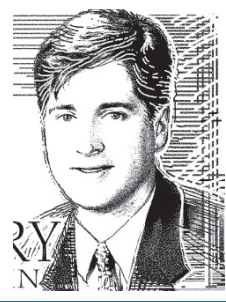


AMERICAN RIVER MESSENGER



**Rich
Lowery**

Page 2



**Fair
Oaks
Chamber
News**

Page 5



**Amore
Wine
Tasting**

Page 6



**A New
Year
Ahead**

Page 7

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

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

There Are No Limits



Tom Askins - President / Founder

There Are No Limits is a non-profit, 501C3 corporation delivering in-school programs, after-school programs, and weekend workshops to improve self-esteem in teenagers and young adults.

The majority of our clients are children from 10 to 19 years of age. Adults also benefit from the universal nature of the program, however, especially those adults entering or re-entering the workforce or re-building their lives. They help young people learn the skills necessary to care about themselves, to make positive choices, and to respond effectively to life's challenges.

According to the Surgeon General's Conference on Children's Mental Health, many children and adolescents suffer from low self-esteem, feelings of loneliness, reduced school and work productivity, and increased drug and alcohol use. It is predicted that these anxiety disorders will rise by 50% by the year 2020. Self-esteem is the degree to which a person likes and accepts him/herself, in spite of mistakes, frailties, setbacks, or shortcomings. Self-esteem determines how capable a person feels to tackle obstacles. It has also been shown that children with higher self-esteem are more likely to avoid uncontrolled anger, violence, obesity, alcohol or drug abuse.

There Are No Limits aims to develop children's "natural assets" preparing them for a meaningful, productive, and fulfilling life. By using these tools their clients are able to better cope with the challenges that life brings them in order to live a happy, joyous and productive life within society. The methodology is based on the educational program created by Edge Learning Inc.

called "Unlocking Your Potential." This proven program is presented in separate modules which enables the facilitator to offer students the opportunity to learn about, practice and eventually master the timeless concepts of attitudinal training and success. They will explore the ingredients that make up individual potential, the qualities of peak performers, the role of self-image and self-esteem in determining performance, how to set goals, how to use self-talk and imagination to achieve goals, and how to use a specific plan of action to attain a goal.

There Are No Limits was founded in January of 2005 by Tom Askins, who has passionately worked as a volunteer in alcohol and drug abuse rehabilitation. He has developed a formula called H.O.P.E. which stands for Honesty of emotions, Open-mindedness, Principles, and Evaluation of our emotional reactions for the benefit of choosing our daily attitude. For the past fifteen years Tom has owned Pacific Investment Center, a full-service brokerage firm that manages money for individuals and corporations. He has a Bachelor of Arts Degree in Applied Economics from University of San Francisco. His community involvement includes: past Trustee for the Fair Oaks Cemetery District; member of the Fair Oaks Chamber of Commerce Board of Directors; Citizen of the Year for the Fair Oaks Chamber in 2004.

The Board of Directors includes Roberta G. Pickett - Secretary, Director and Facilitator; she is a Certified Professional Co-Active Coach, who operates her own coaching, consulting, and training business. Roger Turner, an independent representative for financial and lending institutions. Robert Walters, an attorney, legislative advocate, mediator and arbitrator. He has practiced law in California since 1966. Mary Curtis, a retired federal employee whose service included developing healthcare in rural communities.

You can help to save our children To become a corporate sponsor, host a fundraising event, donate raffle items or contribute directly, call Tom Askins, Executive Director at 916-638-7473.



Voices Raised In Citrus Heights

CITRUS HEIGHTS - The Sacramento Choral Society, conducted by Donald Kendrick, will hold its annual Singathon fundraiser at Sunrise Mall on Thursday, February 22 from 6:30 PM - 9:00 PM.

Held inside the Mall in front of Macy's Women's store, this musical event, featuring members of the Sacramento Choral Society singing well-known Broadway tunes, incorporates an audience singalong and spontaneous guest conductors "corralled" by Music Director Donald Kendrick.

With a goal of \$30,000 in mind, the SCSO's Singathon will help offset

production expenses for their upcoming March 3rd Verdi Requiem and their May 12th Broadway Salute performances at the Sacramento Community Center Theater.

Singathon 2007 is a shining example of the SCSO's ongoing fiscal accountability with a view to sharing the enjoyment of song within our community. "Classical music is our gift to the community. What an outstanding way to celebrate George Washington's birthday," said Lee Blachowicz, Vice President of the organization.

Karen Hanretty to Speak in Fair Oaks



Karen Hanretty - Political Analyst

FAIROAKS, CA - Wednesday, February 7, at 11:30 a.m. Karen

Hanretty will be guest speaker at the Sacramento Republican Women's Federated luncheon at the North Ridge Country Club located at 7600 Madison Avenue, in Fair Oaks.

Karen Hanretty is a political and communications strategist who specializes in message development, media relations and issue management.

Ms. Hanretty is a national conservative commentator who regularly provides political analysis on Fox News programs such as "The O'Reilly Factor,"

Hannity and Colmes. National and State media often call upon her to provide commentary and analysis of the political landscape.

Karen Hanretty served as Communications Director and chief spokesperson for the California Republican Party from 2003-2005. During the recall campaign of 2003, Karen served as spokesperson to the Schwarzenegger for Governor Campaign and as press secretary to the governor-elect during his transition into office.

For more information, please call Barbara McCarty at (916) 852-8855. For reservations, call (916) 733-1623.

New Salvation Army Thrift Store to Open in Citrus Heights



CITRUS HEIGHTS - The Salvation Army will have a "sneak peek" event to preview the grand opening of a brand new Family Thrift Store in Citrus Heights. The Sneak Peek will take place on Wednesday, January 24th at 6510 Antelope Road (near I-80 and Antelope Rd. exit). The event is scheduled to kick off at 6:30 p.m.

The 19,000 square foot store

will have new or gently used merchandise up for sale at bargain prices. Once it officially opens on January 25th, the store will be the fifth in Sacramento County.

Salvation Army Family Thrift Stores are stocked with donations from the public. The men in the Salvation Adult Rehabilitation Center (ARC) program and the 100 employees of the Sacramento ARC help turn donations of clothing, furniture, electronics, appliances, and household items into saleable items for the store. Store income provides 100% of the funds for the drug and alcohol rehabilitation program.

The Sacramento ARC is a 100-bed facility, providing a 6-month residential, rehabilitation program for men. The program

involves one-on-one and group counseling, work therapy and training, chemical dependency classes, parenting and relationship building classes, 12-step studies and meetings, anger management and self-esteem classes, plus bible studies and chapel services.

A major part of the men's involvement in their own rehabilitation is Work Therapy. Some of this is done in the Thrift Stores allowing them to regain self esteem and learn valuable vocational skills as well.

Thirty-three percent of all men who entered the program have graduated.

Submitted by Sydney Fong
- PR Director

City of Citrus Heights Special 10 Year Anniversary Kick-off Event a Success

CITRUS HEIGHTS - On January 11th at the City Council Chambers, the City of Citrus Heights celebrated their 10th year of cityhood. The City offered a pre-event reception for approximately 250 attendees, both local dignitaries and residents. The kick-off was the first of many events planned by the City in recognition of the milestone.

Special presentations of proclamations were given by Sacramento County Supervisor Roberta MacGlashan and

California State Assemblyman Roger Niello. Recognition of City incorporation supporters and Citrus Heights Incorporation Project (CHIP) members was presented by City Council Member Jeannie Bruins.

Everyone in attendance shared in a special tribute to Alma Kenyon and Bill Hughes, which was presented by City Council Member James Shelby. The tribute included a singing performance by Jan Vecchio and Jay Casl, singing "I'll Be

Seeing You."

The event also included comments and presentations by audience members.

Krista Noonan, Public Information Coordinator for the City of Citrus Heights, said, "We are very happy with the turn-out. We feel it was a great success and look forward to the upcoming events." The City's next planned event is scheduled for Thursday, February 15th at the Council Chambers. Call 725-2448 for

Sheriff's Department Announces Meetings

The Sacramento County Sheriff's Department invites the public to attend their community meeting scheduled for Tuesday, February 6th at 6:00pm. The meeting will be held at Sheriff Community Service Center, 8525 Madison

Avenue, #126, (Madison and Kenneth).

The meeting will cover crime updates, Sheriff Patrol information and recent Problem Oriented Policing Projects. You are invited to attend and discuss your concerns. All community

members of Fair Oaks and Orangevale are welcome. Refreshments will be served. If you have any questions about this event contact Sherrie Waugh, Community Services Specialist, Northeast Division, at 916-536-9876.

DUTCH TREAT



By Dennis Packard

THE BOOB TUBE

My wife and I are the most pathetic "routine couple" on the face of the earth. Once in a while we'll break out of our cocoon and drive to San Jose to visit friends—and sometimes—if we are really brave—we'll take off for a three-day holiday to break the monotony. But for most of our days—we need not think.

The alarm blasts off at 4:45 a.m. Monday through Friday. My wife's feet hit the ground at the same moment she slams the alarm off with her hand—and she's on the run heading for the shower. I never understood people like that and I resent it. At 5 a.m., the aroma of coffee begins to climb up the stairs; one step at a time. Then, without knocking, it abruptly walks into our bedroom and hovers over my bed, looking for a small crack in the cover to find my nose.

As soon as I hear the shower—I smother my face deeper into the covers and fix myself in a fetal position. I prepare myself for the next move. Like clockwork, thirty seconds after the shower shuts off, the "Boob Tube" in our bedroom starts screaming the news--traffic reports and weather. Next, the fan above our bed is turned on high and the windows fly open. And if it is twenty below zero outside--matters not--the woman needs to cool down. When does this period in her life end? I swear she's been having these hot moods for twenty years!

At 5:45 a.m. the T.V. goes off and she vanishes downstairs and into the kitchen. Slowly—I peek my frostbitten nose out from the covers and tiptoe to the window and quietly slide it shut. Then, with my eyes still shut--I can still find and pull the chain that shuts off

the fan. After a few minutes, I stumble over and make the bed. Yes gentlemen—I said, "I make the bed."

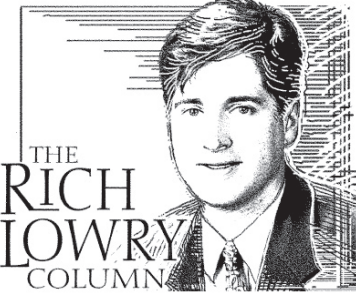
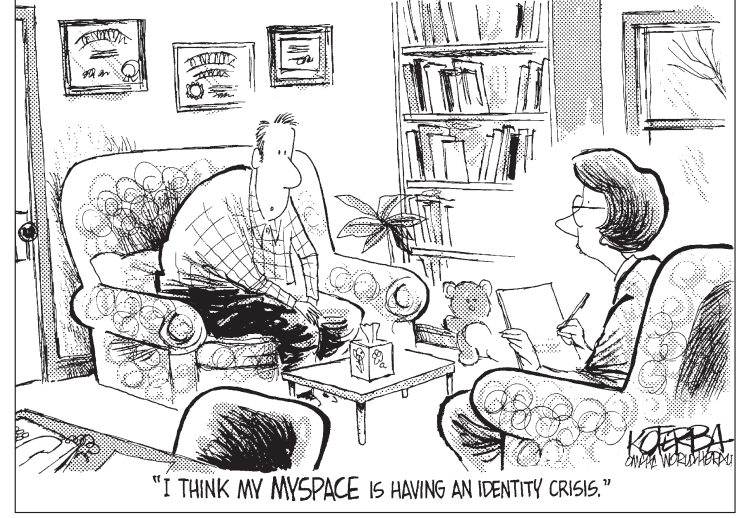
One morning, after twenty-five years of marriage, I decided to make the bed because my wife was ill. Somehow—it landed on my "honey-do" list. I've tried being sloppy and I really don't care if a couple of inches of white sheet is visible along the edge of the bed when I have finished. None of this works, she still won't fire me, although I am excused on the weekends and the bed is made correctly by her.

Evenings around our house are equally routine. Judge Judy at 5 p.m., then Entertainment Tonight. During "E.T." I leave the room and play with my computer. I've tried to convince my wife, Stacey, that E.T. is only two minutes long. If you subtract the 15 minutes of commercials—the ten minute "teases" that are actual no longer than the actual segments that they teased you about—the three minute additional "teases" about tomorrow's show—you finally have—the actual two-minute show.

At 8 p.m. we lock up the house and pull the drapes. The last hour, we fluff up our pillows and watch the final hour of T.V. in our bedroom.

It's a fact that Stacey won't stay awake until 9 p.m., but she still wants to get involved with choosing "the final hour." Most nights it's not a big factor, but the nights when she wants to watch "48 Hours" or "Sixty Minutes" we have a fight on our hands and perhaps a pillow fight. I have no desire to watch real life disasters before I doze off. I want stupid "situation comedy" and a "ha-ha-ha" to put me to sleep. Too often these drama shows are murders, slaughtering and beheadings of family relatives. And then to make it worse, "48 Hours" often has no solution to the crime and closes the program with, "We really have no idea who did it." Then, with silent anger across my face, I slowly peel the remote from Stacey's clenched hand while she slumbers on!! Such drama! Sweet dreams!

Quip for the Day: The trouble with T.V. is that we sit and watch a twenty-six inch screen so much that we develop a thirty inch bottom.



When the Media's Right

First lady Laura Bush spoke for many conservatives when she excoriated the media's coverage of Iraq recently. She complained that "the drumbeat in the country from the media ... is discouraging," and said "there are a lot of good things happening that aren't covered."

What are those things, one wonders? One can only imagine how Mrs. Bush can figure that they outweigh the horrors in Iraq. The United Nations' High Commissioner for Refugees estimates that more than 1.6 million Iraqis have fled the country, about 7 percent of the population. But that means that an overwhelming 93 percent haven't left. Why doesn't

the liberal media ever report that? About 120 Iraqis are killed per day, nearly 4,000 a month. But most are still living. Couldn't one of the morning shows do a soft feature on this heartwarming fact?

The mainstream media is biased, arrogant, prone to stultifying group-think and much more fallible than its exalted self-image allows it to admit. It also, however, can be right, and this is most confounding to conservatives.

In Iraq, the media's biases happen to fit the circumstances. Being primed to consider any military conflict a quagmire and another Vietnam is a drawback when covering a successful U.S. military intervention, but not necessarily in Iraq. Most of the pessimistic warnings from the mainstream media have turned out to be right -- that the initial invasion would be the easy part, that seeming turning points (the capture of Saddam, the elections, the killing of Zarqawi) were illusory, that

the country was dissolving into a civil war.

Partly because he felt it necessary to counteract the pessimism of the media, President Bush accentuated the positive for far too long. Bush allowed himself to be cornered by his media critics. They wanted him to admit mistakes, so for the longest time, he would admit none. They wanted him to fire Defense Secretary Donald Rumsfeld, so for too long he kept him on. They wanted him to abandon "stay the course," so he stuck to it. In so doing, he eroded his own credibility and delayed making the major strategic readjustment he needed to try to check the downward slide in Iraq.

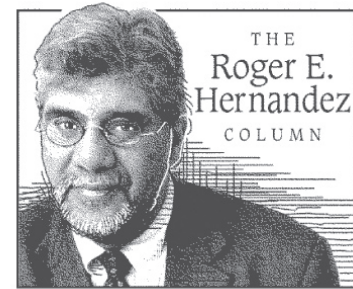
The "good news" that conservatives have accused the media of not reporting has generally been pretty weak. The Iraqi elections were indeed major accomplishments. But the opening of schools and hospitals is not particularly newsworthy, at least not compared with American

casualties and with sectarian attacks meant to bring Iraq down around everyone's heads in a full-scale civil war.

In their distrust of the mainstream media, their defensiveness over President Bush and the war, and their understandable urge to buck up the nation's will, many conservatives lost touch with reality on Iraq. They thought they were contributing to our success, but they were only helping to forestall a cold look at conditions there and the change in strategy and tactics that would be dictated by it.

Conservatives need to realize that something is not dubious just because it's reported by The New York Times, and that the media ultimately will be wrong about Iraq only if - fully acknowledging how bad it is there -- the Bush administration takes bold steps to reverse the tide.

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



Reader Mail

We begin with an e-mail from the "Huh?" folder.

"Can you tell me what Mexico would do if all of our welfare people suddenly illegally immigrated to Mexico? Can you say JAIL? They all want to vote too. Can you say NO? You can vote without being legal in Mexico, can't you? They want to drive and have 20 families in one house with a check and free meds." No doubt, the man is angry about illegal immigration. But just exactly what analogy is he trying to draw? What argument is he trying to mount?

Dunno. The irony is too sophisticated. Beyond me. Columns on immigration got the most angry mail

this year of foreigner angst. The *numero dos* topic was language.

"A person that can read, write and speak English will be able to make a better living," wrote a woman from Texas. Absolutely right.

But she goes on, "We should NOT be providing ballots in any language other than English, and having to provide interpreters for services paid for by taxpayers is stupid."

Gentle Reader, let me kindly suggest that perhaps you did not think that one through. Sure, there is plenty of room for disagreement about whether voting ballots should be in languages other than English. But the notion that "to provide interpreters for services paid for by taxpayers is stupid" is, uh, well ... stupid.

Let us say, Gentle Reader, that you were the victim of a violent crime to which the only eyewitness spoke Bulgarian, but not English. Don't you think you, the

injured party, have the right to an interpreter who can translate testimony that nails the thug who did you harm?

But enough about loony right linguophobes and immigrant-bashers. Let us move leftward, on to the commie-lovers and poor, oppressed victims of The Man. They wrote to me in protest too.

A member in good standing of the latter group says my argument against ethnic-based affirmative action is a "cop-out" because "the sad but honest truth is Black people are not considered equal."

Now, the racial-preference programs I oppose are those that operate under the assumption that all persons deemed a "minority" - regardless of individual accomplishments -- are socio-economic basket cases in need of help. Such programs proclaim, in effect, that certain groups are more equal than others. The sad but honest truth is that supposedly

compassionate liberals saying so does not make it any more acceptable.

Something else from the left that is not acceptable: "I am struck by the regularity with which your former Cubans call for the destruction of the current Cuban economy," writes a Fidel fan from El Paso, Texas, about my column calling for the continuation of the embargo. "I should have thought that any country has a right to decide what sort of system is best for it, and the Cubans seem to have done so."

One has to wonder whether he is talking about the "Cuba" on Planet Earth, which bans elections where citizens might decide what sort of system is best, and jails people who dare even bring up the subject.

Roger Hernandez is a syndicated columnist and writer-in-residence at New Jersey Institute of Technology.

(c) 2007 King Features Synd., Inc.

AMERICAN RIVER MESSENGER



Publisher Paul V. Scholl

Publisher's Statement: It is the intent of the American River Messenger to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

The American River Messenger is not responsible for unsolicited manuscripts or materials. The entire contents of the American River Messenger are copyrighted. Ownership of all advertising created and/or composed by the Messenger is with the publishing company and written permission to reproduce the same must be obtained from the publisher.

Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$20 per year within Sacramento county, or call 916-773-1111.

- Graphics & Layout - Christina Whedbee
- Distribution Assistant - Gabriel Scholl
- Advertising Sales - Dutch Packard
- Editorial Support - Jeri Murphy
- Accounting - Laura Just, LRJ Company
- Web Master - RJ at thesitebarn.com

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

1. Northwest Neighborhood Assoc.
2. Rusch Park Neigh. Assoc.
3. Citrus Heights Assoc. Number Three
4. Arcade Creek Neigh. Empowerment
5. Park Oaks Neigh. Assoc.
6. Sunrise Ranch Neigh. Assoc.
- 7&8 Citrus Hgts. Neigh. Assoc.
9. Sunrise Oaks Neigh. Assoc.
10. Sylvan Old Auburn Rd. Neigh.
11. Birdcage Heights Neigh. Assoc.

CONTACT

- Tonya Wagner: 721-1462
- Claude Eisner: 726-2201
- Cindy Carleton: 726-3511
- Bill Childers: 722-1151
- Olivia Gasca: 807-4163
- Sandra Benward: 421-3511
- John Youril: 849-6174
- Gifford Massey: 723-6419
- Jana Karpinski-Costa: 722-8647
- Jay Evans: 944-3925

WHEN

- Third Tuesday
- Third Thursday
- Second Tuesday
- Second Tuesday
- Third Thursday
- Fourth Tuesday
- Second Tuesday
- First Wednesday
- Fourth Monday
- First Tuesday

Call Your Neighborhood REACH representative and get involved today!

Troops Asking for More Coffee

Sacramento, CA (PRWEB) January 12, 2007-- Cornerstone Coffee Company President and Founder of the National Coffee for Our Troops program asks for help in sending more coffee to the troops.

Since December of 2004, Coffee For Our Troops, a national troop support program founded by Burke Hodge, the President of Cornerstone Coffee Company along with their partners, has shipped more than 36,000 bags of coffee to our troops. Today, their popular program has received rave reviews from the troops and now they need more.

"Through our CFT program we, along with our sponsors and partners, have supported our troops with fresh roasted specialty grade coffee. Until now we have been able to keep up with the volume of requests coming from our troops, but now we need more help," pleaded Hodge.

CFT has an immediate need to ship just over 10,000 more bags to men and women serving in our armed forces. "We have been able to keep up with the demand to this point,

but now we need more people to step up, sponsor a bag or two and help us supply our troops with their caffeine fix," said Hodge.

Coffee is still one of the most requested comfort items from home. CFT's goal is to continue supporting our troops as long as there is a need. CFT gained the trust of the nation after President Bush made mention of the program during an address to the nation. CFT will be featured in an upcoming national television segment on the popular "Today's Family" program. In addition CFT has been recognized by numerous TV news agencies, newspapers and radio interviews on several radio networks.

Talk show host Eric Hogue commented, "I personally support CFT. It is a wonderful program designed to uplift our troops with second-to-none coffee along with a personal message of support." Hugh Hewitt also endorses the CFT program as well as EMF Broadcasting and Salem Communications.

You can become a sponsor by

logging on to www.CoffeeForOurTroops.com. You will also find current weather conditions in both Iraq and Afghanistan as well as helpful links to give you an inside look at current operations and branches of our mighty Military. "Do not forget to watch the 'Freedom isn't Free' video while your there," urged Hodge.

"Supporting our troops is an act of patriotism and not a political statement. Our troops deserve our respect and support regardless of how we view our Nation's involvement in the Middle East. Coffee for Our Troops makes it easy to get involved with minimal effort and resources. Your sponsorship will make a huge difference in the morale of our troops. We hear regularly what a difference the CFT program is making, directly from troops who have already received coffee," explains Hodge.

Please visit our website and sponsor a bag of Coffee for Our Troops at www.CoffeeForOurTroops.com. Your sponsorship really does make a difference.

Singing with All Her Heart



Athena Kline -
Photo from
www.athenamusic.com

Local recording artist Athena Kline performed at It's a Grind in Roseville for a standing-room only crowd on January 6th.

Growing up, Athena began her musical journey with piano, ballet and singing lessons at an early age. With a gift for playing music by ear, it wasn't long before she was writing her own songs on piano or guitar and sharing them everywhere, like community events and charity functions. Athena

recorded her first album of ten original songs when she was 14 and now has four releases. Athena became a "Teen Arts Representative" for the State of New Jersey when she was only 15. It was clear that music would be apart of her life and she knew she would be singing wherever the doors opened. During the next several years Athena was invited to sing for women's retreats, teachers' conventions, various schools, youth rallies, colleges, working with many organizations like Aglow International, Family Life, Starbucks Coffee Co and many others, and she appeared on various television and radio programs throughout the United States.

Learning that her spiritual walk was sealed for eternity and that nothing could separate her from The Love of The Creator, Athena turned away from a dark, empty lifestyle of substance abuse in 1992. It was during this

intense spiritual battle that she believed there was a higher purpose in sharing her music. Athena says, "Music changes lives and it is my goal throughout the rest of my residence on this planet to impart This Love to all those I come in contact with."

Her music reflects the mercy of The Creator's stubborn Love for His creation and her testimony impacts young and old alike. Some say that there is healing in her music. Athena receives songs from Heaven and sings them with all her heart. Thus lives are changed as they take in the breath of heavens music. Come to her website and enjoy clips of her Newest Cd "Mystic Secret" Live at Starbucks. Come out and see her perform on February 24th at It's a Grind, at the corner of Cirby and Sunrise in Roseville. To find out more about Athena's performances call 916-638-7885, or visit her website at www.athenamusic.com

★ VETERANS POST ★

by Freddy Groves

Arkansas Veterans Home Snafu

In 2004, the Department of Veterans Affairs came up with \$4.6 million to build a 108-bed veterans nursing home in Fayetteville, Ark. The plan was that the home would occupy the top two floors of the old Washington Regional Hospital. The federal money, plus \$2.4 million from the State of Arkansas, would take care of the renovations. Veterans would get great care because the home is next to the VA Medical Center. So far, so good.

Fast forward to now: --Only 32 veterans live in the home because the director is having a hard time finding staff to work there.

--The home is paying \$32,000 monthly rent to the hospital -- which is a government-owned building -- starting while renovations were still going on.

--The facility has no kitchen or laundry. Those services are being contracted out, at yet additional expense.

--The plan was that once veterans were installed in the home, they'd come off state Medicaid and their federal benefits would pick up the tab for their care. Problem is, the home doesn't yet have certification.

--\$1 million was put into the general revenue fund while renovations were taking place. Arkansas state legislators are asking for an audit to find out where all the money is going, and whether it's being used to

pay the rent. Now, after all the expense, there's talk of shutting the place down. Legislators think it would be more cost effective to ditch the whole project and start fresh with a new building. They might have to. Rumor has it that Washington Regional might vacate the building next year. If this is going on in Arkansas, what's going on with veterans homes near you?

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

(c) 2007 King Features Synd., Inc.

Great American Patriot
www.GreatAmericanPatriot.com

Toastmasters: Public Speaking Skills Aren't Debatable

From the Toastmasters, Website Toastmasters.org

If you are like most people, public speaking is not your favorite pastime. Yet that presentation skills are crucial to success in the work place. The person with strong communication skills has a clear advantage over tongue-tied colleagues -- especially in a competitive job market.

Many people pay thousands of dollars for seminars to gain the skill and confidence necessary to face an audience. But there's another option that is less expensive and held in high regard in business circles -- Toastmasters International. This organization has been around for nearly 80 years and offers a proven -- and enjoyable! -- way to practice and hone the communication and leadership skills of its members.

A Toastmasters club is a "learn-by-doing" workshop in which men and women hone their skills in a comfortable, friendly atmosphere. A typical club has 20 to 40 members who meet weekly or biweekly to learn and practice public speaking techniques. The average club meeting

lasts approximately one hour. Membership is affordable; total annual fees are usually less than \$100.

Those joining a Toastmasters club learn communication skills by working in the Communication Program manual, a series of 10 speaking assignments designed to instill a basic foundation in public speaking. There is no instructor in a Toastmasters club. Instead, members evaluate one another's oral presentations and leadership skills. This evaluation process is an integral component of the overall educational program. Toastmasters members also give impromptu talks on assigned topics, conduct meetings, serve as officers in various leadership roles and learn parliamentary procedure.

The effectiveness of this simple learning formula is evidenced by the thousands of corporations that sponsor in-house Toastmasters clubs. These clubs serve as public-speaking and leadership training workshops for employees. Every year, more and more business and government organizations are discovering that Toastmasters

is the most effective, cost-efficient means of satisfying their communication training needs.

Birdcage Club - Club #: 7118, Dist #: 39, Est: 09/01/1988 Coco's Restaurant 7887 Madison Avenue, Citrus Heights, CA, 95610, United States. Club Status: Open to all Meeting Time: 7:30 am, Friday (916) 344 0892 bmdube@sbcglobal.net

Good to Great Toastmasters Club - Club #: 678428, Dist #: 39, Est: 06/16/2004 Sylvan Oaks Christian Church / Mod B6540 Sylvan Rd, Citrus Heights, CA, 95610, United States Club Status: Membership eligibility criteria required - Contact club Meeting Time: 7:00 p.m., 2nd & 4th Mon (916) 966 1312 kfoulk@marykay.com

Spellbinders Club - Club #: 6065, Dist #: 39, Est: 12/01/1985 Denny's Diner 6215 Sunrise Blvd., Citrus Heights, CA, 95610, United States Club Status: Open to all Meeting Time: 7:00 - 8:45 p.m., 2nd & 4th Monday 916 729 3323 rzabkie@comcast.net

This may be the biggest decision you'll ever help your parents make.

How much thought have you put into choosing a senior care facility for your loved one?

Citrus Heights Terrace Assisted Living Community

Call today for your Free Report
"What You Need To Know
When Looking for a Care Facility"

916-727-4400

7952 Old Auburn Road • (between Sunrise and Antelope)

CitrusHeightsTerrace.com • License # 347001498

Citrus Heights Little League

Sign Up Today!

Late Sign-Ups Still Open!

Call 726-8525

or visit

www.eteamz.com/CHLLBaseball

for more information.



LIVING FOR GOD™

By Calvin and Lisa Wulf

"Be What You Wanna Be"

"God's gifts and his call are irrevocable." Romans 11:29 (NIV)

They hop in the car as he tunes in the oldies station. The radio speaker blares, "It's your thing - do what you wanna do."

"I've always liked that song," he smiled. "But I have different words. How about 'It's your life, be what you wanna be.'"

"Yeah, that's right," his friend agreed. "I've always known I could do just about anything I set my mind to."

Sound familiar? We're the do-your-own-thing generation. Me, myself and I control our destiny. We just love that quote, "I am the master of my fate; I am the captain of my soul." There's simply no limit to how far we can go. But as another song says, "It ain't necessarily so."

What's the problem? We're told we can be successful in any task if we work hard enough. But our faith says God has a plan for each of us. So can we really "be what we wanna be?"

God doesn't give unlimited gifts for us to do whatever we want. He has a specific lifetime vision for everyone. We can force our way into a different picture. We might even look successful. But in God's economy we really aren't.

So ponder this. God's plan for each of us also affects other people. That's because He often uses us to help others. So if you don't choose to follow His path

for you, who else are you cheating besides yourself and God?

Let's switch to a new theme song. Here's how:

- Pray about your life mission. Does God really want you to be a brain surgeon?

- Be open to others. Do you sense God wanting to work through you?

- Admit to God that you've been listening to "that song" again. He'll forgive you.

So remember - life isn't about me, myself and I. It's really about the Father, Son and Holy Spirit. Perhaps we need a lesson from the Master Himself. Jesus always did what He saw the Father doing. The Father initiated - the Son followed. Let's live by His example. Living for God (TM) offers resources on Christian living. Check them out at www.livingforgod.net or call (719) 578-8837.

© 2007 Calvin R. Wulf and Lisa Are Wulf



Remembering Family Values

The era in which we were raised, plus the environment, says a lot about our value system which molds our lives today and in the future. Looking backward into our grandmother's time, few people owned their own home. Some homes were void of an inside bathroom and had "outhouses." In Grandmother's era few families owned automobiles. Transportation was the horse and buggy, streetcars or buses as a means to go to and from work. Certainly the sons and daughters safely walked blocks or miles to school. Teens did not drive the family auto anywhere, even if they owned one.

Men had the important jobs in the household and worked twelve long hours a day for as much as \$25.00 a week. Medical care was not provided by the employer. Shopping in the neighborhood market did not afford purchasing frozen foods but for fresh meat, vegetables and bakery products. The iceman brought ice for the icebox and the milkman delivered milk. Families lived in close proximity to each other. No television, no computers, no DVD's or CD's and no jet planes. Yet, these inventions were on the rise and it was an exciting era.

The family was the center of everything that happened in life. Dinnertime was spent together, as were birthdays and religious holidays,

with family coming together to enjoy some delicious food prepared by the mother of the home. The trials and circumstances of life were expected and actually drew people closer to one another. The marriage covenant was honored and people did not end marriages without a lot of thought. Homes had two parents and children were not tossed back and forth like some kind of sports object. People did not have much materially, yet they had everything!

Today's family and world is so preoccupied with money and gathering everything new that comes on the market. The simple and important things of life are forgotten and never taught to future generations. We can acknowledge we have all come to a better place in our social and economic status, but the younger generation cannot and may never fully know about or appreciate from whence we have come.

Most likely we always will find a certain percent of the people successfully living by the old values. One will find them living by their family traditions and by the faith God has personally given to them as a seeker and believer in the "truth" of God's Word, the Bible. Their faith in God governs every area of their lives and will sustain them throughout generations, just as they did in times of old. The promise of God that comes to mind is, "Train up a child in the way he should go and when he is old, he will not depart from it." (Proverbs 22:6)

"Living Legends" to Appear in Sacramento

BY: LISA WEST

Since 1971 Brigham Young University's "LIVING LEGENDS" has performed the world over, appearing before audiences that include the queen of Thailand, the governor general of Jamaica, and the queen of Denmark, and at the 2002 Winter Olympics. Now they are coming to Northern California on Thursday, February 1, 2007 to perform at the Sacramento Memorial Auditorium.

Produced and sent out on tour by the College of Fine Arts, BYU's LIVING LEGENDS captures the essence of both ancient and modern customs in a celebration of Latin American, Native American, and Polynesian song and dance. Authentic choreography, intricate costumes and 90 minutes of heart-pounding music weave a colorful tapestry of folklore and tradition into a captivating show. Applauded most recently in Mexico, Germany, Austria, China, the Pacific Islands, and South Africa, LIVING LEGENDS is a vibrant spectacle of energy inspired by the love each cast member has for their own native land and heritage.

The LDS Business Association, a local chapter of the BYU Alumni Association and Marriott School of Management, is a non-profit organization and is using this event as a fundraiser for its perpetual Scholarship Fund.

Every year since 2003, the group has given out scholarships to local students. "We are excited about the opportunity to offer this unique group of performers to our community", stated J. Michael Goulding, president of the local chapter. "Whether in Asia, Eastern or Western Europe, North or South America, LIVING LEGENDS inspires audiences with its spectacular display of traditional cultures often forgotten in today's modern world," Goulding concluded.

East Lawn Funeral Homes and Memorial Parks is also sponsoring this "one night only" performance of LIVING LEGENDS. Alan Fisher, president of East Lawn, Inc., noted, "It is a thrill for our company to sponsor this magnificent group. Traditions come alive as talented descendants of these cultures communicate their message of hope through music and dance."

Intensive learning in a stimulating setting - nurturing the mind, body and spirit - is central to the mission of Brigham Young University. Cradled between the breathtaking Rocky Mountains and Utah Lake, BYU was founded in 1875 by The Church of Jesus Christ of Latter-day Saints. It is one of the nation's largest private universities with an enrollment of more than 30,000 students from throughout the United States and 120 foreign countries.

Dennis Holland, the Church's

Sacramento Director of Public Affairs noted, "Bachelor's degrees are offered in 194 academic programs, master's degrees in 68, juris doctorates in one, and doctorates in 27 at BYU's Provo, Utah campus. There are also campuses in Idaho and Hawaii." Holland continued, "Providing programs where students can explore their own heritage has always been a priority for BYU's College of Fine Arts and School of Music. It is a wonderful experience for these students to then share what they have learned in this multicultural performance."

As artistic director of both the Young Ambassadors and LIVING LEGENDS performing groups at BYU, Janielle Christensen has traveled around the world, bringing uplifting family entertainment to millions through live and televised productions. "It is a moving experience to work with these performers because I see the sincere respect they each hold for one another's ancestry as well as their own," Christensen said.

The performance is titled "Seasons" and invites the audience to journey through the timeless legend of all creation, the sky and the earth and all things that live between. Tahitian rhythms of life are presented through the use of indigenous instruments such as the toere drums. Precision and dedication are showcased in the legendary Hoop Dance. The

women's North American Fancy Dance shows the emergence of the butterfly as the men depict battlefield warriors. Dancers portray honor and respect for all Native Americans through hands that communicate friendship. Music of the Andes breathes the essence of ancient civilizations of Ecuador, Guatemala, Columbia and Bolivia. Bold young men and women demonstrate their agility, energy and love for life representing Samoa, Fiji, New Zealand, Tonga and Hawaii. The powerful Slap-Dance is a show-stopper! Aztec rituals from southern Mexico, intricate footwork and beautiful dresses will educate and enthrall.

Harmony with Mother Earth. The sacrifice of the buffalo who gave himself so the Zuni people could live. The eagle which flies the highest and embodies strength, courage and wisdom. Displays of skill through the Bolivian caporal's whip. A spirit of love which influences every aspect of Hawaiian life. Dreams and healing powers of the medicine man. Echoing, windswept plains of heritage and homeland. Beauty reflecting purity and conviction of faithful people. Pageantry and grace; these are just a few of the elements LIVING LEGENDS brings to each performance, weaving together legends of the past with the reality of today.

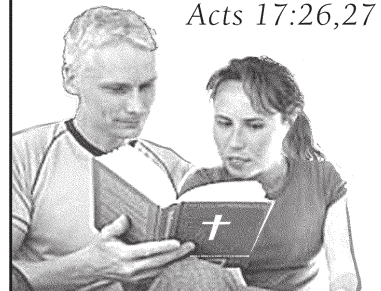
This is a rare event the entire family can enjoy together; young

and old alike. Don't miss it. BYU's LIVING LEGENDS will perform one night only, Thursday, February 1, 2007 at 7:00 p.m. at Sacramento Memorial Auditorium, 1515 J Street, Sacramento, CA. All tickets are reserved seating and range from \$10.00 to \$18.00 with a \$2.00 per ticket discount for groups of 10 or more. Tickets can be purchased at the Community Center Box Office, 1301 L Street or by calling (916)264-5181. Group tickets are also available at www.mytreasure.us or www.tickets.com.

Return To Your Bible

From one man He made every nation of men, that they should inhabit the whole earth ...God did this so that men would seek Him and perhaps reach out for Him and find Him, though He is not far from each one of us.

Acts 17:26,27



ARE YOUR AFFAIRS IN ORDER?



ESTATE PLANNING FOR PEACE OF MIND.

Law Office of
ANDREW P. PUGNO

- WILLS AND LIVING TRUSTS
- PROBATE / TRUST ADMINISTRATION
CALL TODAY (916) 608-3065
FREE INITIAL CONSULTATION

WWW.PUGNOLAW.COM

Oak Avenue Free Methodist Church

8790 Oak Avenue • Orangevale, CA 95662

Corner of Oak and Beech

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:

9 am to Noon ~ Tuesday - Friday

Wednesdays:

Senior's Bible Study:

1st & 3rd. 10 am - 11 am

Evening Adult Study: 7 pm - 8:30 pm

Sundays:

Worship ~ 9:30 am

Sunday School ~ 11 am

For All Ages

www.oakavefmc.org

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Colossians in the Old or New Testament or neither?
2. From I Samuel 4, what did Eli's daughter-in-law name her son? Barsabbas, Didymus, Ichabod, Naboth
3. Which "Mount" is the highest hill in Jerusalem? Zion, Tabor, Moriah, Mizpah
4. What is the longest book in the New Testament? Acts, Galatians, James, Revelation
5. Of these, who appeared earliest in the Bible? Joshua, Samson, Joseph, Isaac
6. What's does the Biblical name of Peter mean? Godly, Rock, Arm, Light

ANSWERS: 1) New; 2) Ichabod; 3) Zion; 4) Acts; 5) Isaac; 6) Rock

For more teasers, log on to www.TriviaGuy.com

© 2007 King Features Synd., Inc.



Fair Oaks News & Views

Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

Thank you, Fair Oaks, for entrusting me with the leadership for the Fair Oaks Chamber of Commerce!

2007 will bring many exciting events and some new challenges. As the President of the Fair Oaks Chamber of Commerce I intend to listen carefully to what you have to say and to take action when necessary.

I would just like to review the mission purpose of the Fair Oaks Chamber:

Promote Fair Oaks by representing business viewpoints and implementing Chamber recommendations on current issues. Review the problems and needs of small business and develop an ACTION PLAN to serve those needs.

Our primary purpose :

The specific and primary purpose of this Corporation is to promote and advance, by all legal and ethical means, the economic, commercial, financial, residential, industrial, and agricultural interests of the unincorporated area of Sacramento County known as the Community of Fair Oaks.

The Mission Statement and the Primary Purpose statements help us direct our committees and volunteers to stay in line with what the Chamber stands for.

There are things in Fair Oaks that you would not find anywhere nearby; for example, we have a small village off of the beaten track with unique stores and a small town feel, chickens co-exist with the businesses and patrons in the village.

What makes up Fair Oaks? We are made up of 28,008 people (numbers taken from the 2000 census), have approximately 11,461 housing units, of which 7,847 are Family Households with children under the age of 18, and 7,864 own the home they live in. I personally think people come to Fair Oaks because of the good feeling of comraderie.

The question then becomes, where are these families shopping for their needs? I would like to believe that we do all of our shopping in Fair Oaks; however, I know this is not the case. It was recently noted by Costco that our families travel both to Citrus Heights and Rancho Cordova to shop, which is why both are currently in our membership.

One unique thing about the Fair Oaks Chamber is that we have events, events that bring our community together, events that enable you to get in front of your customer and give back to them what they have so freely given you, their business.

The next upcoming Fair Oaks Chamber sponsored event is the "Fair Oaks Spring Fest" (with support from the Fair Oaks Park District) to be held the first weekend in May in the Fair Oaks Village. Rand Jacobs with RK Jacobs Insurance (phone 916-966-3733) is the Chair for this event. He has a strong and enthusiastic committee dedicated to bringing you a great event. One thing I can tell you about volunteer organizations is that we can always use more volunteers. If you are interested in helping on this committee please call Rand. I know he would be happy to hear from you.

I am asking you to patronize Fair Oaks businesses, and make sure they know you are visiting them because they are Chamber Members supporting the community of Fair Oaks. Should you have time, money, perhaps a raffle prize or something else you think may be useful, please let

the Chamber office know (call Marsha Karley at 916-967-2903).

Exciting changes to look forward to this year:

1. The Enterprise (our Newsletter) will be available on the website in February. More information will come from Miriam Ober with Ober Design Studio/Design 2010 who graciously donates her time and talents to help us communicate with our members and the community.

2. 1st Annual Business Walk - Headed by Tom Hammond with Thomas B. Hammond & Associates (phone 916-536-1384). The Fair Oaks Chamber Ambassadors will be visiting local businesses to determine what their needs are and how we can help them achieve their business goals. I urge you to contact them to make an appointment so that you may spend dedicated time with them; otherwise, please expect a drop in.

3. Membership Drive!!! 2007's Membership Drive is up and running. Each time you recruit a new business member you will get a "PayDay," a free lunch, a chance to win one (1) year's membership and other great prizes. You may also earn the "Recruiter of the Year Award" for sponsoring the most New Members in 2007.

4. Classes - There will be a couple of different classes available. One will be for Event Food Vendors and another regarding the new Restaurant rules and regulations.

Should you see a need, have a "Best Practice" or idea that you would like to share with the Fair Oaks Chamber of Commerce, or would like information regarding membership with the Chamber, please contact Marsha Karley at the Chamber Office 916-967-2903.

I look forward to meeting and working with you this year! Angela Talent, President, Fair Oaks Chamber of Commerce, Mortgage Strategist, Strategic Financial Services.

Past Presidents Honored



Past Presidents of the Fair Oaks Chamber were recognized for their contributions to the Chamber and the community at the Fair Oaks Chamber luncheon, held January 18th. Pictured here are, (front row, left to right) Rand Jacobs (2002), Dawn McMillan (2005), Naona Monroe (1999 & 2006), Tammy Aldredge (1998), Fonda Franyovich (1991). Second Row/left to right: John Yetto (1984), Dick Underdown (1976), Tom Askins (2003), Kathy Jones (2000), Charles M. Barr (1997) - Photo by ARM Staff

FABULOUS FEBRUARY BOOK SALE

Saturday, February 3 - 11 am - 3 pm

The Friends of the Fair Oaks Library offer gently used books at bargain prices. Children's books, sci-fi, recent best sellers, paperbacks, videos, CDs and more. Proceeds benefit the library. Fair Oaks Library, 11601 Fair Oaks Blvd just south of Madison. Free. 264-2770.

GIANT BOOK CLEARANCE SALE

Monday, February 5 - 1p.m. - 6 p.m.

Terrific deals on gently used mysteries, non-fiction, cookbooks, children's titles, sci-fi and much more. Proceeds benefit the Fair Oaks Library, 11601 Fair Oaks Blvd just south of Madison. Free. 264-2770.

COMMUNITY CHORUS

Tuesday, February 6 - 6 p.m. (sing at 7 p.m.)

The Fair Oaks Village Singers, a non-audition community chorus for men and women from Sacramento to Cameron Park, holds its get-acquainted potluck supper and first spring rehearsal at Earl LeGette School, 4623 Kenneth Ave south of Sunset in Fair Oaks. Newcomers welcome (especially basses.) \$35 for season's music. 962-1761 or 369-8964

Fair Oaks Rotary Crab Feed

Fair Oaks Rotary is having its 17th annual crab feed on Feb 10th, from 6:30 to 11:00 PM at the Divine Savior Church, 9079 Greenback Lane, (near Filbert), Orangevale. All proceeds go to local charities. Door prize, raffle prizes, silent auction. Over 600 people attend this event and it sells out every year. Menu includes delicious Dungeness Crab, minestrone soup, Caesar salad, bread and pasta. Some tickets are still available, \$40 each. Contact Mike Maddox for tickets at 765-2567.

Fair Oaks SPRING ADULT SOFTBALL

Registration Deadline: Friday, February 23rd @ 5:00 p.m.

League Dates: March 4th - May 11th

of Games: Minimum of eight (8)

Game Times: 6:20 p.m. - 9:20 p.m.

Location: Fair Oaks Park

Cost: \$375.00 per team (plus a one time charge of \$15.00 for your 2007 ASA card)

Contact: Katy Coss, 966-1036, kcoss@fairaokspark.org

www.fairoakspark.org

Clip This Cafe Xpresso® Coupon

For A Buy One Coffee Get One



FREE!



6 Month Enrollment Includes \$1,000 Online Shopping Spree!

Call and ask for Dr. Joseph (916) 962-9962



75%

visualize **MATH**

Math that makes sense to kids

Teaching Grades 1 - 12

Since opening in March, our kids have raised their average math test scores by 22.1%!

4400 San Juan Ave., Suite 18 • Fair Oaks

916-962-9962

www.mathnasium.com

MATHNASIUM
The Math Learning Center

CafeXpresso®

Drive-thru Coffee and 100% Fruit Smoothies
Pastries & Energy Bars

We are Open!

Monday - Friday Saturday & Sunday
Open 5:30 am Open at 7:00 am

Call in Advance & We'll Have
Your Drinks Waiting For You!

Bring this ad & buy one get one FREE!

(916) 296-3146

Life's a Latte™

Located at the corner of Sunrise Blvd. & Winding Way
Next to Scandinavian Designs

Amore Café to Hold Wine Tasting



Nader Shirakh, Owner of Amore Café

discounts on GRBG goods and services.

Attendees will be encouraged to mingle with their neighbors in a comfortable atmosphere, and this is an opportunity to see a few of Amore's showcased talents. Amore is a café, bakery, espresso bar and more and will arrange catered events in your home or office. Inquire about their specialty and wedding cakes. The café is available for group and private events, and, well, that's Amore.

Cost of this event is \$10 per person for the wine, including a special late harvest zinfandel, and appetizers.

Hours for Amore are 7-7 weekdays, 8-4 Saturday and closed Sunday.

Amore is at 2220 Gold Springs Ct. behind Washington Mutual Bank. Call 463-0011 for more information.

Amore Café has announced a wine tasting at its location in the Village Market Place in Gold River. This event is Tuesday February 6th 4:30-7:00pm. The owner and winemaker of m2 wines, Chris Matheny, will be on hand to pour four of his local artisan wines for your enjoyment. M2 produces ultra-premium wines from distinctive vineyards in California, and

all of their wines are made in small lots to fully convey the characteristics of each grape variety.

To make the evening even more interesting, you will have a chance to meet and interact with members of the recently formed Gold River Business Group; Amore Café is a charter member of this group. GRBG members will be holding a drawing for several door prizes including

Sunrise Barnes & Noble Features Local Author

Local author Tory Swim will sign copies and discuss her new book "Orangevale," the latest in the very popular Images of America Series. Swim and co-author Paul Sandul have uncovered a wealth of history and vintage images in their fascinating book

with the cooperation of local residents, the Sacramento Archives and Museum Collection Center, and other local organizations.

Tory Swim is a doctoral candidate in the California State University, Sacramento and University of California, Santa

Barbara joint public history program and currently lives in Folsom, CA.

The event is free to the public. Date: Saturday, January 27th, from 1:00 to 3:00 pm at Barnes and Noble, 6111 Sunrise Boulevard, Citrus Heights.

Giving "Locks of Love"



Pictured: Linda Ruelas, Care Manager at Cypress Gardens at Citrus Heights

with Alzheimer's and Dementia. In addition to providing wonderful care to her residents at work, Linda also gives of herself to the local community. Many years ago she had a friend tell her about an organization called "Locks of Love" which is a public non-profit organization that provides hairpieces to financially disadvantaged children suffering from long-term medical hair loss. Linda says it takes her approximately eight months to grow her hair

before she has it cut again shoulder length. She has donated 4 times and is close to going back again. When asked why she feels so strongly about giving in this manner she says "Many families just can't afford to buy hair when other treatments are the priority, by donating my hair, Locks of Love will turn it into wigs and the result will be a little less self consciousness and hopefully a little more happiness.

Linda Ruelas is a Care Manager at Cypress Gardens at Citrus Heights, a memory care community for seniors

AMORE

Café, Bakery and Espresso Bar

BREAKFAST

Buy one breakfast entree and two beverages at regular menu price, and get the 2nd breakfast entree of equal or lesser value

FREE

DINE IN ONLY
ONE COUPON PER CUSTOMER. MUST PRESENT COUPON AT TIME OF PURCHASE. EXP 1/31/07

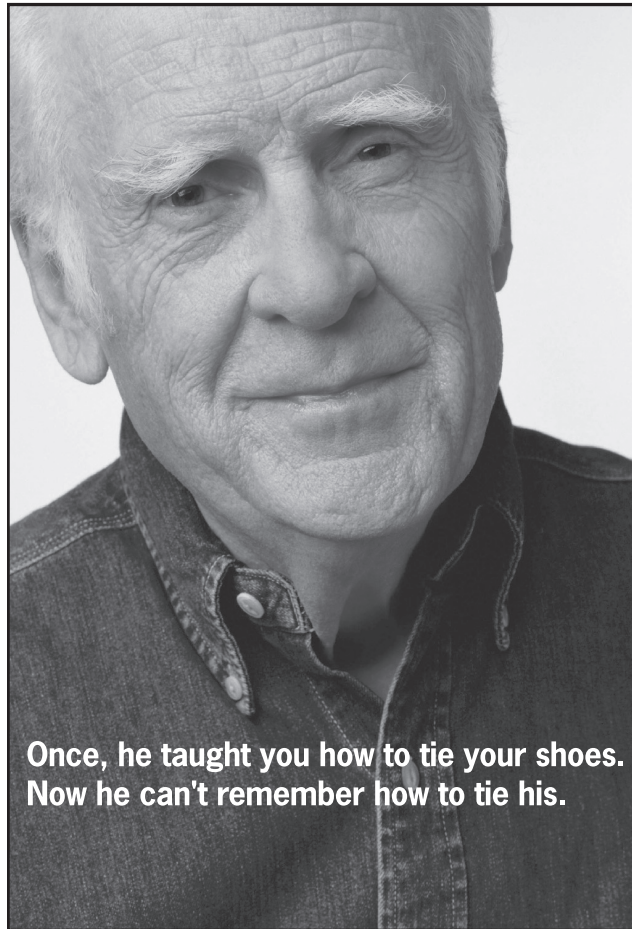
Catering To Your Home and Business

(916) 463-0011

Monday-Friday 7 am - 7 pm • Saturday 8 am - 4 pm
Sunday Closed • Fax (916) 463-0010
2220 Gold Springs Court, #102 • Gold River, CA 95670

Notice of Third Workshop Meeting

- What:** Neighborhood Meeting
- Re:** Proposed Single Family Homes Development on Orange Avenue and Sunrise Blvd. Response to Second Workshop Meeting Comments
- Developer:** Carmichael Builders, Inc.
- When:** Wednesday, January 24th, 2007 at 7:00pm
- Where:** McMillian Center, Fair Oaks Park Next to the Fair Oaks Library
- Why:** Carmichael Builders, Inc. has held two community workshop meetings to discuss the scope and redesign of the development in response to the neighbors comments at the Fair Oaks Community Council Hearing. Revised architectural site plans will be presented for comment at this third meeting prior to being resubmitted to the Planning Department. If you are interested in seeing the architectural plans, and/or if you have questions or concerns about this project, you are encouraged to attend this meeting. The Development Manager will be present to answer your questions. Thank you and we hope to see you on the 24th.



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?

February Special!
Going out of town?
Need a short-term stay for mom or dad?
Mention this ad to receive two free nights with us. Please call for details.

Please R.S.V.P. (916) 729-2722



7375 Stock Ranch Road
(916) 729-2722

www.aegisliving.com

RCFE #547002699

What do you want to do in retirement?

People these days are dreaming bigger than ever when it comes to their retirement. As Ameriprise financial advisors, we believe people who write down their dreams are much more likely to achieve them. That's why we are proud to offer the Dream BookSM, a guide designed to help you identify and envision your life goals. With the Dream Book Guide, we can map out where you want to go, and through sound financial advice, figure out the best way to get you there.

Because there's no better way to start discovering possibilities, unlocking your passions and articulating a vision for your future.

To get started, call (916) 638-4600 today.



Douglas A. Crumley Sr., CLU®, CMFC®
Senior Financial Advisor

The Personal Advisors of
Ameriprise
Financial

Crumley & Associates

A financial advisory practice of Ameriprise Financial Services
www.ameripriseadvisors.com/
douglas.a.crumley
CA Lic: OB50856



Douglas A. Crumley Jr.
Associate Financial Advisor

Financial advisory services and investments available through Ameriprise Financial Services, Inc., Member NASD and SIPC. © 2006 Ameriprise Financial, Inc. All rights reserved. 5000402-16 03/06

Senator Dave Cox Announces Availability of Capital Fellowships



Sacramento – Senator Dave Cox today encouraged college graduates to apply for the prestigious Capital Fellowship programs. Applications are now available in Cox’s capital and district offices.

“Public service is a challenging and rewarding experience,” said Senator Dave Cox (R-Fair Oaks). “The Capital Fellows Programs offer an exciting opportunity for college graduates to gain hands-on experience in the

democratic process and to work with the best and brightest leaders in California.”

The Capital Fellows Programs provide college graduates an opportunity to work in high levels of government. Qualified fellows are assigned to Senators, Assembly members, judges and senior state officials. These fellowships are jointly operated by each participating branch of government and the Center for California Studies at Sacramento State University.

Fellows are paid a monthly salary of \$1,972 plus health, vision, and dental benefits. In addition, each individual earns 12 units of graduate credit from Sacramento State.

Anyone who will be

at least 20 years of age and a graduate of a four-year college or university by September 1, 2007 is eligible to apply. There is no preferred major. Individuals with advanced degrees and those in mid-career are also encouraged to apply.

Applications are available in Cox’s capitol office, Roseville office at 2140 Professional Drive, #140, Quincy district office at 2094 East Main Street, the Jackson District office at 33C Broadway or by calling 916-783-8232. Applications and brochures are also available on the internet at www.sen.ca.gov/ftp/sen/fellows/_home/ and at www.csus.edu/calst/senate.

All applications must be postmarked by Wednesday, February 28, 2007.

Resolution: Remember, It’s Always Someone’s Neighborhood

By: Roberta MacGlashan



As the New Year is upon us, it is a good time to consider one of the most frequently raised issues in my district: driving behavior. While my office is happy to assist, when possible, in addressing traffic issues in specific neighborhoods, those responses are traffic engineering reactions that attempt to change the behavior of drivers in the area.

Whether it is speeding, inattention, or a lack of recognition for the needs of the communities in which we drive, the cause is always the choices that we each make as individuals behind the wheel.

Try to remember this year that, wherever you are driving, chances are that someone lives in the area, and hopes that their children or grandchildren will be able to safely walk to school and play in the afternoon. Unfortunately, all too often the desire to get somewhere a few minutes faster creates a

hazard for us all.

And, as I said above, it’s not just limited to speeding. For example, if you happen to drive your children to school, remember that your child’s school is most likely in someone else’s neighborhood. Please pay regard to those neighbors, and adjust your driving habits to reflect the impact that you might be having on the surrounding residents. If the school has a front entrance at which student drop-off and pick-up is planned to take place, then use it – don’t use a side entrance and create unnecessary traffic in a residential neighborhood.

If, however, you are in a neighborhood that is experiencing significant traffic problems, there are options. The primary tool utilized by the Sacramento County Department of Transportation (DOT) is called the Neighborhood Traffic Management Program (NTMP). The NTMP is a process through which neighborhoods can work with professionally trained traffic engineers to design a plan for their neighborhood that addresses local traffic problems.

Many of the calls that come to my office request speed bumps and stop signs. While these are definitely the most common traffic

control devices, they might not be the best option for your neighborhood. Other alternatives such as specially designed lane striping, or the installation of raised pedestrian medians can also be helpful in addressing the flow and speed of traffic.

If you are interested in applying for an NTMP project in your neighborhood, please check out www.sacdot.com/projects/NTMP/. In order to be considered, you will have to get a petition filled out by your neighbors and submit it to DOT for consideration. If you have further questions about the program, feel free to contact my office at (916)874-5491. My staff will be happy to assist you in finding answers to your questions, and can get you in contact with representatives of DOT who can assist you in processing your application.

With the New Year, I have resumed hosting Community Cabinet Meetings. Every third Wednesday of the month, you can find me at the Fair Oaks Village Café and Grill, at 10131 Fair Oaks Blvd, from 7:30am until 8:30pm. In February, the meeting will be on the 21st of the month, and will include a presentation from the Sacramento County Assessor, Ken Stieger. I hope to see you there.

Find the Right Financing for Your Business

Finding the right type of financing, or finding ANY financing for that matter, is often one of the most difficult parts of starting and building a solid small business. You may have a terrific plan and be a talented workaholic, but

finding funding is another matter.

Business owners often start with too little money. It’s one of the most common reasons that new businesses don’t make it. Adequate financing and the know-how to use it wisely are crucial ingredients for your business to grow and thrive. Inadequate funding limits what you can do.

Sources and types of small business financing fall into a few broad categories. It will either be debt or equity financing from institutional or informal sources. Debt financing is a loan you pay back. Common sources include: Family and friends, personal credit cards, home equity lines of credit, commercial bank loans and bank loans backed by the U.S. Small Business Administration (SBA).

Some small businesses also receive a type of funding from suppliers and vendors in the form of special payment terms, discounts or even direct loans. Suppliers want you to succeed, so they are sometimes willing to help.

With equity financing, you offer investors shares of your business in return for cash. Unlike loans, you are not required to pay the money back, but these investors now own part of your business and will want a return on their investment. Venture capitalists work this way, and stock offerings are a

type of equity financing.

Other funding or cost-sharing options include partnerships, joint ventures, alliances, co-branding arrangements and business incubators. Incubators rarely offer cash, but they provide crucial support in the form of free or reduced rent and business services.

The SBA 7(a) Loan Guarantee Program is the main small business financing tool. It helps secure loans up to \$1 million for small businesses that are unable to find financing on reasonable terms through conventional lending channels. The SBA Web site has an excellent section on financing that includes helpful advice on funding basics, estimating costs, personal vs. business loans, equity financing, eligibility standards, steps to successful borrowing and lists of small business lenders. For details on all SBA programs, visit www.sba.gov/financing.

To learn more about financing a small business, contact SCORE “Counselors to America’s Small Business.” SCORE is a nonprofit organization of more than 10,500 volunteer business counselors who provide free, confidential business counseling and training workshops to small business owners. Call 1-916-635-9085 for the SCORE chapter nearest you, or find a counselor online at www.sacscore.org.

Pay SMUD With Visa

Sacramento Municipal Utility District (SMUD) residential customers have another option when paying their electric bill. SMUD now accepts Visa-branded credit or debit cards to pay monthly electric bills either online or by phone. No additional fee is applied when payments are made online or through SMUD’s automated phone system. Visa payments can be made on a one time or on-going, automatic payment basis. For both options customers are protected against fraud through Visa’s Zero Liability Program, which protects cardholders from liability for fraudulent purchases. SMUD joins more than 3,500 utility providers across the U.S. accepting Visa. For more information about the program, visit smud.org or call 1-888-742-SMUD (7683).

Regional Transit Route 24 Urged to Run Later By Local Residents

By Don Troutman

Several people living along and off Madison Avenue and Greenback Lane are expressing their desire to have Route 24 hours of operation extended to 10:00 PM at night. The main reason is because the last bus runs at 4:57 PM and anyone who does not catch that bus is out of luck, leaving the rider stranded.

Regional Transit’s justification for not running the route is that they feel the riders are not there to support the route. I disagree with this assessment. I do not feel this decision should be made using a cost justification as a basis. First of all, I am personally aware of 80 to 100 people who live along that route that are disabled Americans according to the Americans with Disabilities Act of 1990. There are unidentified elderly and disabled people peppered throughout these neighborhoods who do not have the capability to mediate this issue with RT and can use our help. The issue is that

these folks do not have the same opportunities of access that one enjoys who does not have the disability. It is my understanding that reasonable accommodation must be made for a single disabled person and I can identify hundreds. Therefore, I think the cost issue should be taken off the table and let’s look at the other reasons.

Businesses would benefit from the route being extended. It would make their businesses more accessible and recognizable. This whole area has increased the number of businesses and there are more businesses on the way. For example, the Safeway Promenade will be coming to Madison and Hazel and Wal-Mart coming to Greenback and Hazel which will make these huge community centers. There are the Walgreens and many other retail outlets that have opened which could benefit from the foot traffic and recognition of the riders.

Peopled traveling or employed outside of the area of Madison and Hazel

have not had many options for riding in the past. The primary option available has been the Express Buses. If they did not catch them, they were out of luck. I believe this has kept a lot of people in their automobiles, which has led to more congestion to our area and to wherever they are traveling to. The problem is that there has never been an established route where one can count on the transportation to be there.

Light Rail has now extended to just outside of Old Folsom. But that leaves people out because there are no services from the Light Rail to the Madison/Hazel area. I believe that these need to be tied together to be the most efficient. If the route ran from Sunrise Mall to the Folsom Light Rail, it would give people more and better options.

I think the time has come and Regional Transit should look at this with a attitude of “How are we going to do this” rather than a attitude of “It’s not justified.”

Why 50% of Homes Listed for Sale Don’t Sell the First Time & What to Do About It

SACRAMENTO COUNTY - If your home has just come off the market and hasn’t sold, don’t be discouraged. The reason your home did not sell may have nothing to do with your home or the market. In reality, your home may have been one of the more desirable properties for sale.

So Why Didn’t Your Home Sell?

Last year many of the homes listed for sale never sold at all, and many sellers found that there was a tremendous amount a homeowner needed to be educated on to sell their home for top dollar in the shortest time period.

Don’t risk making the wrong

choices and loosing both time and money on your investment. Before you hire a realtor, know the right questions to ask to save you time and money.

Industry experts have prepared a free special report called “How to Sell a House that Didn’t Sell” which educates you on the issues involved.

To hear a brief recorded message about how to order your **FREE copy of this report, call 1-877-711-4135 and enter ID#1012.** You can call any time, 24 hours a day, 7 days a week. Call now to make sure your home sells the next time you list it for sale.

This report is courtesy of Jim Russell, Pacific Real Estate Properties. Not intended to solicit properties currently listed for sale. Copyright © 1998.

Weekly SUDOKU
Answer

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

Magic maze
Answers

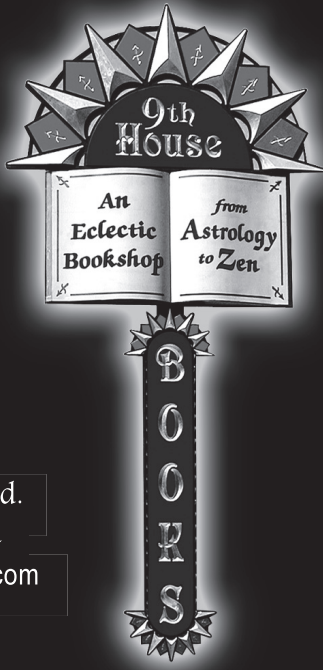
- Trivia Test Answers**
- About 50 miles
 - The second, or pointer finger
 - Foxlike
 - Francis R. “Dick” Scobee
 - Bob Crane
 - Maximum image
 - The Who
 - Cockney
 - Maurice Sendak
 - Robert Jarvik

King Crossword
Answers
Solution time: 27 mins.

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

9th House Books

- Gifts
- Cards
- Classes
- Jewelry
- Readings



Located in
Old Fair Oaks Village

10227 Fair Oaks Blvd.
Fair Oaks, California
www.9thHouseBooks.com

(916) 863-0170



WE DO THAT

Auto Service Experts

212 Harding Blvd., Suite X
Roseville, CA 95678
Bus: (916) 783-8600

2259 Sunrise Blvd.
Rancho Cordova, CA 95670
Bus: (916) 635-6203

**\$5.00 off
Oil Change**

- Change engine oil
 - New oil filter
 - Lube chassis fittings
 - Check fluid levels
- Epires 1-31-07*

Discount off regular price. Plus taxes where applicable. Most cars, light trucks and SUV's. Coupon must be presented at the time of purchase. Not good with any other offer. At participating shops only. Void if copied or transferred and where prohibited by law. Any other use constitutes fraud.

F111

Business Directory

We're learning lots!

Is your preschooler missing out?
We still have room for 3 & 4 year olds!

SMALL WONDERS CHRISTIAN PRESCHOOL
6800 Main Ave., Orangevale

For more information call 988-0998

Brasiel's Handyman Service

Trim Carpentry • Drywall Patching
Light Plumbing & Electrical
Dry-Rot Repair

Gary F. Brasiel
(916) 725-4061

Licensed & Insured

Ed Wacaster
Senior Loan Consultant

"Fulfilling dreams one happy family at a time"

direct 916.677.0996
cell 530.798.1400
toll free 866.420.9466 x2811
e-fax 866.646.8638
ewacaster@rpm-mortgage.com
www.rpm-mortgage.com/ewacaster

1677 Eureka Road, Suite 201 • Roseville, CA 95661

SUPPORT YOUR LOCAL MILK MAN
Milk & More To Your Door
By 6:30 am

Home and Business
No Orders Too Small/Big

Owner Operator Jim
(916) 722-8945

ALTERATIONS
by Patina

SPECIALIZING IN BRIDAL & FORMAL
11082 Coloma Rd., Suite 7
Coloma Village Shopping Ctr. • Rancho Cordova

(916) 853-1078
WWW.ALTERATIONSBYP.THENETMARK.

Gutter / Yard Service

Gutter Cleanup • Raking • Hauling
Tree Trimming • Pruning • Dormant Spraying
Local, Reliable & Affordable

Call Sunny
Cell: 206-8172
Home: 989-4385

FREE Estimates!

Plan for *your future* today
so your family has
peace of mind tomorrow.

Chris A. Hart, CLTC, CSA

Ph (916) 967-3267
chrishart01@sbcglobal.net
www.LongTermCareSolutions.com

Long-Term Care Financial Solutions & Insurance Services, LLC • CA Insurance Lic #0D78017

The LRJ Company
Office Management,
Bookkeeping and Notary Services

4243 Stromford Way
Mather, CA 95655
Ph. 916.363.1354
Cell. 916.832.1153

Laura R. Just
ljust@lrjcompany.com

TECHNOLOGY
SPECIALTIES PLUS

COPIER REPAIRS
20 YEARS

Alan & Pam Jennings

- FREE Estimates on all Brands and Models
- Volume Copying - Free Pick-up and Delivery
- New and Used Sales
- Lowest Prices on All Brands of Toner
- Maintenance Agreements Available
- 6 mo. Warranty on All Reconditioned Copiers

Call us Today!
723-8430

Trude Peterson Vasquez, ACC

916.207.3166
www.cruisesinc.com/tvasquez

Your Local Cruise Expert

The UPS Store

Notary Services
Copies • Fax • Packaging
Pick-up Available

7405 Greenback Ln.
6966 Sunrise Blvd.
Citrus Heights, CA 95610

916.725.1345 Tel.
916.725.4994 Tel.

JIM PUTHUFF & ASSOCIATES

JIM PUTHUFF
Computer Consultant

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

DISCOVER CHIROPRACTIC
Family Wellness Center

Bill Bollinger D.C.
Chiropractor

7777 Sunrise Blvd #3300
Citrus Heights, Ca. 95610

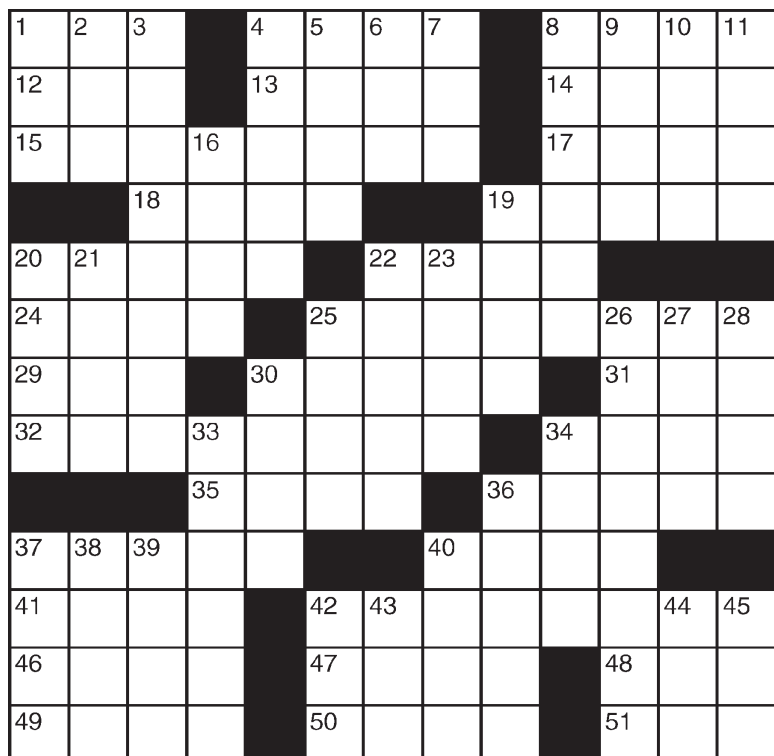
916.729.7733
Fax: 916.729.7711
DrB@DrBollinger.net
www.DrBollinger.net

Steve Bluett
Sales Representative

6109 Sunrise Blvd.
Citrus heights, CA 95610
California License No. 0175868

Tel 916.726.5222 x12
Fax 916.961.1158
Steve_Bluett@csaa.com

KING Crossword



ACROSS

- 1 Highlander's hat
- 4 Strikebreaker
- 8 Moistens
- 12 Epoch
- 13 Ice-cream holder
- 14 Idle or Ambler
- 15 Tenet
- 17 Wee bit
- 18 Horseshoe site
- 19 Bad lighting?
- 20 Gather greedily
- 22 Hourglass fill
- 24 Sea eagle
- 25 "Ragtime" author

29 Island sou

- 30 Nasal passage
- 31 Biblical verb ending
- 32 Paper
- 34 London gallery
- 35 "You Go - Head"
- 36 Archer's missile
- 37 Gesturer's "dunno"
- 40 What some men are made of
- 41 Go
- 42 Shipbuilders'

place

- 46 Neat as -
- 47 October gem
- 48 Carnival city
- 49 Desires
- 50 Set component
- 51 Insecticide

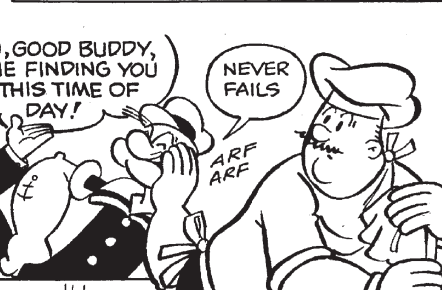
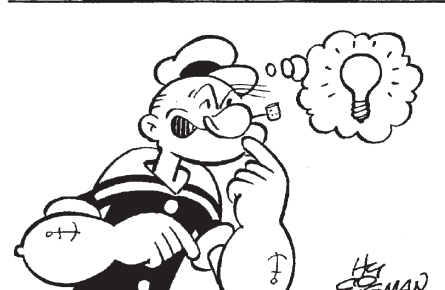
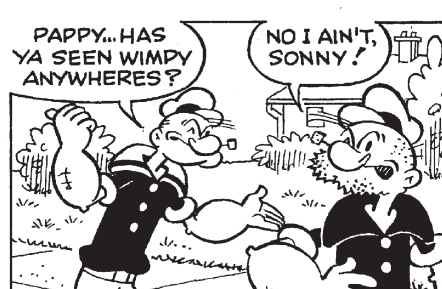
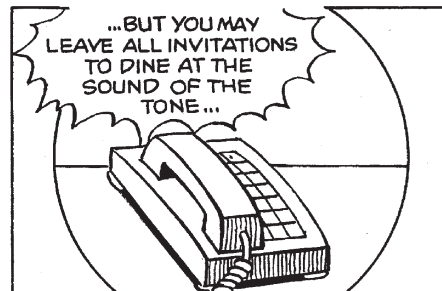
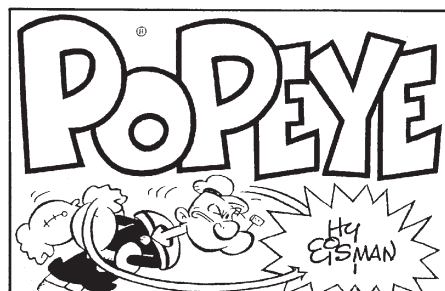
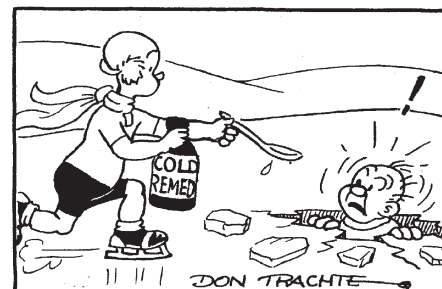
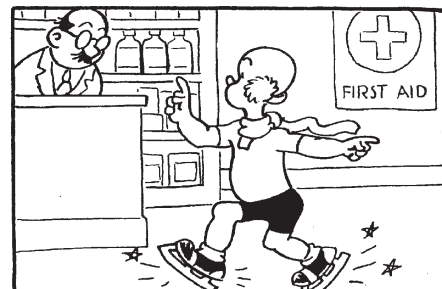
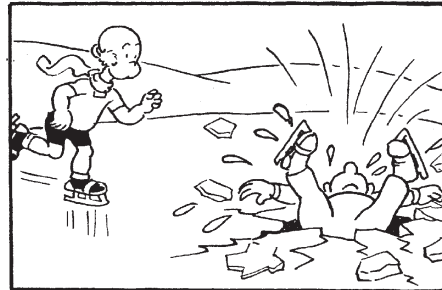
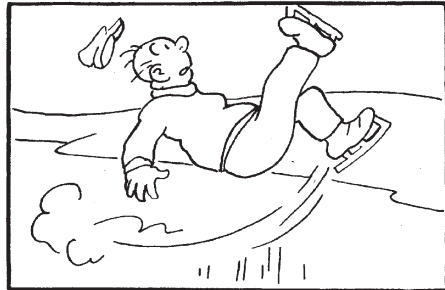
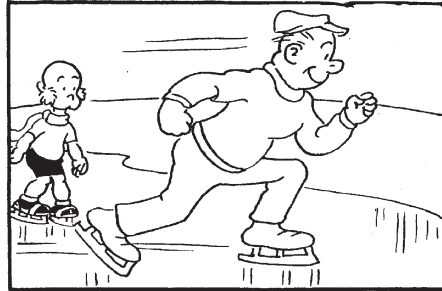
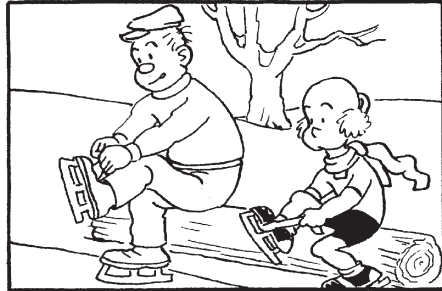
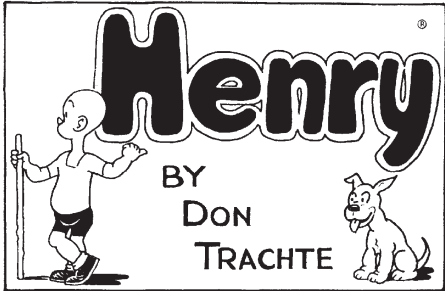
DOWN

- 1 Slight bit
- 2 Past
- 3 Grease monkey
- 4 Seafood selection
- 5 Hairdo
- 6 Landers or Coulter
- 7 Spelling

Answers on Page 7

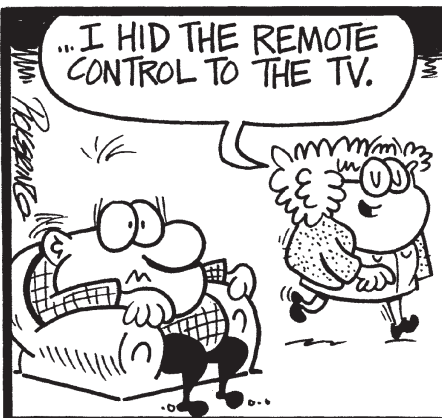
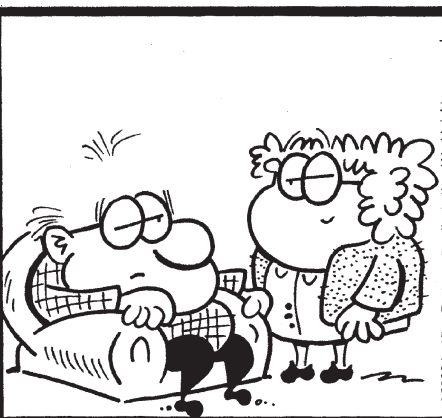
contest

- 8 Nut
- 9 Piccadilly statue
- 10 One of the Jackson 5
- 11 Read bar codes
- 16 Moved quickly
- 19 Picnic invaders
- 20 Maintained
- 21 Sandwich treat
- 22 Chastity's dad
- 23 - above the rest
- 25 "Carpe -"
- 26 Aft
- 27 Preminger of Hollywood
- 28 "It's hot in here!"
- 30 Urban blight
- 33 180's
- 34 Helen's home
- 36 Bracelet site
- 37 Remain
- 38 Bill Clinton's hometown
- 39 Destruction
- 40 Con job
- 42 Mut
- 43 - -Locka, Fla.
- 44 Disencumber
- 45 Morse E



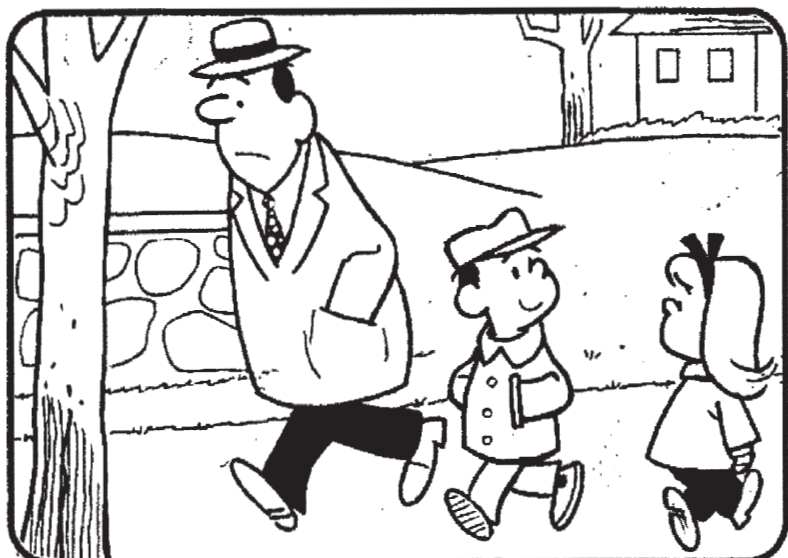
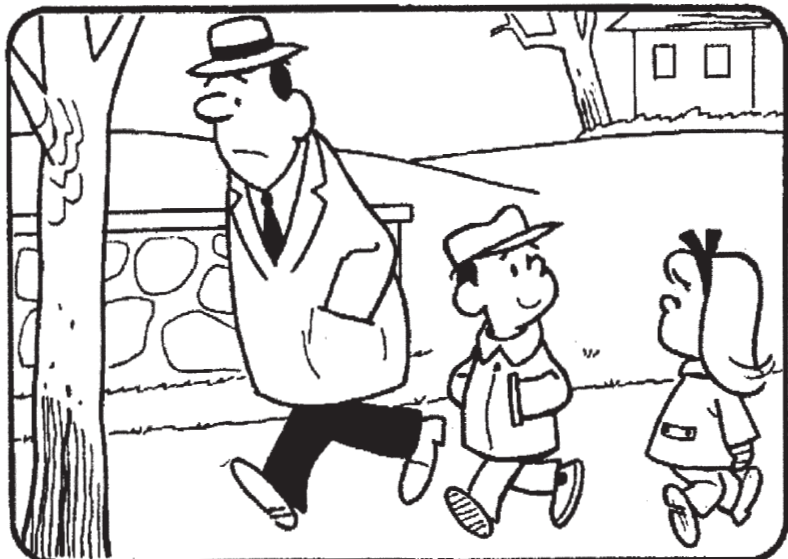
The Spats

by Jeff Pickering



HOCUS-FOCUS

BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.

Differences: 1. Tie is different. 2. Wall is shorter. 3. Belt is missing. 4. Pants are different. 5. Jacket is different. 6. Tree is moved.

Trivia test by Fifi Rodriguez

1. GEOGRAPHY: How long is the Panama Canal?
2. ANATOMY: Which finger on the human hand also is known as the index finger?
3. LANGUAGE: What does the adjective "vulpine" mean?
4. HISTORY: Who was the commander of the ill-fated Challenger space shuttle?
5. TELEVISION: Who was the star of the series "Hogan's Heroes"?
6. TECHNOLOGY: What does the acronym IMAX stand for?
7. MUSIC: Which group released the 1979 album "The Kids Are Alright"?
8. MOVIES: What kind of accent does actor Michael Caine have?
9. LITERARY: Who wrote the children's book "Where the Wild Things Are"?
10. INVENTIONS: Who is credited with inventing the artificial heart?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

© 2007 King Features Synd., Inc. World rights reserved.

MAGIC MAZE ● SUB WORDS

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

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

- Subclass Submarine Subset Subtitle
- Subdue Submerge Subsidy Subvert
- Subfloor Submit Subsist Subzero
- Sublease Subscribe Subsoil

© 2007 King Features Synd., Inc. World rights reserved.

All Answers on Page 7

Contract Bridge

KEEPING AN OPEN MIND

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

The bidding:
West North East South
1♥ 2♦ 2♥ 4♠
5♥ 5♠
Opening lead — king of hearts.

You sometimes have to make a peculiar play to accomplish your purpose. For a good illustration, consider this deal where you're declarer at five spades and West leads the king of hearts. How would you play the hand?

If you proceed with the play along normal lines, you wind up a trick short of your goal. You ruff the heart lead, draw a round of trumps and eventually either try a diamond finesse or lead the A-K and another diamond. Either way, East scores his

queen of diamonds and returns a club, and down the chute you go.

But this would be the wrong way to play the hand. A far better approach is to discard a diamond from your hand at trick one, allowing West's king to hold the trick! A startling play, no doubt, but it has one enormous advantage. It virtually assures the contract, and it's hard to find a better reason than that.

Let's see what happens after you discard at trick one. Assume West leads another heart. You ruff, lead a trump to dummy's eight, cash the A-K of diamonds, ruff a diamond and finish with an overtrick.

If the diamonds are divided 4-1 instead of 3-2, you still make the contract. Let's say West started with Q-x-x of diamonds. In that case, after cashing the A-K of diamonds, you ruff dummy's nine, lead a trump to the queen and ruff dummy's ten of diamonds. Next comes a trump to dummy's king and a club discard on the jack of diamonds — making five, despite the 4-1 diamond division.

Of course, you must be on your toes to overcome the natural inclination to ruff the opening heart lead. But if a declarer is by nature a cautious player and always stops to plan the play, especially at trick one, he should conclude that it is better to lose the first trick than to win it.

© 2007 King Features Synd., Inc.

by Steve Becker

River Cats Field Staff Returns for 2007 Season

By Gabe Ross



WEST SACRAMENTO, Calif. -- The Sacramento River Cats announced today that Manager Tony DeFrancesco and the entire 2006 River Cats Field Staff will return to Sacramento for the 2007 season. DeFrancesco, who enters his 5th campaign with the Cats, will once again be joined by Hitting Coach Brian McArn, Pitching Coach Rick Rodriguez and Athletic Trainer Walt Horn.

DeFrancesco, 43, has guided the River Cats to the Southern Division Crown in three of his four seasons at the helm of the club and led the team to back-to-back Pacific Coast League Championships in his first two seasons (2003-2004). Last year, DeFrancesco led the River Cats to a 78-66 regular-season record, 4th best in the PCL. The team finished in 2nd place in the PCL's Pacific Conference Southern division and 13.0 games back of the first place Tucson Sidewinders, the eventual PCL and Triple-A Baseball Champions. Overall in his four seasons, DeFrancesco has tallied a 329-247 regular season record (best in the PCL during that span) as well as a postseason record of 14-4. In 2003, he was named "Manager of the Year" by both the Pacific Coast League and The Sporting News.

"I am thrilled to return to Raley Field for 2007," said DeFrancesco from his home in

Arizona. "The entire River Cats organization and Sacramento community have embraced me since my first day here and I look forward to bringing another championship to the great Sacramento fans."

The upcoming season will mark DeFrancesco's 14th as a manager in the Oakland A's organization. He enters this year with a career managerial record of 851-771 (.525). DeFrancesco made his managerial debut in 1994 with the Athletics' Arizona League affiliate, followed by two seasons (1995-96) with Southern Oregon (Rookie) and two seasons (1997-98) with the Visalia Oaks (Single-A). He joined the River Cats after four seasons (1999-2002) as the Manager of the Midland RockHounds (Double-A).

Prior to his first managerial job, DeFrancesco served as a coach at Southern Oregon and a Roving Catching Instructor in the A's system. A ninth-round selection of the Boston Red Sox in the 1984 Draft, he played eight seasons of professional baseball as a catcher in the Red Sox and Cincinnati Reds organizations.

McArn, 37, is the third hitting coach in the club's history. Last season, his second with the Cats, Sacramento hitters batted .270 and finished 2nd in the PCL in walks (612). He replaced Joe Sparks in 2005, who serves the Oakland A's as their major league advance scout. Roy White was the River Cats' hitting coach for their first four seasons, from 2000-03.

This season will mark McArn's tenth as a hitting coach in the A's organization, his eleventh as a coach in professional baseball. Prior to joining the Cats, he served as

Hitting Coach for Midland, after six seasons with Modesto (Single-A). McArn began his professional coaching career with the Vermont Expos (Single-A) of the New York-Penn League in 1996.

McArn was selected by the A's in the 26th round of the 1991 Amateur Draft out of the University of Nebraska and spent two years as a player in the Oakland organization before injuries ended his career. After retiring, McArn coached at American River Junior College in Sacramento for five seasons.

Rodriguez, 46, will serve his seventh season as Sacramento's pitching coach in 2007. After three years with the River Cats from 2000-02, he managed the Modesto A's in 2003 before returning to the Cats in 2004. Prior to his first stint with the River Cats, he was pitching coach for Modesto in 1999. Last year, Rodriguez's pitching staff had an ERA of 4.56 and threw 10 shutouts, tied for most in team history.

The River Cats open their 2007 home schedule on Thursday, March 29th when they host the Oakland A's at Raley Field at 6:05 P.M. 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.

SMUD Earns National Green Power Award

The U.S. Environmental Protection Agency, the U.S. Department of Energy and the Center for Resource Solutions recently recognized the Sacramento Municipal Utility District's Greenergy® program with a Green Power Pioneer Award for the advancement and development of the green power market. Specific mention was made of the open culture that allowed program managers to share best practices that helped other utilities rapidly expand their green power programs.

SMUD was one of 22 organizations honored nationwide at the 11th annual Green Power Leadership Awards. SMUD's

Greenergy program offers customers the choice of supporting energy created by green resources. SMUD matches up to 100 percent of customers' electric needs with purchases of renewable resources for use on the SMUD power system. Renewable resources such as landfill gas, created by waste decomposition, are used to create the energy for Greenergy, not conventional sources that pollute, like coal.

More than 35,000 residential and commercial customers have signed up for SMUD's Greenergy. According to the National Renewable Energy Lab (NREL), Greenergy qualifies as

the nation's fifth-largest green pricing program based on the number of customers enrolled.

SMUD Greenergy is certified by the Green-e Renewable Electricity Certification Program. The Green-e Program sets consumer protection and environmental standards for electricity products, and verifies that consumers' dollars are supporting a specific amount and type of renewable power. The Green-e Renewable Electricity Certification Program is administered by the non-profit Center for Resource Solutions.

For more information about SMUD's Greenergy, visit www.smud.org.

American Cancer Society Relay for Life Local Kick-off Events

For Events in Fair Oaks,

Call Dustin Buck at 965-1469.

(The Fair Oaks Kick-Off has been re-scheduled for Feb. 16th, 6:00-7:30pm at the Fair Oaks Community Center, 7997 California Avenue, Fair Oaks)

For Events in Citrus Heights,

Call Diane Pleines at 722-5100 or 719-5341.



Fair Oaks Event will be held on June 2nd & 3rd at Bella Vista High School.

Citrus Heights Event will be held on June 9th & 10th at San Juan High School.

Be a Team Captain, offer time as a Volunteer, or just sign up to walk for the cure with others.

BAUER san juan car wash

Monday - Sunday 8:30 am - 5:30 pm

We Accept All Competitors' Coupons

Locally Owned & Operated

Professional Auto Detailing

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash



5927 San Juan Ave

Between Madison & Greenback

Citrus Heights • 916-967-3083

\$3.00 OFF Any Car Wash	\$5.00 OFF Any Car Wash Package	\$10.00 OFF Any Express Detail
BAUER San Juan Car Wash Citrus Heights • 916-967-3083 <small>Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 1/31/07</small>	BAUER San Juan Car Wash Citrus Heights • 916-967-3083 <small>Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 1/31/07</small>	BAUER San Juan Car Wash Citrus Heights • 916-967-3083 <small>Starting at \$44.95 Must present this coupon at time of purchase. Not valid with any other discount or offer. Exp 1/31/07</small>



Jodi Landberg
Home Loan Consultant
1510 Arden Way, Ste. 303
Sacramento, CA 95815
916-759-7352

Finally, a fixed rate loan with wiggle room.

Talk to Home Loan Experts about a Fixed Rate Pick-a-Paymentsm Loan that lets you lock in a fixed rate and pick from up to four monthly payment options.

Free up cash flow to:

- Pay off higher-interest credit card debt.
- Invest in a retirement plan.
- Cover unexpected expenses.

Home Loan Experts

Call today for a free loan consultation.



The Minimum Payment may not cover the total interest due. The shortfall—called deferred interest—is added to your loan and charged interest at the same rate as your mortgage. The Minimum Payment cannot increase more than 7.5% annually until year ten, when your loan will be reamortized to ensure that it is paid off within the scheduled term.

This is not a commitment to lend. Programs subject to change. Certain restrictions apply. A Division of World Savings/World Mortgage.



Giveaway Pets

Q: Far too often, I scan through my local newspaper or online classifieds only to see ad after ad offering free puppies, kittens, birds ... you name it. Last week someone was trying to give away an entire chicken coop! I think that these ads are inappropriate, and that people should take care of their pets and not give them away. What action can I take to stop the newspaper and online sites from permitting these ads?
-- Sandra G., via e-mail

A: While I applaud your concern for pets that are being given up by their owners, I don't agree that such ads are inappropriate. The owners are making a genuine effort to place their pets in a good home. We don't know what the circumstances of these owners are. In the case of the chicken coop, perhaps the owner got sick or can no longer afford to keep them. Or maybe the city changed its regulations on the types of animals that can be kept in one's backyard. I would much rather see an ad placed, offering to give a pet to a good home, than to see that pet abandoned and wandering -- or worse. For people considering adopting a "giveaway pet," be sure to meet the owner and the pet before

agreeing to anything. A trip to the veterinarian for a full checkup should be done either during the meeting phase or as soon as you decide to adopt the pet. Ask the former owner about any behavior and health issues, special diet considerations, current medications, and the pet's favorite toys and activities. These steps will help make the transition from one home to another as smooth as possible.

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

"Back Room Nurse"



By Kay Burton

She is called, "Triskit," sometimes "Hazel," and she lives at Hazel Ridge Veterinary Clinic in Fair Oaks, owned by Doctors Marsha Birdsall and Chuck Harris.

Triskit was rescued as a stray kitten by Dr. Birdsall's husband, Randy. A little kitten was continually running into a furniture store and would not stay out. Randy Birdsall overheard the store employees joking about throwing her onto Hazel Ave. or off Rainbow Bridge (in Fair Oaks). He went right home and told Dr. Birdsall, then the two of them came back to rescue the lost kitty, bringing a cat carrier with them. The staff asked owners Drs.

Birdsall and Chuck Harris if they could keep her at the clinic... she is still there... three years later.

Triskit is a domestic shorthair brown tabby. Her true purpose at the clinic is to donate blood for transfusions when a kitty patient has a life-threatening anemia, but mostly she lounges about. She is also available when necessary to demonstrate the proper way to medicate cats.

An integral part of the clinic, Nurse Triskit greets clients at the front desk and allows them to pet her. She loves all small animals, especially bunnies; she will rub up against them. She has no problem with new little puppies, and has very little fear of dogs. Triskit likes to "help with the laundry"...she buries herself in the warm towels fresh out of the dryer. She closely monitors the fax machine and tries to help with the pages coming out.

Nurse Triskit gets into mischief at times...at night she is placed in the cat ward to sleep... where

she escapes. She can open cage doors where there is food...she chews holes in unused IV fluid lines, sleeps on expensive laboratory machines and makes phone calls, stepping on the phones. She loves being the "back room nurse," she gets in the way of those working, and looks perturbed when made to move out of the way.

Cats are not idle or casual possessions but faithful companions and valuable members of the family or, in this case, the clinic. Contrary to popular beliefs, cats do not fare well on their own; their health and happiness rest with you. Cats need to be spayed or neutered. They need regular veterinary checkups (lucky Triskit) and lifesaving vaccinations. Their diets should be under our control not hit and miss. They need to be protected from their own curiosity and desire to wander and explore. In short, they need to be loved and cared for by their owners.

Rescue a cat... they are homeless... not hopeless.

Paw's Corner sponsored by Gold River Pet Hospital



Compassionate Care with a Gentle Touch

Dr. Kulwant Bindra
Phone: 916.638.5838
Fax: 916.638.5888
11297 Coloma Road, Suite A
Gold River, CA 95670
www.goldriverpethospital.com

Weddings of Joy



Creating special moments and sacred events.



Rev. Paul V. Scholl
Interfaith Minister, B.Msc.

916.773.7337
GO2DLYT@aol.com
Call to Discuss Your Wedding Plans
Go to www.LovingOutLoud.com/weddings

Luxury Apartment For Rent

THE CREST AT FAIR OAKS

Located in the heart of Historic Fair Oaks Village, The Crest at Fair Oaks offers an incomparable lifestyle. Enjoy the welcoming Clubhouse. Relish your exceptional Fair Oaks locale. Take pleasure in the simple things as you discover the exceptional lifestyle offered at The Crest.

10523 Fair Oaks Blvd., Fair Oaks
Phone: 916.983.3353
Fax: 916.983.3730
info@crestatfairoaks.com

CLASSIFIED

MISC.
Oak Bookshelf. Three Shelves, stands approx. 4.5-5 feet tall. \$20
Call 916-410-8176

Wedding Dress for Sale. UNUSED & one-of-a-kind! Must See! \$700
916-410-8176

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

Homes & Land Magazine
Delivery drivers wanted. Fair Oaks, Rancho Cordova, Sacramento.
Call 773-1111

Single Again Magazine Online is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the

commission is a generous rate. Check us out at www.SingleAgain.com. To apply, send your email to publisher@singleagain.com.

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

sales experience required. To apply fax your resume to 773-2999 or call 773-1111.

HOMES FOR RENT
Fair Oaks lovely older home for rent. 3 bed 2bath, 2 car garage. hardwood floors/fire place/central air-granite counter tops-french door to deck-wood slider to patio-spacious yard. professional - pets ok upon approval. \$1650+security deposit...contact Glen Oak Arabians @ 530-823-6459 or 916-972-2163.

Newly Remodeled 3 bedroom 2 bath home. 2 car garage, big back yard with deck, and new carpet \$1650 per month. Call Joe 207-1915

HOMES FOR SALE
Owner Wishes to Downsize in Gold River

2 Story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Oversized backyard with extended stone patio, brick planters, variety of mature trees. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. **Reduced to \$598,000. No Agents.**
916-853-2100 or 916-768-2255.

Subscribe Today!
773-1111

Gutter/Yard Service
Gutter Cleanup, Raking, Hauling, Tree Trimming, Pruning and more!
Sunny 206-8172
FREE Estimates

CLASSIFIED AD FORM

Classification: _____
Approximately 25 characters per line

(USE SEPERATE PAPER FOR LONGER ADS)

_____ LINES _____ ISSUES X \$5 PER LINE = \$ _____

MAIL FORM AND PAYMENT TO American River Messenger • 7405 Greenback Ln., #129 • Citrus Heights, CA 95610

NAME: _____ ADDRESS: _____

PHONE: _____ CITY: _____

PAID: CHECK NUMBER: _____ MONEY ORDER NUMBER: _____ ZIP CODE: _____

SIGNATURE _____

Work From Home w/ Benefits
Earn \$400 to \$500 per week
IBOplus.com/happyfamily
916-988-3027

Delivery Drivers Wanted American River Messenger
Must have clean DMV record & proof of insurance.
Independent Contractors
Call 773-1111

CRYSTAL SUPPORT YOUR LOCAL MILK MAN
Milk & More To Your Door



By 6:30 am

Home and Business Owner Operator Jim
No Orders Too Small/Big (916) 722-8945

<http://www.shipmetojapan.com>

How far can a buck go?
<http://www.iveleague.org/fundingco-op.html>



Peggy Boling

Daughter

858-1234

peggy@peggyboling.com
peggyboling.com



Mary Ann Henrikson

Mother

247-7070

maryann@goldriverhomes.net
maryannsrealestate.com

Let Our Family . . . Serve Your Family's Real Estate Needs

We founded **Gold River Realtors®** in 1986

To receive our continued dedicated service,
be sure to ask for us by name.

Gold River Realtors® now Re/Max Gold River Realtors®

Featured Listings



\$1,450,000	Granite Bay	Awesome view of Folsom Lake. Approximateky 250 feet to shoreline. New Construction
\$829,000	Gold River	Huntington Village. Powell's premier gated village with only 50+ homes. 4 br, 3200 sq ft. Upgraded with the latest High-End amenities. Turn Key Condition.
\$599,000	Gold River	Pioneer Village. Unbelievable value for this 4 bedroom + loft. Hardwood flooring, granite, shutters, crown moulding.
\$588,000	Curtis Park	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
\$549,000	Gold River	Gold Spike Village. Coker Ewing built 4 br, 3 ba. New tile roof, hardwood & tile flooring. Large yard with pool and stamped concrete patio.
\$519,000	Gold River	Coker Ewing, 4 br, 3 ba, 3 car garage, new roof. Corner lot.
SOLD!	Gold River	Comstock Village. Single Story. 4 br, 3 ba, 3 car garage. Corner of a cul-de-sac
SOLD!	Gold River	The Classics built by Tim Lewis. Previous model home. 3 bedroom with sitting room. Premium parkway location. Gated community.



THE MORTGAGE MANAGER



WHAT'S MORE IMPORTANT: PROPERTY PRICES OR MORTGAGE RATES?

We're at an interesting stage in the current economic cycle. Rates bottomed out in 2003 and stayed near all-time lows until mid-2004. Since then, rates have been moving up slowly and have basically stabilized for the past few months. This has helped cool the fevered competition and home price appreciation of the past several years. These economic changes may have you concerned, so I would like to help sort out the issue of interest rates versus the home itself.

WHY RATES SHOULDN'T MATTER

Rates are often the first thing homebuyers and investors are curious about, but your first questions should always be about the property itself. Can you get the property at a fair price? What is your purpose for buying it, and how long will you keep it? What is the appreciation potential over that period of time?

These questions should come before rate questions because, in most cases, it's simple to change the rate structure on an existing property when the market permits such later on. It would not be so simple to buy that specific property in that specific neighborhood for that specific price later on.

This concept is especially relevant right now because we're currently in a higher rate cycle. So, your initial rate may be higher when you acquire the property, but now you know that's simple to fix. Your real opportunity is in the price of the property. Right now you'll most likely pay less for that property than you would in a lower market.

WHY RATE HAVE BEEN RISING

The reason is because the upward cycle we're in now is an intentional move by the Federal Reserve to slow down the appreciation of asset prices across the economy, including the housing prices.

The purpose of the Fed is to prevent asset price inflation when our economy is in a growth cycle (like we are now), and to stimulate growth when our economy is stagnate or in a recessionary cycle (like we were from 2001-2004). They do this by raising or lowering the "Fed Funds Rate." Fed Funds is an overnight bank-to-bank lending rate that we'll never see as consumers, but it serves as a benchmark that other rates react to.

Rates represent the cost of money, so when money is cheaper, like it was from 2001-2004, housing prices rise. Now that money is more expensive, housing prices and other asset prices are evening out a bit.

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



FEB. 14 - 19 **ARCO ARENA**

Wed. FEB. 14 ★ 7:30 PM	Thu. FEB. 15	Fri. FEB. 16	Sat. FEB. 17	Sun. FEB. 18	Mon. FEB. 19
OPENING NIGHT HALF-PRICE TICKETS!*	10:30 AM#	11:30 AM#	11:30 AM#	11:30 AM#	1:30 PM#
	7:30 PM#	7:30 PM#	7:30 PM#	7:30 PM#	5:30 PM#

#SAVE \$2 on tickets for kids under 12.
*#(Excludes Front Row and VIP seats. No double discounts.)

Buy tickets at www.disneyonice.com,
www.ticketmaster.com,
[ticketmaster](http://ticketmaster.com) Ticket Centers, ARCO Arena Box Office
or call **(916) 649-8497**

TICKET PRICES: \$13 - \$17 - \$22
Limited number of Front Row and VIP seats available.
Call for details.

(Service charges, facility fees, and handling fees may apply.)



Get Involved in Citrus Heights' 10-Year Anniversary Celebrations

Ten years have passed since the City of Citrus Heights incorporated on January 1, 1997. Get involved in the celebration activities happening all year long. Please join your neighbors and other Citrus Heights supporters to learn more about planned activities and add your ideas to the mix.

10-Year Celebration Community Open House

Thursday, February 15, 2007

6:30 to 8:00 p.m.
City Council Chambers
City of Citrus Heights
7117 Greenback Lane

Come and meet your neighbors and fellow Citrus Heights supporters. A sampling of 10-year activities:

- Art contest with local schools
- Neighborhood Association/REACH celebrations – get involved with your neighbors
- Summer anniversary concert in the park (date TBD)
- Red, White & Blue Parade (June 23rd)
- Sunday FunDay (September 23rd)
- Video and photo archives of the City's first 10 years
- Time capsule
- And much more....

Bring your ideas, energy and enthusiasm!

For more information contact the City's Public Information Division at (916) 725-2448 or visit www.citrusheights.net.

