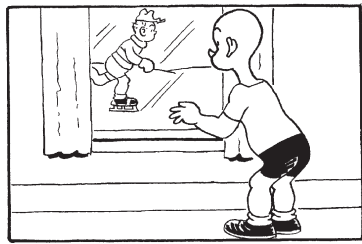
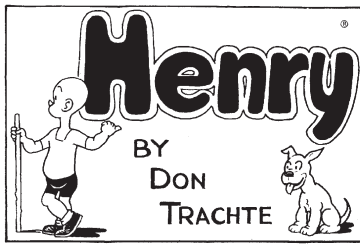
#### DOWN

- 1 Chantilly, e.g.
- 2 Verve
- 3 Information
- 4 Give testimony
- 5 Reply to the J.P.
- 6 Zero
- 7 Capone foe
- 8 Stomach aid

- 9 "For the Good Times" singer
- 10 Screenwriter James
- 11 Geog. subdivision
- 16 Hooter
- 20 Black
- 22 Don't include
- 23 Enthusiasm
- 25 Whatever amount
- 26 "Ulalume" writer
- 27 Fiery
- 29 Furnace fellow
- 29 Pal
- 31 Actor Chaney
- 32 Old-time soap

- ingredient
- 34 Destiny
- 38 Food seller
- 40 Way too small
- 42 Hollywood org.
- 43 Pop
- 44 Flightless flock
- 45 Highlander
- 47 Philbin's co-host
- 48 Coagulate
- 49 Being, to Brutus
- 52 Lennon's lady
- 53 Morning moisture





The Spats



**HOCUS-FOCUS** BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS. Differences: 1. Polka dots are added. 2. Knob is different. 3. Towel is shorter. 4. Shirt is different. 5. Cup is missing. 6. Water is off.

**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"

## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ★★ ★**

★ Moderate   ★★ Challenging  
 ★★ ★ HOO BOY!

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## MAGIC MAZE ● OAK CITIES

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

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

Burr Oak	Oak Forest	Oakdale	Oakville
Charter Oak	Oak Grove	Oakhurst	Oakwood
Live Oak	Oak Hill	Oakley	Red Oak
Lone Oak	Oak Ridge	Oakman	

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**All Answers on Page 7**

## Contract Bridge

PAR-FECT DEFENSE

West dealer.  
 Neither side vulnerable.

**NORTH**

♠ J  
 ♥ A K J  
 ♦ Q J 9 8 5 3  
 ♣ A 9 4

**WEST**

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

**EAST**

♠ A Q 10 4 3 2  
 ♥ 8 6 3  
 ♦ A 4  
 ♣ 8 7

**SOUTH**

♠ K 9 8 7  
 ♥ Q 10 4  
 ♦ 10 7 2  
 ♣ K Q 5

The bidding:  
 West North East South  
 Pass 1 ♦ 1 ♠ 1 NT  
 Pass 3 ♦ Pass 3 NT  
 Opening lead — six of spades.

This deal was played many years ago in the Bridge Olympic, a "par" contest featuring prearranged hands. The defenders were supposed to defeat three notrump, but very few of the East-West contestants succeeded. Indeed, the winning defense is not readily apparent even when all four hands are examined.

West was directed to lead the six of spades, and the burden of defense thereafter fell to East. The issue was largely decided on the very first trick, with the outcome of the hand depending upon which card East played on the jack of spades.

The correct play is the four, permitting the jack to win the trick. South then cannot make the contract regardless of what he does next.

Suppose declarer leads a diamond at trick two. West takes the king and returns a spade to the ace. East leads a high spade to force out the king and still has the ace of diamonds as an entry to his established spades. Against this defense, declarer cannot score more than eight tricks.

Observe that East does not defeat the contract if he wins the spade lead with the ace and returns the queen. Declarer simply sets up his diamonds, and the defenders can't score more than four tricks.

Nor can East stop three notrump by playing the queen of spades at trick one. South ducks the queen, and the defense is once again helpless. This is not a really hard play for South to make, because the six is obviously West's highest spade.

East should know from the bidding and the opening lead that declarer has the K-9-8-7 of spades. Since East has only one side entry card, he should duck the jack in order to retain a line of communication with West.

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by Steve Becker

## 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. Ruseh 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!**

## FountainWood Family Yard Sale

Friday, March 30, 2007  
 (weather permitting) 8am-Noon,  
 Front parking lot. Fresh coffee & donuts and multi family "treasures" for sale! 8773 Oak Ave., Orangevale. 988-2200

## Fair Oaks P.O. 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.

## Easter Eggstravaganza

Fair Oaks Recreation & Park District. Date: Saturday, April 7th. Time: 9:00 a.m. - 12:00 p.m.  
 Location: Fair Oaks Park

The Fair Oaks Recreation & Park District and The Fair Oaks Lions are proud to bring another installment of the Annual "Easter Eggstravaganza" to the Fair Oaks Community. Fair Oaks Recreation & Park District in partnership with the Fair Oaks Lions Clubs presents an "Eggciting" Easter Adventure. This event features a yummy pancake breakfast and a FREE hunt with eggs filled with candy and prizes from the Easter Bunny. There will also be carnival games, choo choo rides, bounce house, Hug A Pet Zoo, and much more!!! The hunt begins at 10:00 a.m. sharp!!! Carnival starts at 9:00 a.m. Pancake breakfast TBA.

## Orangevale Book Signing Event

Don Morris, newly-elected 2007 President of Friends of the Orangevale Library, invites the community to celebrate the first published book on Orangevale by joining the fun at Breakfast, Books and Book Signing, which takes place on Sunday, March 11, at The Grange, 5807 Walnut Avenue, Orangevale, CA. You can purchase Orangevale and have it autographed by co-author Tory Swim, between 9:00 and 10:00 am. The All-You-Can-Eat Breakfast begins at 8:00 am and ends at 11:30. It's a real bargain at \$5 per adult; \$3 per child ages 5 - 12, under 5 free. The Friends will hold a mini book sale at the same time, with attractively priced books from \$.50 to \$2.00. Proceeds from both the breakfast and the book sale will be donated directly to the Orangevale Library to fund its programs for children and to expand the library's collection. The public is invited.

## Daily Press Goofs

*And we thought we goofed once in awhile!* This was in the Silver City (New Mexico) Daily Press: (sent to us from a friend via the internet).  
 "Due to technical difficulties, Tuesday's page 7 was inadvertently left out and replaced with Monday's page 7. Today, page 5 will feature Tuesday's front page while page 6 will be the correct page 7 for Tuesday."

## Celebrity Athletes to Benefit Einstein Education Center

Stephen J. Chaudhry, a team member of the Target store in Natomas, is the Executive Director of a major fundraiser to help the Einstein Education Center. The Einstein Education Center is a public school being built in Chaudhry's hometown of Woodland, CA. Woodland is just 12 miles away from Natomas, just minutes from the Sacramento International Airport. The Einstein Education Center is funded in part by the Bill and Melinda Gates Foundation. A portion of the ticket sales for Chaudhry's event "An Event to Remember," will go directly to the school. The Einstein Education Center is a countywide public school promoting a new and innovative approach to achieving a high school diploma. There are only two such schools like it in the state of California.

At the An Event to Remember will feature several professional athletes. Some of the athletes include professional basketball star Mike Bibby, boxer and former Olympian Vicente Escobedo, pro-basketball team Sacramento Heatwave, and Gold and Bronze Olympic medal winner and professional basketball player, Ruthie Bolton.

An Event to Remember is to be held at the Yolo County Fairgrounds on Friday March 9th, 2007. This event will start at 6:00 PM. During the Event to Remember there will be a basketball shoot out. According to sources, this could be the biggest



basketball shoot out of its kind with the biggest prizes in the State of California. Selected contestants can win leather jackets and autographed merchandise. Grand prizes include 1) 2007 Jeep Wrangler Unlimited 4 door vehicle, 2) ATV and quad runners 3) An fixed wing aircraft airplane ride to view the local valley 4) A once in a life-time helicopter ride for two.

"Target is a great employer because of the flexibility and the great teamwork in the company. Several team members heard about his event and also decided

to volunteer to help," Chaudhry said. Target has a long history of giving back to the community and of volunteerism. The Center Court Restaurant featuring Chris Webber, which is a basketball themed restaurant, has also has stepped forward in donating shirts and gift cards to the An Event to Remember. Another local business to assist with An Event to Remember is Jon Lindo. Mr. Lindo is a Natomas resident and owner of Adventist Website Design Inc.

On Friday March 9th, the community can meet and greet all the professional athletes, purchase sports merchandise and collectibles watch martial arts demonstrations, visit food vendors, children can enjoy the bounce house and clown, and basketball fans can cheer on the slam dunk exhibition. There will also be a never before seen celebrity arm wrestling competition. Music will be provided by DJ Jimmie O. Also, a select number of essays from local students will read their winning essays.

For more information about An Event to Remember call the Executive Director at (530) 383-0324 or log on to MikeBibbyInWoodland.com.

## River Cats and Ports to Play Home-and-Home Series

WEST SACRAMENTO, Calif. – The Sacramento River Cats and Oakland A's Single-A affiliate Stockton Ports will play one another in two pre-season scrimmages following spring training, team officials announced today. The two teams will square off at Raley Field on Tuesday, April 3rd, and at Stockton's Banner Island Ballpark on Wednesday, April 4th.

The April 3rd scrimmage at Raley Field will be open to River Cats fans by invitation only. Exact details of the event will be announced at a later date. For more information about the event or for information on how to attend, contact the River Cats at (916) 371-HITS or sthservice@rivercats.com.

April 3rd will also serve as the River Cats' annual Media Day. Exact details and schedule for Media Day will be announced in early March.

On April 4th, the series will shift to Banner Island Ballpark in Stockton. First pitch will be at 6:35 p.m. and admission will be free for Ports full and half season ticket holders. For Ports mini-plan holders and groups bringing 25 or more, admission will be \$2.

Admission will be \$5 for the general public.

"These two scrimmages will provide both teams' fans with a terrific opportunity to see the top prospects in the A's organization at various stages of their journey to the big leagues," said Alan Ledford,



River Cats president, general manager and COO. "The event will be a great follow-up to the March 29th River Cats-A's Exhibition Game at Raley Field."

"We're thrilled to be teaming up with the Sacramento River Cats to further promote our facilities and to give local Oakland A's and minor league baseball fans the chance to see so many A's prospects playing in the two games," said Ports President Pat Filippone. "We appreciate the support of the Oakland Athletics and Sacramento River Cats for this series and hope to make it an ongoing event"

The scrimmages will take place less than one week after Sacramento hosts the Oakland A's for a March 29th Exhibition Game at Raley Field. Game time for the River Cats-A's Exhibition Game is 6:05 PM. Limited tickets remain available.

Individual tickets for the River Cats' March 29th exhibition game against the Oakland A's 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.raleysfield.com.

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

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## 11th Annual Heart of a Hero Awards

Find the hero helping kids in your community and let us know! The 2007 Heart Of A Hero Awards needs your help!

The Heart of A Hero event has been established to raise community awareness of the need teenagers have for a safe, stable, and drug/alcohol free environment and how such an environment assists in guiding their energy and actions in a positive direction. The gala will also recognize the efforts of extraordinary individuals who have assisted youth in the greater Sacramento Valley (Sacramento, Yolo, Placer and El Dorado Counties).

The Campus Life Connection's (CLC) Annual Youth Services is looking for people, local programs and businesses in our communities doing exceptional things for kids, 21 and under. The residents of Sacramento, Yolo, Placer and El Dorado Counties can nominate them. Know a good role model? Great teacher? Coach? You can nominate them now. It's easy to do! Information can be called in, faxed, e-mailed, mailed or a nomination form will be sent to you by request. Tell us who is helping kids in the following categories and we'll do the rest! Call 916-486-9893 for a nomination form. Visit www.northareateencenter.com and download a form under Heart of a Hero. E-mail nominations to natccrml@aol.com. Fax your nomination to 916-

486-9894.

Hero Award Nominations include: The Heart Of A Leader (Mentor/Tutor/Violence or Drug Prevention), Knowledge Of The Heart (Education/Life Skills/Coaches), Community Heart (Corporate Efforts/Financial Support benefiting children), Healing Of The Heart (Medical, Mental Health, Counseling), Voices Of The Heart (Media Programs benefiting children), Spirit Of The Heart (Spiritual Community), Heart Of A Servant (Civil Servants: Law Enforcement, Military, Fire), Young At Heart (Youth age 21 and Under), Brave At Heart (Individuals who have risked life and limb to assist children). Nominations close soon.

The 2007 Heart of A Hero Awards and Banquet will be held March 29, 2007 at the Holiday Inn, 5321 Date Avenue. Tickets are \$65.00 and tax deductible. The Awards program benefits CLC youth services across the area. For information on table sponsorships or other sponsorship opportunities, please contact Jim Vargas. Dress for the evening is business. Tickets may be ordered by sending a check in the appropriate amount, made payable to Heart of A Hero, and mailed to: Heart of A Hero, P.O. Box 397, Carmichael CA 95609-0397. You may also call 916-486-9893 for reservations



**Dog's Bad Breath Is Warning Sign**

DEAR PAW'S CORNER: My 7-year-old miniature poodle, "Frankie," recently developed bad breath, and I mean, really bad. I purchased a finger brush and liver-flavored toothpaste at the pet store, and I'm brushing his teeth once a week, but haven't noticed any change. What else can I do? -- Clare L., Pittsburgh  
 DEAR CLARE: Straight to the veterinarian, Clare! While the bad breath may come from a benign source,

it is more often an indicator that something is wrong, particularly with a dog's teeth.  
 The American Kennel Club featured several articles on pet dental health in its February issue and also mentioned this scary figure: by age 3, 80 percent of dogs in the U.S. show signs of oral disease. Oral disease includes plaque, tartar and inflamed gums. Fractured or abscessed teeth cause discomfort and, like inflamed gums, can allow bacteria to enter the bloodstream and affect vital organs like the heart and liver.  
 Frankie's annual veterinary exam includes an inspection of his teeth. However, anytime such a dramatic change in breath occurs, he should be taken back to the vet for another look. Also, if a dog paws at his face or mouth, looks distressed or

changes his or her eating habits, the vet should be consulted.  
 The veterinarian can determine the source of the bad breath and treat it. Treatment could be antibiotics (for infection), extraction of a damaged tooth, or both. Your vet will probably recommend that you keep up the brushing, which will maintain Frankie's oral health. Also, several dental-health treats and toys are available to provide additional prevention of gum disease and plaque or tartar buildup.  
 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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**A Purr-fect Family**

By Kay Burton

The cat is the most enduringly popular animal portrayed throughout the world. Kitty loves kitties and has four of them. Kitty O'Neal, popular KFBK News Anchor, shown in photo with her husband Kurt Spataro, Owner of Spataro's Restaurant, with Sammy one of their four cats. A musical family, Kitty sings, professionally at times, and Kurt plays the guitar, which the cats seem to enjoy.  
 Sammy is half-Abyssinian half-Ocicat, is extremely intelligent, friendly, and gentle, and loves all other cats and dogs.  
 Sammy has a great sense of humor and loves to play hide and seek as well as fetch. He has one bad habit...he likes to take his paw and push things off the top of furniture. The coins on the dresser, pens on the desk...off they go. It is

actually cute.  
 Then there is Giorgio, a reddish-longhair Somali who absolutely adores Kitty and will cry until she picks him up to hold him and talk to him. She should have named him Romeo.  
 Rudy is a spotted Ocicat and loves Sammy. He follows him around and constantly wants to play. He also talks incessantly and is very friendly.  
 Daisy is their rescue kitty and only girl. She is painfully shy and afraid of just about everything. She pretty much lives her life in their bedroom, but she is happy as a clam there.  
 "I absolutely love them all and can't imagine my life without my animal buddies. They are so precious to me!"

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**GENERAL NOTICE**

**Curves and Chicks in Crisis Partner in Food Drive**

Citrus Heights, CA- Chicks in Crisis and Curves for Women is proud to announce they are joining together for a food drive benefiting Chicks in Crisis.  
 March 1 through 10, the Citrus Heights Curves for Women center will be holding a food drive for non-perishable food benefiting Chicks in Crisis. During March 1-10, individuals are encouraged to bring non-perishable food items to the Curves location at 8071 Greenback Lane, Citrus Heights. For more information please call at 916-729-2878.

CIC is a Sacramento based non-profit providing assistance to pregnant women in the form of health and natal care, education, parenting classes, as well as adoption placement services.  
 "I am very excited about the Chicks in Crisis Food Drive" says Citrus Heights Curves Manager, Helen Gutch, "Chicks in Crisis is an important resource in our communities for expectant mothers. I am proud to benefit this important organization."

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## Our Society Is...

- Too quick to rely on drugs
- Too quick to consent to surgery

· Too quick to give away our power and decision-making abilities to others

In a time when our society is making more responsible decisions about our environment, it seems logical that we would also look for a more wholistic, more natural approach toward health care. It makes perfect sense to follow the laws of nature in caring for our bodies. How does chiropractic care fit into this approach?

Chiropractors educate patients to understand

that the human body has the ability to heal itself. A chiropractic adjustment removes any interference in the nerve system, which may be preventing the body from healing itself. When the nerve system is free from interference, the body can heal naturally. Clearly, chiropractic care is one of the first action steps we should take when dealing with a health concern. Chiropractic care is drugless, noninvasive and far less risky than many conventional medical approaches.

Medical care does serve an important role in a crisis situation when emergency care is needed. However, no drug or surgical procedure can restore the vital life energy that is halted by a subluxation (misaligned vertebrae). Only a chiropractic adjustment can restore the natural pathway of communication and allow healing to take place.

There is no doctor in the world more powerful than the inborn "doctor" within our own bodies.

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precisely how to run and maintain a healthy body. Therefore...

· Natural and safe approaches to optimizing health should always come first

· Chiropractic care is the number one recognized natural health care system in the world

· Drug intervention should occur only when absolutely necessary

· Surgery should be considered only as a last resort

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## THE MORTGAGE MANAGER



I've been telling people for years now that if you do a mortgage right, and use input from a financial planner to help in your decision, you can build wealth. It's actually very easy to do, so be careful here because you're going to learn something today. We start by using a debt consolidating mortgage. Refinancing your home and putting your car, your credit cards, your motorcycle, your kids' braces, and the dogs braces all into your mortgage. This should free up some monthly income to do silly little things like put money into four specific categories: 1) A cash cushion; 2) Becoming debt free; 3) A liquid savings account; 4) Paying off your house.

A cash cushion is just that, an account you use when something unexpected comes up, such as car repairs and other life happenings. Becoming debt free means getting rid of all debt except your mortgage, credit cards, cars, etc. Your liquid savings account should have a minimum of one year's salary in it. This sounds daunting, but the rewards are phenomenal! We do this for two reasons: Good and bad. Good would be described as having the money to get involved in an investment that requires a cash deposit. A bad one would be a major interruption of your income. If you are self-employed or commission only, you know this happens. And lastly, being able to pay off your home is absolutely up to you when you work this plan exactly as it is planned.

This plan is done with a financial planner actively involved in the process. The financial planner is the one who will take your monthly piece of the pie and set up your accounts to reflect what is mentioned above. This person will be the one you name your baby after, not the mortgage guy because we're shy about that kind of thing.

What I really want to stress in this issue is this: It is very simple to become financially secure when you have the right team working for you. Working with someone who knows how to work a mortgage plan, instead of getting you the best rate, is much more financially rewarding. Rate has very little to do with your future, so stop asking questions about it. Ask questions such as, "What is the best loan program for my situation?" Your situation also includes your future. You must start thinking about your future for the sake of your future.

You can reach Ed Wacaster at [ewacaster@rpm-mortgage.com](mailto:ewacaster@rpm-mortgage.com) or 916-677-0996

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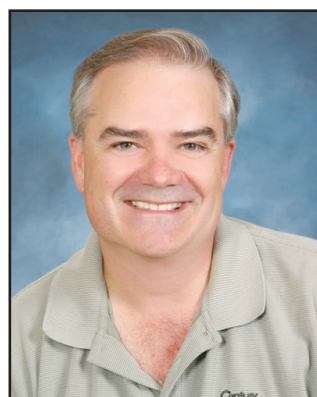
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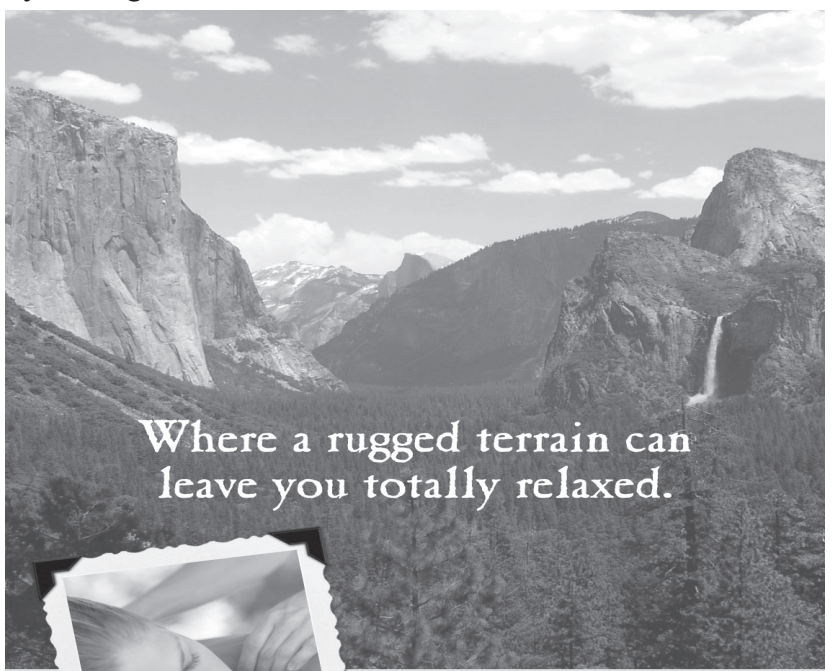
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## Merrill Gardens Chamber Mixer



Citrus Heights - Lisa Taylor, Peggy Anderson, Sue Anne Bennett and Jane Culich greeted fellow Citrus Heights Chamber of Commerce Members at the February 21st. quarterly business mixer at Merrill Gardens of Citrus Heights. Learn how to become a member of the Chamber by calling 722-4545.



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