



Anatolia News & Events

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Special Points of Interest:

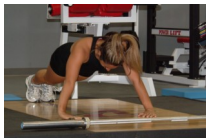
- Strendura Challenge
- Young Tree Care
- Community Classifieds
- Special Offer from Costco!
- Advertising Opportunities
- Community Newsletter & Website Sponsor

Upcoming Events:

- Strendura Challenge:
February 10th & 11th
- Spring Tree Mtg:
(Date to be Announced)
- Spring Tree Planting:
(Date to be Announced)

The Strendura Challenge

Want to get fit? Come participate in the Strendura Challenge, held on February 10th and 11th, and push yourself to new levels of fitness! The Strendura Challenge is a fitness event combined with a sponsor expo and fitness fair, with guest speakers designed to motivate everyone to challenge themselves to higher levels of fitness. The Strendura Challenge offers a fun way for people of all ages to set a fitness goal and work towards conditioning and getting fit to meet this goal.



The Strendura Challenge itself is a combination of push-ups, sit-ups, chin-ups, and running. The event offers separate categories for men and for women, with 6 levels of varying intensity for each. This way, participants of all abilities can compete, each choosing the level that works best for them. Participants range from those who are not yet able to do a chin-up, to those who wish to be considered the most finely-tuned athlete in town. As Nick Lynch, the events founder and current course record-holder, explains, "The message of Strendura is that we can all get better, no matter what our situation." The Strendura Challenge dares each participant to try their hardest to reach their unique personal goals of better fitness and conditioning. Strendura makes conditioning a sport of its own. While other sports may require natural talent, speed, expensive equipment or specialized training, all it takes to succeed at Strendura is a little habit, called "Get up, and do it again."

The Strendura Challenge kickoff, presented by Local Heroes Productions and Nick Lynch, will be held February 10th and 11th, 2007 at Velocity Sports Performance in Rancho Cordova. The proceeds will help benefit Homes with Hearts Foster Family Agency. The event will begin at 4pm Saturday, February 10th, with a fitness fair. The fair will include food samples, a drawing of over \$1,000 in prizes, and keynote speaker Ruthie Bolton, former 2-Time WNBA All-Star with the



Sacramento Monarchs and 2-Time Gold Medalist on the Women's Olympic Basketball Team. The actual event will be held all day on Sunday, February 12th, with designated times for each group to be announced once the registrations are in. If you would like to register, go to www.strendura.com. Early registration is \$25, with fees increasing as the event nears, so make sure to sign up soon! Even if you don't wish to compete, spectators are welcome to watch free of charge. So come join the fun! If you would like more information about the event, go to the Strendura Challenge website at

www.strendura.com, or contact project coordinator Nick Lynch at rainmaker@localheroesproductions.com or 916.223.6779. Happy training!





eCommunityLive.com is Getting a New Look!

eCommunityLive.com is getting a makeover! New sections are in the process of being created, with updated events and calendar, service listings, forums, and a fun. There also is a newly added classifieds section, where members can post ads, lost & found, and more. This site is meant to serve you and your community, and to help fulfill this goal, membership input and participation is greatly encouraged. Besides providing input on the site and communicating with each other, members can also request to put up pictures, recipes, news, or anything else related to their community that they would like to share with others. As one of the main goals of eCommunityLive is to keep residents connected, the more involved members are, the better! So register today at eCommunityLive.com and get more involved in your community!



Growing a Legacy



The cool, rainy days of winter are here, and the trees have lost their leaves... but there is a lot going on that we do not see. Our front yard trees are sending down roots and storing up energy for this spring's lush new growth. Now is the time to take action to ensure the healthiest, fastest growing tree this summer. As part of the [Anatolia Shade Tree Program](#), Sacramento Tree Foundation Foresters toured neighborhoods throughout Anatolia and created three easy steps you can take to help your young tree get a great start and avoid future problems.

SET IT FREE!

Do your trees still have the nursery stake attached? This is the small stake tied directly to the tree trunk and removing it allows your tree to move as it grows, creating a strong trunk and even branching. The larger stakes off to each side will provide plenty of support. And do not worry about pruning, since it is rarely needed in first few years.

BED IT DOWN!

A three foot circle of mulch, six inches deep will help control weeds, reduce moisture loss, regulate soil temperature, and provide all the nutrients your young tree needs. By controlling weeds and grasses, mulch reduces the need for mowers and line trimmers (weed whackers) to be used near the delicate bark at the base of young trees. Remember to keep the mulch a few inches from the trunk to let the roots breath, and never use stones for mulch (you'll cook the roots in summertime). Skip the weed cloth, since it will interfere with water and air exchange, and use wood chips or bagged products for your mulch.

GIVE IT NOURISHMENT!

Water carries food, and trees need a constant supply of both... but there can be too much of a good thing. If your tree is sitting in a basin, dig a drainage channel or replant the tree a couple of inches higher than the surrounding ground so the roots don't drown in the winter. The mulch will provide the young tree's nourishment and adding additional fertilizer may only cause unsustainable growth. Many trees do well growing in turf, but do not forget to give your trees a slow, deep watering every couple of weeks in the summer. The turf watering will keep a tree alive, but the occasional deep watering sends the roots deep, making the tree stable and better able to tolerate drought and hot weather.

EXPECT GREAT RESULTS!

With proper care, your young shade tree will be fast growing with great root structure, providing generations of family pleasure, environmental benefits, and energy savings. To learn more about trees and discover how to enjoy more community while creating a wonderful back yard, check out the [Anatolia Shade Tree Program](#) at AnatoliaLive.com.

Classifieds

- Now Interviewing Mortgage Associates!** (Loan Forte)
Experience preferred but 18 month provisional license ok. Training provided. 916.448.5152
- Need Help?** Please keep our neighborhood clean. I am currently providing lawn services for my clients in Anatolia. 916.439.4457.
- Arbonne Skin Care Consultant:** Want quality skin care products to make your skin the best it can be? Call Arbonne Skin Care Consultant Nikki Cummings at 916.689.6649 to give it a try!
- Professional Home Inspections:** Robert C. Croft CPI and Associates. Same day, on-site, narrative report of findings. Specializing in Home Health, Mold testing, and Builder warranty inspections. 12 Years serving the Sacramento Metro Area. Anatolia resident. 916.638.3500. Schedule us on-line: www.proinspection.com
- Interested in Running an Ad?** This newsletter is made for your benefit, so if you would like to place an ad in this classifieds section, please contact Chelsea at cgary@loanforte.com. Please include what you would like to say; limit under 4 sentences.

Special Limited-Time Offer from Costco!



Costco, Rancho Cordova would like to offer any Anatolia resident interested in opening a new Costco membership, an incentive to do so. With any new membership (\$50 per year for two people, 18 years or older, living in the same household) you will receive a \$10 Costco Cash Card & our Wallet Coupon Book. This offer is only for non members & is only available at the Rancho Cordova Costco. Simply bring this copy to the membership counter & they will assist you with your membership. This offer is valid through Feb. 28, 2007. If you have any questions, feel free to contact Linda Cooper @ 916-858-8340.

Own A Local Business? Start Advertising for the New Year!



Anatolialive.com offers advertising possibilities that could possibly benefit your local business. We are currently working on a brand new site for anatolialive.com including new features and more information geared towards your community and what's important to you. Our goal is to give you useful information and help you build a strong community. With this being in mind, if you own or are a part of a local business, anatolialive.com may be a great place to get the exposure you need to help your business grow. At LoanForte, we also offer graphic art services, if you don't already have a banner ad ready for use. If you have any questions please feel free to call Victoria Melshaw at 916.412.5189 and she will be happy to help you get started or answer any questions you may have. For more information, you can go to anatolialive.com, where the prices are listed as follows:

2007 Rates	1 month	3 months	6 months	12 months
Full Banner(200px wide x 300px high)	\$90	\$80	\$70	\$60
1/2 Banner (200px wide x 150px high)	\$70	\$60	\$50	\$40
Mini Badge (200px wide x 100px high)	\$50	\$45	\$40	\$35

Your Community Website Sponsor

Loan Forte...

Your Community Newsletter, AnatoliaLive.com, and eCommunityLive.com are all sponsored by LoanForte, your mortgage specialists. At LoanForte, we pride ourselves in our customer service and satisfaction.

We help in building strong communities by sponsoring events and programs, as well as by hosting community websites to give such communities a chance to share, learn and connect with each other on a large scale. LoanForte is much more than just a mortgage company; it is a means to many opportunities.

In one of its efforts to give back to the community, LoanForte has teamed up with the Sacramento Tree Foundation and SMUD to create the Shade Tree Program, a beneficial program that gives homeowners the chance to receive beautiful shade trees for free! So far we have planted roughly 40 trees in one weekend, and are planning future plantings to help the Sacramento Tree Foundation reach its goal of doubling the canopy in the Sacramento region. This is just one of the ways we show we care.

At LoanForte, our goal is to help you. The team at LoanForte is ready to meet your needs. We offer numerous programs and will help you choose the option that is best for you. Our caring team wants to offer you quality service that can help make your dreams come true.



...More Than Just A
Mortgage Company

Recipe Spotlight:

Tortilla Soup

Recipe Courtesy of Rachael Ray and Food.com



Recipe Summary:

Difficulty: Easy

Prep Time: 10 min

Cook Time: 25 min

Yield: 4 servings

Directions:

- Heat a grill pan to high and a soup pot to medium high. Drizzle oil on corn and place on grill. Add red pepper to grill with corn. Char vegetables 10 minutes, total, turning occasionally. Remove to cool, 5 minutes. Remove charred skin from the pepper.
- While vegetables cook, dice chicken. Add 2 tablespoons oil to hot soup pot. Add chicken to pot. Season with poultry seasoning, cumin, salt and pepper. Lightly brown chicken on each side. Add zucchini, onions and garlic and chipotle peppers. Cook vegetables with chicken 5 to 7 minutes to soften. Add tomatoes, tomato sauce and stock. Bring soup to a bubble, reduce heat to medium low.
- Scrape corn off cob and add to soup. Chop grilled red pepper and stir into soup. Add chips to soup in handfuls and fold in. Serve soup immediately with scatter of shredded cheese and a dollop of sour cream. Top with any or all of the suggested garnishes.

Ingredients:

- Vegetable or corn oil, for drizzling, plus 2 tablespoons—2 turns of the pot in a slow stream
- 3 ears corn on the cob or 2 ears fresh-frozen cobs, defrosted
- 1 red bell pepper, split & seeded
- 1 lb chicken breast tenders
- 1 tsp poultry season, 1/3 palm full
- 1 tsp cumin, 1/3 palm full
- Salt & pepper
- 1 small zucchini, small dice
- 1 medium yellow skinned onion, chopped
- 3 cloves garlic, chopped
- 1-2 chipotle in adobo peppers (medium to hot), chopped (available in small cans in Mexican/Spanish food section of market)
- 1 can stewed tomatoes, 28 oz
- 1 can tomato sauce, 8 oz
- 3 cups chicken stock
- 4 cups blue corn tortilla chips, broken into large pieces
- 1 cup shredded cheddar or pepper jack cheese
- 1/2 cup sour cream

Optional Garnishes:

- 1/4 red raw onion, chopped
- 2-3 tablespoons chopped cilantro or parsley leaves
- 1 ripe avocado, diced and dressed with the juice of 1/2 lemon

Have a Favorite Recipe You'd Like to Share?

Do you have a favorite recipe that you love? If you know of a good meal, a tasty dessert, or any other fun dish, don't be afraid to let us know. We want you to share it with your neighbors! Just go to eCommunityLive.com and post your delicious dish under the Forums section. Then we can get it posted for you under the Fun and Games section. So don't be shy!

If you have any suggestions or comments, please email Chelsea at cgary@loanforte.com.