

# M Citrus Heights Messenger

"Written by the people, for the people"

Volume 2 Issue 8

Serving the City of Citrus Heights and Sacramento County

Second Edition for April 2012

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## Citrus Heights Embraces Earth Day



By Leslie Carrara

CITRUS HEIGHTS – Inaugural Earth Day-Citrus Heights is coming to Citrus Heights this Saturday, April 21st from 10 a.m. to 2 p.m. at Skycrest Elementary School on Mariposa between Madison and Greenback.

Note that the event coincides with the kick off of Cool California Challenge, the largest team Eco-challenge in the history of California where Cities compete for the title "Coolest California City!"

This is a state sponsored challenge for homes and businesses to reduce the carbon footprint

of each dwelling and the City of Citrus Heights has entered the competition. The winning city will receive \$100,000 and Eco-groups that lead the effort to sign up residents and reduce the most will receive awards as the competition progresses.

The Citrus Heights Green Team is hosting the Inaugural Earth Day-Citrus Heights, under the direction of the Residents' Empowerment Association of Citrus Heights. Green Team President Sue Frost, wrote in an email: "...We are a community group with vision and our Inaugural Earth Day event is a springboard to other meaningful

projects, the next of which will be the Cool California Challenge. Our mission is to promote sustainable principles. The Earth Day will feature a myriad of lifestyle options from simple to technical in nature. They are innovative solutions for the modern suburban family and the top businesses in our region will be at the event. Some of our community members are concerned about global warming and lowered carbon footprints. Others are simply pre-viewing ideas on how they can maintain their current standard and comfort in living with the cost of energy, water and sewer increasing. Either way, we are in

for some wonderful innovations and while Earth Day is a fun, educational experience, the Cool California Challenge will be a "hands on" experience that delivers participating households some eye opening information about their own possible challenges and solutions to the rising costs of resources. Find us at www.citrusheightsgreenteam.com or "like us" on www.facebook.com/citrusheightsgreenteam. We invite you to join us in our effort to promote sustainability."

Ten cities in the state have signed up for the Cool California Challenge, including Citrus Heights, Sacramento and Davis in this area. In order to sign up for participation, residents must visit their website at www.CoolCalifornia.org. Originally, it was scheduled to kick off on April 1, however, technical difficulties have delayed the start of the challenge. Once Cool California begins, you can receive e-notifies from the city or it will be published in this newspaper.

The challenge lasts a year, and your energy usage is tracked on line. Meanwhile, the event will feature 60 exhibitors and the Green Team has received 10 anchor sponsors at \$500 each and 19 sponsors at \$100 each. On Earth Day, 15 minute seminars will be held with two every half hour in two classrooms.

Mayor Jeffrey Slowey will be present to award the students who participated in the logo art contest. The Green Team was originally formed and supported by the area 11-Birdcage Heights Neighborhood Association and is working under the direction of the Residents Empowerment Association of Citrus Heights, a 501 (c3) non-profit organization.

Board Selects Thompson as New Superintendent



Glynn Thompson selected San Juan Unified Superintendent of Schools. Photo courtesy of SJUSD.

SJUSD – After conducting an extensive search, the San Juan Unified School District Board of Education has selected Glynn Thompson as the District's Superintendent of Schools with a unanimous vote. Thompson had been in the role on an interim basis while the search was being conducted and will assume his duties permanently effective May 1. His contract will run through June 2015 with an annual salary of \$225,000.

"Throughout the search process we heard students, teachers, parents, principals and community members tell us that the number one priority in selecting a superintendent was to ensure that the work of our community-developed strategic plan continued," said Board President Richard Launey. "Mr. Thompson has been a leader in implementing our strategic plan and we need his strong voice to provide leadership as we build upon the work underway in our schools to close achievement gaps and educate and inspire each student to contribute to our radically evolving world."

Thompson was previously named the District's interim superintendent of schools in June of 2011 while a search was conducted to find a permanent candidate for the position. He became San Juan Unified's first chief academic officer in July 2009 building up on his more than 30 years of experience in New Haven and Los Angeles Unified school districts. He has previously served as a teacher, principal, professional development advisor, coordinator of special education and director of instruction.

"We cannot do more with less, we must do differently," said Thompson. "As state budget cuts continue to take resources away from our schools and classrooms, we must work collaboratively as a community to rethink how we deliver services and educate students to produce 21st century learners and leaders. San Juan Unified has a long and proud history of success which we will continue together."

A graduate of Texas Christian University with a bachelor's degree in elementary education, Thompson also holds a master's in educational psychology from the University of Houston and has completed post graduate studies at the University of California Los Angeles and Pepperdine University. His full bio can be found at http://www.sanjuan.edu/superintendent.

Source: SJUSD

## Distracted Driving Puts Teens at High Risk

SACRAMENTO REGION - Female teens are twice as likely as male teens to use cell phones and other electronic devices while driving, according to a new in-car video study from the AAA Foundation of Traffic Safety. The study also shows that many other potential driving distractions are common and problematic among teenage drivers.

The Foundation study is the first study using in-car video footage to focus on teen distracted driving. Researchers identified the prevalence and consequences of various distracted driver behaviors among teens. They also identified the prevalence and consequences of distracting conditions that teens face. These behaviors and conditions vary based on the presence of passengers, the time of day, the sex of the driver, and other potentially important factors.

"Cell phones, texting, personal grooming, and reaching for items in the car were among the most common distracting activities that the cameras caught inside the cars of new teen drivers," says Cynthia Harris, AAA Northern California spokesperson. "This



Teen girls are twice as likely to use electronic devices while driving, AAA study shows.

new study provides the best view we've had about how and when teens engage in distracted driving behaviors, which are believed to contribute to making car crashes the leading cause of teenage deaths."

The main findings from the report show that gender played a role in some of the observed distractions. Females were nearly

twice as likely as males to use an electronic device while driving, and overall, were nearly 10 percent more likely to be seen engaging in other distracted behaviors, like reaching for an object in the vehicle (nearly 50 percent more likely than males) or eating or drinking (nearly 25 percent more likely than males). On the other hand, males were

roughly twice as likely to turn around in their seats while driving and were also more likely to communicate with people outside of their vehicle. "Drivers are three times as likely to take their eyes off the road when using electronic devices. They were also two and a half times more likely to look away from the road when engaged in other behaviors," says Harris. "A second may not seem like much, but at 65 miles per hour a car travels the length of a basketball court in a single second. That extra second can mean the difference between life and death."

Foundation data analysis also found that potentially distracting activities significantly decreased when parents or other adults were present in the car. In contrast, loud conversations and horseplay were more than twice as likely to occur when multiple teen peers, instead of just one, were present. These distractions are particularly concerning, as they are associated with the occurrence of crashes, other serious incidents, and high g-force events.

Continued on page 3



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# City Council Meeting: New Park Gets Go-ahead

By Leslie Carrara

CITRUS HEIGHTS – The City Council voted in favor of funding and of pursuing construction bids for the proposed Sayonara Park, located on Sayonara Dr. across the street from the Sayonara Community Center.

The vote was 4 to 1, with Dr. Jayna Karpinski-Costa dissenting. At the meeting, she discussed the issue of replacing unit for unit as part of the requirements for redevelopment of the street with affordable housing. Later, she explained that she is scrutinizing every expenditure that she considers to be a “waste of money” as she opposes the proposed utility tax increase of 1.75 per cent and a \$50 property tax fee to all homeowners, which, if approved by council on June 14, will be on the ballot in November.

As far as replacing unit for unit, she has since learned that what is required is to include a total of 70 bedrooms in the homes, which still need to be constructed. Total cost of the park is \$275,000, which



is coming from impact fees, Karpinski-Costa said. The park will require little maintenance and will have a half basketball court and a tetherball, as well as stationary play gym-type items for kids.

Meanwhile, Vice Mayor Steven Miller told the council that Regional Transit will be back in Citrus Heights soon, extending service on Greenback Lane to every 15 minutes on weekdays while a proposal to eliminate the route on Madison Ave. However, he said they are concerned about the residents who live along this major thoroughfare. He also indicated that RT is considering a route from Sunrise Mall to Historic Folsom and that he is in favor of it. He

said they hope to have it up and running by January.

This week is National Volunteer Week and the Citrus Heights Police Department and Domestic Violence Intervention Center praised the work of their volunteers before the council. The police department has 32 volunteers who put in a total of 14,641 hours last year, saving the city \$32,000. Both the police department and DVIC are actively seeking volunteers at this time, while the police department requires a background check and a promise of 12 hours per week. Girl Scout Troops 707 and 1617 received a Proclamation regarding Creek Week at the meeting.

Other items of note include National Prescription Take Back Day on Sat., April 21 where you can return old or unwanted prescriptions to the police department. Also, Sylvan Oaks Auburn Road Area 10 is hosting a Senior Health Fair in May for the fifth straight year. They need a nurse to volunteer for the event on May 19, 2012 at the city offices on Fountain Square Drive in the Rose Garden.

# CTC Grand Opening Celebration

CITRUS HEIGHTS – Citrus Town Center completes its new \$4 million remodel with a celebration, Saturday April 21 from 11am-3pm. “Funtastic Four” will be on stage from 12 noon-3pm. Try your hand at free rock climbing, bounce house, face painting, choo-choo train rides and treats, while supplies last. Bring or buy canned food for local area food bank. Visit the center’s new stores Sprouts Farmers Market and Carters and stop by old favorites like Panera Bread, Marshalls, Bev Mo, Staples and Petsmart.



The Funtastic Four will perform at the Grand Opening.

Citrus Town Center is YOUR Blvd. and Greenback Lane in center at the corner of Sunrise Sunrise MarketPlace.

# Comparison of Short Sale

## Frequently Asked Questions About Surrendering Your Home Through Short Sale, Foreclosure and Bankruptcy

By Attorney  
Kristy A. Hernandez

Due to job loss and the poor real estate market, many of my clients are electing to get out of real estate. Most clients that I consult with are families that have always paid their bills on time and, prior to the economic decline, never would have considered bankruptcy or foreclosure as a viable option. However, making smart choices now may mean that a family can bounce back from financial hardship faster and get back into real estate again one day.

I spend a lot of my time in appointments helping families decide what makes more sense for them: foreclosure, short sale, or bankruptcy. The following are some of the most common questions I receive about getting out of real estate, and how I answer them.

### How much will my credit be affected?

Short sale: Credit impact depends on how many months of mortgage payments you miss before the short sale is complete. If you never missed a payment, plan for your credit to drop 85 to 160 points. If you are missing payments, add additional point reductions depending on the number of days late. For 30 days late, plan for an additional drop of 40 to 110 points, for 90 days late or more plan 70 to 135 points.

Foreclosure: 200 to 300 points depending on how good your credit was to begin with.

Bankruptcy: 130 to 240 points depending on how good your credit was to begin with.

### How long will it take before I can buy a house again?

The answers provided are based on current lending guidelines if, at the time of applying for a new mortgage, you have saved enough money for a down payment and your credit has improved.

Short sale: 2 years minimum

Foreclosure: 5 to 7 years

Bankruptcy: 2 years for FHA loans; 4 years for most other lenders

### Will the lender be able to come after me for any money?

Short sale: No. If a lender approves a short sale, California Senate Bills 931 and 458 provide that the lender cannot seek a deficiency after a short sale.

Foreclosure: Possibly. This depends on whether the loan was a purchase money mortgage or not. It is wise to consult with an attorney to help determine your liability.

Bankruptcy: Generally no. If you surrender real estate and do not reaffirm the debt in your bankruptcy case, then it will be discharged in your bankruptcy.

### Can I receive money to assist me in moving out?

Short sale, Foreclosure and Bankruptcy: You may be paid “cash for keys” by agreeing to a

specific move-out date with the lender and leaving the property in good condition. The amount of cash upon move-out is negotiable and varies depending on the lender.

### Other Important Considerations

Short sale: The lender has to approve you to do a short sale. You must show your home to prospective buyers and usually need to hire a real estate agent to list and market the property. Plan for this process to take between 4-8 months.

Foreclosure: Many clients have difficulty tracking the foreclosure timeline and find the move-out date unpredictable. Failure to move out on time could result in an eviction being filed against you.

Bankruptcy: You must meet income eligibility in order to qualify for bankruptcy relief. If you have a foreclosure date set, bankruptcy can give you additional time to move out of the property by stopping the sale date for a period of time. Also, bankruptcy may help get rid of other debts you have accumulated.

Bear in mind that the responses above are general. Your specific income or property may not apply. If you are interested in learning which way to get out of real estate is right for you, my office offers a free consultation. To set an appointment, call 916-728-1500 or visit us online at [www.hlawinc.com](http://www.hlawinc.com).

# Area 10 Yard Sale and Health Fair

By Leslie Carrara

CITRUS HEIGHTS – Sylvan Old Auburn Road (SOAR) Neighborhood Assn. is holding their 14th annual yard sale on Sat., April 28 from 8:30 a.m. to 1 p.m. at the United Methodist Church located at 7733 Highlands Ave., right here in Citrus Heights.

SOAR is a 501 (c 3) organization which means your donation is tax deductible. You can ask for a receipt at the time of donation.

The group is looking for household items including furniture, electronics and anything

you don’t use anymore. Some proceeds from the sale will go to the Women’s Club.

Also, mark your calendar for May 19, when SOAR will host the 5th annual Senior Health Fair to be held at 6237 Fountain Square Dr. in the Rose Garden at 9 a.m. to 1 p.m. This year’s event will honor US military veterans.

SOAR, recipient of national awards, partners with agencies and businesses to produce an exciting event with demonstrations, presentations, entertainment and exhibits that focus on senior issues, services and concerns. There is no charge

to attend plus nothing is sold except at the snack bar, which is used as a fund raiser for the Citrus Heights Police Dept. Explorers.

Dr. Jayna Karpinski-Costa, president of SOAR, said that volunteers play an important role in making the Health Fair successful. “We are currently looking for a licensed nurse to conduct diabetes testing that was donated by Abbott Labs.

To donate nurse services or for more information about volunteering, please contact Dr. Karpinski-Costa at (916) 599-3647.

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# Citrus Heights Messenger

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# Citrus Heights Crime Report

## Armed Robbery

On April 12th, 2012 at approximately 2310 hours, Citrus Heights Police Officers responded to 7451 Auburn Blvd (Quick Mart), regarding an armed robbery. Three

unknown male suspects entered the store and forced the clerk to the ground. One of the suspects may have been armed with a handgun. The suspect fled the store with an undisclosed

amount of money. There were no customers inside the store at the time of the robbery. The suspects were all wearing dark clothing. The incident is currently under investigation.

## Drive by Shooting

On April 12th, 2012 at approximately 2116 hours, Citrus Heights Police Officers responded to the 7800 block of Sayonara Drive, regarding multiple shots heard. Officers arrived on scene and determined a

drive by shooting had occurred. Nobody was struck or injured by the gunfire. However, three vehicles and one occupied dwelling were struck by bullets. Several bullet casings were collected at the scene. There are no

suspect descriptions at this time. Witnesses reported seeing a dark colored passenger vehicle and a blue or white SUV type vehicle driving on Sayonara at the time of the shooting. The incident is currently under investigation.

# Distracted Driving Puts Teens at High Risk

Continued from page 1

Drivers were six times as likely to have a serious incident when there was loud conversation in the vehicle, and they were more than twice as likely to have a high g-force event when there was horseplay. AAA tips for parents to improve teen drivers' safety as they start to drive on their own: Practice, practice, practice. Once teens have their actual license, continue to ensure that basic skills are mastered and to introduce varied driving conditions such as snow and heavy traffic rural roads with an experienced driver in the passenger seat.

Keep passengers out. Teen drivers' crash risks multiply with teenage passengers in the vehicle. Set limits and enforce them consistently.

Limit night driving. Reduced

visibility makes night driving riskier for drivers of all ages. For inexperienced teens it's even harder. Allow new teen drivers to drive at night only if it's truly necessary for them to practice driving in the dark with a parent.

Keep setting rules. Establish and enforce rules above and beyond state laws. In addition to night and passenger limits, set rules for inclement weather, highways, cities, or other driving conditions in which a teen has not gained enough experience. Find a parent-teen agreement on TeenDriving.aaa.com that can help. The data for this report came from an analysis of video clips collected as part of a three-phase naturalistic study of 50 North Carolina families with novice teen drivers. The

first study looked at how parents supervise their teens during the learner's stage, and the second examined how teen behaviors and driving conditions shift during the transition to unsupervised driving. For the current study, 7,858 clips from the first six months of unsupervised driving were re-analyzed to investigate distraction specifically.

For more information about teen driving visit our website at [www.aaa.com/teendiving](http://www.aaa.com/teendiving). AAA Northern California offers a wide array of automotive, travel, insurance, DMV, financial services and consumer discounts to nearly 4 million members. AAA has been a leader and advocate for the safety and security of all travelers since it was founded more than 100 years ago.

[www.CitrusHeightsMessenger.com](http://www.CitrusHeightsMessenger.com)

## Red White & Blue Parade Committee Kick-off Meeting

Would you like to be a part of the planning committee for the 2012 Citrus Heights Red, White & Blue Parade?

It is scheduled for June 23, 2012.

Please contact Michele Saario at (916) 727-5402 or email to [msaario@citrusheights.net](mailto:msaario@citrusheights.net)



Meetings are held at the Citrus Heights Community Center, 6300 Fountain Square Drive. More volunteers are needed to make this a terrific success for Citrus Heights.



## Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

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## California State Youth Pageant

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Saturday, April 21st, 10am to 2pm

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[www.CitrusHeightsGreenTeam.com](http://www.CitrusHeightsGreenTeam.com)

Earth Day



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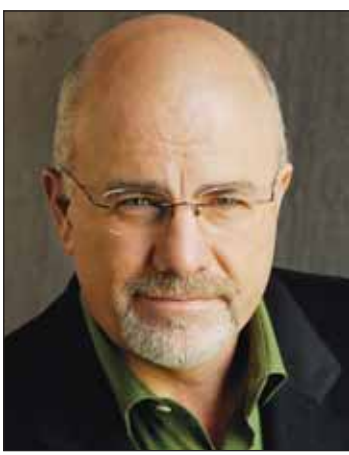
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# Dave Says

*Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.*

## Downsizing House to Get Out of Debt?

Dear Dave,  
Is it ever a good idea to sell your home and buy a smaller, less expensive one in order to get out of debt more quickly?  
- Autumn

Dear Autumn,  
It's a good idea in some situations. If you don't really like the house, or maybe you were thinking about selling it anyway, then I'd say go for it. It would also be a smart move if you simply have too much house and the payments are eating you alive. I usually recommend that your monthly mortgage payment or rent be no more than 25 percent of your

take-home pay. If your house payments are taking 40 to 50 percent of this figure, then it's time to unload the house.  
But selling your home can be a tough thing emotionally. I'd never advise someone to sell the place they love and move down in house if their payment is reasonable. In these situations there are usually other areas where you can cut back, keep your home, and still get out of debt in a reasonable amount of time.

**Boundaries ...**  
Dear Dave,  
I'm getting married to a wonderful man, but his 19-year old daughter from a previous marriage is very irresponsible. She doesn't want to make her own car payments and doesn't want to work. Lots of days, she sleeps until noon and just lies around the house. He agrees that he's been too lenient and that she needs to grow up, but doesn't want to pull the rug out from under her. What do you think?  
- Kelly

Dear Kelly,  
There are two problems here. One is financial in nature, and the other is a lack of boundaries. You're walking face-first into both of them. Marriage counselors will tell you if you can agree on four things – religion, money, children and in-laws – then you've got a good chance of having a successful marriage. You've got two of these yanking your chain right now—money and children—and they're both wrapped

up in one spoiled little girl. If you and dad really want to show her that you love her, you'll make sure she starts learning some character and discipline.  
I'd strongly suggest that you and your fiancé go through pre-marital counseling to make sure you're on the same page when it comes to handling this and other issues. You might also want to read the book Boundaries by Dr. Henry Cloud, together. Then, the two of you will have some tools to sit down and create a reasonable timeline for her re-education. Her dad, not you, needs to present this to her and explain that he's made some mistakes by not requiring her to grow up and learn self-sufficiency. Then, he can lay out the ground rules and a monthly timetable.  
It wouldn't be cruel to require her to get a job during the first month, along with getting out of bed by 8 a.m. every day. During the second month, you could also require her to do some work around the house to help out. During month three she could be required to pay rent. This way, you're stepping up the expectations gradually to the fifth or sixth month, when she's moving out and taking care of her own responsibilities.

It's all about love, Kelly. But it's also about boundaries and expectations that will prepare children to function in the real world.  
- Dave

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



## Citrus Heights Regional Chamber Of Commerce

[www.chchamber.com](http://www.chchamber.com)

### Upcoming Events

**April 18, 2012**  
Time: 8:30 PM - 9:30 AM  
Membership Benefits Reception

**April 19, 2012**  
Time: 8:00 AM - 9:00 AM  
Education Committee 2012

**April 21, 2012**  
Time: 10:00 AM - 2:00 PM  
Citrus Heights Earth Day Event  
*Come check us out at the Citrus Heights Inaugural Earth Day Event!*

**April 23, 2012**  
Time: 11:30 AM - 1:00 PM  
Chamber Board of Directors Meeting

**April 24, 2012**  
Time: 8:00 PM - 9:00 AM  
Networking Breakfast



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**Sunday, May 6, 2012 9:00am**

**Folsom Lake State Recreational Area at Granite Bay**

**Registration:**

Pre-Registration (By April 15th):	On-Site Race-Day Registration:
Adults: \$25    Seniors (65 and over): \$20	7-8:30 am
Children (12 & under): \$15	Adults: \$35
<b>Register on-line at:</b>	Seniors: (65 and over) \$30
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### California Supreme Court Ruling on State Meal Period Law is 'Half A Loaf' for Trucking

SAN FRANCISCO – April 13th's long-awaited decision of the California Supreme Court in Brinker v. Superior Court, No. S166350, almost certainly means that, without relief from federal courts or the California Legislature, California Truck drivers will still have to take 30-minute meal period within the first five hours without regard to traffic conditions or the availability of locations to legally pull off the road.

that employees do no work during a required meal break. Specifically, the Court declared (p. 36) that, "The employer satisfies this [Meal Break] obligation if it relieves its employees of all duty, relinquishes control over their activities and permits them a reasonable opportunity to take an uninterrupted 30-minute break, and does not impede or discourage them from doing so."

Shaw said, "It's helpful to trucking that the Court concluded that, "What will suffice may vary from industry to industry..." But Shaw added that "the Court's decision means that trucking companies will still have to 'provide' drivers with off-duty meal breaks at set times. This will strait-jacket truckers and jeopardize highway safety by requiring them to pull off the road to take off-duty 30-minute meal breaks at rigid times set by the meal and rest break rules, regardless of traffic and other road conditions."

The decision, which covers non-exempt employees in all industries who perform work in California, interpreted the State's meal and rest period rules to require employers must provide an opportunity for a 30-minute

meal period within the first 5 hours of work each day and, if the employee works another 5 hours that day, a second such break within the second 5 hours.

The decision also held that the employer must provide 10-minute rest breaks generally every four hours, but need not ensure that a rest break precede a meal break.

Shaw said, "Today's Brinker decision makes clear that the California meal and rest period rules have an impermissible effect on motor carriers' prices, routes, and services and are clearly preempted by the Federal Aviation Administration Authorization Act (FAAAA)." More than one California Federal Court has already declared the rules to be preempted by the FAAAA, including Dilts v. Penske Logistics, No. 08-CV-318 JLS (S.D. Cal. Oct. 19, 2011).

The California Trucking Association promotes leadership in the California motor carrier industry, advocates sound transportation policies to all levels of government, and works to maintain a safe, environmentally responsible and efficient California transportation goods movement system.



### Dare to Live Without Limits

YOU DON'T NEED A REASON TO BE HAPPY



by Bryan Golden

Happiness isn't a reaction, it is a cause. People who wait for specific circumstances to materialize before they are happy are putting the cart before the horse. People who are happy attract positive situations. Those who walk around with a scowl are a magnet for the very things they are unhappy about.

You don't need a reason to be happy. Being happy is a lot more enjoyable than being miserable. Since feeling crummy isn't pleasant, and it doesn't make your situation better, why not be happy instead?

Well, it's a great concept, but it is not a natural reaction. We become conditioned from birth to consider our emotions to be a reaction to the events we experience. A child cries when he is distressed, complains when things don't go his way, whines when he wants something, and smiles and laughs when things are good.

For most people this ingrained cause and effect behavior continues throughout their lives. This leads us to believe we do need a reason to be happy. Therefore, many people wait, day after day, for the perfect combination of circumstances which will create the justification for happiness.

Since life is not perfect, there will be situations that are constantly below your expectations. These can range from minor annoyances to major challenges. If you are waiting for everything to be perfect before you can be happy, you will be waiting a very long time.

Being miserable won't bring you good fortune. Furthermore, it will attract more of the same circumstances you are unhappy

about. You have the power to choose to be happy or not. Deciding to be unhappy is a dead end.

You can be happy just to be happy. You may think you have nothing to be happy about, but you are wrong. Everyone has much more to be happy for than they realize. The problem is we become more focused on what we feel is wrong than what is really right.

Regardless of how you feel, start out by smiling. When you smile you will feel better. Force yourself if you have to. A better approach is to think about anything that makes you happy. It can be something from your past or what you desire now or in the future.

Next, think about your own life. What do you have to be happy about? Just the fact that you woke up this morning means the day ahead of you is full of promise and potential. What else do you have that is good? Your health, family, friends, a place to live, food to eat, or that you live in our great country?

You will quickly realize that you do indeed have many things to be happy about. So even though you don't need a reason

to be happy, you have many reasons to feel that way. As you get into the habit of being happy, every aspect of your life will seem better.

Being happy will improve your attitude. As your attitude improves, you will start to attract the things into your life that you want and need. You will thus create a positive cycle where happiness attracts more happiness.

This is a gradual process. Many people are in the habit of living without happiness. This happens so gradually that they aren't even aware of how unhappy they are. They have accepted unhappiness as a normal way of life. So reversing it takes time.

One thing is certain. As you start to feel happier, you will wonder how you accepted feeling any other way for so long.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit [www.BryanGolden.com](http://www.BryanGolden.com) or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at [bryan@columnist.com](mailto:bryan@columnist.com) or write him c/o this paper. © 2007 Bryan Golden

### Capitol Pops Announces Crystal Anniversary

SACRAMENTO REGION – "As time goes by" is the theme of the Capitol Pops Fifteenth Anniversary Concert taking place on Saturday, April 21, 2012. The free concert starts at 7:30 PM. Under the direction of Maestro Jerry Lopes, the performance will be located in the Rusch Park Gym, Citrus Heights.

a press release announcing the Sacramento Valley Symphonic Band Association is filling a demand for "a pops oriented performing group." The first rehearsal was on February 6, 1997 at Foothill High School. Sixty musicians answered the cattle call. The first concert was at Carmichael Park on June 1, 1997. To celebrate the growth of the region and the growth of the band, the Capitol Pops explores the growth in band music.

The evening gets started as they Strike Up the Band. Immediately, it moves into a spirited rendition of Swings The Thing — performed in memory of lead trombone player, Jim Bortolotto. The grand finale is the sound-wall produced in the Pirates of the Caribbean: On Stranger Tides. In between is Blue

Skies – an Irving Berlin classic sung by Katie Johnson, a student member from CSU, Sacramento. Go West is also featured. The migration west is dramatically portrayed through music from the ugly, through the bad, and to the good.

El Choclo, purportedly titled after a nightclub owner's nickname, may be the most popular tango in Argentina. Argentina tango is considered closest to authentic tango. Feel to music El Choclo's rhythmic close embrace. Fourteen additional band charts will complete the spectrum.

The Capitol Pops grew from within the community. Now they are followed at [capitolpops.org](http://capitolpops.org) and liked on Facebook. However, only fundamental things apply, as time goes by.

### HARP 2.0 Programs Just Released!

The HARP 2.0 program is the most ambitious federal mortgage program to date, aimed at helping millions of underwater homeowners. The program just became available March 17, 2012. HARP 2 has removed many of the harsh stipulations that caused the original HARP to be ineffective, and the ease of the new HARP 2.0 program should appeal to all homeowners.



I have been in this business for over twenty years and am so pleased to see a program that is truly helping out people during these difficult economic times. My greatest satisfaction is when I am able to help people save money on their mortgage with this HARP 2.0 program, and, in some cases, actually help them save their home.

This program has several key points you should know about:

- HARP 2.0 is for homeowners who have outstanding mortgages in excess of 125% of the current resale value of their home. Under this new 2.0 version of HARP, there is no upper limit on permissible loan-to-value ratios. Your current mortgage can be twice the current market value of the home, and you may still qualify for a refinancing at today's low interest rates.
- Homeowners are not required to contact the original lender of their current mortgage; They can call any mortgage broker or agent they desire saving them time and confusion.
- This latest version of HARP also comes with streamline underwriting with no requirement for physical appraisals in many cases! This is one of the most anticipated new revisions!
- Only Fannie Mae or Freddie Mac loans are eligible. I can look up this information for you in a matter of minutes.
- Your loan must have been purchased or refinanced prior to May 31, 2009.
- You must be current on your loan with no 30-day late payments during the last six months, and no more than one late payment in the last 12 months.
- This program includes second homes and investment properties.
- Borrowers have grown frustrated as they hear repeated announcements of relief programs that do little to help them. HARP 2.0 has the potential to succeed.

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By Ronnie McBrayer

# Chains Can't Produce Change

Centuries ago, those who suffered mental illness were often committed to "madhouses." These so-called treatment centers were about as brutal, barbaric and inhumane inventions as could be humanly conceived. Patients were subjected to various shock therapies, exorcisms, bloodlettings, ice baths, and gyration wheels. When not directly enduring these interventions, patients were generally kept in dark dungeons, chained to walls or the floor.

But by the 19th century treatment options, mercifully, began to change with the rise of the asylum. In their original form, these were sanctuaries for the ill. Dr. Samuel Tuke, a Quaker physician and minister building on the work of his grandfather, created one of the first asylums. It was a quiet country house where patients were treated, not as wild animals, but as human beings.

Dr. Tuke also broke ground with something he called "moral treatment," and it became the foundation of mental healthcare for the next century. While being morally treated, patients were taught to dress respectfully, and to behave in social settings. They were expected to watch their table manners, make polite conversation over tea, and keep their living space clean. The treatment was reinforced by constant monitoring and a system of rewards and punishments.

Outwardly, these patients looked perfectly healthy as their behavior followed the established rules in which they had been trained. It was a marked improvement, but inside the ill remained very much the same. Put the patients in situations for which they had no rules and everything collapsed. Let their monitors leave them alone for an extended period, and disaster struck. The patients could do all the right things when forced from the outside, but they had no concept of right motivation from the inside.

"Moral treatment" was a failure and highlighted a limitation as old as the human species: People are not changed by chains — whether these chains be made of iron and steel, or made from rules and coercion. If people are going to change, it is because something happens internally, not because their external behavior has been modified.

Knowing and keeping the rules, even religious rules, is simply not a better way to live. We need a way of life that transcends our chains and changes us from inside; and that is exactly what Christ offers. Jesus strikes literally at the heart of the issue — our hearts — transforming us from the inside out, so that more rules and steeper requirements are not required.

Now, to think of spirituality without rules is a radical departure for many of us because we have based our entire connection to God on rule-keeping, "being good," measuring up, and following the jot and tittle of every bit of "moral treatment" we have ever read. We have been patients

that would make Dr. Tuke proud!

Of course, when we got out of ear or eye shot of our monitors, or when we were put into situations for which there were no exact rules, we failed to live up to these demands and were swamped with guilt, fear, and shame. Christ came to set us free from all of this, the bonds of religious legalism and the chains of disgrace.

Jesus didn't arrive — and thanks be to God for this — with more and better rules, a heavier and stronger chain. He arrived with a transformative, liberating way to live that moves us to right thinking, right feeling, and right actions.

The always colorful Clarence Jordan explained it like this: He said "Keeping the religious rules is like chaining a vicious dog to a tree. With the dog chained in such a way the owner could then report, 'You know, my dog has never bitten anyone. He must be a good dog.' Wrong! The goodness of the dog is based solely upon the strength of the chain."

Jesus' intention is to heal and change the very nature of the human species, not to manufacture a more robust chain. By transforming the human heart, Christ shows that chains not only fail to change us, but that those chains are no longer necessary.

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](http://www.ronniemcbrayer.net).



By Marlys Norris, Christian Author

# Will You Die For What You Believe?

Word tells us to "Love our enemies and do good to them", not kill them.

What kind of religion authorizes and approves of murder?

Certainly in America murder is totally unacceptable! Our country was founded on the basic principles of freedom, love and respect for human life regardless of our differences. Recently we are becoming more and more aware that there is an element and teaching of hatred among us. These people have no basic humanistic values or respect for human life. The Word of God gives us warnings against those who ignore the commands of God as written in the Ten Commandments.

It is time we stand up and be counted — shouting to the world "murder is not acceptable at any time, for any reason"! Stop the evil in our country now. We must no longer be tolerant and accept

these kind of actions in our land. It must stop! Parents give your children the love they deserve and teach them — hatred and anger will solve nothing!

If Americans continue to be passive about these horrendous actions of a few, you can count on a time in our future when we all certainly must be willing to die for what we believe. And especially if we believe in the birth, death and resurrection of the God man who came to earth, died, was buried and came alive again that those who believe might live with Him in heaven forever. Come and become a part of His eternal family! He Loves You Abundantly!

Marlysjn@gmail.com

God Moves Mountains, It Was a Miracle!

Intimacy Begins Going God's Way.

# Some Things Seem Too Good to be True

By Rev. James L. Snyder

Recently I discovered something. The more I tried to keep up with the latest trend the further behind I get. I am not a complete technical idiot, but I'm not too far off. The only thing I can say about me is that I at least try.

The best example of all of this has to do with my cell phone. Is there anybody on the planet today that does not have a cell phone? And, the most important question, is there anybody driving a car that is not at the same time on that cell phone? Who in the world are they all talking to?

My guess is they are all talking to each other. At least, they are not talking to me.

The Gracious Mistress of the Parsonage finally convinced me to go into cahoots with her and get cell phones. The plan was this. She got to pick out the cell phones and I got to pay the bill. I must say I beat her on this one.

She only got to take the cell phone once but I, get to pay the bill every month. I was chuckling to myself that I finally pulled one over on her until I realized that I get to pay the bill every month. Every month! This is the last time I will try to pull something over on her. I never win.

Consequently, we now are in the cell phone industry. I am not sure it is all working out for the good.

I have yet to master the technological skill associated with successfully using my cell phone. Although my cell phone is rather small, it has more buttons on it than Bozo the clown's costume. Not only are there more buttons than I can count but each button is smaller than I can see. Who in the world designed such small buttons?

I really think that my cell

phone was designed for some midget.

At this point, I cannot tell the difference when my cell phone is ringing or when I am receiving a text message. When a text message comes in I try to answer the cell phone and nobody seems to be on the other end. When I try to read the text message there are only letters instead of words. It takes me a half hour just to figure out one text message. Where is James Bond when you need him?

I may not be the brightest letter on the keyboard but I do know how to spell words. It seems that in order to use a cell phone today you have to throw out words and start using letters. I will never get the hang of that.

When somebody is on the phone and I am talking, all of a sudden the phone goes dead. I can talk for 3 minutes before realizing nobody is on the other end. I find this most frustrating.

I am not sure that the convenience of the cell phone is worth the frustrating elements associated with having the cell phone.

In a crowded restaurant the other day, my cell phone went off. Not thinking too much of my environment I answered the cell phone. It was a friend calling me.

The conversation started rather jovial for all practical purposes. Suddenly I became conscious I had an audience. There are times when I really prefer not to have an audience. This was one of those times.

I realized some of the people around me were eavesdropping in on my conversation. Then the unthinkable happened. My cell phone suddenly went dead. It went dead in the middle of a rather humorous joke I was telling. Now what was I to do?

It really was not my fault that the phone went dead. I did not plan it that way. Besides, I hate it when somebody stops in the

middle of a joke and you never get to the punchline.

For a few seconds I was not sure what the proper protocol is when your phone goes dead and you have an audience. I had to do some very quick thinking and come up with, what I thought was, a brilliant plan.

I understand that when you do have an audience you have a certain responsibility with that audience. So, not to disappoint my audience, I continued my conversation on the cell phone as though somebody was actually on the other end. I was able to finish my joke and then I paused, not knowing what else to do. I merely continued the conversation I was having with my friend who really was not on the other end of this time.

Sometimes it is good just to keep up a good front. From the snickers of the people around me in that restaurant, it was well worth finishing that joke. I hate to waste a good joke. After all, they are so hard to come by these days.

Many things are just too good to be true and many of them I probably will never really get the hang of it. One thing I never really will fully understand is God's love for me.

"For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life" (John 3:16 KJV).

Although this sounds too good to be true, it is true nevertheless.

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 [jamesnsnyder2@att.net](mailto:jamesnsnyder2@att.net). The church web site is [www.whatafellowship.com](http://www.whatafellowship.com).

# When You Feel Overwhelmed



By Pastor Ray Dare

you are not the general manager of the universe. That you are not everybody's savior; that you cannot do all and control all, that you are only a cog on a giant wheel. You are a pawn on God's chessboard. This thing is much bigger than you and me. It's about God and not us. Your world is not going to fall apart when you start trusting God. I want to suggest this, because you've probably tried a lot of other things to reduce the pressure in your life, why don't you try TRUSTING God?

Another stress reducer is found in Proverbs 20, "Since the Lord is directing our steps, why try to understand everything that happens along the way." Stop demanding explanations for everything. God doesn't owe us explanations. If He tried to explain it all to you, you couldn't understand it anyway. So why don't you just trust Him? He loves you and wants the best for you life. If you want to de-stress your life, give up control and stop demanding explanations!

Maybe you've been feeling overwhelmed lately. You're frustrated and nothing seems

to be going your way. Maybe you're worried. Maybe you feel really tired and feel lousy and you don't even like getting up in the morning. What you need is a spiritual refocus. A new perspective, a spiritual renewal or maybe even a new birth spiritually. When you place Jesus Christ in the center of your life and you put Him in control, it's like the center of a gyroscope. He brings everything into balance, when He is at the center. It's like the hub of a wheel. Everything else comes out in proportional balance. Jesus Christ says, "I want to be the center of your life."

Put God at the center. Resign as general manager of the universe. When you put Christ at the center of your life, you restore a sense of balance and harmony you've been missing. You will tap into a source of strength that will never run dry. There's enormous energy there. Cease from striving and realize He is God. That you matter to Him, that He's in control and He has a good plan for your life.

Pastor Ray

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# Riley Reviews

## RAUNCHY, CRUDE HUMOR APTLY REFRESHED IN "AMERICAN REUNION"

disasters.

"American Reunion" is a gamble by any measure, as its focus on a high school reunion that takes place, oddly enough, 13 years later is a sign of something off-kilter.

To enjoy a sequel happening so many years later, "American Reunion" demands familiarity with all the lovable characters, from the Stifmeister and Finch to Jim's dad and Stifler's mom.

The nominal protagonist is the awkward good guy Jim Levenstein (Jason Biggs), who married his high school sweetheart Michelle (Alyson Hannigan). Now, they have a toddler son, but a sex life gone stale.

Jim, of course, remains famous for a viral YouTube posting of his sexual antics in his school days. A return to East Great Falls for the reunion will rekindle a lot of memories, many of them embarrassing.

The reunion brings together the other familiar old school pals. Finch (Eddie Kaye Thomas) travels the world on his motorcycle, and we wonder if we will reunite with Stifler's mom (Jennifer Coolidge), who remains as lustful as ever.

Kevin (Thomas Ian Nicholas), now also married, is an architect. The flamboyant Oz (Chris Klein) has found his place as a sportscaster and competitor on "Celebrity Dance-Off."

Both Kevin and Oz, one married and the other in a committed

relationship, find some old passions rekindled when their former loves, Vicky (Tara Reid) and Heather (Mena Suvari) respectively, also show up.

Only Stifler (Seann William Scott), eternally crash and rude, with his wicked smile expressing unrestrained mischief, lingers in a state of perpetual adolescence.

Whether it is doing something unspeakable to someone's beer cooler or hitting on high school girls by faking interest in "Twilight," Stifler continues to be game for adventure and temptation.

Come to think of it, Jim's dad (Eugene Levy), always ready to give his son unwanted advice on sexual matters, is a comforting constant presence, because he's so damn funny.

Some of the best humor involves the discomfiting and embarrassing situations that usually ensnare the often inept and clueless Jim, even now that he's all grown-up.

A classic case is when Jim ends up in a compromising position with the drunken, naked body of the hot 18-year old neighbor Kara (Ali Corbin) that he used to baby-sit.

As Jim tries to get Kara back up into her bedroom undetected, Oz, Stifler and Finch fumble through clumsy efforts to preoccupy Kara's parents from discovering an unpleasant truth.

The agreeable reality of "American Reunion" is that, even if it is an irrepressibly ribald comedy with plenty of coarse gags, it is just outright funny.

To fully appreciate the bawdy humor one must be familiar with the "American Pie" franchise, but only the films that made it to a theatrical release.

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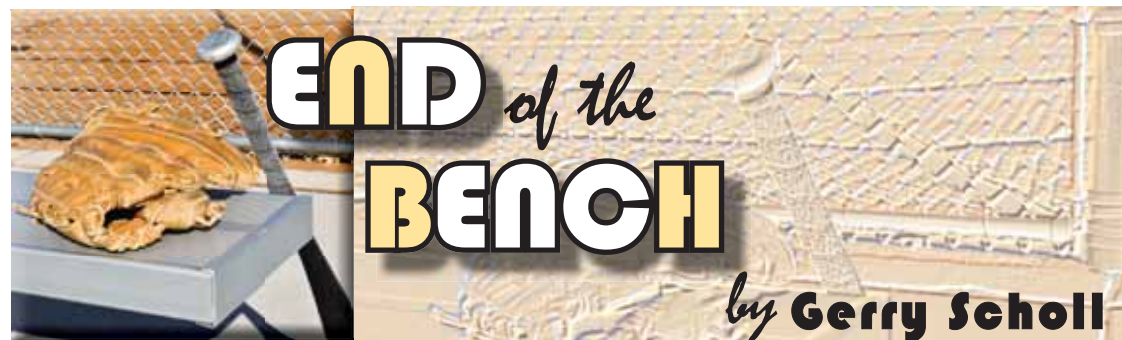
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## No Fear! No Fair!

Fear the sideburns. Fear the goatee. Fear the old pro. Fear the current Dominican Dandy, or the really smart, handsome guy out of the University of Virginia.

With The Beard, closer Brian Wilson, shaved from the San Francisco Giants active roster, probably for the rest of the season with structural damage in his pitching elbow, who will bat face in fear at the end of close games?

Initially, manager Bruce Bochy has indicated he will be going with "closer by committee" tactics. Not a particularly scary proposition for the opposition. The Giants' vaunted bullpen, which Wilson calls "the best in the league," suddenly has a huge flaw — no seasoned, dominant closer to take the mound and get those final, toughest outs. Without Wilson's nasty slider, will the Giants slide?

Already, some are saying, "Closers are overrated... they should save just as many games... they may be better off without him." But those statements are hedged with the acknowledgement that the ninth inning is a different deal.

Wilson is a three-time All-Star, was Closer of the Year in 2010, has 171 saves in 196 tries for his career and has blown only five saves each of the last two seasons. He saved six of seven postseason chances through the Giants' 2010 championship run, including the final game of the World Series. Who's not going to miss all that, along with his quirky persona and leadership qualities?

The "committee's" numbers don't match up and, likely, won't in Wilson's absence. Dominican hard-thrower Santiago Casilla had some success last year, saving six of seven, and is 12 of 18 for his career. Lefty Jeremy Affeldt is 25 of 43, Javier Lopez five of 15, Guillermo Mota 10 of 34, Sergio Romo three of eight, Clay Hensley seven of 14, and Dan Otero... zero. Quick, add that up and you get 62 of 122, barely fifty percent

and horrible as closers go. That looks like trouble. No Fear? No Fair!

The situation reminds me of the old "NO FEAR" logos that were so popular in the '90's — as some kind of statement for some, I suppose, and not about their clothes. People had those "NO FEAR" decals in the rear windows of their cars. We had an ancient, beat-up Celica, held together with duct tape, that the wife had to use to chauffeur kids around for awhile. I wanted to take one of those decals, rearrange the letters and trim down the "E" to look like an "I" and put "NO FAIR" in our window. Maybe the humor would ease the pain, but probably not.

It's no fair that Wilson's bad elbow has "Got Heem" headed for a second Tommy John surgery and many months on the disabled list. And there's nothing funny about it.

The fear factor will have to shift to the Giants' starting rotation, The Fearsome Fivesome: The Freak with the long hair that's not quite as long as it was, and the two Cy Young Awards, and the two lousy starts to open this season (Tim Lincecum); the big, clean-cut rock and senior member of the staff, who was nearly perfect on Opening Day (Matt Cain); the young stud Hick from Hickory, who could avoid being nicknamed Rocket II if he abandons his unsightly habit he employs on the mound (and should, simply because the only endorsement he might get would be for Kleenex), and who just signed up for at least five more years (Madison Bumgarner); the first-time All-Star a year ago with the great career-revival story, who showed very well in his first start coming off a mild preseason back injury (Ryan Vogelsong); and the overpaid, much-maligned, persevering former Cy Young veteran who stepped into the Wayback Machine and came out with two great starts to begin the season, including a complete-game shut-out (Barry Zito).

It's way too early to tell if the offense will strike any fear upon pitchers around the National League, despite the team's hot start. Except for Pablo Sandoval, fear may not be the word. If Melky Cabrera can duplicate his 200-hit-plus performance of a year ago in Kansas City and catcher Buster Posey rebounds from injury to fulfill the hopes of Giants fans everywhere and become a perennial All-Star, perhaps the offense may sustain its improved production.

The rest of the batting order still appears to be a mix-and-match thing for Bochy. World Series hero Aubrey Huff is coming off a down season, is in a "contract year," and looks good but hasn't done a lot. Newcomer Angel Pagan is off to a slow start and must get on base to be a base-stealing threat at the top of the order. Bochy has a number of relatively young, unproven players, including over-hyped Brandon Belt, who hasn't belted much. He still looks like a lost baby giraffe in the box against big league pitching.

The L. A. Dodgers, beating up on two of the worst teams in the league, are off to a fast start, as are the defending division champion Arizona Diamondbacks. With the loss of Wilson, if the Giants are to catch and pass the competition, it will take a sum of all fears.

## Raley Field Brewfest Set For Friday, May 18

WEST SACRAMENTO — Raley Field's sixth-annual Brewfest event will take place on Friday, May 18, 2012, from 7-10 p.m., with the VIP portion of the event set for 6-7 p.m. For the first time in the event's history, all of the festivities will take place on the Raley Field outfield, with vendors set up in a quarter-mile semi-circle around the perimeter of the playing surface and a stage set up near second base.

The 2012 Brewfest—a partnership between Raley Field and the Northern California Brewer's Guild—is expected to be the largest in the event's history, with nearly 70 beer vendors set to attend. As in years past, there

will be live music throughout the event, with food available for sale. Tickets are \$30 in advance or \$35 on the day of the event, with VIP tickets available for \$50.

VIP tickets include 18 tastings instead of the 10 tastings offered in the regular ticket package. In addition, VIP ticket holders can gain entry into Raley Field an hour prior to the 7 p.m. regular entry time. Additional tastings are available for purchase at the event for both regular and VIP ticket holders. Tickets will be available at Raley Field's Round Table Ticket Office beginning at 10 a.m. on Saturday, March 10. Tickets are also available online at Ticketmaster.com.

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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.

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**CLUES**

ACROSS

- Landing road
- The \_\_\_ cage protects the heart and lungs
- Slang for heroin
- Billy Joel's "\_\_\_ Man"
- International Labor Organization
- Formed by running water
- Imitating
- Santa's helper
- King's domain
- \*Ca or K, e.g.
- Nightmare character
- He played Opie on "The Andy Griffith Show"
- Disdainful, pouting grimace
- "When exercising, you get \_\_\_"
- Between mini and maxi
- Metamorphic rock
- Makes a mistake
- Bart Simpson's sister
- Saint in Mexico
- Miners' passage
- Swamp plant
- Yelled to shoo a cat
- Puzzle in pictures
- "Smells Like \_\_\_ Spirit" by Nirvana
- \*A focal point in workouts
- Type of coat
- Dame \_\_\_, Australian celeb
- Christian Chi-\_\_\_ symbol
- The upper one is used for ruling
- Coffee pot
- Allegiance
- \*E or D, e.g.
- Former French currency
- Ring of flowers
- Singer Cara
- \*Some need more of this than others
- Be in debt
- What a jazz singer does
- Bear lairs
- Not pre-owned
- Commotions

DOWN

- Junk e-mail
- Cone-shaped quarters
- Often asked to "go away, come again another day"
- Like a special circle
- Organized persecution of ethnic group
- Cambodian money
- \*Not well
- Very successful
- What victim did in court
- Armor-\_\_\_
- USSR to USA during WWII
- "Usually busy after the holidays"
- "Leafy edibles"
- Indigo dye-yielding shrubs
- Where bugs are snug?
- Improper act
- \*Ventricular beater
- Superior's command
- Cherokee or Hopi, e.g.
- \*Regimented eating
- \*Where green tea tradition comes from
- Bring upon oneself
- Cache of money, e.g.
- Official language of Lesotho
- Nonlethal gun
- Wine and cheese descriptor
- Tedium
- Carry, as in heavy bag
- Ladies' Easter accessory
- 2012 Oscar-winner "The \_\_\_"
- Stocking fiber
- Those in organized crime relating to narcotics
- \*Your doctor usually keeps one on you
- Like never-losing Steven
- Greek god of war
- "The \_\_\_" talk and entertainment show
- Known for notebooks
- Keen on
- Loch \_\_\_
- Psychedelic drug
- Female sheep

For Solution See Page 7

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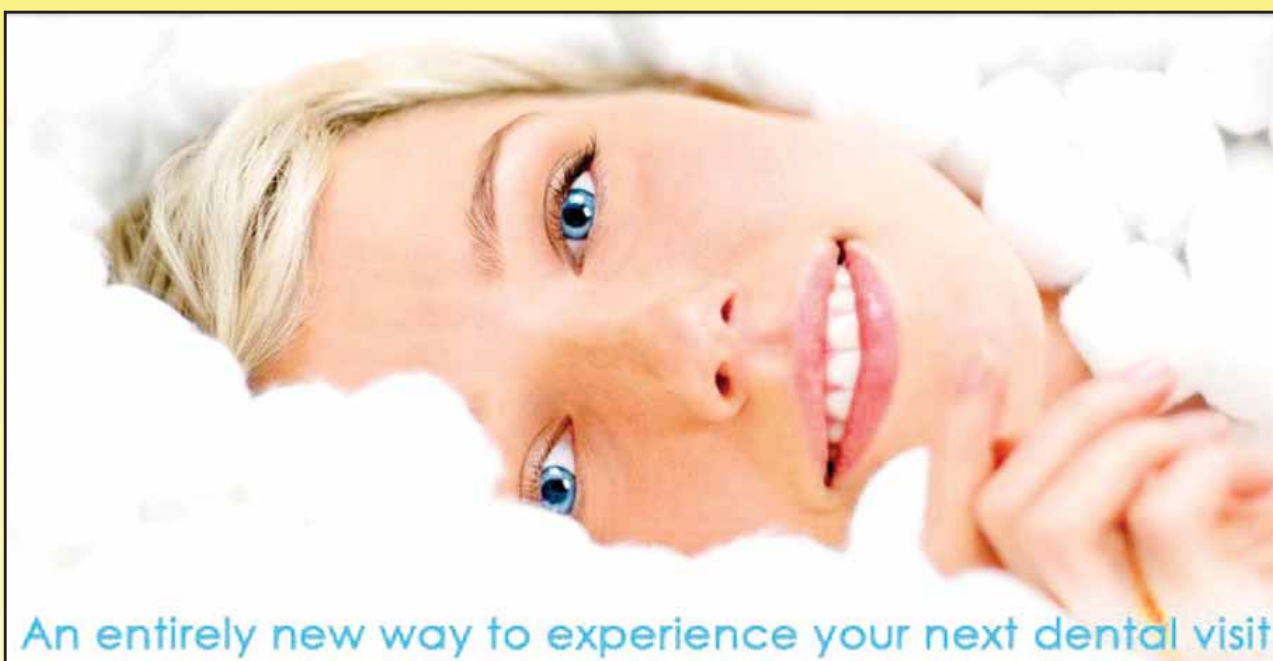
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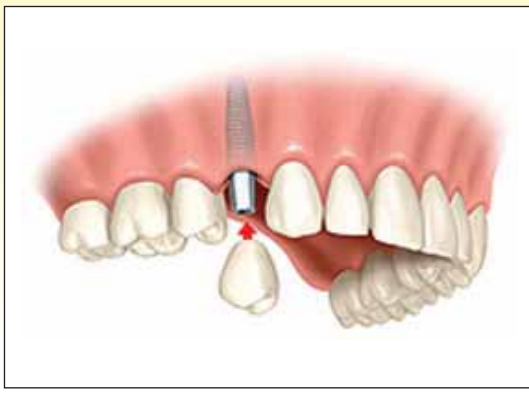
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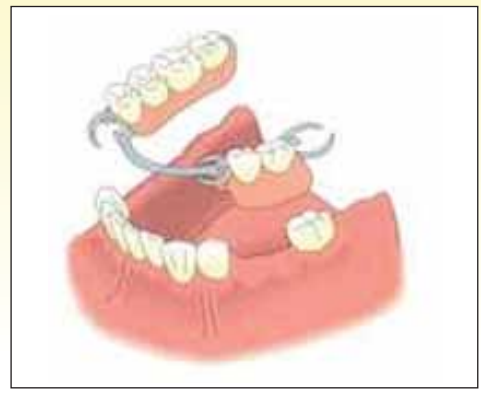
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