

AMERICAN RIVER MESSENGER



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Volume 2 Issue 3

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

February 2007, First Edition

Firefighters Fill Their Boots for Burn Victims Charity



CITRUS HEIGHTS - Firefighters volunteering to "Fill the Boot for Burns" at Sunrise Mall February 16th through February 19th will be collecting donations to support the Firefighters Burn Institute and assure the best possible burn treatment and recovery programs are available in Northern California. The Firefighters Burn Institute (FFBI) was founded in 1973 by Sacramento Area Fire Fighters, Local 522 and has grown into the area's largest firefighter-run charity. Firefighters have held this unique fundraiser each February for the past 13 years.

During President's Day weekend over 200 off-duty firefighters from Sacramento City, Sacramento Metro and other local fire departments will spend four days and hundreds of hours volunteering their time collecting donations in their fire boots at the intersection of Sunrise Blvd. and Greenback Lane in Citrus Heights to "Fill the Boot for Burns". According to Patty Neifer, Executive Director of the Firefighters Burn Institute, "It is amazing how fast a few dollars at a time can add up to make a significant difference in the lives of those affected by the tragedy of a serious burn injury. The generous donations made by motorists driving by Sunrise Mall at last year's boot drive totaled over \$130,000. Every dollar dropped into the boot of a firefighter is important."

Donations collected during annual Boot Drives have made it possible for FFBI

to pledge one million dollars toward the construction of a new Regional Burn Center at U.C. Davis Medical Center scheduled to open in 2010. The new 7,900 square foot, 12-bed burn unit will provide comprehensive care to burn patients throughout inland northern California, northwest Nevada and southern Oregon.

The Firefighters Burn Institute helped establish the first burn unit in Sacramento in 1974 and continues to donate medical equipment, fund burn research and provide free burn recovery programs, including an annual summer camp for young burn survivors and a new "Little Heroes" preschool burn camp scheduled for October.

The "Fill the Boot for Burns" Boot Drive will be held at Sunrise Mall during daylight hours beginning Friday, February 16th at noon and ending Monday, February 19th at 4:00 pm.

WHEN: February 16th - Friday, 12:00 p.m. to 5:30 p.m.
February 17th - Saturday, 9:00 a.m. to 5:30 p.m.
February 18th, - Sunday, 9:00 a.m. to 5:30 p.m.
February 19th - Monday, 9:00 a.m. to 4:00 p.m.

WHERE: Citrus Heights, Sunrise Blvd & Greenback Lane at Sunrise Mall

See back page for more information.

Fair Oaks Chamber Offers Business Development Group



The Fair Oaks Chamber of Commerce invites chamber member businesses to join them for business networking, idea sharing and developing new ways of promoting your business through their

Business Development group. They meet the second and fourth Thursdays of every month from 8:00 am to 9:00 am. The group meetings are held at the event center inside Raley's Supermarket, located at 4840 San Juan Avenue in Fair Oaks. Group strategies include learning from other business experts, finding referral partners, discovering new business development techniques, relationship building and gaining new marketing tips. To participate in these group meetings call the Fair Oaks Chamber at 967-2903. You must be a chamber member to participate.

Steve Miller Named New Vice Mayor

CITRUS HEIGHTS - At their regular meeting on December 14th, 2006, the Citrus Heights City Council elected Jeff Slowey, (photo not available), as the new Mayor for the next 12 months. Each year, in December, the City Council selects one of its members to serve a one-year term as mayor and vice-mayor. Jeff Slowey was elected to the City Council in November 2004, for a four-year term. Steve Miller was elected to the City Council for a four-year term in the

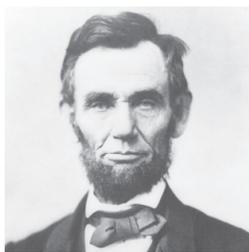
November 2006 election. Steve has lived in Citrus Heights for over twenty years with his wife and two children. He is involved with Sunrise Girls Softball, Little League and PONY Baseball. As Vice-Chair of the Law Enforcement Citizen's Advisory Committee, he presented the recommendation to the City Council to form the new Police Department and the 911 Call Center. He also is very involved with the Citrus Heights Lions Club. He is a member of the Citrus



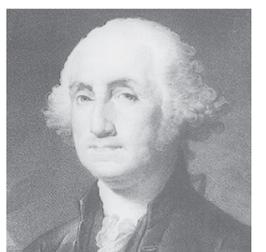
Steve Miller, Vice Mayor

Heights Chamber of Commerce and currently serves as Vice-President of Government Issues. He is now serving as the co-logistics chairperson for the Relay for Life of Citrus Heights. He is also active in his neighborhood association.

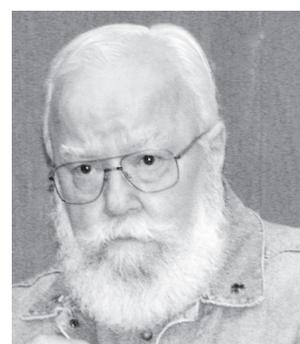
5th Annual American Heritage Day



Fair Oaks - See history come alive on Monday, February 19th at Mount Vernon Memorial Park in Fair Oaks. This free President's Day event includes a visit with the Sons of the American Revolution, performances by the California Consolidated Fife and Drum Band and exhibits by The Civil War Association and the California Railroad Museum. There will also be gold panning, horseshoeing, weaving and much more, with everyone in period dress. The event will be held rain or shine at 8201 Greenback Lane, Fair Oaks.



Thom Brommerich Appointed to Business Advisory Council



Washington D.C. - The National Republican Congressional Committee announced that Thom Brommerich has been appointed to serve on the Business Advisory Council (BAC) in recognition of valuable contributions and dedication to the Republican Party.

Brommerich will serve the State of California and is expected to play a crucial role in the Party's efforts to involve top business people in the process of government reform.

The Business Advisory Council is a part of the National Republican Congressional Committee, and is dedicated to making sure that small business has a voice in Washington.

Brommerich, who has long supported Republican ideals, particularly debt reduction and tax reform, will be a key member of the Council.

He began his professional career 40 years ago while in the US Army. He earned his degree in fine art and went on to attend the world

famous Glen Fishback School of Photography, specializing in photos of flowers. He then entered the world of commercial photography. After Glen Fishback passed away, he was asked to teach at the school, teaching there for 10 years, while still maintaining his commercial business. Being now in semi-retirement, he has decided to go back to what I started doing first, photographing nature's beauty.

Thom currently lives in Orangevale, and is a new member of the Fair Oaks Chamber of Commerce. He is developing a new local group of varied artists, planning to show their creations at local events. Thom is available at 966-9076.

City Launches Graffiti Removal Program



CITRUS HEIGHTS - City staff recently completed a report on graffiti abatement within the city limits. Graffiti removal is handled by the General Services Department (916)727-4770 and Neighborhood Enhancement

Division (916) 725-2845. The General Services is responsible for graffiti removal on public property, while Neighborhood Enhancement handles graffiti on private property. For those cases on private property, the property owner is notified in writing by the Neighborhood Enhancement Division and is asked to remove the graffiti within seven days. Free paint is available to citizens through Spectra-Tone Paint. If the graffiti is not removed, the City will make personal contact with the property owner. A fine may be imposed if

the graffiti is not removed. The City of Citrus Heights encourages residents to report graffiti as soon as it is spotted. They rely on your additional eyes on the street in order to help us remove graffiti as soon as possible. To report graffiti in your neighborhood, please call (916) 725-2845. If you see a graffiti vandalism crime in progress or you know graffiti suspects' identities, please call the Citrus Heights Police Department at (916) 727-5500 and they will dispatch officer to the scene.

DUTCH TREAT



By Dennis Packard

Not Another Project

“HOLD THAT THOUGHT!!” I screamed. “What do you mean, let’s put in a NEW kitchen counter top!! Whoa—just one single minute my dear wife.”

If only I could keep my better half, Stacey, and her sister, Tonja, from checking out new model homes every weekend for fresh ideas. They are constantly looking for projects to incorporate in their own homes. And now they are dragging us husbands along for the ride. Phil, Tonja’s husband, generally goes willingly. I’m the only one that falls to the ground kicking my feet—but it’s a weak and useless fight.

A new kitchen counter for our condo was lobbied to me one evening after I finished a tall glass of Coconut Rum and was ready to retire. I was weak and vulnerable—and the girls new it. Supporting my wife, Tonja coxed me to approve the project by throwing her husband’s help into the laboring task. Phil just sat in a chair with a non-compliance look on his face. He was wise enough to know the true fact. I would be the one helping him. I would be bringing him water when needed, hand him a hammer upon request and supervise the job from my armchair.

After the three of them convinced me that it wasn’t going to be a big deal—certainly one full weekend—I conceded.

During the next few weeks, my wife jumped around town trying to make a decision on the tile. Would it be slate? Maybe ceramic? Or perhaps a granite slab—although twelve-inch square granite would look nice also. Oh yes, the color. I liked that speckled one

called, “Cecelia” because my wife wouldn’t spot the crumbs on the counter that bothers her so much. What about the back splash? Do we cut out diamond squares to fill in for character? What color grout? I was getting a headache. Maybe a decision can be made by next year?

Finally, after six weeks, Stacey came to a conclusion with the kitchen and we were able to get started. Realizing that I was capable of “destroying,” I volunteered to rip up the old tile—how difficult would that be?

Wheeling a big hammer and a giant chisel over my 71-year-old head, I attacked the counter like the Tasmanian Devil. It was difficult to see with the white dust flying around the kitchen, but when I took a small break, and the dust settled, I found large blotches of red blood all over our laminated wood floor—my red blood!

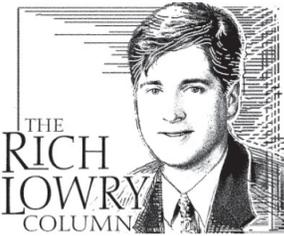
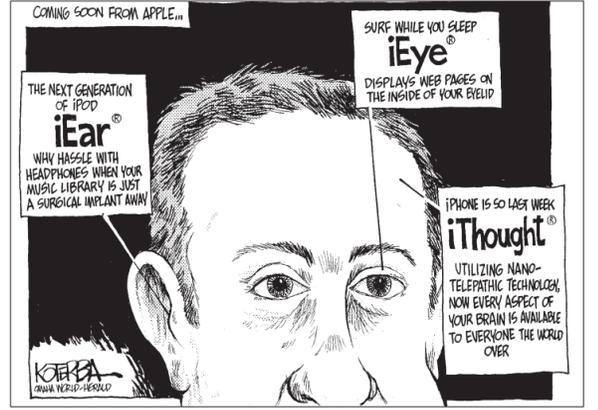
It was another 100 degree summer day and the uniform I picked out for breaking tile was a dirty T-shirt, shorts and no shoes.

After pulling small pieces of tile from my right foot, I cleaned the wound, stopped the bleeding, bandaged myself, put on some sandals and mopped the floor. Even though I hobbled around a day or so, I still padded myself on the back every time I thought of my successful demolition with the counter.

Stacey was also very proud of the fact that the old tile was out of the kitchen when she returned from work that day. Unfortunately, she is a clean freak and the quarter inch of dust covering all the furniture and wooden blinds in the dining and living room area actually caused her to freak!!

As it turned out, the one weekend project was completed in a month of weekends. It was a win win situation for me in spite of the time. The kitchen turned out beautiful—Phil did most of the work and my wife doesn’t want to see another home project.....ever. Well....we’ll see.

Quip for the Day: Do you realize how many mistakes you would make if you didn’t sleep a third of your day?



A Campaign for Order

President Bush didn’t talk about the yearning of the human heart for freedom in his latest Iraq speech. Such reductive anthropology used to be a staple of his pronouncements -- everywhere human hearts were hungering for freedom, and the global mission of the U.S. was to release this pent-up desire for liberty.

Bush still talked of advancing liberty, but his key claim about the hearts of Iraqis was a stripped-down (but still somewhat dubious) one: “Most of Iraq’s Sunni and Shia want to live together in peace.”

If this is the case -- and it becomes ever less so as the civil war intensifies -- it speaks less to a hunger for

freedom than for order, which the Bush administration has foolishly neglected at both the conceptual and practical levels.

Calls for order do not make for stirring lines in poetic presidential speeches. It is a cliché to say we take freedom for granted, but it is not so. Freedom is constantly invoked by all sides of the American political debate. It is order -- the underpinning of freedom -- that is taken for granted.

In his book “The Roots of American Order,” the conservative intellectual Russell Kirk explained that “justice cannot be enforced until a tolerable civil social order is attained, nor can freedom be anything better than violence until order gives us laws.”

This is why Secretary of Defense Donald Rumsfeld’s infamous statement during the rioting after the fall of Saddam Hussein that “freedom is untidy” was so wrong-headed. Freedom ultimately has to be tidy, because it depends on boundaries and rules -- a

societal consensus -- that have existed for so long in the West that we often forget about them. The historian Theodore Von Laue called them “the invisible substructures of individual and collective discipline.”

Iraq had few such substructures. In the Saddam era, it had only the top-down coercive power of the state. When that was removed, there was chaos, without the U.S. ever substituting enough force to give the Iraqi people the blessings of order -- an order that obviously would be more just and free than that imposed by Saddam.

As Fred Kagan of the American Enterprise Institute -- the intellectual godfather of the Bush “surge” -- has noted, the absence of order is fatal to any government: “Continual violence and death eliminate the people’s support for the government, leading to an increase in violence, as individuals and groups undertake to protect and avenge themselves independently of state structures, legal institutions or government sanction.” In

other words, they cling to militias, insurgents and all the other forces bedeviling us in Iraq.

The surge is meant finally to check this process. But American troops won’t be able to do it alone. There is a reason that so many democracies have been created out of reforming authoritarian governments. They provided the prerequisite of order, but with enough breathing space so that eventually freedom could flourish.

Iraqi Prime Minister Nouri al-Maliki already has a kind of democratic mandate. Now, he needs to act with enough strength to hold his country together. So far, he simply has been demonstrating Edmund Burke’s insight that “nothing turns out to be so oppressive and unjust as a feeble government.”

Rich Lowry is editor of the National Review.

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Little Scraps of Paper for the IRS

by Joe Cobb

The end of January brings an annual blizzard of little scraps of paper to everyone’s mail box: Income tax documents from employers, banks, pension funds, mortgage lenders, and governments. The income tax relies on one of the most complex systems of information reporting ever devised. Billions of documents are printed and mailed, filed electronically, and cross-referenced. The Internal Revenue Service and all the state departments of revenue—in California, the Franchise Tax Board—receive copies of all of them, in order to do a computer “audit” of everyone who files a tax return.

The income tax has been described as a system of voluntary self-reporting, but that misleading idea is based only on the final tax return each taxpayer signs and submits by April 15. The taxman already knows what your income is, from the little scraps of paper other people send in about you; but the information is not compiled into a coherent financial profile until you submit the tax return. It takes the IRS from six to twelve months to digest the flood of tax documents

submitted in January each year. All that info has to be entered into the central computer and cross-tabbed by employer or payer identification numbers and social security numbers. Imagine what this system of information collection must have been like in 1943, the first year the payroll withholding tax was in effect. There were no computers; everything had to be done by hand. The IRS had to maintain acres of warehouse space just to store the file cabinets and index cards. It would never have been possible if Social Security had not become law six years earlier. In 1937, the federal government had started giving numbers to every worker. Employers had started sending payroll data in to the Social Security Administration and money to the U.S. Treasury. The financial information reported to Social Security became the basis for our current tax system.

The income-reporting system also provides a rich field for mischief. Anyone can obtain a tax-reporting number, as a potential employer or payer of money to individuals. With that nine-digit number you can then file such reports

on little scraps of paper. A cruel practical joke would only require someone to get a number for a fictional company, write up a 1099-Misc form, obtain an individual’s Social Security number, and report to the IRS that the person was paid a few thousand dollars.

The law says both the IRS and the individual should get a copy of every 1099 form, but this is a practical joke, remember, so the victim doesn’t get a copy. About two years later the IRS will match up the false 1099 with the victim’s tax return and send the victim an audit letter, demanding payment of taxes on the “unreported income,” which of course the victim knows nothing about until the threatening letter from the IRS arrives. This is exactly what computer virus hackers and pranksters do just for fun to your computer over the Internet and by e-mail.

How can the victims disprove the accusations from the IRS, that they did not actually receive any income from the fictional employer you have created? Nobody can prove a negative claim, which is why traditional law says you are innocent until someone proves you are guilty. But

in our tax law, it is just the reverse.

Just fighting off the IRS for several years would cause the victim some distress, and to make the problem go away, the person might actually send money to the government.

Such pranks are against the law, of course. Nobody should break the law. But bad people do bad things all the time, which is why we have anti-virus programs and firewalls on our computers. Government ought not to set up a tax system based on little scraps of paper, which opens the door for hackers and pranksters to submit “virus” tax documents into the IRS computer. And in rethinking that reporting system, maybe government should rethink the whole idea of having an income tax to begin with.

Joe Cobb was chief economist for the United States Senate, prior to holding the prestigious John M. Olin Senior Fellowship at the Heritage Foundation (1993-96). Cobb is a past president of the National Association of Business Economists, National Capital Chapter.

REACH Mission Statement

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

CITRUS HEIGHTS NEIGHBORHOOD MEETINGS

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

Call Your Neighborhood REACH representative and get involved today!

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.

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America Sends Valentine's "I Love You's" to Military Service Men and Women

Pasadena, CA (PRWeb) January 29, 2007 -- Wounded Service Members home from battle will receive a little something special from appreciative Americans this Valentines Day: Gourmet desserts. Soldiers' Angels, a support organization founded by Patti Patton, niece of General George Patton, has announced it is teaming with the Santa Clarita gourmet dessert company, Dessert Alert!, to deliver thousands of delicious chocolate chip cookies to patients at VA Hospitals across the country.

"It is amazing how many of our soldiers do not get mail or packages from family or friends," Patton explained. "These donations are to ensure that, on a day where we traditionally tell our loved ones how much we care, thousands of our wounded Service Members get that same message from Americans who appreciate their sacrifice."

Patton founded Soldiers' Angels in 2003 after her own son wrote home from Iraq. She was stunned and saddened by his report that many of our Service Members do not receive communications from back

home, so she set out to correct the situation. She began writing letters to these troops herself, and then enlisted the aid of others. She appeared on radio talk shows and read the heart-warming responses from soldiers who received gifts and packages from these friends - or "Angels" - that they didn't know were there for them.

Before long, Soldiers' Angels had become a thriving internet community (www.soldiersangels.com) with thousands of members worldwide who send mail overseas, and support stateside veterans with personal visits, phone calls and backpacks filled with needed items.

"Dessert Alert! is proud to team up with Soldiers' Angels to create a special Valentine's Day for our wounded soldiers," enthuses Jill Jackson, CEO of Dessert Alert! (www.dessertalert.com). "We anticipate being able to deliver thousands of sweets to troops who may otherwise feel forgotten."

Soldiers' Angels will deliver the gourmet desserts to patients and their caregivers at Veteran's Hospitals. The tasty delights will also go to the residents

and staff at Fisher Houses - "homes away from home" for family members whose Service Members are in VA Hospitals - and, if funding allows, incoming soldiers at Ramstein Air Base in Germany where the wounded are first billeted upon return from Iraq. Orders need to be received by February 8 in order to reach soldiers by Valentines Day.

In addition, for anyone who calls in and chooses to send their own loved ones (whether or not they are members of the US Armed Services) gifts from Dessert Alert!'s extensive assortment of cookies, brownies, lemon bars and more, Dessert Alert! will donate a portion of those proceeds to Soldiers' Angels as well.

Funds for the project will come from donations, and Patton is aggressively seeking contributions. As Soldiers' Angels is a non-profit 501C3 organization, all contributions are tax-deductible. To contribute and sweeten a day for our soldiers who have sacrificed so much, call Soldiers' Angels at (615) 676-0239. Or visit www.soldiersangels.org

★ VETERANS POST ★

by Freddy Groves

Stolen Valor Act Protects Real Heroes

It had a longer trek through the U.S. Congress than seemed fitting, but now we have it: The Stolen Valor Act of 2005 has been signed and is law. You might want to make a note of it for your wallet: Public Law 109-437.

First brought to light by B.G. Burkett's book "Stolen Valor," the issue of phonies who wear medals they didn't earn caught fire among veterans. Thankfully, some of those veterans serve in Congress. The Stolen Valor Act is designed to plug holes in existing laws that allowed individuals to pretend they'd earned valorous medals. The old law said

they couldn't be prosecuted as long as they didn't actually wear a Medal of Honor.

Unfortunately, that left a lot of wiggle room for those who wanted to step right up to the line but not cross it. Like the Illinois judge who put Medals of Honor on his courtroom wall so those who saw it would assume he'd earned them. He escaped prosecution because he wasn't wearing the medals. Then there was the alleged Navy Seal who claimed he earned the Medal of Honor and ended up scamming widows. He couldn't be prosecuted either because he didn't wear the medal. Law enforcement had absolutely no teeth.

Under Public Law 109-437, they and others like them won't get away with

their fraud. Here are two of the particulars:

If an individual falsely represents himself, verbally or in writing, as having been the recipient of any medal, he can be imprisoned for six months.

If the medal involved in the false representation is a Distinguished Service Cross, a Navy Cross, an Air Force Cross, a Silver Star, Medal of Honor or a Purple Heart, the penalty is a year in prison.

Know a fraud? Call the FBI.

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.

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Military Retiree Activities

MONTHLY MILITARY RETIREE MEETING: Our next military retiree meeting is scheduled for 14 Feb 2007 in the Terrace Room, Garden Pavilion (formerly the McClellan AFB Enlisted Club) 5640 Dudley Blvd, McClellan Park. As usual our meeting starts promptly at 1030 hrs. Our speaker for this meeting is Doctor Richard Stack, a well known Pulmonologist in this area. This should be an interesting subject for all of us so come on out and enjoy a cup of coffee and good fellowship. If you have any questions, contact one of our volunteers at 561-7476, Mon thru Thurs, from 0900 to 1400 hrs.

DEFENSIVE DRIVING CLASS: Our next Defensive Driving Class will be held on 20 and 21 Feb 2007 from 0900 to 1300 hours, each day. This class is open only for military retirees/spouses and widows of retirees. The location of the class is the Meeting Center, Carmichael Room, 5712 Dudley Blvd, McClellan Park. The Meeting Center is located next to the former McClellan AFB Chapel. If you want to sign up, you must personally come into the Retiree Office in the VA Clinic to do so. Cost is \$10 per person. Make checks payable to the Retiree Activities Office. Please do not call to advise us that you want to attend. If you have any questions, contact our volunteers at 561-7476, Mon thru Thurs, during the hours of 0900 to 1500.

TRAVIS AFB RETIREE APPRECIATION DAY: The Retiree Activities Office at Travis AFB, CA is hosting a great event on 3 Mar 2007 for military retirees/spouses and widows of military retirees. The official part of the program will start at 0900 hrs at the Travis Conference Center. We have a superb lineup of speakers, which will cover subjects of interest to the retiree community. Also, booths will be available for those of you who are interested in Space A Travel; Survivor Benefits; as well as Medical Screenings and a host of other areas. The keynote speaker is MGEN William MATZ, President, of the National Association for Uniformed Services (NAUS) and he will cover the Legislative Agenda that NAUS is pursuing on behalf of the retirees and their families. You will not want to miss his presentation. Coffee and Donuts will be available starting at 0800 hrs. Also, a box lunch will be provided at no cost. You cannot get a better deal anywhere in town. If you have any questions, please contact MSgt(Ret) Joe Rowan at Travis Retiree Office, telephone (707) 424-3905.

Girl Scout Cookies Venture into Cyberspace

(PRWeb) January 30, 2007 -- Now in their 90th year of sales, Girl Scout cookies - those delectable treats sold by Girl Scouts across the United States and its territories - have a new official online home: www.girlscoutcookies.org. At girlscoutcookies.org, consumers simply use their ZIP code to find out when and where to purchase Girl Scout cookies. "By creating a one-stop online destination with information about every council that sells one of America's favorite treats, we believe it will be easier than ever to enjoy a quality product while supporting girls and young women throughout the country," says Kathy Cloninger, CEO of Girl Scouts of the USA. Girl Scout cookies are sold once a year in all 50 states and in U.S. territories. To find a council selling cookies in your area, visit www.girlscoutcookies.org.



GIRL SCOUTS

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Filoli Estate and Gardens

by Judy M. Zimmerman

For seven decades Filoli was the 654-acre estate of two of California's most powerful and energetic families. Built for prominent San Franciscans, Mr. and Mrs. William Bowers Bourn II, Filoli is in Woodside, only 30 miles south of San Francisco and 12 miles southwest of San Francisco

Airport. Bourn, manager of the Empire Gold Mine in Grass Valley, one of California's richest gold mines, named his estate FILOLI because it is an acronym for a creed he admired: FIght, LOVe, LIve ("Fight for a just cause, love your fellow man, live a good life.")

Following Mr. and Mrs Bourn's death in 1936, William and Lurline Roth bought Filoli. Mrs. Roth, daughter of the founder of Matson Navigation Company, loved gardening. Under her dedicated stewardship the gardens gained worldwide renown.

Visitors can sample the Bourns' "good life" on tours of the mansion and its gardens. A typical two-hour tour begins in the courtyard of the Georgian-style mansion's main entrance with its elegant staircase, followed by a walk through the richly paneled walls of the library. Much more opulent are the ballroom's French crystal chandeliers, said to have hung at Versailles during the signing of the Treaty that ended World War I.

After exploring the grand estate's first floor, the tour continues outside in its 16 acres of glorious formal gardens, where nearly every view ends in fields or mountains. The gardens are splendid in all seasons of the year, but spring continues to be my favorite.

Early spring brings an explosion of color when hundreds of varieties of camellias, azaleas, and rhododendrons burst into bloom.

At the peak of spring's colorful profusion, pink blossoms adorn the weeping Japanese cherry trees as light green chartreuse flowers cover the bare twisted branches of two Camper Down Elms near the pool pavilion. Adjacent to the elms, creamy-white clusters of hydrangea climb the brick wall of the Wedding Place, resembling a bride's delicate lace cap.

Thousands of lovely tulips, lilacs, and tree peonies line the path in the Walled Garden. Inscribed on the sundial at the garden's center is one of Bourn's fond sayings that simply expresses the elegance and perfection of the gardens at Filoli: "Time Began in a Garden." **IF YOU GO** For detailed directions, hours, admission fees, and other information: Phone (650)364-8300 X 507 or www.filoli.org

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



LIVING FOR GOD™
By Calvin and Lisa Wulf

“Professional Paralysis”

“May the favor of the Lord our God rest upon us; establish the work of our hands for us – yes, establish the work of our hands.” Psalm 90:17 (NIV)

“Going to work isn’t like it used to be,” he laments peering into the horizon, fishing pole in hand.

“What gives?” asks his buddy, baiting his hook.

“I’ve just got this gnawing feeling that I should be doing something else. But what?” he ponders, casting his line. “I’m afraid to leave what I already have.”

Professional paralysis is an uncomfortable feeling. Hanging on to a job we know isn’t right for us, but afraid to do something else. There are tons of reasons to stay – some even legitimate. We feel stuck. So we plod along, going through the motions. But something is lacking. Is this all there is? Perhaps you chose your occupation before you were aware of God’s plan for you. Or maybe he gave you your current job only for a season. All you know is that you feel unsettled. Filled with a restless yearning. Could God be ringing your doorbell?

OK – you know he’s at the door. But your fears keep you mired in indecision. Moving on is never easy. In fact, there can be real personal and financial challenges to following God’s leading.

But let’s face reality. If God isn’t selecting our vocation, the workplace frustration will continue. Here’s the divine plan. The Lord picks the job. We do it. He blesses

it. It’s that simple. Unless God prospers our work, we can’t succeed on our own. Setting our own agenda is useless.

Are you working where God has called you? If not, explore these paths:

- Prayerfully evaluate your unrest. Where is God leading you?
- Face your fears. Be strong and courageous.
- Assemble your team. Call in family, friends, and Jesus, your life coach.

In Christ we’re free to enjoy the work he has given us. Following his career plan is an exciting adventure. Are you living life “flat-footed” or flowing in God’s will? Put some spring in your step and pursue God’s vision.

Living for God (TM) offers resources on Christian living. Readers may check out the ministry’s latest workshop, Doing the Disciplines with Jesus and His Friends, at www.livingforgod.net or call (719) 578-8837. Copyright 2005, 2000, Calvin R. Wulf and Lisa Are Wulf

Salute To Seniors



Agingsometimes has strange companions compared to youth. The variety of daily activities might include a few aches and pains, loneliness and naps during the daylight hours. All companions most youth do not experience, but companions that are well-earned, and ones that don’t leave when the day is through but sometimes linger on and on. We see many seniors have learned to live and enjoy life in spite of them.

Most seniors have come to accept these companions--some even decide to make them friends. At least they don’t have to invite them over for a cup of coffee! They are there all the time.

When these familiar companions show up, there is always another companion that shows up as well. He is a friend that sticks as close as a brother. Scripture reflects this

truth when it states “A man of many companions may come to ruin, but there is a friend who sticks closer than a brother.” (Proverbs 18:24) And that friend is God.

The one who looks to God during the visits of these other companions fully understands he/she is never alone, never without a physician, or without a friend/brother who watches over them when they take a little snooze. This friend/brother will never leave or forsake them under any circumstances. (Joshua 1:5) And the comfort of this knowledge gives them the strength and courage to endure whatever lot in life is brought their way. So, today, we salute and thank our senior community for teaching us many valuable lessons about living!

Marlys Johnsen Norris,
Published Author
LIFE MESSAGE WORKSHOPS
“Intimacy Begins Going God’s Way”
Marlysj@sbglobal.net

“Just Around the Corner”



A fun-filled evening, with dinner, a three-act play and special music by the Swingtime Sisters - a gals quartet singing 50’s doo-wop music.

The full dinner will be followed by the three-act play called Just Around the Corner.

Synopsis of the play: “Just Around the Corner,” a delightful three-act play filled with lovable, quirky characters from the small

southern town of Four Corners. It is the late 1950’s and there’s something funny going on in town. Doc is conducting “scientific experiments” which take an unexpected turn. We also get a glimpse of small town life from inside Pearl’s beauty parlor. Finally, we see there’s something very different about the stranger at Dempsey’s filling station!

You’re going to fall in love with the folks of Four Corners as they tickle your funny bone and touch you in a way that gives you a close up view of who Jesus is and how much He loves you.

Performance dates: February 9 at 7 pm, February 10 at 7 pm, February 11 at 6 pm.
Call Sunrise Community Church for tickets – 916.726.4642
Tickets \$18 (60+ \$15), Tickets at the door \$20

BIBLE TRIVIA
by Wilson Casey

1. Is the book of Apollos in the Old or New Testament or neither?
 2. Who was the last prophet before the coming of the Messiah? *Amos, Samuel, John the Baptist, Lazarus*
 3. From Mark 14, how long will poor people be around? *Always, Sometimes, Never, 40 years*
 4. Where would the Biblical city of Babylon be located today? *Syria, Iraq, Israel, Iran*
 5. From Genesis 42, what Hebrew governed Egypt? *Darius, Sisera, Cornelius, Joseph*
 6. How many second books are in the Bible? *5, 6, 8, 9*
- ANSWERS: 1) Neither; 2) John the Baptist; 3) Always; 4) Iraq; 5) Joseph; 6) 8

Grandparent’s Day at Holy Family School

On Monday, January 29th, grandparents were honored as special guests at Holy Family School in Citrus Heights. Special honored “grandparents” were Monsignor Mistretta and Louise Lang. Monsignor Mistretta started Holy Family School. Loius Lang served as its first lay principal and also the diocese first lay principal. They event included an early continental breakfast for attendees and a short welcome program. The grandparents were then taken on a tour of classrooms, the art room, and the student’s book fair. They were then guided back to the school gymnasium for complimentary photographs. “This was a wonderful event for our school children,” stated Joann Lewis, Holy Family School Development Director.

Oak Avenue Free Methodist Church

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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:

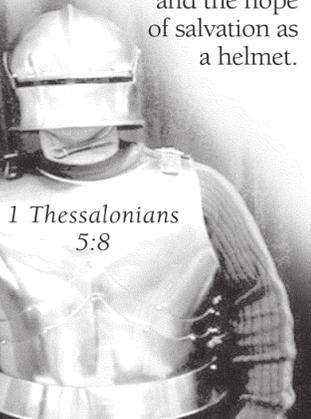
Worship ~ 9:30 am • Sunday School ~ 11 am

For All Ages

www.oakavefmc.org

Return To Your Bible

Let us be self-controlled, putting on faith and love as a breastplate, and the hope of salvation as a helmet.



1 Thessalonians 5:8

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Relay For Life of Citrus Heights
June 9-10, 2007
10AM Sat. - 10AM Sun.

San Juan High School
7551 Greenback Avenue

Form your team today for this unforgettable event!
Call Diane Pleines: 916.719.5341



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

1.800.ACS.2345 / www.cancer.org



Fair Oaks News & Views

Chamber of Commerce President's Message



Angela Talent - President, Fair Oaks Chamber of Commerce

Fair Oaks President's Message Mary Statham asked me earlier this month, "Why would I want to become part of the Fair Oaks Chamber?" I explained to her the potential of not only networking with fellow business members but also with the "bedroom community" of Fair Oaks. Is it not true that you really have to feel like there is a good reason to be a part of something or you won't do it?

Here is an article I found which was written some time ago by an unknown Chamber Member:

One voice raised in defense of a right or one person or business taking on a project is often weak and ineffectual. But when many voices are

raised and many people work together in community affairs, much is achieved.

When you, as an individual or small business, express your opinions and make your contributions, physically and financially, in a cooperative effort with other small businessmen you have real "clout" and things get done. The Chamber of Commerce offers the vehicle for this community "clout" to stimulate orderly growth and economic development, to work with state and national legislators on major issues affecting the local cities and counties, to develop social responsibilities affecting homes, schools, health, as well as to promote the free enterprise system.

So you, as a small businessperson working in and with the Chamber, make your contributions to the community effort. In turn, the upgrading of the community, the increase in business, the new roads, the reduction of crime, the new subdivisions, better schools and libraries (all these things the Chamber works for) have a beneficial effect on you, your family, and your business. You don't serve and support the

Chamber, you contribute and work for YOURSELF.

Of course, it takes money to operate the Chamber and its various activities, but the Chamber is working for YOU. If you make your investment, add your time and concentrate your effort, you're going to have "clout" to work for those things that benefit you and your business.

Let's all work together, for working together works...FOR YOU.

Unknown Author

Like many things in life, creating a relationship with people takes time, consistency and patience. What I have learned is that when I give back to the community what they have so freely given me, their business, the flood gates open and business is good!

Angela Talent
Mortgage Strategist
916-838-2488 cell
916-314-2619 fax

Strategic Financial Services
101 Parkshore Drive #100
Folsom, CA 95630

Fair Oaks Chamber of Commerce Political Action Committee (PAC)



By Don Troutman, CSTL, Inc.

The Fair Oaks Chamber Political Action Committee (FOCPAC) is committed to help and defend the interests of local businesses in the Fair Oaks Community. As the new chair of the committee for the year of 2007, I expect to aggressively lead in defending these interests. Fair Oaks is a business-friendly community with loyal citizens that needs protection and preservation. This will only be possible with

the collective involvement and participation of the businesses in Fair Oaks.

Many times as a business person we sit passively and accept our fate. We do not have to do that! We are a large group that is "like-minded" having similar interests. But we are powerless on our own. We need to assemble so we can share our commonalities. We need to communicate our wishes to our legislators. If we do not speak out and defend ourselves, then we should not expect to be defended. We must learn to accept our fate.

I urge all businesses to consider being a member of the Fair Oaks Chamber of Commerce. More importantly I urge all businesses, members or not, to be part of this political process.

We get to choose if we are going to be a participator or a spectator when it comes to our business environment.

A participator gets involved and speaks up when there are injustices. A spectator will sit back and silently accept their fate. A spectator may as well go see a matinee instead. They have no control.

Two issues I will bring up before the PAC immediately are 1) the proposed fee (tax) by Governor Schwarzenegger on small businesses for health care, and 2) Regional Transit bus Route 24 shutting down at 4:57 PM in the afternoon. I am interested in any concerns that you may have. I intend to communicate by email with the participators. My email address is: Soberdon@comcast.net and I would like to hear from you. For those who wish to have more information on the Fair Oaks Chamber of Commerce you call (916) 967-2903 or visit the website at <http://www.fairoakschamber.com/>

"Ziggy" Banas Deployed to Middle East



Photo by Mike Maddox

Fair Oaks Post Office mail carrier Sigfredo "Ziggy" Banas has been recently deployed to the Middle East. He's been with the USPS for about 10 years and is the regular carrier in the Dewey, Papaya, Kettering, and Mercy Court areas of Fair Oaks. He's in the Army Reserves and is being sent to the Middle East for 18 months in the logistic/supply area. He has a total of 26 years military experience, which includes a tour of duty in the first Gulf War. His wife, 2 children, friends, and customers will miss him and hope for safe and speedy return.

Join us in the fight against cancer.



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

Bella Vista High School
8301 Madison Avenue

Form your team today for this unforgettable event!
Call Dustin Buck: 916.965.1469



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

1.800.ACS.2345 / www.cancer.org

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



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This Valentine's Day Allow Your Heart to be Stolen - Not Your Gifts

Protect Diamond Rings and Other Expensive Jewelry with Appropriate Insurance By Fred Simmons, Ph.D. Matters of the heart can be expensive. Next to flowers and chocolates, jewelry is one of the most popular gifts to give for Valentine's Day. If you receive an engagement ring or other pieces of jewelry on Valentine's Day, make sure you have the necessary insurance.

Standard homeowners and renters insurance policies include coverage for personal items such as jewelry. However, many policies limit the dollar amount for theft of valuable personal possession such as jewelry, furs, and precious stones.

To properly insure jewelry and other expensive items, consider purchasing additional coverage through a floater or an endorsement. The cost is quite inexpensive in comparison to the cost of the jewelry.

In most cases, you would be covered for "mysterious disappearance" if the ring is lost for any number of reasons. If your ring falls off your finger or is lost, you would be financially protected. With floaters and endorsements, know whether your policy contains deductibles. Frequently you will get the option of having the insurance company replace the item for you.

Tips to make sure your jewelry is adequately protected:

Contact your insurance professional immediately

Let your agent or Company know you are now in possession of an expensive piece of jewelry. Find out how much coverage you have and if additional insurance is needed.

Have the item appraised Heirlooms and items that were purchased several years ago will need to be appraised for their dollar value. Ask your insurer for recommendations regarding a reputable appraiser. It is important that expensive items are appraised properly. If you purchase a floater or endorsement, you will pay a premium based on this amount. In the event of a claim, you will be compensated for this dollar amount as well.

Keep a copy of the store receipt

You will need to forward a copy of the receipt to your insurer so that the company knows the current retail value of the item. Keep a copy for yourself and include it to your home inventory.

Store valuables in a secure location

Protect your jewelry by storing it in a secure location in your home. If you don't plan to wear the item regularly or are holding it for a child, consider keeping it in a safe deposit box. You may save money on the cost of insuring it, as some companies offer "in vault" coverage. If you want to wear the jewelry for a special occasion, many insurers will offer the option of purchasing additional coverage for the time it is out of the bank. You would, of course, have

to notify your insurer ahead of time.

Take a picture of the item or collection

Get into the habit of keeping a visual record of all of your personal possessions. This helps to document your loss and speed up the claims process. It is also useful to document antique and unusual pieces of jewelry.

Update the value of your jewelry

Expensive items go up or go down in value. Talk to your insurance professional about how to make sure the dollar amount of your floater or endorsement reflects these changes. Prices for floaters and endorsements will vary depending on the type of jewelry, the insurance company you chose, where you live and where the item will be kept.

There is no way to put a dollar value on sentiment. It's important to know what you have, what it's worth and have proper insurance coverage.

To learn more about insuring your valuables, contact Dr. Simmons at the Fred Simmons Insurance Agency, CALicense 0C17932. He can be reached at 916.638.0585; email: askfred@fredsimmons.com or website: www.fredsimmonsinsurance.com. Fred Simmons Insurance offers "Insurance of Value" for a full line of insurance services and is located in Gold River at 11294 Coloma Road, STE D.

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Gold River Racquet Club News

www.goldriverrc.com

Wine and Art Fest



Come experience a little of both in our 2nd annual ever Wine and Art Fest on March 24th from 12:00 to 4:00 pm. We will have Renwood Winery and artisans displaying their offerings. This event is free and you are welcome to bring guests to this event.

Yoga Retreat



Third Annual Yoga Retreat, Saturday March 10th from 9:00 am until 2:00 pm. This very popular day includes

a morning and afternoon session of yoga focusing on different styles and areas of the body. Also included in this event are lunch and a special guest speaker chosen by our experienced yoga instructors. Flyers for this event are available beginning February 1st. This event filled up quickly last year, so please sign up early. The retreat is also open to non-members.

Swimming

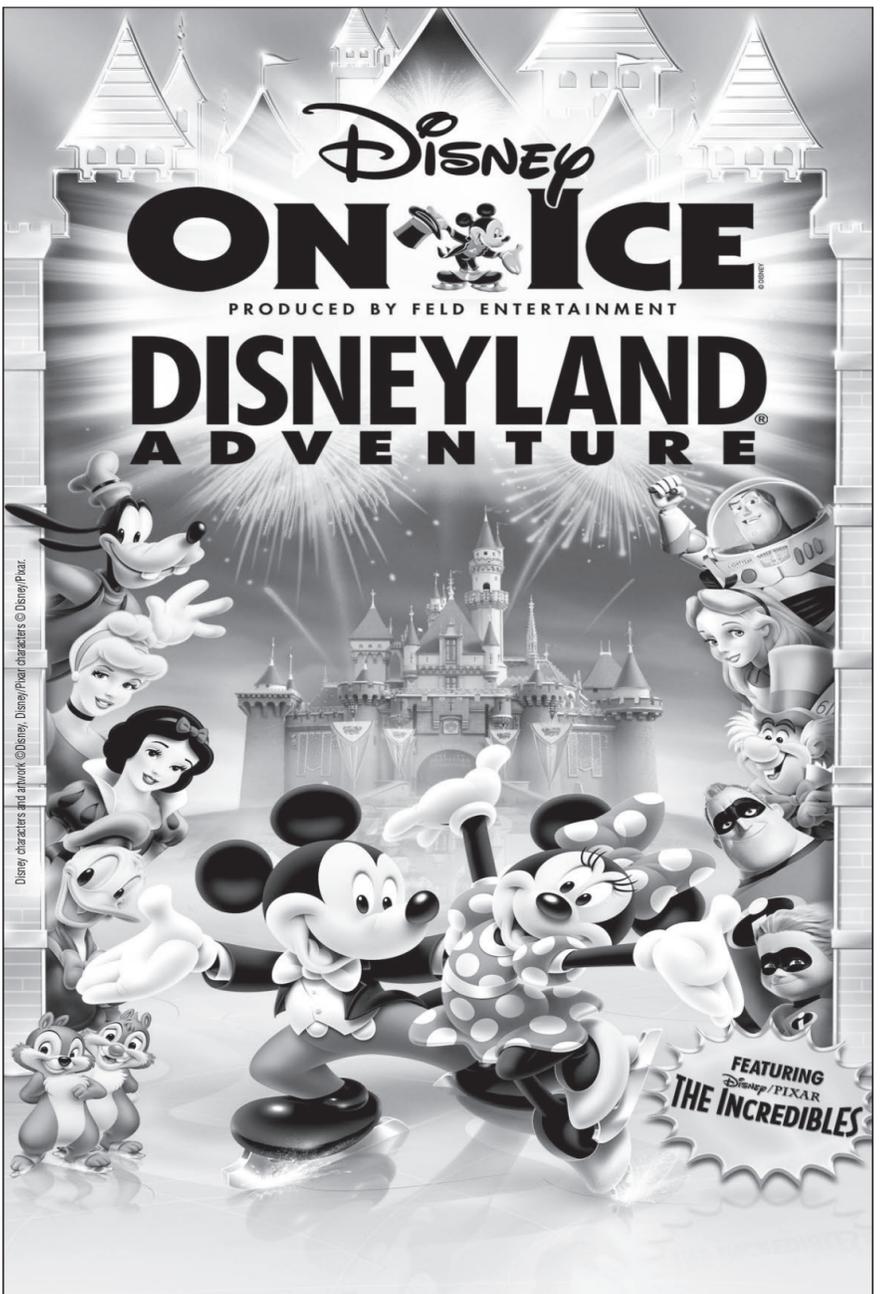
Are you ready for the 2007 Stingrays?



The Gold River Swim Team will hold registration in the Gold River Racquet Club lobby on Saturday, February 10th and Saturday, March 10th from 9:00 am to noon. So get on your swimsuit & goggles, and mark your calendar for the upcoming season:

- May 12th Time Trials (Home)
- May 19th Elk Grove (Home)
- June 2nd Arden Park (Away)
- June 9th Johnson Ranch (Away)
- June 23rd Dixon (Home)
- July 7th Glen Oaks (Away)
- July 21st Rocklin (Home)
- July 29 & 30 Championships

If you are not sure if you have what it takes to be a Stingray, call 916-638-7001 and ask for Mike Burchett. See you in the water!



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!*	7:30 PM#	10:30 AM# 7:30 PM#	11:30 AM# 3:30 PM	11:30 AM# 3:30 PM	1:30 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** 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.)



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Register for Fall 2007 on March 1st

Senator Dave Cox Announces College Grant Programs

Sacramento – Senator Dave Cox (R-Fair Oaks) today encouraged high school seniors to apply for the Cal Grants Program. Graduating high school seniors who meet income and achievement guidelines are now guaranteed financial assistance through the Cal Grants Program. Applications are now available in Cox's district offices or by calling (916) 783-8232.

"Finding the money to go to college is a struggle for every family," said Senator Dave Cox. "The Cal Grants Program offers qualified students up to \$9,708 each year to continue their education. Students and their families should take advantage of this easy and quick opportunity to

obtain financial assistance for colleges, universities or technical schools."

Applicants must be a United States citizen or eligible non-citizen currently residing in California. They must meet U.S. Selective Service requirements and plan on attending a qualified California college or university. Applicants must be enrolled at least half-time and maintain satisfactory academic progress as defined at the school of attendance. Qualifying students must not have defaulted on any student loan or owe any federal or state grant refunds.

Cox is also hosting a workshop on Thursday, February 8, 2007 in the community of Orangevale. Trained professionals will

be available to walk students through the application process and assist them in the completion of the forms.

6:00 p.m. – 8:00 p.m.
Senator Cox sponsors Cal Grant Workshop
Casa Roble Fundamental High School Library
9151 Oak Avenue
Orangevale, CA 95662

Applications can be picked up at Cox's district offices: 2140 Professional Drive, #140, Roseville; 2094 East Main Street, Quincy; 33C Broadway, Jackson or by calling (916) 783-8232. Students can obtain more information on the internet at www.calgrants.org or by calling 1-888-ca-grant.

Applications must be submitted by March 2, 2007.

American Independent Party Opposes North American Union

(PRWeb) January 2007 -- It is the strong belief of the American Independent Party that the United States should not engage in the construction of a North American Free Trade Agreement (NAFTA) superhighway system or enter into a North American Union with Mexico and Canada. The elite planners behind this project are working toward a borderless North America by 2010, which would be a disaster for U.S. national security and would spell the end of U.S. independence."

Congress has the exclusive power "To regulate Commerce with foreign Nations" (Article 1, §8). Congress may not abdicate or transfer to others that constitutional power. We oppose, therefore, the unconstitutional transfer of authority over U.S. trade policy from Congress to agencies, domestic or foreign, which improperly exercise policy-setting functions with respect to U.S. trade policy. Construction of the NAFTA Superhighway System is not within the enumerated powers delegated to Congress, and cannot be rationally construed to be a part of the regulation of commerce between the States, and violates the Tenth Amendment which states, "The powers not delegated to the United

States by the Constitution, nor prohibited by it to the States, are reserved to the States respectively, or to the people."

The American Independent Party supports passage of House Concurrent Resolution (H.Con.Res.) 487 "Expressing the sense of Congress that the United States should not engage in the construction of a North American Free Trade Agreement (NAFTA) Superhighway System or enter into a North American Union with Mexico and Canada."

The American Independent Party is opposed to the creation of both intrastate and interstate regional entities which exercise tax and police powers without direct responsibility to the voters and the taxpayers which such agencies are alleged to serve. Too often, the objective of those seeking to create such regional bodies is the destruction or usurpation of the people's authority over local or state governments.

Regionalism causes the loss of control by elected officials, with unlimited power reverting to appointees, and adds to the ever-increasing tax burden. Regionalism seeks to dissolve county governments; transfer state powers to a central authority

in Washington; administer the affairs of United States citizens through a network of Federal Regions and State Regional subdivisions; seize control of land and production facilities; change our form of government; and reduce Americans to the status of economic serfs on the land which was once theirs.

For further information on the grave threat to U.S. national security and independence posed by the SPP/North American Union initiative, go to <http://www.JBS.org/nau/>. For the administration's propaganda on the SPP initiative, go to the U.S. Commerce Department's official SPP website <http://www.spp.gov/>.

"The American Independent Party, the California affiliate of the Constitution Party, has been California's only Constitutionally-correct political party since 1968. A vote for the American Independent Party is a vote for return to true Constitutional government," declared State Chairman, Ed Noonan.

For more information contact: Edward C. Noonan, State Chairman, American Independent Party (530) 742-6878.

Government Meetings on Metro Cable to be Closed Captioned

Sacramento, Calif. – Chair Sandy Sheedy and the Board of the Sacramento Metropolitan Cable Television Commission (Cable Commission) are pleased to announce that many of the meetings cablecast on Metro Cable (cable channel 14 or 15), Sacramento's local government meeting cable channel, will now include closed captioning. The first meeting to include closed captions is the Cable Commission Board meeting

to be cablecast live on Metro Cable on Thursday, February 1, 2007, at 2:30 p.m. Also, County Board of Supervisors meetings will be captioned starting with the February 6 meeting. Captioning for City Council meetings will follow shortly.

"Last year, the Cable Commission Board unanimously approved the closed captioning of many meetings cablecast on Metro Cable. We are excited that more members of our community will have better access to these important government meetings," stated Chair Sheedy.

Members of the deaf and hearing impaired community have been helping the Cable Commission staff make captioning a reality. Sheri Farinha, CEO of the NorCal Center on Deafness, stated, "We are thrilled to see this support from the Cable Commission, the Board of Supervisors and City Councils to provide closed captioning for their televised meetings in order for deaf and hard of hearing individuals residing in the greater Sacramento Region to fully obtain access alongside their hearing neighbors and co-workers!" "The next phase will be to implement captioning for the cities of Sacramento, Galt, Folsom, Elk Grove, Citrus Heights and Rancho Cordova. Our staff is

working on the technical details, and we hope to have the next phase implemented within the next few months," said Bob Davison, Executive Director of the Cable Commission.

Closed captioning allows the deaf and hearing-impaired community, people learning a new language, and others to read the dialogue of the cablecast as it scrolls on the TV screen. The term "closed" means that not all viewers see the captions — only those who activate the captions on their televisions. A leader in the industry, Caption Colorado, will provide captioning services. A captioner listens to the meeting via a telephone line and types in the captions which are sent back and inserted into the video signal, all within a matter of a few seconds. The result is real-time captioning with minimal delay.

The Cable Commission is a joint powers authority that includes the County of Sacramento and the Cities of Sacramento, Folsom, Galt, Citrus Heights, Elk Grove and Rancho Cordova as its member agencies. One of its responsibilities is the management of Metro Cable, the government affairs channel. Metro Cable is available on Channel 14 (Comcast or Surewest) and Channel 15 (STI).

Mountain Lion Sighted on American River Parkway

Sacramento, Calif. - Sacramento County Regional Parks has received reports of a mountain lion at locations along the central portion of the American River Parkway including Harrington Park, William B. Pond and Hoffman Park. Mountain lion sightings are not uncommon in this region and the lion is displaying typical mountain lion behavior by avoiding people.

Residents should report sightings of mountain lions or deer carcasses—a tell tale sign a lion is in the region—to the Park Ranger Dispatch, (916) 875-6672, parksd@saccounty.net.

Recommended Guidelines from the California Department of Fish and Game -

Mountain lions are quiet, solitary and elusive,

and typically avoid people. Mountain lion attacks on humans are extremely rare; however, conflicts are increasing as California's human population expands into mountain lion habitat.

1. Do not hike, bike, or jog alone.
2. Avoid hiking or jogging when mountain lions are most active—dawn, dusk, and at night.
3. Keep a close watch on small children.
4. Do not approach a mountain lion.
5. If you encounter a mountain lion, do not run; instead, face the animal, make noise and try to look bigger by waving your arms; throw rocks or other objects. Pick up small children.
6. If attacked, fight back.
7. If a mountain lion attacks a person, call 911.

Weekly SUDOKU
 Answer

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

Magic maze
 Answers

- Trivia Test Answers**
1. Upper thigh (sartorius)
 2. Bruce Springsteen
 3. Intellectuals
 4. British Columbia
 5. Dr. Seuss (Theodor Geisel)
 6. Billy Crystal
 7. Order Sirenia
 8. Haiti
 9. "Get Smart"
 10. Pokey

King Crossword
 Answers
 Solution time: 25 mins.

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



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Mary Ann Henrikson
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Featured Listings

\$1,395,000	Granite Bay	Awesome view of Folsom Lake. Approximately 250 feet to shoreline. New Construction
SOLD!	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.
\$649,000	Gold River	Prospect Village. 5 br, 3 ba, 3100 sq ft. This model has not been available in many years. Quaint village 80+ homes, surrounded by walking trails.
\$639,000	Gold River	Huntington Village. NEW LISTING. Single level. 2800+ sq ft. 3 br, 2 ba. 4 car garage. Gated village. Courtyard surrounded by french doors.
\$579,000	Gold River	Pioneer Village. NEW PRICE Unbelievable value for this 4 bedroom + loft. Hardwood flooring, granite, shutters, crown moulding.
\$588,000	Curtis Park	Brick Tudor. Leaded glass windows, hardwood floors and new roof.
\$549,000	Gold River	Gold Spike Village. Coker Ewing built 4 br, 3 ba. New tile roof, hardwood & tile flooring. Large yard with pool and stamped concrete patio.
\$519,000	Gold River	Maidu Village, gated. Powell 4 br, 2 ba. Pool, spa, greenbelt parkway yard. New roof.
SOLD!	Gold River	The Classics built by Tim Lewis. Previous model home. 3 bedroom with sitting room. Premium parkway location. Gated community.

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JIM PUTHUFF
Computer Consultant

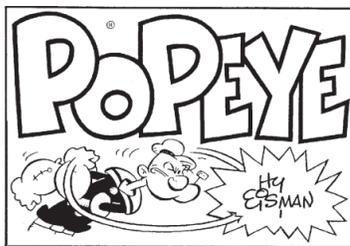
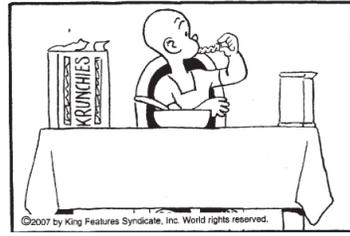
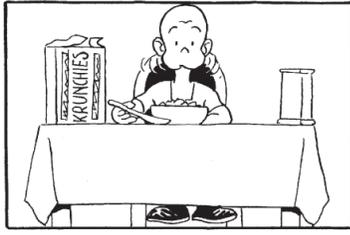
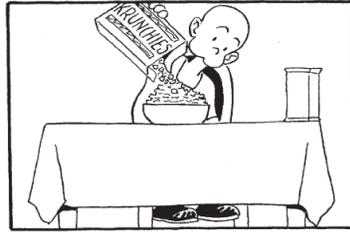
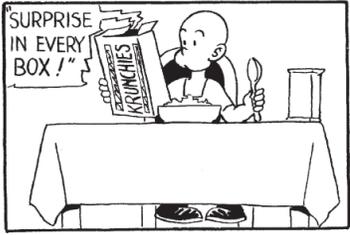
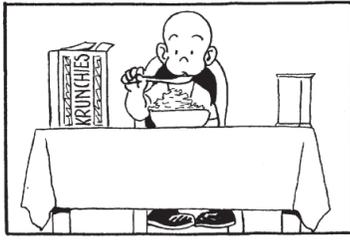
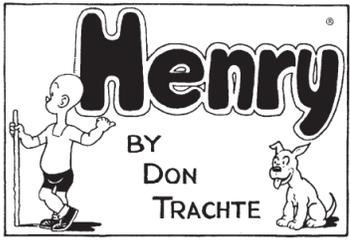
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email: jputhuff@softcom.net

KING Crossword

Answers on Page 7

1	2	3	4	5	6	7	8	9	10	11
12				13			14			
15			16				17			
18						19	20			
		21		22	23		24			
25	26	27		28		29		30	31	32
33			34					35		
36			37					38		
	39	40			41		42			
43	44			45			46	47	48	49
50				51	52	53				
54				55				56		
57				58				59		

- ACROSS**
- 1 Diamond
 - 5 Taxi
 - 8 Pub refreshments
 - 12 Press agent?
 - 13 Dos Passos trilogy
 - 14 Stick in the mud
 - 15 Languid
 - 17 Largest of the seven
 - 18 Pianist-composer Erik
 - 19 Tea Party figure
 - 21 One-on-one battle
 - 24 Conk out
 - 25 Cheat on a test
 - 28 Faction
 - 30 Thanksgiving abbr.
 - 33 Monokini's lack
 - 34 Argonauts' skipper
 - 35 Cain's mother
 - 36 D.C. VIP
 - 37 Anise-flavored liqueur
 - 38 Boast
 - 39 Comic-strip squeal
 - 41 Small combo
 - 43 Toppled
 - 46 Seedy bars
 - 50 Pelvic bones
 - 51 Believer in perfection
 - 54 Hit ABC series
 - 55 Sticky stuff
 - 56 Differently
 - 57 Apportion
 - 58 Coop occupant
 - 59 Profound
- DOWN**
- 1 Rembrandt's creations
 - 2 Met melody
 - 3 Emcee
 - 4 Sloppy
 - 5 Poolroom need
 - 6 Ninny
 - 7 Wild party
 - 8 Cremona craftsman
 - 9 Audience
 - 10 Pennsylvania port
 - 11 Burn somewhat
 - 16 Romanian money
 - 20 Mideast gulf
 - 22 Birthright barterer
 - 23 "Mephisto Waltz" composer
 - 25 "60 Minutes" home
 - 26 Raw rock
 - 27 "Meet the Press" participant
 - 29 Entrance
 - 31 Eggs
 - 32 What couch potatoes do
 - 34 Monologue component
 - 38 Prepared lobster
 - 40 Cheer up
 - 42 Mrs. McKinley
 - 43 Movie
 - 44 Lotion additive
 - 45 Almost here
 - 47 Contemptible
 - 48 Being, to Brutus
 - 49 Dance lesson
 - 52 A female deer
 - 53 A billion years

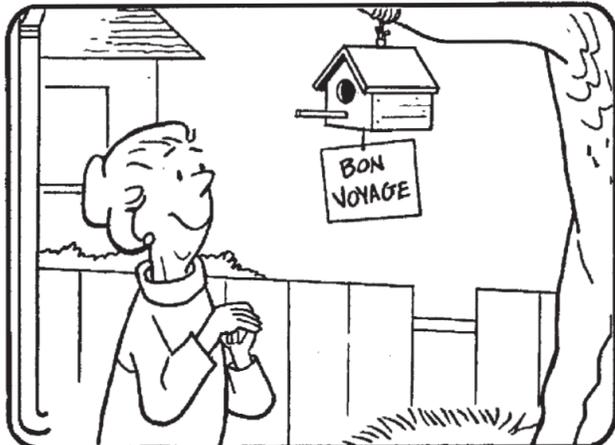
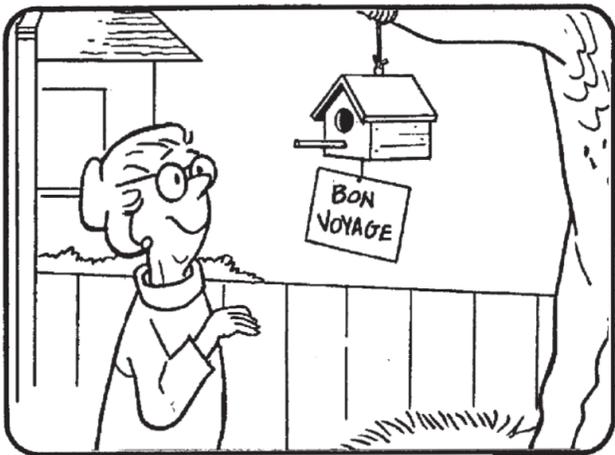


The Spats

by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



FIND AT LEAST 6 DIFFERENCES BETWEEN PANELS.
 Differences: 1. Arm is added. 2. Birdhouse is higher. 3. Sign is moved.
 4. Downspout is added. 5. Glasses are added. 6. Fence is broken.

Trivia test by Fifi Rodriguez

1. ANATOMY: Where is the longest muscle in the human body located?
2. MUSIC: Which rock singer's nickname is "The Boss"?
3. LANGUAGE: Who are the cognoscenti?
4. GEOGRAPHY: Which province of Canada lies directly north of Washington state in the U.S.?
5. LITERATURE: Who coined the phrase "nerd"?
6. MOVIES: Who starred in the film "City Slickers"?
7. NATURAL WORLD: What order in the animal kingdom do sea mammals like manatees belong to?
8. HISTORY: "Baby Doc" Duvalier was dictator of what country before he was overthrown?
9. TELEVISION: In what comedy series did the robot Hymie appear?
10. GENERAL KNOWLEDGE: Who was Gumby's sidekick in the animated series?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging
 ★★★ HOO BOY!

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MAGIC MAZE — FOX

W G C V Z V S P L I E B Y V R
 O L N I I F C Z J W T Q F N K
 I F C I Z C R L A W U R I P M
 J H E C T Z E X U S S R R Q N
 L J G E C A D N A C A S E Z X
 V 2 0 T H C E N T U R Y V R T
 R P N C U L S B J E C H L E B
 C A I Y W O E E A V T T I S R
 P M N L K I R G M R I E S T C
 B Z X W U S T R A A C I V I V
 P O M L J I G E D B J A Y K X

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

- 20th Century
- Arctic
- Br'er
- Crab-eating
- Fire
- James
- Kit
- Michael J.
- Out
- Red
- Sac and
- Silver
- Sly as a
- Vicente
- Vivica A.

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All Answers on Page 7

Contract Bridge

POP GOES THE WEASEL

South dealer.
 North-South vulnerable.

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

The bidding:
 South West North East
 1 NT Pass 3 NT All Pass
 Opening lead — four of diamonds.

There are plays that are difficult for a declarer to make because they run completely contrary to standard procedure. But bridge being the kind of game it is, there is room for an occasional deviation from the norm — especially when logic indicates that the deviation has everything to gain and nothing to lose.

Take this case where West led the four of diamonds against three notrump, and East won with the king. East returned the diamond nine, cov-

ered by declarer with the queen, whereupon West made the eminently correct play of the three.

West's only hope was that East would later gain the lead and return a third diamond before declarer could score nine tricks. East's return of the nine indicated he did not have four diamonds originally, as in that case he would have returned his original fourth-best diamond. Declarer's most likely diamond holding, therefore, was Q-J-x-x.

Lacking a ninth trick, South now tried a club finesse. East won with the king and returned a diamond, and the contract went down one.

The excellent defense notwithstanding, declarer did himself in at trick two when he covered East's nine of diamonds with the queen. Instead, he should have played his eight on the nine! This maneuver would have thoroughly discombobulated the defense. Another diamond lead by East would have given the defenders their third trick, and East's king of clubs would subsequently have scored their final trick.

From declarer's viewpoint, the diamond duck at trick two guarantees three notrump regardless of whether West started with four, five or six diamonds. The hard part is to think of it before the queen or jack pops out of declarer's hand.

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by Steve Becker



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Long Term Care Insurance for the Price of a Latte?

I know it's hard to believe, but it's a real possibility. Once of the most common misconceptions about long-term care insurance (LTCI) is that it's too expensive.

The truth is, LTCI is one of the most viable investments you can make. For around \$6.00 per day you may qualify for a daily benefit of about \$170.00! Where else can you get a better return on your investment?

Think it can't be so? I recently priced a comprehensive long-term care policy (one that provides a continuum of care (your home, assisted living, adult day care, skilled facility, hospice care) for a 56 year old single female.

The policy was for a California Partnership Plan (I'll explain more about this plan in a future column) with a top rated carrier. The plan components included a 3 year Benefit Period (which can actually run much longer, depending upon how often you dip into your "pool of money"), \$170 Daily Benefit Amount (100% of which is available for home and community care), with Compound Inflation Protection, and a 90 Day Elimination Period (similar to a deductible period).

The result? A pool of money equal to \$186,150 (which grows at 5% annually)—the full amount of which is available upon underwriting approval and policy delivery.

The math is simple. Annual premium of \$2038.42 divided by 365 days = Daily charge of \$5.58! Less than a latte grande!

Would you pay \$2,000 for

return of almost \$200,000? I find that most folks would, once they understand the policy benefits, and the risk of doing nothing.

Think for a minute what you would do if you were severely injured in an accident. Maybe you were riding that Harley a little too fast around the curves. Or maybe that first try at hang-gliding gave you a nasty surprise.

The point is, accidents happen, anytime, anywhere. Remember Christopher Reeve? He couldn't have foreseen the riding accident that would leave him paralyzed.

And disease can hit us out of the blue too. Michael J. Fox had to reinvent his life due to Parkinson's Disease.

It's called life, and it just happens. Would it surprise you to learn that over 40% of the long-term care population is under the age of 65?

So just what do you get for your investment? Probably more than you imagined. After all, the whole concept of long-term care insurance is to provide you with the level of care you need in the environment you choose.

Typical benefits for a comprehensive long-term care insurance policy include:

- Care in your home, a Residential Care Community, Nursing Facility, Adult Day Care, or Hospice Facility
- Home & Community Care services performed by a nurses, therapists, or home health aides
- Help with personal care services such as help with bathing, dressing, walking, etc.

- Funds for emergency response systems and durable medical equipment
- Care Management Services
- Caregiver Training Benefits

One of my favorite, but not often touted, benefits is Care Coordination. When you need care, chances are you'll need the services of a variety skilled professionals. In addition to your primary care physician, you may need therapists, specialists, and someone to assist you in your home with your personal needs. Juggling the schedules of all of those providers can prove to be a full time job. How comforting it would be to know that a trained professional will take that responsibility off of your hands.

Your policy benefits are triggered when you: (1) need assistance with at least 2 of the Activities of Daily Living (ADL's): bathing, dressing, eating, transferring, toileting, continence; or (2) you suffer from a severe cognitive impairment.

One of aspects of long-term care insurance that I find appealing is the ability to modify your coverage. Maybe those stock options really paid off. Think about extending your coverage. Downsized? If needed, you can decrease your benefits (although I wouldn't recommend it unless the cost of the premium negatively impacted your day-to-day living).

Here's two more reasons to consider long-term care insurance: once you're accepted for coverage, your policy can't be cancelled if your health changes and premiums can't increase due to aging, health changes or change in marital status.

And, of course, there are policy discounts. There's a discount for many situations including: healthy applicants, married couples, domestic partners, and groups (I'll address group benefits another day).

Still not convinced to act? Bill Gates and Warren Buffet chose to transfer the risk of long-term care costs by purchasing long-term care insurance. That's good enough for me.

New Citrus Heights Chamber President Installed

Mike Sides, of Sides, Ferkovich & Risenhoover, LLC Financial Services, pictured here with his wife LeAnn, was installed as the incoming President of the Citrus Heights Chamber of Commerce for 2007 on January 20th. The event, "Classic Hollywood Nights," was held at the Holiday Inn on Date Avenue at I-80, and was attended by many Chamber members, dignitaries and supporters.



WALMART Grand Opening



Citrus Heights' first Wal-Mart celebrated its grand opening with a special ceremony and ceremonial ribbon-cutting on

Monday, January 22nd, before opening its doors at 7:30 a.m. Many Citrus Heights Chamber of Commerce

members appeared to show their support.

As part of Wal-Mart's continuing support of military families, Operation Homefront's Sacramento chapter was on-hand to participate in the grand opening ceremony. They had tents and tables set up in front of the store, along with a HUM-V and new National Guard military fire truck to exhibit to the public.

The new Wal-Mart is located at 7010 Auburn Boulevard, Citrus Heights.

Historical Settlement Agreement Signed for SMUD Project



Significant step in renewing license for power plants serving Sacramento

After more than five years of research, study and negotiation, SMUD and representatives from about 17 organizations endorsed a settlement agreement regarding how SMUD will run its hydroelectric power plants on the upper American River for the next 30 to 50 years.

This marks a critical step in the process to relicense the plants that provide nearly 15 percent of Sacramento's electricity needs. "This agreement strikes a very good balance for everyone," said SMUD Assistant General Manager Jim Shetler. "The great thing is that the parties were able to put it together at the local level so that it meets the interests of the community."

SMUD is applying to renew its operating license which is set to expire in July. As part of the relicensing process utilities meet with agencies and residents that may be impacted by the power plants and reach agreement on operations of the plants during the next license period.

The relicensing agreement calls for, among other things:

- Higher streamflow releases to protect and enhance habitat for fish, frogs and other aquatic species.
- Upgrades to existing recreational facilities and construction of new

recreational facilities located near the reservoirs and power facilities, estimated to cost more than \$20 million.

- \$1.3 million annual commitment to recreation operation & maintenance funding.
- Regularly scheduled whitewater boating releases in two additional areas and guaranteed flows for whitewater boating below Chili Bar Reservoir year round in all years.
- Flexible operations to meet power needs especially during the critical summer months.
- The ability to use the UARP to respond to electric system emergencies and summertime peaking capacity.
- Construction of the Iowa Hill Pumped-Storage Development.

The agreement was signed by representatives of state and federal resource agencies, environmental interests, recreational proponents and private citizens who participated in the collaborative process. The agreement and the process that lead to it were praised as delivering a plan that reflects cooperation between the groups and a responsible stewardship of natural resources that balances environmental, recreational, and power generation

interests.

SMUD's Upper American River Project, consisting of 11 reservoirs and eight powerhouses, generates enough electricity to meet nearly 15 percent of SMUD's customer demand. The operation and maintenance of the many UARP project facilities are regulated under a license granted to SMUD by the Federal Energy Regulatory Commission (FERC).

The relicensing process for the UARP was prompted by the expiration of SMUD's first 50-year license, which was granted in 1957.

The finalized agreement will be filed with the FERC on February 1, 2007. FERC is expected to rule on SMUD's request for a new operating license for the hydroelectric project by early 2008. The final agreement covers relicensing of SMUD's 688-megawatt hydroelectric project as well as Pacific Gas & Electric Co.'s (PG&E) Chili Bar hydroelectric project. SMUD negotiated the settlement in concert with three separate but related agreements, one each with PG&E, the federal Bureau of Land Management and the California Department of Parks and Recreation. SMUD previously reached a settlement with El Dorado County interests.

River Cats to Host Job Fairs at Raley Field

WEST SACRAMENTO, Calif. – The Sacramento River Cats announced today that they will hold three (3) Job Fairs at Raley Field to recruit event employees for the upcoming baseball season. The Job Fairs will be held at Raley Field on February 3rd, 10th and 17th from 11 a.m. to 3 p.m.

Between the River Cats and Centerplate (concessions), more than 300 positions are available at Raley Field. Walk-in applications will be accepted at the Job Fair -- all applicants must be at least 18 years of age. Information regarding event positions is available online at www.rivercats.com or by calling the River Cats' Job Hotline at 916-376-4783.

The following is a partial list of positions available at Raley Field:

- Ushers
- EMTs
- Warehouse Workers
- Concessions Supervisors
- Kids Corner Attendants
- Crowd Managers
- Building Security
- Stand Workers
- Parking Attendants
- Grounds Crew
- Internships
- Culinary Workers
- Ticket Office
- Stadium Operations
- Promotions Crew
- In-Seat Servers
- Suites & Catering
- Parking Cashiers
- On Deck Shop Attendants

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.

Sylvan Middle School Update

An open letter to the Citrus Heights Community,

My name is Jim Shoemake and I am in the middle of my 3rd year as principal at Sylvan Middle School. I have been a teacher and Vice Principal at San Juan High School for the previous 10 years. I have been involved with the Citrus Heights Chamber of Commerce Education Committee, I am an Honorary member of the Citrus Heights Rotary Club, and have worked well with the Citrus Heights City Leaders, Lion's Club, and other groups within the City of Citrus Heights. I look forward to continuing and strengthening these relationships while I'm at Sylvan. I wanted you to know how impressed I continue to be with the improvements

and growth we are making at Sylvan Middle School. Every conversation I have had with individual teachers and our support staff has demonstrated to me that the entire school staff is committed to our student's growth and learning. I'm excited about our "Sylvan" team, and to be in Citrus Heights!

I am proud to report some successes from the 2005-2006 school year:

1. For the second year in a row our school's academic test scores went up, 11 points this year and 27 points last year. In the last two years Sylvan Middle Schools Test Scores have grown more than any other middle school in SJUSD.
2. In 2004-2005 we applied for

and received a \$500,000.00 competitive Technology Grant. We were one of three schools in Northern California that were awarded the grant (hundreds applied). We had a great implementation of the grant and earned a National Award of Distinction for our program. Our year-one success led to Sylvan being awarded year-two funding in excess of \$50,000.00.

3. Our school was featured on Channel 10 last year for being exceptional at reducing "bullying" on campus.

4. Our student discipline referral rates are down so far this year compared to last year—meaning more kids are in class learning!

5. To learn more about Sylvan, visit us at <http://www.sanjuan.edu/schools/>

I am committed to improving our site and the quality of students and Citrus Heights citizens we produce!

I am also committed to working with the local business community in a win-win format.

I want to offer a special Thank You to the many local companies who have partnered and contributed to Sylvan's success this past year. If you would like to become more involved at Sylvan, or simply want to provide a donation to the school (I'd be thrilled to

"Thank You" on our marquee), please contact me at #971-7873 or at jshoemake@sanjuan.edu. I look forward to working with you in 2007.

Sincerely,
Jim Shoemake, Principal,
Sylvan Middle School



Dog Park Dissenter

DEAR PAW'S CORNER: "Frustrated" complained that there are more and more restrictions on where dogs are permitted, and that she is having a hard time finding places to take her dog to play. You replied that "Pets are part of our communities and their needs should be considered, including a clean, safe place to play off-leash and socialize."

I disagree. If I choose to own an animal, it is my responsibility to ensure that my pet's needs are met. If I choose to have a horse, I do not expect my neighbors to provide pasture or riding

trails. Likewise, it is not my responsibility to ensure that my neighbor's dog has a place to run.

Our city has a leash law, which dog owners typically ignore at the beach and other parks. I object to having animal feces, which is often not entirely removed by even the few conscientious people, where small children will be playing. I also object to stepping in piles left in my yard by my neighbor's cats (my cat stays safely indoors).

Children are part of our communities and their needs should be considered when providing clean, safe places to play. Pets are not children.

Potential owners need to consider how they will provide for the needs of their animals when choosing pets, and find appropriate homes for those they cannot care

for. -- Pip's Happy Human (also in the Northeast)

DEAR READER: I received many responses to my column on dog parks, but yours presented some food for thought. Just how much allowance should communities make for pets outdoors? Are pets a part of our communities? Why should non-pet owners accommodate pets in public spaces?

While I am personally in favor of dog parks and feel that they can be implemented and managed in a cost-effective way, it's important to consider the opinions and concerns of every community member. Thank you for writing in.

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

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Citrus Heights Partners with The Salvation Army to Help 100+ Less-fortunate Families



The City of Citrus Heights and the Citrus Heights Police

Department partnered with The Salvation Army during the 2006 Holiday season to provide food and toy assistance to close to 100 less-fortunate families. This effort would not have been possible without dedicated volunteers and toy/food donations from

the local community.

Over the period of one month, a team of Citrus Heights Police Department volunteers interviewed low-income families, who were required to meet certain income guidelines and supply proof of wages, dependents, and residence. Once qualified, the families were entered into The Salvation Army's database

for the toy sorting and food box assembly process.

Then on Thursday, December 21st, the families came to the Citrus Heights City Hall complex where they received their bags of toys and food boxes. The food boxes contained enough food for approximately 2-3 meals. The toy bags were loaded with toys for children ages 14 and under. Plus, the City and PD adopted five families (based on need) and personally delivered their toys and food boxes to their homes. Led by Police Chief Christopher Boyd and Commander Mark Boettger, the convoy of PD vehicles gave Santa and his reindeer a break and delivered much-needed holiday cheer

Paw's Corner sponsored by Gold River Pet Hospital



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Solid Waste Advisory Committee Applications Due February 28

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

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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

Womens Wedding Set 14kt White Gold Engmnt Ring + band Center Mount .25 cts Diamond w/ round ideal cut .5 cts on either side. Band w/ three .5 cts. Size 5 1/4. \$300 OBO Call to see 821-7328 or 638-7885 Ask for Shawn or Athena.

HELP WANTED

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

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

HOMES FOR RENT

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

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The Major Mistakes Doctors Often Make...with Your Health



Dr. Bill Bollinger,
Discover Chiropractic,
Family Wellness Center

an adequate physical examination
· Incorrect interpretation of tests

The leading factors that contributed to errors included failures in judgment, vigilance, memory, knowledge, patient-related factors or handoffs.

Commentators on the study have said that physicians need to err on the side of caution when it comes to diagnostic tests, detailed records and follow-up. Others have said that the research shows that doctors need more help in making decisions, whether from better electronic records, better evaluation techniques, or more use of nurse practitioners to ensure follow-up.

Source: Annals of Internal Medicine: October 3, 2006, 145(7): 488-496

Clever manipulation of the official government death rates conceals the fact that the conventional medical system, not heart disease or cancer, is the leading cause of death in the country. Yet, in all fairness, physicians themselves are not the primary reason as they are under the pernicious

influence of the multi-billion-dollar marketing umbrella of the drug companies. Largely because of their influence, which is solely focused on selling more drugs and making more money, rather than actually curing patients, the conventional medical paradigm is fatally flawed.

But there is a single silver lining, as studies like the one above underscore without a doubt that patients must take better responsibility for their own health, especially when they rely on the fatally flawed excuse that passes for conventional health care in America. As a chiropractic patient, you are already taking a giant step toward better health for you and your family. Congratulations! Not yet a patient? Call our office for a checkup to see if you can benefit from chiropractic care. Practicing Chiropractic for close to ten years I have coached thousands of patients of all ages to take full responsibility for their health. Call us at Discover Chiropractic for your own wellness checkup. 729.7733

Not yet a patient? Call our office for a checkup to see if you can benefit from chiropractic care. Practicing Chiropractic for close to ten years I have coached thousands of patients of all ages to take full responsibility for their health. Call us at Discover Chiropractic for your own wellness checkup. 729.7733

Errors made by doctors in office settings play a role in almost 60 percent of situations where patients are injured by missed or delayed diagnoses, according to a study published in the Annals of Internal Medicine.

An examination of more than 300 medical malpractice claims revealed that 181 involved diagnostic errors, most involved cancer of one type or another, and 30 percent concerned situations that led to the death of the patient.

Mistakes by doctors included:

- Failure to order appropriate diagnostic tests
- Failure to create a proper follow-up plan
- Not obtaining an adequate patient history
- Not performing

February is "Healthy Heart Month" and we have a **FREE TO THE PUBLIC** Lecture on The **BENEFITS OF CARDIO EXERCISE**; heart health, depression, fitness and a better night's sleep. **SATURDAY, February 17th.**
Reserve your seat now! 916.729.7733



Firefighter Live Demonstrations and Safety Event

What: Firefighter Live Demonstrations and Safety Information

When: Saturday, February 17, 11:00 a.m. to 2:00 p.m.

Where: Sunrise Mall Parking Lot, Citrus Heights

Cost: Free to the public. Event is held weather permitting.

Contact: Firefighters Burn Institute, 916/739-8525

On Saturday, February 17th, from 11:00 a.m. to 2:00 p.m. firefighters, local hospitals and the Firefighters Burn Institute will host a Fire Demonstration and Safety Information Fair in the Sunrise Mall parking lot. Held in conjunction with the Firefighters "Fill the Boot for Burns" Boot Drive, the event is free to the public. The event will be held weather permitting.

The event and all activities are free to the public and include firefighter demonstrations, rope descents from a fire truck, a Reach helicopter landing, firefighters performing vehicle extrications, displays of vintage fire fighting equipment, the Shiners clowns, mascots, face painting and much more!

Free giveaways include smoke detectors, coloring books, pencils, pins, badges, stickers, decals, key chains and safety literature. T-shirts, sweatshirts, pins, hats and charms will be available for sale. Proceeds will benefit the Firefighters Burn Institute.

Event Schedule

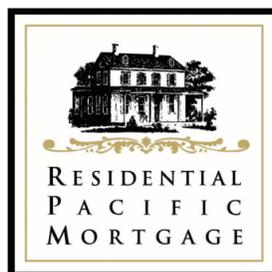
11:00 a.m. Vehicle Extrication Demonstration by Firefighters

Noon Firefighter Rope Rappel from Fire Truck Ladder

1:00 p.m. Vehicle Extrication Demonstration by Firefighters

1:30 p.m. REACH Helicopter Landing

For additional information contact the Firefighters Burn Institute at 916/739-8525.



THE MORTGAGE MANAGER



I was listening to the radio last week when someone in their commercial told me that rates are the lowest they had been in days. In fact, rates are as high as they were in November of last year. Can you say: "Irresponsible?" I sent the radio station a rather "wasted my time with the bother" e-mail voicing my displeasure. What I heard in that commercial was the reason this industry truly deserves its reputation.

The other commercial that makes me cringe is the one that tells you to hurry and do something about your mortgage that is getting ready to adjust, because rates are going up and you better hurry to get it done. I call this "Panic Selling," but it does make their phones ring.

There are a lot of very successful people in this business that do no advertising at all, and are very busy. They have a business model know as "Relationship Driven." The name implies exactly what it is, relationship driven as they make friends with all of their clients, and in turn those clients return time and again to use the same person for a mortgage. But it doesn't stop there, those clients also tell their family and friends about that particular mortgage professional that did a great job, had wonderful customer service, and even followed up after they had moved into the new home, or had enjoyed the new mortgage.

I do understand that there are businesses that will only do one loan for someone and then move on, and enjoy this business model. These businesses usually do mailers to your home and actually do a good job and have good customer service. But let me ask a question here: Would you like to work with someone who is only interested in one loan, regardless of who you are and what your financial goals are? Or would rather work with someone who will take the time to engage you in conversation and find out what your financial goals are, and do their best to help you reach those goals. Inviting a Certified Public Accountant and a Certified Financial Planner into the process is a wonderful idea. If you can find a mortgage professional who works like that, they are worth their weight in gold. Hopefully they are not too overweight, or that might make it a bit of a stretch.

You can reach Ed Wacaster at 916-677-0996 or EWacaster@RPM-Mortgage.com



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.

