



THE CRIER

July 2022

BOARD PRESIDENT

Leslie Beecher



As your new president I just want to say I'm happy to be part of the Lakeview Board of Directors. I'm looking forward to a fun and productive year working with all of you!

First of all, I want to let you know that most of the vacant board positions have been filled and we will announce those new folks at our next board meeting. We will also announce any remaining open positions at that time.

We will be starting a **SPEAKER SERIES** in the next few months which will involve professionals from the outside who will be invited here to speak on various topics of interest to Seniors.... Topics could include:

Financial Services

Healthcare related issues

Dementia

End of Life issues

Wills and Trusts, etc.

We will keep you posted as to when that will happen.

The 4th of July parade is a fun event that is coming up very soon. It starts on the 4th of July at 11 a.m. and ends at the clubhouse with a picnic lunch hosted by the Lakeview Village Association. \$5.00 gets you...

An all beef hotdog, chips, cupcake, and THE BAR will be open

This year's HONOREE is Daryl Douma and the parade will be led by Sandra and Lowell Huddleston...this should be lots of fun!!

Also note, the PARADE ROUTE MAP is included in this month's Crier.

NEIGHBORHOOD NIGHT OUT will be happening again this year on Tuesday, August 2nd. This is a National Neighborhood Watch event that celebrates Neighborhoods and Community Leaders working together toward a common goal. We will have ice cream, music, fun and be visited by our local CHPD. Please plan on attending this fun event!

Last, but not least, we will be keeping you posted on the latest progress with the Catholic Church property and the back gate...stay tuned.

Thank you for allowing me to serve on your behalf this year!

FROM THE EDITOR

Linda Evans



Last month we all received a flyer from the City of Citrus Heights and Republic Services, our waste collection company. It explained the new residential organic waste recycling program that begins July 4, 2022. Many of our residents were left confused by all of the information so I decided to try and distill everything down into a few bullet points to make it easier to understand. I began by talking with someone from Republic Services to be sure I understood the new rules. Here, in a nutshell, is what I came up with:

This is a state-wide law, signed in 2016 by then governor Jerry Brown, to curb the amount of methane in the landfills.

- Our green waste carts are now called **organic waste carts** and will be **picked up every week** along with our

trash carts. I will no longer list them on the calendar. **Recycle will continue to be every other week**, but on a new schedule. There will be a **recycle pickup 2 weeks in a row in early July** to get us on the new schedule.

- Every house will receive a countertop waste pail for collecting their organic waste. If you have not yet received yours it will be delivered sometime this month. Republic Services said they are being distributed throughout the city but there is no particular schedule. **DO NOT CALL THE OFFICE.** They do not know anything about this delivery.

- We are to use the countertop waste pail for food scraps like vegetable peels, banana skins, egg shells and normal food waste. The pail should then be emptied into the organic waste cart for pickup on Friday along with your yard clippings, garden waste, and food-soiled paper like pizza boxes, soiled napkins, and other paper food containers.

- If there's a week that you don't have much to put in the cart, it's suggested that you put your garbage in a plastic or paper bag and store it in the freezer until you have enough, along with paper and yard waste to at least partially fill a cart. This will avoid odors in the kitchen.

- Be aware that if you currently have 2 green waste carts you should call Republic Services to have one returned to them or there will be a \$14/month charge for the second one. You shouldn't need it anymore with the weekly pickup of the green waste.

- Also, be aware that there will now be at least a \$5 increase in our refuse bill (depending on the size of our green

waste cart). This will be reflected on our monthly rent invoice. Please don't call the office about this. It has nothing to do with management. There is nothing they can do about it.

- For more information, the best source I've found is:
<https://www.citrusheights.net/faq.aspx?qid=538>

SOCIAL COMMITTEE **Kathy Cooley and Peggy Hillis**



Early reminder, there will be no August CUG meeting. We (Kathy Cooley and Peggy Hillis) are excited to chair the Social Committee. We are aware we have big shoes to fill and appreciate Diane's years of wonderful leadership and dedication. Thank you so much for an amazing job!

Peggy and I would like to stress that we are ALL volunteers. If you would like to help in planning our yearly events, please join us at our next social committee meeting on Wednesday, July 13th at 10:00 a.m. in the clubhouse. We always meet on the 2nd Wednesday of the month, same time and location. If you have any questions, or new ideas for future fun at Lakeview please feel free to call Kathy 503-522-2447 or Peggy at 805-888-8461. We look forward to seeing you at our July meeting!

July Events:

July 1, 8, 15, 22, 29 - Farmers Market – 10:00 a.m.– Bring fresh grown vegetables and donations to share to the clubhouse. Everything is free to Lakeview residents.

July 4th- 4th of July parade and BBQ hot dog lunch. The bar will be open!

July 9 - Christmas in July Craft Fair 10:00 a.m. - 3:00 p.m. Lunch will be available to purchase.

July 23rd - Happy2Hours – 4:00 p.m. to 6:00 p.m. **PLEASE NOTE TIME CHANGE** This is a great way to meet your neighbors and make new friends. Appetizers will be served by Diane, our favorite cook!

LOOK FORWARD TO UPCOMING EVENTS

August 2nd - National Night Out – 7:00 p.m.

August 6th - Happy 2 Hour – 4:00 p.m.– 6:00 p.m.

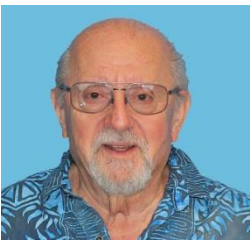
August 20th - Hot August Night Potluck – 5:00 p.m. to 7:00 p.m. Dust off your poodle skirts and saddle shoes, put on your white t-shirt, leather jacket and DA hair style. Join us for good food, little music, old cars and an evening full of memories. If you don't want to dress up, come as you are.

All help is needed and appreciated for clean up after all events.

OUT FROM BEHIND SHENANIGANS

BAR

Al Fichera



We just came off a very successful Luau this year and my head is still into making Mai Tais and my long quest to find the perfect recipe. At least one that reminded me of the

one I had in Maui or could it be Kauai, maybe it was both islands, who knows any longer. What I do know is that I ended up with a recipe that I feel is as good as I remembered.

If you search for the perfect Mai Tai recipe online, you'll find many versions available. Many will swear they have the "one-and-only" original recipe that is currently being served at their establishments. Upon reflection, I believe that the Mai Tai I liked the most came from a tropical plantation we once visited in Maui. Of that I'm most certain, now that I'm big into writing this column.

You might wonder what made it so memorable for me; for one thing the flavor profile I was searching for was nothing like the recipes you'll find all over the web today. What I remembered was so not two kinds of rum mixed with pineapple juice, a dribble of Cointreau and/or almond-like flavoring and then topped with a slice of pineapple and a maraschino cherry or small umbrella. I actually had one served to me in a hollowed out pineapple while in the Islands, too. All I got was a sore hand holding the dang thing!

Anyway, back to my years-long recipe search. I definitely detected an assortment of tropical flavors in the Maui Mai Tai I fell in love with; and if you think they would give me the recipe, think again! Yes, there was the ubiquitous pineapple juice, every tropical drink has some pineapple juice involved but there were others, I just knew it. After an exhaustive search, I settled upon Mango and Guava purées to add to the mix and I was almost there with the taste. It was the addition of Orgeat Syrup that put an end to my search; I was satisfied that I finally matched the recipe of my favorite Mai Tai.

Actually, it was that touch of almond flavor that never entered my mind to look for. You can't taste it in the Mai Tai, but you'll know something is missing without it in there; I certainly did. The perfect missing ingredient that you'll never guess what it is until you're told. I noticed it being mentioned in so many of the online recipes that I gave it a try. I bought some Orgeat (pronounced "*ohr-zhat*") which can be found in most complete liquor stores such as BevMo. It's actually a sweet syrup made from almonds, sugar, and rose water or orange flower water. It does have a pronounced almond taste on its own, in the Mai Tai, it just complements the flavors. Anyway, a little dash of Orgeat goes a long way to complete the final flavor; too much and you have Amaretto flavored rum. Although, that might be a whole new avenue for me to follow through with, huh. *Nah!*

Because I'm so nice, I'm gonna share my own recipe below if you might wish to make one

yourself. Kern's sells small individual cans of these tropical juices, you should spend the couple of bucks for a small bottle of Orgeat as well, it will keep. A bottle of Bacardi Gold Rum or Captain Morgan Spiced Rum, and a bottle of Meyer's Dark Rum complete the booze part. For you adventurers reading this, there is Bacardi 151 Rum available that could be used. I might advise that you not light any close by candles though. Haha.

Here's the recipe I promised, just don't sell it to "Don the Beachcomber," okay? Their version is not as good as mine. You can adjust the tropical fruit flavors to your own liking, these are the minimums here.

Combine the following:
4oz Dole Pineapple juice
2oz Kerns Mango purée
2oz Kerns Guava purée
1 tsp. Orgeat Syrup
1/2 tsp. Roses Lime juice
1.5oz Bacardi Gold Rum

Pour over ice and then float:
1.5 tsp. Meyers Dark Rum
Garnish with a Pineapple slice and top with a cherry.

COMPUTER USERS' GROUP

Rosalie Ingle



The July Computer Users Group meeting will be on Wednesday, July 6, at 10:00 to noon in the clubhouse.

Your home computer problems are welcome. In which topics are you interested? We want to make this group as useful to our attendees as possible. We usually have more than enough topics to keep the group very lively.

Afterward, some of us go out to a no-host lunch to continue talking informally. Everyone is invited to attend.

We all learn something every month. Early Reminder, there will be no August CUG meeting.



*Loving memories never die,
As years roll on and days pass by.
In our hearts a memory is kept,
Of ones we loved and will never forget.*

Betty "Deane" Marsh
Bessie Smittle



NEIGHBORHOOD AWARENESS

Leslie Beecher



Happy 4th of July!

I want to take a moment to let you know I'm moving to the office of president of the association here at Lakeview.

With that being said, I will be leaving my post as head of NEIGHBORHOOD AWARENESS. However, I will remain as an advisor to the team.

Gary Kiddie will be taking over as the new head of NEIGHBORHOOD AWARENESS. He has been on the team for the last 2+ years and I know he will do a great job for us.

It has been my pleasure to serve you and be part of the NEIGHBORHOOD AWARENESS TEAM. I appreciate everything you all have done to help keep our neighborhood safe... And I want to thank each of my coordinators for doing such a GREAT JOB and making my job easier!

Last but not least, I will list the TEAM with a few changes going forward...

GARY KIDDIE (916) 847-4909

JAY GLUCK (916) 728-6194

DON HELLAR (530) 990-3756 (text only)

JUDY WILSON (916) 878-7125

VICTOR MICHAEL (916) 704-1816

RICK SHAFER (916) 485-2623

DAVE WHEELER (707) 292-0777

NOSY ROSIE



When moving to a new community, most people wait for a year or two (or five or ten) before getting involved. But there's another option for

you newcomers to consider, and for some of you who have been waiting a while it's not too late to get started. It is not too late to jump in or wade in if you'd rather.

For Norm and Renee Schoch, it was not a matter of waiting nor was it a matter of wading in. They moved into our village and jumped in with all four feet. And, they're not one bit sorry they did.

They showed up in August 2020, smack dab in the middle of COVID! Not much was going on, but the woman they bought from, Rolinda Rudrow, encouraged them to go to the Happy2Hours, which was outdoors. In spite of Norm's "nattering and sputtering" (direct quote from him), Renee said, "we're going." Where did they happen to plop their lawn chairs? Next to JoAnn and Dennis Ford, who introduced them to Judy Wilson who got them involved taking down the bar! That's where they met Al Fichera, who got Norm involved with the bar. From there they got involved with the "specialty drink" table which they've run ever since, gaining the title of "Mr. and Mrs. Margaritaville." So much for wading in!

Next, they went to Taco Tuesday where someone asked who was going to take over Bocce Ball? This time Renee piped up with "we will." This is their second year of doing this project.

"Hazardous Waste?" I don't know how JoAnn found out that Norm had a background in the 80s in chemical waste management but she did. She asked Norm what we could do here in Lakeview to get rid of our hazardous materials. He did some research and one Saturday he parked in front of the clubhouse, had residents drop off their waste and hauled it off by himself. Since then, Ken Ingle and Don Hellar volunteered their trucks, too. Now it has become a monthly event. Again, so much for wading in!

Are they sorry they jumped in? "Heavens, NO! We love living here. Everybody is so nice, we have fabulous neighbors. We've met nice people. You can get as involved as you like here," says Renee. They sure have!

Now, Miss Nosy Rosie's tidbit of advice, inspired by a little wall art I found at Hobby Lobby. "Life is too short to be serious all the time. So, if you can't laugh at yourself, call me. I will laugh at you!" If you don't know my identity, call our editor. She'll laugh at you and call me and I'll laugh at you, too.

BUNCO

Beulah Radcliff and Cindy Cronk



Looking for something cool to do now that July and the hot weather are here? Take time to relax and try something new. Join us in the cool clubhouse for a game of Bunco. We play on the

third Tuesday of each month at 1 p.m., so be here July 19th.

Bunco is easy and fun to play; the cost is \$5 and all money is returned as prizes. Mark your

calendar now so you won't miss the fun on **July 19th at 1 p.m.**

Questions? Call Beulah Radcliff at 916-725-4928 or Cindy Cronk at 916-390-7726

MILITARY HONOREE OF THE MONTH
Diane Weber



Military honoree for the month of July is Daryl Douma. You might catch him as honoree for the 4th of July parade we have here in our

very own community.

Daryl was born in South Dakota in 1930, but didn't stay there long, as his dad followed work, as so many did back then. He remembers moving around a lot, and eventually his dad worked for the WPA. At a young age he contracted polio, and ended up spending a considerable amount of time in Shriners hospital. The family ended up here in the Sacramento area, where he would eventually attend school and make friends. He wasn't one to sit around even though he would always be bothered by lingering effects of Polio, and after high school he was antsy. He attended several colleges, and in 1951 there was a "big push" to get men to sign up for the military, and about 600 young men from the Sacramento area joined, after all, it was the height of the Korean War. He said he wasn't interested in the Army, "the Marines didn't want me", and his friend decided to enlist in the Air Force.

As he was waiting for his friend, the recruiter talked him into applying, which he did. The medical was more of a 'once over', looking at him and saying he was fit for duty. His mom wasn't happy about it, and his girlfriend at the time sure wasn't happy about it, but in he went. He became a System Control engineer, helping adjust gunsights, etc. He went to Air Cadet school in Florida, but one of the doctors saw

him during exercises and kicked him out, as he saw the feet that had been affected so many years before.

He was in for 4 years, did go to Japan and Korea, "but only for repair of some of the first firefight jets". Mainly he stayed stateside, ended up in Florida with the Air Sea Rescue, saving some, and sometimes not. After his TOD was up, he thought "It's not for me", not taking orders as well as he thought he should, and came back to Sacramento with his wife and went back to school. He got his degree in education, became a 6th grade teacher, then principal, retiring in 1986. At the time they lived in Tucson AZ, but his wife passed away, and the kids talked him into coming back to Sacramento to be close to family.

What does he enjoy? Cruising. He has been on 27 cruises all over the world, with the most memorable places being Iceland, Greenland, and Normandy. Of course, Africa and Australia, and New Zealand come in close runners up. He currently has plans to return to Alaska with some of his family this summer, and plans on continuing as long as he is able.

Each month the Crier will feature a resident who was in the military. If you know of someone who should be mentioned please contact Diane Weber @oobliett@hotmail.com.

HAZARDOUS WASTE
Norm Schoch (Hazardous Hairy)



Hello Again Friends and Neighbors:

Once again it is time for our monthly Household Hazardous Waste collection and disposal. As always, it will be on the last Saturday of the month, July 30th. We will be in front of the clubhouse from 11:30 a.m. until noon for collection.

We have a team of 3: me, Ken Ingle, and Don Hellar. Each of us is limited to 15 gallons

of liquid or 125 lbs. of solid waste. The most popular items are old paint, household chemicals, small batteries, fluorescent light tubes (please tape together), old medicines and sharp needles (sealed in plastic containers please). We can also take some e-waste if it is the size of a VCR or smaller.

Additionally, empty paint cans may be put in your regular garbage can. There is an old coffee can on a lower shelf of a bookcase on the front wall of the clubhouse library for collection of small batteries.

Thank you all for your efforts to keep our community safe and free of hazardous material.

BOCCE BALL **Norm and Renee Schoch**



Hi all Bocce Ball Lovers,

We continue to attract new players every week and we love to welcome our faithful, always there players every week also. But-----how about you? Have you ever tried Bocce Ball? Have you secretly thought about trying Bocce? Well now is the time! It's easy, just roll a ball down an alley! Anyone can do it! It is simple but fun! Heck, they even had me doing it!!!

We would love for you to come on out and give it a try. I really believe that once you try it you will be back the following week to try it again! And then who knows, before you know it, you will be a regular, bonafide, Bocce Ball Player.

Come in sweats, shorts, or jammies and fuzzy slippers. No judgment! Hope to see you soon, like Tuesday mornings at 10:00 a.m.

HELPFUL HINTS AND THINGS TO KNOW **Wanda Johnson**

July 4th, 1776.

How many people signed the Declaration of Independence on July 4th 1776? Only two men signed on that day, John Hancock, president of Congress, and Charles Thompson, secretary of the Congress. Most people signed the Declaration of Independence on August 2, 1776.

Why is the name "John Hancock" synonymous with "your signature"? Hancock's bold signature on the Declaration of Independence dwarfed the signatures of the other signers. Legend says that Hancock wanted the king of England to see the rebellious signature without having to wear his spectacles.

On July 4th, 1826 both John Adams and Thomas Jefferson, signers of the Declaration of Independence, who later became president, died on the 50th anniversary of the adoption of the declaration.

Independence Day did not become a national holiday until 1938.

July 4, 1884 The Statue of Liberty was formally presented to the United States by the people of France.

Third times the charm.....Mother: "Why didn't you come when I called you the first time?"
Willie: "cause I didn't hear you till you called the third time".

CHRISTMAS IN JULY CRAFT SALE **Sam Kuykendall and Cathy Wheeler**

The Christmas in July craft sale is in countdown. I don't know about you but Sam and I are so excited for this event. We want to thank all of you who have reserved the 35 tables and let you know there are still a few available.

If you plan to donate baked goods, please bring them to the coffee room in the clubhouse the morning of the sale. Be sure to have them wrapped as individual servings. Thank you.

We would appreciate, if you're reading this, to let everyone you know about our sale. This is going to be a great day! Hope to see you Saturday July 9th from 10 a.m. to 3 p.m. at the clubhouse.

Sam 916-715-5915

Cathy 707-292-2440

CRIBBAGE

Val Lea

Lovely to see a new face and some regular faces at June cribbage meetings. However, would love to see more faces. If you have ever wanted to learn or are a seasoned player, please feel free to join us Tuesday evenings in the clubhouse at 6.30 p.m. for a couple of hours to cribbage. All levels of players welcomed and instruction for newbies can be had. The dates for July are July 5th and July 19th. Looking forward to seeing You there.

BOOK CLUB

Glenda Tinsley



***Books + friendship =
Book Club.
Kristin Hannah.***

Read the selected 'Book of the Month' and come to the *Lakeview Village Book Club* to share your thoughts. ***We will meet this month on July 22nd, 10:00 a.m. sharp, in the clubhouse.*** Books selected to read/discuss are in a variety of genres and are loaned to club members at no charge, courtesy of the Sylvan Oaks Public Library's free service of *Book Club in a Box*.

For complete information, contact LV book club leader, Glenda (831) 252-9440 or (916) 599-7727.

DID YOU KNOW...

Ready for some fun entertainment? Then, come and see your resident clown and actress, Janet Bailey Kiddie appearing as News Anchor, Janet

Jenkins in a premier performance of an original musical comedy called "Strange Bedfellows", by Bill Rowland. The play is being performed at Theatre in the Heights located at 8215 Auburn Blvd, Citrus Heights (916-509-3445). Opening night is July 29th and closing performance is August 21st. Tickets are \$15.00 each and that includes snacks and beverages (alcoholic and non-alcoholic) ...such a deal!!

For more information, visit the website at <http://www.theatreintheheights.com> Tickets can be purchased on line or at the door. The show promises to be lots of fun. Hope you can make it!

Invitation to Citrus Heights Women's Club

Carol Spiker

Let's start with the invitation to the next meeting. Come and hear our new Citrus Heights City Manager, "Ash" Finney, share his vision for our city. He will speak on July 6th at the Sylvan Community Center (7521 Community Drive, corner of Sylvan) at noon.

CHWC is part of the California Federation of Women's Clubs. Born in the 1800s, its members have played active roles in much of what is good about California history, as has our national counterpart. For example, 75 percent of the Andrew Carnegie libraries in the U.S. were started by Women's Clubs (with Andrew's help, of course.)

The Citrus Heights Women's Club is actively involved with our hospital, schools, veterans' groups, and the Citrus Heights Police Department. We've financed stress management and mental health training for our officers and their wives, and have fun while doing all of this. Come and join us.

Want to know more? Call me at 916-723-2314

VETERANS' GROUP

Diane Weber

Our group meets at the clubhouse once a month. Our next meeting will be on July 28th at 10:00 a.m. We talk, we share, we discuss resources and benefits, and have a really good time just being together.

If you have any questions, please contact Diane at 530-828-5777

OLD FLAG DISPOSAL **Norm Schoch**

Do you have an old, faded, tattered or torn flag that you would like to dispose of? The LVV Veterans' group will be collecting flags for disposal at our next meeting. We meet in the Cozy Couch Corner of the clubhouse by the pool room every third Thursday of the month. Our next meeting will be on July 28th at 10 a.m., so if you bring your old flags to our meeting, we will ensure that they are retired in an appropriate manner.

If you served in the military, we would like to invite you to join our group. If you have any questions, call Norm Schoch @ 916-910-9079.

IMPROV GROUP **Glenda Tinsley**

Our next Improv get together will be Thursday, July 21st at 2 p.m. in the coffee room of the clubhouse

THE ADVOCATES **Roger P. Johnson**

The Advocates will be taking a vacation for the month of July.

DO YOU LEAK?

As we weather another drought and try to conserve water usage, we need to monitor our homes for leaks. Bet you didn't know that one major source of hidden home leaks is the toilet.

To help us check for leaky toilets, Joy has purchased leak detection kits. The kits contain 2 dye disks (one for each toilet) and instructions on how to use them. Yes, you can conduct your own test—you don't need a plumber. She said there are also instructions on how to repair certain types of leaks.

So come to the office and get your free (yes, I said free) leak detection kit.

BINGO **Judy Wilson**

Bingo is played every other Thursday. Come at 5:30 p.m. to get your paper and the game starts at 6:30 p.m. This month's Bingo dates are July 7th and 21st.



CLEANING UP THE LAKE

With the crazy hot and cool weather and low lake levels, the algae multiply like crazy at this time of year. Enter the cleanup squad! During the last week of June they were here, boat, rakes and hip boots in tow, and cleaned up tons of scum, making our lake beautiful again.

Fortunately, Victor Michael had his camera ready and took some pictures of this big, messy job. We thought you might like to see what it takes to clean up the lake.



It's all in a day's work!!!



**FREE ADS FOR
RESIDENTS ONLY**

3 CUSTOM-MADE EXTERIOR SOLAR WINDOW SCREENS. 32 w x 69 1/2 L. Like new \$40. Each Call or text
Craig Danner 1-408-316-6635

FOR SALE - DANISH MODERN CHERRY DINING TABLE (70 in) and 4 Italian leather chairs. Table is less than 2 years old; chairs are older. All in good condition. \$225.00
Val 1-408-460-6345

PINOCHLE LESSONS – Novice or refresher
Come to the clubhouse Sundays at 6 p.m.
Hal Cohen 1-916-704-4478

FREE 2 Inch Wood Blind, White with Valance, 29 1/2" W X 40" L, great condition,
**Nancy & Bob 1-916-472-5994 or
1-916-477-7342.**

DOG WALKING AND PET SITTING
Kelly 1-916-721-3029

HELP Need bricklayer for a fairly small job to correct a dangerous condition.
Wanda 1-916-242-0664

Independent Mary Kay Beauty Consultant.
Contact me for complimentary makeover.
Kathleen Sanders 1-602-751-4406

I am a certified IHSS PROVIDER looking for an IHSS RECIPROCATATE in need of care. I am a good cook and great housekeeper. I can do shopping and provide Dr. appointment rides. Can run errands and do laundry.
Joyce 1- 916-690-7305

YEAR AROUND EXPERT INCOME TAX SERVICE: 30+years' experience ~ Enrolled Agent-
Sandra Wheeler 1-916- 725-4368

DRINK COFFEE - LOSE WEIGHT
The 6 Day Experience. Change your brand, change your life!
Lyn McKim 1- 916-276-3330

PERSONAL CARE AIDE, non-medical. Part time, flexible hours to provide light housekeeping and routine personal services. **Diana 916-254-7934**

LYFT Driver available for the village
Lori Withers 1- 916-769-6364

EDUCATE & EMPOWER YOUR IMMUNE SYSTEM with messenger molecules. Not a vitamin, mineral or herb. Made by the immune system for the immune system.
Carolyn Weeks 1-916-956-8226

MOBILE BARBER/ HAIRCUTS.
Maria 1-916-827-1030

NOTARY PUBLIC, for appt. call **Martha Kelley**
- **1-916-390-6295**

NEED A RIDE? Doctor appointments, shopping, errands, and airport. Sorry, I can't take wheelchairs. Reasonable prices. Available and dependable. **Debbie (Ingle) McGregor 1-916-995-8755**

PIANO TUNING & REPAIRS Pianos should be tuned at least once a year; action repairs & appraisals,
jacvoice@aol.com
Jack Miller 1-916-735-8735

AVON REPRESENTATIVE: See me for all your Avon needs. **Cindi Johnson 1-916-242-0043**

KATHY'S KORNER: Need a ride to appts., doctor, airport or shopping? Help with home projects or organizing? Dependable and reasonable.
**Kathy
1- 503-522-2447**

NEED SOMEONE TO GROCERY SHOP? Do errands. Drive you to the airport or doctor? I also have work experience in PARTY & EVENT PLANNING.
**Glenda 831-252-9440 or
1-916-599-7727**

GUTTER CLEANING, PRESSURE WASHING, crawl covers, rototilling, RV washing.
Paul 1-916-856-6966

LANDSCAPING CONSULTATION Landscape designer, UC Davis Master Gardener, over 30 years' experience. **Dorothy Ritter 1-916-725-0223**

FUNERAL EXPENSES: We help put a plan in place for the costs so your family won't have to in a very difficult time. **Paul 1-916-856-6966**

DONATE eyeglasses to Lion's Club and pet food to Meals on Wheels for distribution to needy seniors with pets. Bring to Friday Farmers Market .

SHAKLEE SALES: Too young to retire? Shaklee pays you seven ways to show others how to save money and live healthier lives, #1 Natural Nutrition Co. in U.S.
Rosalie Ingle 1-916-728-6703