



M Citrus Heights Messenger

“Written by the people, for the people”

Volume 3 Issue 6

Serving the City of Citrus Heights and Sacramento County

Second Edition for March 2013

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An Army of Angels



Founder Kathleen Moore (front, seated), and Marc Klaas will be leading a local “Army of Angels” along with the Citrus Heights Police Department on the final weekend of March as part of National Child Abuse Prevention Month. Photo courtesy of Army of Angels

By Elise Spleiss

SACRAMENTO REGION, CA- (MPG) An Army of Angels will descend upon the Sacramento area on Saturday and Sunday, March 30 and 31 to kick-off their 50-state campaign to promote abuse prevention awareness and action as part of National Child Abuse Prevention Month (NCAPM).

Centered at the Sunrise Event Center, 11167 Trade Center Drive, Rancho Cordova, the weekend marks the 20th anniversary of this campaign. A VIP reception for partners and volunteers will take place at the Center from 6 p.m. to 9

p.m. with appetizers, wine and a silent auction.

A fun family event follows on Saturday from 11:00 a.m. to 3:00 p.m., complete with a big red fire engine, bounce house, sheriff’s cars for kids to explore, and Harley-Davidson motorcycles they can sit and have their picture taken on. The Citrus Heights Police Department, among other local police forces will be out in force to meet and greet participants. Over 1,000 people are expected to turn out for the day.

In 1983 Congress designated April as National Child Abuse Prevention Month. Four activities are planned for the kick-off

to this month which focuses on finding new ways continue to build a society whose priority is to protect its children.

The stories of children lost to domestic violence, neglect, and exploitation and violent crimes against children are sad but they have left the survivors with an unrelenting resolve to do whatever they can to prevent this from happening to another child.

Army of Angels, an international coalition of child advocates that work together to eliminate crimes against children, is the producer of the event. AOA was founded by Kathleen Moore, a former

social worker who jumped into non-traditional marketing, spreading the message that the fight to protect our children will never end. Moore is mom to four birth children, and six adopted children, ages 6 to 29 years. She home schools the six still at home. An abuse survivor herself, she knew she could better use her experience and talents to help those who have been touched by tragedy, and help keep others safe from predators of all kinds.

Entertainment planned for the Saturday Rally includes a DJ, Old Time Fiddlers, a local Rap & Hip Hop enthusiast,
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Gems, Jewelry, Fossils, Minerals and More

SACRAMENTO, CA – MPG Northern California’s largest Gem and Mineral Show is coming to the area. This fun family event, with educational activities for kids and scouts, is a full day of something intriguing for everyone!

The event is newly expanded this year, with over 45 vendors in four buildings, plus outside vendors and activities, featuring: crystals, beads, gemstones, and gold panning where you can take home real gold! There will be meteorites, fossils, and for the kids, an “Education Station” expanded by popular demand, and an interactive educational area.

This Gem Show brings the museum to you, with over 35 unique exhibits. The show also features polished stones, jade, opal, world-class mineral specimens, tourmaline, gold, and petrified wood. You will find everything you need to assemble your own jewelry. Attendees can watch demonstrations in the arts. You can also bid on silent auction items.

This is a high energy, diverse show that will have you busy the entire day. It serves as a great introductory experience to the world of collecting rocks, crystals, and more, while enjoying the great outdoors.

General Admission \$6.00, Seniors 60+ \$5.00, Kids - 12 and under Free. Grab a discount coupon on their website: <http://www.rockrollers.com/show.html>. There event has free parking available. Fabulous food is available.

RockRollers is a non-profit (501C). This is their annual fund-raising show that supports our education center. Event Dates: 3/23 & 24/2013. Location: Roseville (Placer County) Fairgrounds, 800 All America City Blvd (off Washington), Roseville. Event Time: Saturday - March 23 - 10am-5pm / Sunday - March 24 - 10am-4pm

History Comes Alive For Students And Visitors at Sacramento County History Day Experience

By Elises Spleiss

SACRAMENTO COUNTY, CA- (MPG) History is NOT dead. It became very much alive for a day thanks to over 300 students from all corners of Sacramento County who participated in this year’s Sacramento County History Day Experience at Inderkum High School in Sacramento on March 9.

The theme for 2013, Turning Points in History: People, Ideas, Events inspired students from 22 schools to spend the last six months researching and writing historical papers, creating exhibits, and constructing 2-dimensional displays. They produced interactive websites, made documentaries, and wrote and rehearsed live performances to illustrate their chosen topic depicting this year’s theme. All categories included Individual and Group entries.

The local event is associated with National History Day, which is a year-long educational program that encourages elementary,

middle and high school students to explore local, state, national and world history.

Armed with invaluable information from the National History Chair, Adrienne Pritchard, on how to choose their topic, and very specific rules that must be followed precisely, students were ready to do their research, then design and create their project. History Day coaches and advisors provided guidance throughout the process, but projects were to be entirely the work of the student, with only minimal direction from teachers or family members.

Levels of competition were Elementary (Gr. 4 & 5), Junior (Gr. 6–8), and Senior (Gr. 9–12).

The results of these contestants’ hard work were inspiring on all levels, but not only regarding history. They learned much more than the historical significance of their topic, which was 60% of their evaluation.

According to Tim Herrera, Communications Director for the Sacramento County Office of Education, “the program helps

students develop problem-solving skills, oral and written communication and presentation skills, self-esteem and confidence, and a sense of responsibility for and involvement in the democratic process.”

Late Saturday afternoon, after hundreds of hours of blood, sweat and very possibly tears spent by contestants in the creation of their masterpieces, family and friends were at last allowed to enter the main gym and peruse the many displays and exhibits.

Documentaries viewed in the theatre included turning points of the Transcontinental Railroad, the Atomic Bomb, and the British Music Invasion. Guests also enjoyed dramas including depictions of The Battle of Saratoga, the life of Cesar Chavez, and the California Women’s Suffrage movement.

Thirty-five 2-dimensional displays (4th & 5th grade), and 45 Junior and Senior level exhibits illustrated historical turning points in education, medicine,
Continued on Page 12



Starr Anderson, Mills Middle School in Rancho Cordova, shows ‘She Did It’ with her award winning exhibit, ‘Rosie the Riveter and the Women’s Rights Movement’ She will advance to the History Day State competition in Sacramento in April. Photo credit Elise Spleiss

Polly Plastic: “She’s So Fake”

You can learn more about Lundquist and both of her books at <http://jennylundquist.com/>

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Citrus Heights Introduces New ED Support Program

CITRUS HEIGHTS, CA – (MPG) In the City's continuing effort to promote business development and economic development, the Citrus Heights City Council approved guidelines for the Economic Development Support Fund, Part I and II on March 14, 2013. Part I of the program will provide grants and sponsorships to businesses, business associations, economic-development related organizations or efforts that meet the program goals. Funds for this program will be approved with the Fiscal Year 2013-2014 City budget.

In order to have funds available beginning July 1st, the City is now soliciting applications for the Economic Development Support Program (Part I) starting today. Applications will be due on Friday, March 29th by 4:00 p.m. Applications for Part

II of the Economic Development Support Fund, grants for design assistance and sign improvements, will be accepted on a rolling basis starting July 1st.

The Economic Development Support Program (Part I) provides grants or sponsorships for events, marketing and promotions, studies to further economic development and other economic development-related activities that promote the following program goals:

Increase job base, Increase tax base, Attract new shoppers/expand trade zone, Promote/market a specific commercial areas/City, Create or enhance a sense of place, Improve aesthetics of a commercial area, Improve the perception and/or practice of City as business friendly.

After applications are received on March 29th, staff will review the applications, verify all

back-up documentation and prepare funding recommendations based on the program criteria. Staff will then meet with the Finance Committee who will review the applications and make a recommendation to City Council. A City Council Study Session has been scheduled for May 9th to review the funding recommendations, and City Council will approve the grants on Thursday, May 23rd.

All information regarding the programs, including guidelines and application, can be found on the program webpage here. In addition, please share this information with others that may be interested in this program. If you have any questions, please contact Devon Rodriguez, Development Specialist, at drodriguez@citrusheights.net or (916) 727-4745.

Source: City of Citrus Heights

Citrus Heights 14-Mile House Now a California Point of Historical Interest



By Elise Spleiss

SACRAMENTO REGION, CA- (MPG) The oldest known wooden structure in Sacramento County sits hidden in plain site at 6540 Auburn Boulevard (Lincoln Highway and Highway 40) in Citrus Heights.

*In May 2012, following 10 years of extensive research and hard work, the 14-Mile House, owned by the Van Maren family, was officially designated, as a California Point of Historical Interest by the California Office of Historic Preservation, and is now listed in the California State Register.

On March 14, 2013 Teena Stern past chair of the Citrus Heights History and Arts Commission, of which Jim was a founding member, made a special presentation to the members of the city council on the history and significance of the site, and it's long line of owners. She also thanked the Citrus Heights Historical Society board of directors for their contribution towards the 14-Mile House point of interest signage.

Four generations of the Van Maren family were special guests, including James "Jim" Van Maren's sister and only remaining sibling, Cat Robinson. Jim Van Maren, grandson of Adolph, the first Van Maren to own the home, passed away November 12, 2012 at the age of 84. He was as vitally active in Citrus Heights as his forefathers, and was crucial to the success of the California dairy and agriculture industries.

Wilma Camilleri Cross, president of the Citrus Heights Historical Society, also expressed gratitude to the Van Maren family for their diligence in preserving the history of the house and in their continued contribution to the life of Citrus Heights.

Dating back to 1849 and known at one point as the North Fork House, the 14 Mile House is the oldest existing wooden structure in Citrus Heights and the third oldest structure overall in Sacramento County. It is the last of over 20 way stations or inns that were built at one-mile intervals along the Sacramento to Auburn Road (now Auburn

Boulevard) in the 1850s. The building served as an inn for the freighting wagon drivers and merchants that hauled goods along Auburn Road from Sacramento to the gold mining communities in the Sierra foothills, until 1863 when the Central Pacific Railroad was completed to transport those goods.

Purchased in 1919 by Adolph Van Maren from Rudolph Lauppe (originally spelled 'Laupie'), with a 220-acre tract of land, four generations of the Van Maren family have lived in the building for over 90 years.

The house is now marked with official historic signage, joining five other sites in Citrus Heights, including San Juan High School, Friends Church, Sylvan Cemetery, Rusch Home, and the old Sylvan School, now the Community Clubhouse.

For in-depth history of Citrus Heights go to citrusheight.net

*Information for this article taken from 2011 research report by Peak and Associates, Inc. and the City of Citrus of Citrus Heights website.

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The Citrus Heights Chamber of Commerce announced their annual winners of the “Best of Citrus Heights” voting at a recent chamber luncheon. There were 69 winners in all, gathering just under 9,000 total votes. You can find the entire list on www.BestofCitrusHeights.org.



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and the Jimmy Rivers Show

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Carol Elbert
(Carol also was recognized as the
Business of the Year at the
Annual City Gala in January)



A Case in Point

The Case of the Dog That Wouldn't Die

By David Graulich, Esq.

This is a tale about a dog named Prince. The story begins tragically, takes an inspiring twist, and then turns surreal.

Marjorie Fredeen lived in Portland, Oregon. In December 1969, Fredeen noticed that her German Shepherd dog, Prince, was limping. Prince had been shot in the right hind leg under unknown circumstances – possibly while chasing sheep. Fredeen took Prince to a Portland veterinarian, Dr. Richard L. Stride, where she learned that surgery would cost between \$150 to \$300 (up to about \$1,800 in today's dollars). Moreover, Dr. Stride wasn't sure if the dog would recover.

It was an awful situation. Prince was in extreme pain, and Fredeen could not afford surgery. With a broken heart, Fredeen consented to have Prince put to sleep, left a payment of \$10 towards that purpose, and went home.

But wait — the story brightens. Because it was the weekend, the euthanasia was scheduled for Monday morning. Over the weekend, two young kennels helpers, Darold Berube and Gimmie Vance, fell in love with Prince. On Monday morning, they begged Dr. Stride to let them try to nurse Prince back to health and find a home for him. Dr. Stride agreed.

During the next two weeks, Prince made an amazing recovery from his injury, without surgery. Maybelle MacDonald of Portland, an acquaintance of Gimmie Vance's mother, learned that the dog was available and offered to adopt him. MacDonald took Prince to her son's home in the small rural town of Scappoose, Oregon. MacDonald paid nothing to Dr. Stride, other

than the charge for a rabies shot. All that MacDonald knew about Prince was that he had been injured and was available for adoption – she wasn't told about Prince's previous owner.

About six months later, MacDonald received a visit in Portland from her son and family, including Prince. They were all walking in their neighborhood when they were seen by someone who, coincidentally, lived in the same Portland neighborhood: Marjorie Fredeen.

MacDonald was now confronted by an agitated stranger who insisted that the MacDonald family dog wasn't really the MacDonald family dog, but her dog, the same German Shepherd who was supposed to have died six months ago.

Fredeen called Dr. Stride, who admitted that Prince was alive. Fredeen sued Dr. Stride and MacDonald for mental anguish, “genuine emotional damage caused by aggravated conduct on the part of the defendant.”

The case went before the Supreme Court of Oregon in 1974. The justices dismissed the charges against MacDonald: “Her motivation under the circumstances was entirely benevolent.” The remaining question was whether Dr. Stride was liable for inflicting mental anguish on Fredeen.

Fredeen testified that she had nightmares because she thought the dog had been put to sleep. She said that even after learning that Prince was alive, her torment continued: “I knew that the dog knew my children and that they must be living nearby. And I knew if he found out exactly where they were living, the children would go over and try to get the dog to come to us and

that there would be all kinds of troubles. The dog would try to get away and get hurt.”

Dr. Stride said that he merely did what he thought was best for Prince. As to which of the two women should own the dog, he said, “That's between the two of you.”

What did the Court decide?

The Oregon Supreme Court ruled in favor of Marjorie Fredeen. “A veterinarian should not give a client's dog to a third person without the consent of the owner.” The Court further said, “We conclude that there is evidence to support the jury's verdict of damages for mental anguish against defendant Stride.”

Dr. Stride was ordered to pay Fredeen \$4,000 in damages. Alas, the court decision does not say what ultimately happened to Prince, and which household he lived with.

Do you think the Oregon Supreme Court got it right? Did Dr. Stride have an obligation to return Prince to Fredeen? Or did Fredeen forfeit her property right once she paid \$10 and agreed to have Prince euthanized? Send me an email with your opinion, and I'll devote a future column to your responses.

David Graulich, Esq. is an attorney with the Law Office of Jeffrey D. Fulton in Sacramento. David can be contacted at (916) 993-4900 or dgraulich@jful-tonlaw.com. He is available to speak to community groups at no charge. This column is not intended as an offer of legal advice. Contact a qualified attorney to obtain advice with respect to any particular issue or problem.

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16. On pins and needles
17. Bottom line
18. Isabel Allende's "Portrait in ____"
19. "Say ____ to winter and hello to spring
21. "Celebrated saint
23. One of peeps
24. Cobbler's concern
25. Mudbath site
28. Cellist great
30. "The ____ Spring, led by Alexander Dubcek
35. Snaky swimmers
37. "Daffodil or tulip, originally
39. Yuletides
40. Competitive advantage

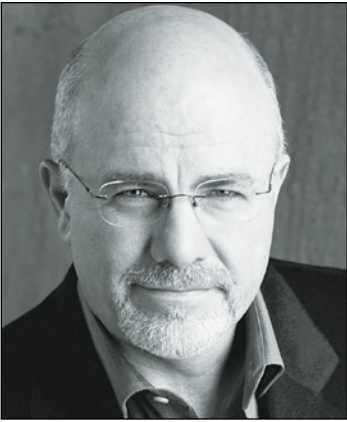
41. Skedaddle
43. Profit
44. REM picture
46. Fuzzy fruit
47. Second-most traded currency in world
48. Kinda
50. One who speaks a Slavic language
52. OB-GYN test
53. Boor
55. "These sox train in spring
57. "Precedes May flowers
61. Okinawa martial arts
64. Great reviews
65. Lawyer group
67. She turned to stone
69. Amber ____
70. "Family ____"
71. Ar, atomic number 18
72. Homework to a student
73. a.k.a. Tokyo
74. City on Rhone River

DOWN

1. "Harper Valley ____"
2. Sign of engagement
3. A fan of
4. Famous for his fables
5. "Dance-around-the-pole holiday
6. ____ button from Staples
7. 1918 pandemic, e.g.
8. Dancer's beat
9. Maple, to a botanist
10. Brazilian indigenous people
11. Relating to the ear
12. Reach a high
15. Rearward
20. Splotches
22. European peak
24. Lonely musician?
25. "Garden's beginnings
26. Peter in Spain
27. Tattered Tom's creator
29. Exclamation of disgust
31. First rate
32. "Faster!" to a horse

33. U in UV
34. To impede
36. The Vatican to Catholics, e.g.
38. B in BCS
42. Miss America's topper
45. Harass
49. Either ____ or against
51. "Occurring now
54. Utilization or employment
56. Farm type
57. 32-card game
58. Maui dance
59. Lyric poem, pl.
60. W in W=Fd
61. Boxer's last blow
62. Not for here
63. Jet black
66. "Spring Growth
68. European Nuclear Society

For Solution
See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Can I Motivate My Parents?

Dear Dave,
My parents are close to retirement and very heavily leveraged. Do you have any advice on how I can help motivate them to succeed financially?
- Jack

Dear Jack,
I appreciate your concern for your mom and dad, but I'm not sure you can motivate anyone to do something. Sometimes people don't have motivation because they've lost hope. In turn, it's that sense of hopelessness that keeps them from moving forward. I think in these situations the best you can do is to show them hope. And one of the best ways to do that is to share your own story. You can also examine the numbers with them to show that the light at the end of the tunnel isn't always an oncoming train.
I do this a lot with callers on my radio show. After we look at the pieces of the puzzle together, I might show them how they can pay off \$50,000 of debt in a year's time. Most of these people aren't bankrupt; they're just plain scared. So there's a lot of power in that little word "hope."
Sit down with your parents and let them know how much you love

Dave Says

them and want them to enjoy their retirement. See if you can find out how much income they have versus the amount of debt they've piled up, then begin to formulate a step-by-step plan. Show them how they can begin to get traction and free up their money by living on a budget and getting out of debt. You can even offer to be their counselor or accountability partner.
You want them to be safe and secure in their retirement, and they deserve some dignity after working hard all their lives. So, in my mind, hope is the best thing you can offer. Motivation is a different story. That has to come from within. You can't really motivate the unmotivated.
- Dave

No On Rent-To-Own!

Dear Dave,
What do you think about rent-to-own housing? I'm not sure we're financially ready to buy yet, but we don't like giving money to landlords. Is rent-to-own a wise compromise?
- Mike

Dear Mike
I wouldn't recommend getting

mixed up in a rent-to-own situation. I don't think it's a wise compromise, and it's also the kind of deal that works out well for the landlord, not the buyer.
If you're not financially ready to purchase a house, then you need to get your life in order before you take on a major commitment like becoming a homeowner. Get your debts paid off, get an emergency fund of three to six months of expenses in place, and save up for a down payment of 20 percent. I know it'll take some time and it might be difficult, but that's what I'd recommend.
Buying a home when you're broke, or trying to trick the system with a rent-to-own deal, usually doesn't work. I spent a lot of time in the real estate business, and I still own several properties. I don't do these deals because statistically the majority of people who rent to own never end up owning the property.
Take my advice and go slow, Mike. When you buy a home, you want it to be a blessing, not a burden!
- Dave

*For more financial help, please visit daveramsey.com.

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

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

Business & Service Directory

AFFORDABLE SERVICE

FRIENDLY AFFORDABLE SERVICE
Painting ✓ Small Jobs ✓ Welding
Free Onsite Estimate in Carmichael Area
No JOBS OVER \$500
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(Inside Heirloom Flooring Gallery)

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www.professionalfiduciaryservices.net

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You Name It!
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PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. **LIVING EXPENSES PAID.** Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Florida Agency #100021542 Void in Illinois/New Mexico (NANI)

Announcements

Krista Louise Jones, will now be known as Zayne Louis Jones.

DID YOU KNOW that Ten Million adults tweeted in the past month, while 164 million read a newspaper in print or online in the past week? **ADVERTISE** in 240 California newspapers for one low cost. Your 25 word classified ad will reach over 6 million+ Californians. For brochure call Elizabeth (916) 288-6019 (Cal-SCAN)

Antiques

Old Railroad Items Wanted: lanterns, clocks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-12)

Old Porcelain Signs Wanted: oil & gas, highway, RR, etc. Call (916) 863-2463 (MPG 12-31-12)

Apartments For Rent

NOW ACCEPTING APPLICATIONS Snowcap View Apartments, 3840 Snowcap View Circle, Auburn, CA 95602; 1, 2, & 3 bedroom apts and also apts with special design features for individuals with a disability. Inquire as to the availability of subsidy. Call (530) 885-3281, Mon-Fri 7am to 4pm. TDD# (800) 735-2929. This institution is an equal opportunity provider and employer. **EQUAL HOUSING OPPORTUNITY.** **EQUAL OPPORTUNITY ACCESS.** (MPG 04-30-12)

Auto Buy/Sell

Car Buy-Sell Service Contact JR Enterprises, a Brand New Local Car Buying & Selling Service that guarantees to save you **TIME & MONEY!** Free Consultation www.jrcarconsultant.com

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A-1 DONATE YOUR CAR! Breast Cancer Research Foundation! Most highly rated breast cancer charity in America! Tax Deductible/Fast Free Pick Up. 1- 800-399-6506 www.carsforbreastcancer.org (NANI)

DONATE YOUR CAR to CHILDREN'S CANCER FUND of AMERICA and help end **CHILDHOOD CANCER.** Tax Deductible. Next Day Towing. Receive Vacation Voucher. 7 Days! 1-800-469-8593 (NANI)

DONATE YOUR CAR, truck or boat to Heritage for the Blind. Free 3 Day Vacation. Tax Deductible. Free Towing. All Paperwork Taken Care Of. 888-902-6851. (Cal-SCAN)

DONATE YOUR CAR – Fast Free Towing 24 hr. Response – Tax Deduction. **UNITED BREAST CANCER FOUNDATION.** Providing Free Mammograms & Breast Cancer Info 888-792-1675 (Cal-SCAN)

DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-600-9846 (MB 2013)

Auto for Sale

1970 Chevrolet Chevelle SS 396/350HP, \$7400, bounce34@msn.com / 209-676-5961.

Autos Wanted

CARS/TRUCKS WANTED! Top \$\$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an **INSTANT OFFER.** Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

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"Entrepreneurs Wanted" \$3K to 10K per week. No Selling, No Explaining, No Joke. www.GetRichWithCliff.com **319-450-7504.** (NANI)

Want a change? Need more Money? Take 3 minutes to look at: <http://www.dog-gone-truth.com/2ndtomom/DGT.aspx> (MPG 09-30-12)

Business Services

Many a small thing has been made large by the right kind of advertising – Mark Twain. **ADVERTISE your BUSINESS CARD sized ad** in 140 California newspapers for one low cost. Reach over 3 million+ Californians. Free brochure elizabeth@cnpa.com (916) 288-6019. (Cal-SCAN)

The business that considers itself immune to advertising, finds itself immune to business. **REACH CALIFORNIANS WITH A CLASSIFIED IN ALMOST EVERY COUNTY!** Over 270 newspapers! Combo-California Daily and Weekly Networks. Free Brochures. elizabeth@cnpa.com or (916) 288-6019. (916) 288-6019. (Cal-SCAN)

Cable TV Offer

Bundle & Save on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at less than **\$20/mo.** **CALL NOW!** 800-291-4159 (NANI)

AT&T U-Verse for just \$29/mo! **BUNDLE & SAVE with AT&T Internet+Phone+TV and get a FREE pre-paid Visa Card!** (select plans). **HURRY, CALL NOW!** 800-418-8969 (NANI)

DISH Network. Starting at \$19.99/month PLUS 30 Premium Movie Channels FREE for 3 Months! **SAVE!** & Ask About **SAME DAY** Install-ation! **CALL-888-582-4023** (MB 2013)

Cable/Internet Services

DISH Network. Starting at \$19.99/month (for 12 mos.) & High Speed Internet starting at \$14.95/month (where available.) **SAVE! Ask About SAME DAY** Installation! **CALL NOW!** 1-888-806-7317. (Cal-SCAN)

SAVE on Cable TV-Internet-Digital Phone-Satellite. You've Got A Choice! Options from ALL major service providers. Call us to learn more! **CALL Today.** 888-706-4301. (Cal-SCAN)

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Highspeed Internet EVERYWHERE By Satellite! Speeds up to 12mbps! (200x faster than dial-up.) Starting at \$49.95/mo. **CALL NOW & GO FAST!** 1-888-718-6268. (Cal-SCAN)

Highspeed Internet EVERYWHERE By Satellite! Speeds up to 12mbps! (200x faster than dial-up.) Starting at \$49.95/mo. **CALL NOW & GO FAST!** 1-888-927-0534 (MB 2013)

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Collectors Dept 56 Christmas pieces. Many to choose from. Half Price from original price on box. Still boxed! 916-967-6289. (MPG 1-31-13)

1987 to 2006, large framed pictures of Dale Sr. and Dale Jr., Jeff Gordon, Alan Kulwicki, Ernie Ercord and more. Die Cast Cars 1/24 scale, 1/64 scale. Football cars 1/24 scale features Raiders, 49ers, Cowboys, Packers and more. Pool table lights, large selection of beer mirror signs. Call Tony at 916-708-1889. You've gotta see this collection! (MPG 1-31-13)

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MY COMPUTER WORKS. Computer problems? Viruses, spyware, email, printer issues, bad internet connections–**FIX IT NOW!** Professional, U.S.-based technicians. \$25 off service. Call for immediate help. 1-888-865-0271 (Cal-SCAN)

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Before you list your home, order Free Special Report that reveals what happens to your matrimonial home before, during, and after a divorce. Free recorded message **1-800-213-4205** ID# 1009

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Buried in Credit Card Debt? Over \$10,000? We can get you out of debt quickly and save you thousands of dollars! Call **CREDIT CARD RELIEF** for your free consultation 1-888-505-1183 (MB 2013)

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your **FREE DVD!** Call Now 888-928-0984 (MB 2013)

Ever Consider a Reverse Mortgage? At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your **FREE DVD!** Call Now 888-698-3165. (Cal-SCAN)

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Aspiranet is seeking loving homes for foster children in need. Contact 1-877-380-HERO for info and register for training. aspiranetheroes.org (MPG 04-30-13)

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ATTENTION DIABETICS with Medicare. Get a FREE talking meter and diabetic testing supplies at NO COST, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-816-7716 (MB 2013)

Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call today 1-800-281-3958, for \$10.00 off your first prescription and free shipping. (MB 2013)

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Flooring Sales We are seeking a FT salesperson who will be responsible for all products sold in our flooring showroom. Salesperson will sell out of the showroom & in customer's homes. Prior experience & computer skills are a plus. Must be professional, organized & willing to provide excellent customer service. Must obtain a sales license within 60 days of hire. Please email resume to: htodrean@yahoo.com. Or come in for an application: Heirloom Flooring Gallery 4005 Manzanita Ave #26 Carmichael, CA 95608 (MPG 1-31-13)

District Administrator Carmichael Recreation & Park District. Salary to \$93.156 DOQ Filing Deadline: 03/08/13 Submit a District Application, cover letter and resume with current salary and four work-related references. Resume should reflect size of budget and staff you manage and both years and months of beginning/ending dates of positions held. Forward your materials to: Stuart Satow CPS HR Consulting 241 Lathrop Way, Sacramento, CA 95815 Ph: 916.263.1401 Fx: 916.561.7205 Email: resumes@cps.ca.gov Online Brochure: www.cps.ca.gov/search EOE

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Help Wanted Director of Nursing

Atria at El Camino Gardens is seeking a **Director of Nursing** to join our team in Carmichael, CA. Candidate must be a nurse with at least 3 years of management experience. To apply, please submit your resume to **Mechelle.Porter@atriasenior-living.com**. EOE. (MPG 04-30-13)

Help Wanted Drivers

DRIVERS - Apply Now! 12 Drivers Needed. Top 5% Pay. Class A CDL Required. Call **877-258-8782** www.ad-drivers.com (Cal-SCAN)

DRIVER - Daily or Weekly Pay. \$0.01 increase per mile after 6 and 12 months. \$0.03/mile Enhanced Quarterly Bonus. Requires 3 months OTR experience. 800-414-9569 www.drivекnight.com (Cal-SCAN)

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Help Wanted Medical

Geriatric Home Care Specialists is currently seeking **CNAs, HHAs and Caregivers** willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

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2-5BD Homes PreForeclosures starting @ \$1000/mo! Stop Renting and OWN! Bad Credit OK. Income verification only! Just take over payments! Call 1-866-949-7345 (Cal-SCAN)

Household Services

Iron Lady–Ironing Service. Fast, Efficient, Reasonable. **916-743-8449** (MPG 09-30-12)

Income Tax Preparations

INCOME TAX PREPARATION Individual, small business, estate and trust income tax returns. Enrolled Agent, 16 years experience. (916) 863-1026 skiddootaxes@att.net

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Nenes Smart Start Small in-home Childcare M-F 7AM-6PM. Infant thru 5 Preschool certified Licensed & Insured, (916) 723-3342 colliher@surewest.net

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SAVE \$\$\$ on AUTO INSURANCE from the major names you know and trust. No forms. No hassle. No obligation. Call **READY FOR MY QUOTE** now! **CALL** 1-888-706-8325. (Cal-SCAN)

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Attention SLEEP APNEA SUFFERERS with Medicare. Get FREE CPAP Replacement

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

Sudoku Puzzle on Page 6

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By Ronnie McBrayer

In ancient Jerusalem there was a pool of water called Bethesda. The location served as an impromptu hospital ward, a collection point for the sick, blind, and paralyzed. These infirmed went to Bethesda to receive a hoped for healing – not from a physician – but from the therapeutic waters themselves. Back then it was a common belief that an angel came from heaven at certain times and “stirred up the water” of Bethesda’s pool, resulting in miraculous healing for anyone who could get in the water. They didn’t take this stirring as natural warm springs, percolating mineral water, or air escaping the limestone aquifer. They believed it was a divine intervention. In the New Testament gospels, Jesus makes a visit to Bethesda and finds a lame man lying alongside Bethesda’s waters. Jesus doesn’t drag him over to the pool and dunk him. He simply heals him. Then, he gives the now-made-well man excruciatingly practical instructions: “Pick up your mat and walk.” This wasn’t to get the man’s bed out of the way. Jesus was saying, “Get it out of here so that you won’t come back to it!” This former invalid, the best we can tell from the gospels, had

Walk On

been coming to Bethesda for the better part of four decades. That is a long time to waste lying alongside a bubbling brook. And now that he was empowered to live a better, healthier life, it would be easy for him to fall back into old habits. Jesus wanted this stretcher removed so that the man would not have the temptation to return to it. This olden story of faith pre-dates today’s advances in neuroscience by centuries, but Jesus already knew what researches have confirmed in recent decades: When habits are formed, the brain actually changes. Routines – good or bad – cause neurons in the brain to alter their patterns. So in the process of breaking a habit, the brain must also be “rewired” to not only change a person’s behavior, but to change the firing of synapses inside his head. Recent studies also show, that if a person returns to their former habits, the brain returns to its former patterns as well. But every addict and Al-Anon participant already knows this. We will return to the things that hurt us, again and again, and again and again. Body and spirit will slide right back to where we once were. If we want sustained change for our lives, if we want to be whole, redeemed, complete, reinvigorated people, then yes, we must admit our powerlessness to be well on our own, and at the end of ourselves collapse into grace. But as important as this first step is, here is another: If we are going to live out this

transformation, there must be a grace-infused commitment, not to return to those ways, habits, persons, lifestyles, and behaviors that will only take us back to the unhealthy way of life we knew before. The door to the past has to be slammed shut. Obstacles have to be put in the way to keep us from returning to old ways of thinking and old ways of acting. Spiritual reprogramming and rewiring has to take place. That is why Jesus told this man to get his mat and get out, because that was the only way he could remove himself from this dead-end, superstitious pool-sitting that would only enslave him, not heal him. If we are going to remain well, we can’t go back. Life, redemption, wholeness, and healing: These are waiting for us only as we move forward. After the hard work of being brought back to life has been done, let us not lose our future by returning to the past. So while we all will have to carry the burden of our yesterdays, our wasted days, and our years of regret – the mats and stretchers we used to rely upon – God’s grace and healing will lighten that burden. And that same grace will help us to walk on, never returning to who and what we once were.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

Excuse Me, But I Just Gotta Be Me

By Rev. James L. Snyder, D. Litt

I refuse to answer for anybody else because it is a full-time job trying to answer for myself. I must confess though, I sometimes cannot give a good answer for myself. I can give an answer, but not a good one, and when it comes to answers, the Gracious Mistress of the Parsonage demands good ones. How do you explain yourself to someone when you cannot even explain yourself to yourself? I do not pretend to be a man of mystery, but many things about Yours Truly I certainly do not understand. For one, I am not an actor. I want to make that very plain to all and sundry. Within the confines of my presence, are absolutely no acting skills. I have some friends who are always acting like a fool. I am assuming they are acting and give them the benefit of the doubt. Another friend of mine at certain times acts dumb. I have known him for a very long time and I can usually tell when he is acting. By the way, he is a very good actor. Many of my friends are excellent actors and if they ever were competing for some Oscar or Emmy award, they would come pretty close to winning. I am another story. It is very difficult for me in the area of acting. With me, what you see is what you get. I suppose when you boil it all down, I am just not smart enough to be a good actor. I am not even smart enough to be a bad actor. Putting all of this in context, I must confess that my wife believes I am a great actor. I have tried to dissuade her from this opinion, but up to this point, I have not been successful. When she thinks of me she always says, “And the Emmy goes to...”

How she came to this point, I’m not quite sure. No matter what I do, she still holds to this personal opinion of me. I keep telling her that I am not that good of an actor, which she keeps smiling and nodding her head in my direction. Some examples need to be given here to show my point. Just the other night we were at a restaurant with some friends, having a good time, or so I thought. I must say when I’m on a roll, I’m on a roll. But all during my “roll,” I kept feeling somebody under the table kicking me. I ignored it thinking perhaps our friends did not quite know what they were doing. Never once did I suspicion my companion with this action. I kept rolling on. Finally, both of them excused themselves to take a break and when they were out of listening distance, my wife said to me, “Will you stop acting so foolish?” I looked at her, not quite knowing what she was referring to, and said quite innocently, “But, my Precious, [it’s a name I use when I’m in trouble but don’t know why] I’m not acting.” She gave me one of “those looks” and said, “Stop acting foolish.” This is what I admire about my wife. She has the highest opinion of my abilities particularly in the area of the thespian arts. Our friends were coming to the table when I was about to tell her I was not acting foolish, it just came natural. Another example comes to mind. I remember she was trying to explain something to me one time. I do not know what it was now. It was something to do with something in the garage, a place I have not been for years, and I was not connecting the dots, as they say. She was going into a

long dissertation on what needed to be done and I was just standing there staring at her. I was trying to understand what she was saying, but nothing was clicking upstairs, if you know what I mean. In the middle of her dissertation she stopped, looked at me intensely, placed both hands on her hips and said, “Don’t act so dumb.” Smiling broadly I whispered, “My Precious, I’m not acting.” With a glare that could have intimidated good old Goliath, she quipped, “I’m coming to believe you’re right. You are not acting. You’re just naturally dumb.” Somebody once sang a song called, “I gotta be me” which has become my theme song. What you see is what you get, when you are dealing with me. I am not smart enough to act and I am too old to play. Therefore, it all boils down to this one thing, I am what I am, like it or lump it. I do not like it when people pretend to be something they are not. I want people to be real with me. This is doubly true with my relationship with God. He is honest with me and I want to be absolutely honest with him. “If a man say, I love God, and hateth his brother, he is a liar: for he that loveth not his brother whom he has seen, how can he love God whom he has not seen?” (1 John 4:20 KJV). Many people say they love God and yet it is all an act. It is easy to love somebody you cannot see but hard to love a brother right in front of you. The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamessnyder2@att.net. The church web site is www.whatafellowship.com.



By Karen Anderson

Once again there is that voice, telling me what to do and what not to do. I want to say, “Mind your own business! Get out of my way and let me work on my goals and dreams.” Does this happen to you? Do you have a little person inside you that stops you from achieving your heart’s desire? I do, and she comes up at the worst times. This is your conscience talking to you. She needs to be there to help us

The Little You

stay on the right course, but she can be a burden as well. When I really want to do something important in my life, she stands there with her hands on her hips saying NO. I have found a way to keep her quiet. This is when I need God’s help and direction to find out if her stubbornness is for His direction and purpose for my daily life. Recently, I have realized that God uses my conscience to talk to me and help me stay on the straight and narrow. I also know that Satan can use it against you and trap you into bondage. Sometimes his suggestions seem perfectly acceptable, but they are wrong and he is leading you away from God. “Finally, be strong in the Lord and in His mighty power. Put on the full armor of God so that you can take your stand against the devil’s schemes.”

This is where you need to pray for discernment in every decision of your life, whether it is something like getting out of bed to spend time with God, or sleeping that extra 30 minutes. Remember that whatever time you share with God, He will give back to you. That means you don’t have to worry about your busy day. Spend the time with God...it is worth it, and the ‘little you’ will also be working with you instead of against you. PASSAGE: Ephesians 6:10-11 (NIV) Karen Anderson is an accomplished speaker, author, and chaplain. Latest books, “Nikki’s Tail-Waggin’ Lessons” and “The Little Book of BIG Thoughts Series.” Leave a message for Karen through her website www.doablesteps.com/contact.

Public Invited to Join Army of Angels Kick-off to National Child Abuse Prevention Month

Continued from Page 1 Rae Rock Concert, the Sheldon High School cheerleaders, and Daunte Burks, a local comedian. There will even be a belly dancer demonstrating a fun way to stay flexible and healthy. Kids of all ages can create treasures at the arts and crafts area. For your shopping pleasure, there will be over 80 vendors of all kinds indoors and outdoors. A wealth of resources will be available to help promote awareness to parents and caregivers in protecting their children from harm in today’s world, including fingerprinting, a sketch artist and DNA kits. There will also be face painting. Over 140 volunteers including youth from the Kiwanis Key Club program for high school students, Granite Bay High School students, and the Boy Scouts will be easy to spot in their bright orange t-shirts, as they help with all phases of the event to earn their community service hours. Drewski’s Hot Rod Kitchen, a gourmet food truck, will provide food for purchase. Kelli’s Cookies out of Roseville has created a special Blue Ribbon cookie for this event. Free samples and cookies for sale will be available at the rally Saturday. At 1 p.m. a highlight of the day will be the dramatic unveiling of the nine-panel, Mobilizing America Quilt Project, which will be carried by the Caravan of Hope (see below) on Sunday morning. The nine 6X6 foot panel display will be mounted on separate walls and unveiled one by one by parents of children claimed by violent deaths. The quilt, featuring the faces of these children, including the young victims of Sandy Hook, reminds us that these victims have faces and deserve to be remembered forever. Enhanced by a virtual version on line on Facebook. Later that evening more than

500 guests from all 50 states and nine countries will gather for the annual ‘Heroes with Heart’ gala recognizing those who work on the frontlines for kids. Special guests receiving lifetime achievement awards are Roger Chiang, Marc Klaas, and via Skype, John Walsh, all who have experienced first hand the heart break of the loss of a loved one to a violent crime. Chiang’s 28-year-old sister, Joyce, was kidnapped and murdered in 1999. He is now Executive in Charge at Walsh Production, LLC. Klaas founded KlassKids Foundation after his 12-year-old daughter, Polly Klass was murdered in Petaluma, CA in 1993. John Walsh, whose seven year old son, Adam was murdered in 1981, woke the nation up to the reality of child abduction with his long running show, “America’s Most Wanted”. Local and state law enforcement will also be present, and local organizations working for the children will be recognized with special awards. Proceeds from a raffle and silent auction will benefit Klass Kids and WynSpring. KlassKids Foundation aids in the prevention of child abduction as well as exploitation and assist in finding missing children. WynSpring Family Resource Center in Sacramento works with young victims of abuse who are in protective custody to help them overcome the trauma they have suffered and come out on the other side of their trauma able to cope and reach their full potential. Do you ride a motorcycle? If so, you are invited to join the second annual Kross Kountry-4-Kids - A Journey-4 Justice ride on Easter morning. Breakfast and escort are open to the public. This is a two-week Caravan of Hope traveling from California’s capitol city to our nations capitol and back. The caravan of over 150 riders, motorcycles, cars,

trucks and RV’s will set out from the Center at 8 a.m. Easter morning. Some will ride and drive for a portion of the trek, others for the entire journey. Stops will be made in five states to pick up additional participants during this 14 day, 7,000 mile adventure, ending in Washington D.C. on April 7. There they will become part of an informal, peaceful demonstration on behalf of children around the world. This is just one of over 25,000 annual charitable motorcycle rides to support children’s causes. The public is also invited to the caravan’s Welcome Back Bash at Folsom Harley-Davidson, 115 Woodmere Road, Folsom, California, upon their return on April 14 from noon to 2 p.m. Other events open to from youth through college are the Alicia Project: “What Safe Looks Like” poster and essay contests. Project co-founder, Alicia Kozakiewicz was abducted by an Internet predator in 2001 at age 13, but was rescued by the FBI. She and her mother, Mary, created this program to help raise awareness of this problem, and help teach youth how to protect themselves by establishing boundaries on the Internet and in their lives. The deadline for the contests is March 26, 2013. For more information, go to www.facebook.com/aliciaproject. Winners will be announced at the Rally. If an individual or organization would like to help with the donation of items to fill Easter baskets being created to go to these children after the event on Saturday night, contact Carol Spiker at 723-2314. Items needed include candy, small stuffed animals, card games and crayon, along with door prizes for the silent auction. For information on any of the above contact Katherine Moore at 916-583-1322 or go to her website at ArmyofAngels.biz.

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Kaiser Permanente to Offer Eye Screenings for Free Cataract Surgeries

SACRAMENTO REGION CA- (MPG) For the 18th consecutive year, Kaiser Permanente physicians and staff in Sacramento will offer screenings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings will be on Saturday April 13 at the Kaiser Permanente Point West Medical Offices, 1650 Response Road, Sacramento.

The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can't afford the operation. Kaiser Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May.



Thomas Kedwell, MD, performs cataract surgery during Mission Cataract 2012 on a patient who regained her eyesight following the operation. Photo courtesy of Kaiser Permanente

Screening appointments can be made through April 5 or until the slots fill up, whichever comes first. To sign up for the screening, or to request more information, call: (916) 973-7159.



By Pastor Ray Dare

On March 31st, we will celebrate the focal point in history, the greatest event that ever happened – Easter. It split history in two: A.D. and B.C. Do you realize that every time you write down the date you're referring to the resurrection of Jesus Christ?

Why is Easter such a big deal? Because it proved who Jesus was. When Jesus was on earth he made some amazing, outrageous statements. He said things like, "I am God... I am the Savior of the world... I am the Messiah... I am the only way to Heaven." Incredible challenges and claims and then He said, "I'm going to prove it... after they kill me, three days later I'll come back to life." And He did! Hundreds of people saw Him; they walked with Him, they ate with Him, they touched Him.

Easter is all about God's power. God took the worst

The Power of Easter

possible situation, the death of His Son, and He turned it around and used it prove His power to the world. The resurrection of Jesus Christ demonstrated how powerful God is and how that same power is available to you today. There's nothing too difficult for God. If God can raise Jesus Christ from the dead, He can handle any problem you give Him. "How tremendous is the power available to us who believe in God. That power is the same divine energy which was demonstrated in Christ when He was raised from the dead." Ephesians 1:20 (Ph)

I don't know what you're going through today. I don't know how dark and hopeless things may seem to you. But I want you to be assured of one thing: All things are possible when God is in your life. God is aware of what you're going through right now. He sees your struggle. He sees every tear you've shed. He sees every sleepless night you've had. He knows exactly what you're going through. He's heard every single prayer that you've prayed. And you know what? He loves you, He cares for you and He has the power to help you.

The Bible says in Hebrews 4:15 that "God can be touched

with the feelings of our infirmities." Jesus was here; He lived on this earth for 33 years. He knows what it's like to face the trials and struggles and the hardships of life. He himself has been down. He knows what it is to feel sorrow and pain. Easter is proof of that. That's why the Bible says you can "boldly come to the throne of grace so that you may obtain mercy and find grace to help in time of need." (Hebrews 4:16)

I would like to personally invite you to be my guest this Easter Sunday at New Beginnings Church on March 31st. There are two Easter services to choose from: 9:30am and 11:00 am. I'll be sharing a message of hope at both services. New Beginnings is a place where people find hope and love, not critical or judgmental attitudes. For directions or more information visit our website at www.newchurchcomingsoon.org or call (916) 992-1997.

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Big Trout; Big Fun

Rancho Seco Recreational Area to Host Fishing Derby

SACRAMENTO REGION, CA (MPG) Pack up the tackle box, load up the rod and reel and head out to the Sacramento Municipal Utility District's (SMUD) annual trout derby at Rancho Seco Recreational Area on April 6 and 7. Fishing enthusiasts hooking the heaviest trout win cash prizes at this popular event. The fishing event has become a tradition for many and has attracted thousands of local anglers since starting in 1993.

Anglers can cast a line into the 160-acre lake from the shoreline or one of six fishing piers. Small boats with electric motors are also allowed (no gas motors). In addition to trout, the freshwater lake is home to bass, bluegill, red-ear sunfish, crappie and catfish. Just in time for the derby,

Rancho Seco Lake was recently stocked with 1,500 pounds of trout and 500 pounds of trophy trout.

Gates open at 6 a.m. and close at 5 p.m., rain or shine. Derby tickets are \$5 per person plus a daily park fee available at the park gate both days. A valid California state fishing license is required for those 16 or older. Anglers hoping to win a cash prize must check in their fish before 5 p.m. on the day of the catch. Cash prizes will be awarded to those catching the heaviest fish in three separate categories – adult, youth and kids.

The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnicking facilities, RV and tent camping sites, and beach and swimming areas.

Rancho Seco Recreational Area is 35 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. The park is owned and operated by SMUD. Admission to the park is \$10 per car (\$8 for seniors).

For more information about the derby or camping, visit smud.org/ranchoseco or call (916)732-4913 or (209)748-2318.

Date:Saturday, April 6 and Sunday, April 7

Time:6 a.m. to 5 p.m. daily (rain or shine)

Location:Rancho Seco Recreational Area14440 Twin Cities Road, Herald, CA 95638

Source: SMUD Newsroom

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POPPOFF!

with Mary Jane Popp

just the opposite because bonding chemicals—which mean long-term contentment—are in conflict with testosterone. So I asked Leil to give me her top ten ways to encourage lasting chemistry for couples:

- 1) *Keep doing dopamine-producing fun and active things together.* You'll spend a lot more on divorce or marriage counseling than you will for babysitters and movie tickets now.
- 2) *Touch a lot, especially the non-sexy kind.* Accidental or intended, fleeting or abiding, touch stimulates the trust chemical and reinforces togetherness.
- 3) *Encourage him to hold his newborn infant.* This stimulates vasopressin, another bonding chemical in males, which has the effect of making him more protective of his family.
- 4) *Laugh a lot together.* When your body is laughing, you're brain thinks you're happy and, of course, you're mate thinks you're the reason for the joy.
- 5) *Support each other's goals and aspirations.* Encourage your partner to talk about them.
- 6) *Understand your partner's very different way of thinking due to brain structure.* (Example: He is not neuroanatomically capable to easily talk about his feelings even if he'd like to. She can't stop making interconnections and assumptions about everything.
- 7) *Men, become sensitive to her "micro-expressions."* Women respect his silent times. It's easier when you realize the different ways your partner's brain is wired.
- 8) *Ladies, give him lots of quickies, even when you don't feel like it.* He'll interpret it as loving him. If he gets turned down too often, he won't start the slow lovemaking you like for fear of being rejected.

9) *Gentlemen, think "slow seduction," not "sex."* Remember turnabout is fair foreplay. Make time to give her lots of slow-ies.

10) Words work wonders. Keep saying what your partner craves hearing. Gentlemen, tell her you love her—once a day minimum. Women, find ways to let him know you actually need him (whether you actually do for certain things or not.)

I absolutely love how Leil describes the distinction between being in love and lasting love. For this, she quotes the English author, Louis de Bernieres.

“Love is a temporary madness. It erupts like a volcano and then subsides. And when it subsides, you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is: Love is not breathless, it is not excitement, it is not the promulgation of promises of eternal passion...That is just the being “in love” which any fool can do. Love itself is what is left over when “being in love” has burned away, and that is both an art and a fortunate accident.” This should be mandatory reading before a marriage license is granted. But I realize few will read and most will ignore the wisdom behind this statement. After forty-two years of marriage, I can truthfully say that these are true words of wisdom. For more info on Leil Lowndes and her latest book “How To Create Chemistry with Anyone” go to www.peoplemagnit.com. And my hope is that love remains in your life always!

Join Mary Jane for the KAH! Noon News Monday–Friday and then again for POPPOFF 10 PM – Midnight.



by David Dickstein

Family Films



“The Croods”
Opens March 28, rated PG
thecroodsmovie.com
Set in the Croodacious era (don't bother looking it up), this is the computer-animated story of a caveman named Grug (Nicolas Cage) and his family who are forced to leave everything behind when an earthquake strikes their volcanic world. In search of a new home, Grug's reliance on old traditions doesn't help matters, especially in his relationship with his oldest daughter (Emma Stone), who falls for a charming nomad (Ryan Reynolds).

Homeage Trailer “Jack the Giant Slayer”
Opens March 1, rated PG-13
jackthegiantlayer.com

Parents should be mindful of the rating; this isn't a child-friendly retelling of “Jack and the Beanstalk.” For the tween-plus crowd, however, intense scenes of fantasy action violence should carry this tale an ancient war that is revived when a young farmhand inadvertently opens a portal between this world and a long-lost race of horrifying giants. Jack must clean up the giant mess he started.

“Oz: The Great and Powerful”
Opens March 8, rated PG
ozthegreatandpowerful-movie.com

We're off to see the wizard in this fantasy adventure inspired by L. Frank Baum's 1900 novel, “The Wonderful Wizard of Oz,” and set before the 1939 Judy Garland classic film -- so consider it a prequel to “The Wizard

Films and DVDs for the Whole Family



of Oz.” James Franco is Oscar Diggs, a corrupt, small-time circus magician who turns over a new leaf after helping the Land of Oz sort out who's good or evil among three witches (Mila Kunis, Rachel Weisz and Michelle Williams). Sam Raimi directs.



Family DVDs

“Curious George Swings into Spring” (*March 12 on DVD, not rated*): Spring is in the air, but George's excitement isn't shared by Hundley the dachshund. Making matters worse, Hundley gets lost, and it's George, the Man with the Yellow Hat and others to the rescue. Bad dog! ... but a good hour-long, full-length feature. *Grade: A-*

“An Easter Bunny Puppy” (*March 5 on DVD, not rated*): The third in a series of canine-loving, low-budget, live-action holiday movies stars Kristine DeBell (yes, the same from the 1979 classic “Cheerleaders Wild Weekend”) and an adorable pooch named Russ who dreams

of being the Easter Bunny for some dog-gone reason. *Grade: C*

“Rise of the Guardians” (*March 12 on DVD and Blu-ray, rated PG*): Not since “The Avengers” has such an esteemed team of superheroes been assembled to fight off evil. For this computer-animated visual treat, Santa Claus, the Easter Bunny, Jack Frost, the Sandman and the Tooth Fairy join up against an evil spirit bent on overtaking the world by inspiring fear in the hearts of the world's children. Voice cast stars Chris Pine, Hugh Jackman, Jude Law and Alec Baldwin. *Grade: A-*

“Tom and Jerry: Pint-Sized Pals” (*March 5 on DVD, not rated*): Fans of the longest-running cat and mouse game will revel in this two-disc collection of 30 shorts that yields 3 1/2 hours of cartoon fun. Personal favorite: “That's My Mommy,” featuring a sweet baby duckling named Quacker who mistakes



Tom for his mother. Still holds up after 58 years. *Grade: A*

“Wreck-It Ralph” (*March 5 on DVD and Blu-ray, rated PG*): The Oscar-winning animated feature stars “Ralph,” a video game character (John C. Reilly). Ralph is tired of being the bad guy in his classic '80s arcade game, and when he doesn't return to his game as scheduled and starts visiting the worlds of other games, including a modern, first-person shooter game, he turns the entire structure of his arcade upside down. Also heard are Jane Lynch, Sarah Silverman and Jack McBrayer. *Grade: A*

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BusinessCoach.com announces the new Small Business Coach Mastery Training System. Learn how to establish a highly profitable business as a business coach!

BusinessCoach.com, a global provider of business coaching training solutions has just announced the latest addition to their company's training programs known as the Small Business Coach Mastery Training System. This innovative home study product provides powerful tools, proven methodologies, and a roadmap for business professionals looking to enter the business coaching field either on a part-time or full-time basis.

"I understand the struggles that most people have in making a decision to leave the security of their regular jobs in order to enter into the coaching business, and I believe this product will enable them to ease into the coaching field with confidence," said Gary Henson, expert business coach, master trainer and founder of BusinessCoach.com. With almost 25 years of training both new and experienced coaches, as well as coaching business leaders and organizations, Gary is considered a worldwide industry expert and a thought leader in the business coaching field. This product has been designed as a result of numerous requests of corporate professionals wanting to enter the field of coaching. "We listened and are excited about this product and the opportunities it provides in today's economy," said Gary.

The Small Business Coach Mastery Training System provides a current and relevant library of tools to enable a business coach to assist their clients in most every area of their organization. These include marketing, sales, human resources, customer service, leadership and financial management tools to create transformation in an organization. While highly effective as a standalone training program, this valuable information is also included in all of BusinessCoach.com's live training programs.

BusinessCoach.com was founded in 1989 and headquartered in

Roseville California, provides a wide portfolio of business coach training solutions for both business coaches and organizations.

Gary Henson, Expert Business Coach and Master Trainer

Recognizing the transformational impact effective business coaching can have on an organization, Gary Henson is committed to helping business leaders and aspiring coaches achieve extraordinary business results. As President and Founder of internationally known BusinessCoach.com, his goal is to empower organizations and individuals to function at optimal levels. BusinessCoach.com was founded in 1989 and since then Gary has personally coached over 7,000 business leaders with impressive results. He has assisted business leaders to look at their businesses in fresh and different ways, resulting in 70% of his clients experiencing over 200% increases in sales or profits.



As a thought leader in the coaching industry, Gary is considered an expert in developing professional criteria for business coaching certification, having served on numerous expert panels for global coaching organizations. His professional background encompasses diverse and real world experience in corporate business settings along with experience as a business owner and leader.

As co-founder of *The Make a Difference Project*, a non-profit organization committed to ending domestic violence, Gary has dedicated his life to assisting others. With a life goal to donate 90% of his earnings to charity, he also volunteers his time to many charitable and spiritual organizations.

Gary is happily married to his wife Jenene and is a proud father of five daughters. He considers his family his most successful achievement in life.

Gary can be contacted through BusinessCoach.com or email him at gary@businesscoach.com





In addition to an outstanding track record of coaching success, Gary is also a Master Trainer for new and existing business coaches all over the world. His training methodology provides an effective formula for an individual to realize high levels of success as a business coach. BusinessCoach.com trains people on how to get started as business coaches and equips them with the right tools to become very skilled in the field of business coaching. When certified by BusinessCoach.com, you will be confident in your abilities and well prepared to attract and coach business leaders.



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History Comes Alive For Students



Back row: Parent Zain Abadin; “Dr. Bob” LaPerriere, Chair, Sacramento Area History Consortium; Craig Irish, Sac. County Office of Education - Event Co-Chair; Greg Geeting, Sac. County Board of Education, Area 1 Trustee
Front row: Participants: George Bitter, Natomas Charter School; Talha Abadin, Russell Ranch Middle School; Zainab Abadin, Folsom Middle School; Ishmael Abadin, Vista del Lago H.S. Photo credit Elise Spleiss .

Continued from Page 1
sports, science, music, fashion, visual entertainment, transportation, politics, women’s rights, and much more. Historical papers and websites were judges separately.

One participant, Starr Anderson, an 8thth grader at Mills Middle School in Rancho Cordova had no idea this competition would be responsible for a major turning point in her own life. Starr came upon the topic for her exhibit, “Rosie the Riveter and The Women’s Right’s Movement” through a chance set of events.

Starr shares that last fall she and her mother and three brothers found themselves homeless for several months. Her mother, Nichole, was involved in an 8-week program, Women’s Empowerment, which helps homeless women with training, mentoring, and support to maintain employment. There happened to be a “We Can Do It” Rosie the Riveter poster in the restroom. She asked her mother who that was. Her mother briefly explained Rosie’s significance in our history. Starr did some research on her own and as her exhibit shows, learned Rosie was the image of a woman used by the war effort to recruit thousands of women needed to serve their country when WWII took their husbands, brothers, and fathers away to fight overseas. These women were left behind to perform the jobs of men, building the war ships and performing

hundreds of other jobs throughout the country to keep the war effort going and help win the war.

Starr was inspired by Rosie’s story, so when she entered the History Day program and had to pick a topic, she didn’t have to look far. Since the goal of the Women’s Empowerment program is to change women’s lives by getting them back into the workforce, and knowing she already identified with the Rosie’s who had to be strong like she and her family had been forced to be, Starr knew she had her project.

She chose to be Rosie the Riveter for Halloween, and even had a friend Photoshop her face onto a copy of the famous War Department poster to become the iconic Rosie herself. She has truly ‘lived’ her project. When her mother graduated from her own program, Starr presented her with a pair of Rosie the Riveter socks!

Starr says, “The Women’s Rights Movement, and Rosie the Riveter in particular, are two of the most significant turning points in the history of the United States of America.” This is just one story of the hundreds of participants in this valuable program.

Finally, at the end of the busy day participants, family and friends eagerly gathered in the Atrium to await the results of all their hard work. Almost 100 volunteer judges from the community, and from historical and educational

organizations had brought their collective education, experience, and expertise in their field to the task of judging.

Fifty-four entries received weighty medals, with the winners becoming eligible to participate in the National History Day-California competition on April 26-28 at the Red Lion/Woodlake Hotel in Sacramento. Just as they were leaving some were called back and pleasantly surprised to be told they had received one of the ten special awards sponsored by community historical and cultural groups.

Greg Geeting, Sacramento County Board of Education, Area 1 Trustee, observing the activity from the sidelines, summed up its’ significance well: “The students who participate in History Day are insightful, impressive, and inspiring. They give us insights with their thorough, detailed research and analysis. They impress us with their skillful, articulate presentations. They inspire us with their dedication and enthusiasm. They give us confidence that the future will be in capable hands.”

The Sacramento County Office of Education (SCOE) and the Center for Sacramento History hosted this event.

To view full results from the event go to www.scoe.net or www.sachistoryday.org. For more information on this event contact Cathy Sapunor, SCOE Special Events Coordinator (916) 807-4727.

Supervisor MacGlashan Announces Significant Infrastructure Investments in Orangevale

ORANGEVALE, CA (MPG) – Supervisor Roberta MacGlashan announced today plans for significant County investments in the major business corridors of Madison Avenue and Greenback Lane in the community of Orangevale. One of the projects, which will completely randscape dilapidated medians on Madison Avenue, will be completed in a joint project with the City of Folsom.

“It is exciting to see the County investing significant funds in the commercial areas of Orangevale” MacGlashan said of the upcoming plans. “The County will be directing over \$200,000 to improve long-standing eyesores and deficiencies in the community.”

The County and the City of Folsom will jointly fund a City-managed project that will install new landscaping – including trees, shrubs, groundcover, and new irrigation – on the existing



Supervisor Roberta MacGlashan.

asphalt medians on Madison Avenue/Greenback Lane between Main Avenue in Orangevale and American River Canyon Drive in Folsom. The project, which was initiated by the City of Folsom and supported by the Orangevale Community Planning Advisory Council, will both enhance an existing business corridor and provide welcoming entries into both Orangevale and Folsom.

Additionally, the County will be investing in significant sidewalk continuity improvements to

address existing deficiencies along Greenback Lane that have been identified by Greenback Lane OrangeVale Envisions (GLOVE). GLOVE is a community-based group of Orangevale business owners and residents focused on approaching the County with meaningful and attainable goals for improving the business district of their community.

“Through this project, the County is demonstrating a serious financial commitment to the goals GLOVE has set forth in its recently-completed Vision document” said Supervisor MacGlashan. “I am proud to continue bringing meaningful County investments to the community of Orangevale that enhance the community’s quality of life.”

The County funding for these projects is interest earnings from the County’s Tobacco Litigation Settlement funds. Construction is scheduled to begin in April and October, respectively.

Cooley Supports Bill to Reduce Delays in Business Filings

SACRAMENTO REGION, CA (MPG) – Assemblymember Ken Cooley (D-Rancho Cordova) today announced support for Assembly Bill 113, a bill that would immediately reduce the delays California businesses encounter when filing documents and articles of incorporation with the Secretary of State’s office.

Currently, the Secretary of State’s office is faced with a 45-85 day backlog on processing important business documents and articles of incorporation.

“California is home to some of the most innovative companies in the world,” said Assemblymember Ken Cooley. “AB 113 will foster that groundbreaking spirit and bolster our

state’s economic recovery by streamlining the process to turn an idea into a business.”

Once passed, funding will give the Secretary of State’s office the resources to process documents within five days.

“Government should help entrepreneurs release their creativity and succeed rather than be an obstacle,” said Assemblymember Cooley.

Assembly Bill (AB) 113 passed the Assembly today and is now headed for the Senate.

AB 113 provides a \$2 million appropriation increase in the Secretary of State’s budget immediately to expedite the processing of 122,000 backlogged business filing documents.



Assemblymember Ken Cooley.

The increase in spending does not come from the state’s general fund. The funds are allocated from fees collected with the business filings.

Source: Office of Ken Cooley

River Cats Season Opener April 4th

SACRAMENTO REGION, CA (MPG)– The complete River Cats promotional schedule for the 2013 season was unveiled recently, with twice as many fireworks shows, a nine-part bobblehead giveaway, and a pair of new recurring promotions—Throwback Mondays presented by Cache Creek and Free Parking Wednesdays presented by Jiffy Lube—featured as highlights to what was already one of the best promo schedules in all of baseball.

For the first time, Raley Field will be the backdrop for post-game fireworks after every Friday home game in addition to the return of the popular Sutter Health Fireworks Saturdays. With a fireworks extravaganza planned for the Independence Day Celebration on July 3 as well, there will be 22 fireworks shows after River Cats games this season.

Recurring promotions—a promotion for every day of the week, all season long—will return this season with a pair of unique additions. Throwback Mondays



presented by Cache Creek will feature the River Cats donning Sacramento Solons jerseys and hats, as well as “throwback” prices on popcorn and peanuts, available for just 50 cents each. Also, Free Parking Wednesdays presented by Jiffy Lube will debut this season, with free parking at Wednesday home games throughout the season (excludes July 3).

The River Cats also will celebrate a pair of ballpark milestones this season: the 1,000th game at Raley Field will be commemorated with “A Grand Celebration” on Saturday, June 22, and the 10-millionth fan at Raley Field will be honored with

a once-in-a-lifetime prize package, expected sometime early in the season.

Other popular theme nights that will return to Raley Field in 2013 include Military Appreciation Night presented by US Army (May 18), Star Wars Night (June 15), Hot Rods and Cool Cats Block Party (June 23), Fin Fest Block Party (July 13), and Bark in the Ballpark (July 24), where fans can bring their furry friends to Raley Field.

The complete 2013 promotional schedule can be found online at the River Cats brand new website, rivercats.com.

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2013

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