

M Citrus Heights Messenger

“Written by the people, for the people”

Volume 2 Issue 6

Serving the City of Citrus Heights and Sacramento County

Second Edition for March 2012

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Trip to Uganda “Experience of a Lifetime”

Teacher prepares for trip to visit children he sponsors through ChildFund

CITRUS HEIGHTS – David Levis, of Citrus Heights is about to have an “Experience of a Lifetime” when he leaves March 31 for Uganda, Africa, to visit five children he sponsors through ChildFund International.

ChildFund, which creates one-to-one connections through child sponsorships, has arranged for Levis to meet Dixon, age 9; Margaret, age 14; Sarah, age 5; Robinah, age 11; and Shafik, age 6, as the grand-prize for winning the “Experience of a Lifetime” promotion, which took place last summer. The prize includes an all-expense-paid, five-day trip to Uganda.

“Until now, David’s only communication with his sponsored children has been through letters and photographs, and we are sure this will be a life-changing trip for him,” said Anne Lynam Goddard, president and CEO of ChildFund. “It’s ChildFund sponsors like David and his wife who really represent what our organization is about. So, it’s exciting to give him the chance to meet his sponsored children and see what his support has done through the years.”

Levis, a high school teacher and father of three, has been a ChildFund sponsor for more than 12 years. He and his wife, Stacie, currently sponsor 13 children in various parts of the globe.

“It’s going to be really special to meet these children face-to-face,” Levis said. “I can’t even imagine what it will be like to



ChildFund International “Experience of a Lifetime” winner David Levis and his wife Stacie.

talk with them and give them a hug. We already consider them to be members of our extended family, and I know that after this trip, we will be even closer.”

ChildFund created the “Experience of a Lifetime” Facebook promotion with its supporters and their sponsored children in mind. Out of hundreds of entries, five finalists were selected last July through votes on the organization’s Facebook page. Each finalist

was required to write a short statement as to why he or she should win the trip. Their statements were then featured on ChildFund’s Facebook page, and fans were asked to decide the winner by popular vote. Levis’ entry received the most votes.

ChildFund International is a global child development and protection agency serving more than 13.5 million children and their family members in 31 countries. For more than 70 years, we

have helped the world’s deprived, excluded and vulnerable children survive and thrive to reach their full potential and become leaders of enduring change. As a member of ChildFund Alliance we create supportive environments in which children can flourish. To sponsor a child in need, visit the ChildFund website www.childfund.org.

Source: *ChildFund.org* and *Commonwealth PR*

United Way, Barnes & Noble Team Up for Starry Night Reading Event



Local author Erin Dealey reads from her book, “Goldie Locks Has Chicken Pox,” at United Way’s Starry Night event at Barnes & Noble in Citrus Heights on March 14. The event was part of United Way’s STAR Readers Book Drive happening March 5-23.

CITRUS HEIGHTS – Dozens of children in pajamas and their parents crowded into Barnes & Noble in Citrus Heights on March 14 to hear local authors read from their books that are included in United Way’s STAR Readers Book Drive March 5-23. The drive benefits the group’s STAR Readers project that is helping children read at grade level by

fourth grade, a key indicator of high school graduation rates.

At the event, Erin Dealey read her book, “Goldie Locks Has Chicken Pox,” Lori Mortensen read her book, “In the Trees Honey Bees,” and Ann Martin Bowler read her book, “Gecko’s Complaint.” Children also enjoyed a craft project, milk and cookies.

“The kids had an absolute blast,” said Steve Heath, president and CEO, United Way California Capital Region. “The authors really engaged the children in the stories, helping to strengthen their love of reading. The results said it all: Parents and authors purchased dozens of books that night. We hope the community will continue to

support this drive as we work toward our goal of 615 books, one for every child in our STAR Readers project.”

The online book drive includes four books for children in kindergarten through third grade. To purchase books, visit www.yourlocalunitedway.org/bookdrive.

United Way is the region’s leading provider of innovative solutions on the community’s most pressing issues, including high school graduation rates, household financial stability and obesity. United Way’s team of nonprofits, businesses, donors and volunteers work together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

Source: *Kristin Thébaud Communications*

Property Tax Hike Would Hurt Small Business, Kill Jobs

SACRAMENTO – Californians Against Higher Property Taxes released a study recently by Stephen Frates and Michael Shires at Pepperdine University’s Davenport Institute, showing the devastating impact of increased property taxes on jobs and small businesses.

The study shows that by increasing property taxes on businesses by \$6 billion, it would result in \$71.8 billion in reduced economic output and 396,345 fewer jobs over the first five years of the tax increase. And those impacts would grow over time.

“With unemployment numbers leading the nation, and small businesses trying to recover, there could not be a worse time to force California businesses to pay higher property taxes. Higher taxes means businesses charging higher prices for their consumers, laying off their employees or even worse, closing their doors completely,” said John Kabateck, Executive Director, National Federation of Independent Business – California.

The study further concludes that not only will it hurt small businesses, but that these kinds of tax increases would disproportionately harm small businesses owned by women and minorities because these businesses usually rent their space and property taxes are paid by the lessee as part of the lease.

“This sobering report shows the devastating impacts that these increases would have on small, minority and woman owned businesses,” added Joel Fox, President of the Small Business Action Committee. “California should be engaging in tax policies that help small businesses thrive and create jobs, not kill them.”

The study echoes recent public opinion polls showing overwhelming voter opposition to property tax increases. A September 2011 Field Poll showed that 63 percent of Californians supported Prop 13. Another 2011 survey from the Public Policy Institute of California showed that a strong majority of Californians supported Prop 13’s taxpayer and property owner protections.

“The on-going attacks on Prop 13 will go nowhere fast with voters. Public poll after public poll shows opposition to proposals to increase property tax rates because it is bad for consumers and bad for the economy,” concluded Jon Coupal, President of the Howard Jarvis Taxpayers Association.

Local governments would face more instability as well as a result of a split roll property tax system, as they would be more directly affected by the boom and bust cycle of the real estate market. At a time when property values were falling in 2008-2009, property taxes from commercial and industrial property rose 5 percent, while their values declined 6.5 percent.

“Increasing property taxes is bad all the way around... It is bad for jobs, bad for small businesses and bad for local government budgeting,” concluded Teresa Casazza, President of the California Taxpayers Association.

Californians Against Higher Property Taxes (CAHPT), a coalition of small businesses, taxpayers and business organizations, is committed to continuing the education and increasing the awareness about the negative consequences of a split roll tax on Californians.

Source: *Californians Against Higher Property Taxes*
www.StopHigherPropertyTaxes.com



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Business Owners Invited to ADA Compliance Workshops

SACRAMENTO REGION – Tens of thousands of lawsuits have been filed against small businesses throughout California in the past few years over the Americans with Disabilities Act (ADA). Ninety-eight percent of small businesses may have one or more compliance issues which could lead to these claims, including round door handles, unsecured floor mats, and more. Business owners are invited to attend a workshop to get an update on state and federal ADA laws and to learn about guidelines for properly following the laws and avoiding costly non-

compliance lawsuits.

Senator Gaines hosting a series of four workshops in partnership with Assemblywoman Beth Gaines, local chambers of commerce, California Citizens Against Lawsuit Abuse, and David Warren Peters, an attorney who has been consulted in more than 850 lawsuits throughout the United States.

If you are a business owner, you can't miss out on this opportunity!

For more information, please call Senator Gaines' district office at (916) 783-8232.

Town Hall Meeting Schedule

Join Senator Ted Gaines for a Town Hall Meeting to discuss goals and priorities for 2012, share concerns about state issues and learn how my Senate Office can provide resources and services. For more information, please call Senator Gaines' district office at (916) 783-8232. The schedule for the workshops and town hall meetings can be found online at www.senate.ca.gov/GAINES.

Short Sale, Foreclosure and Bankruptcy: Some Frequently Asked Questions

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.hlwin.com.

Letter to the Editor

Dangerous Fund-raiser Stunt at Greenback and Sunrise Intersection

CITRUS HEIGHTS – Between 4:00 and 5:00 PM on Saturday, February 18th, I watched as approximately 25 members of the Sacramento Metropolitan Fire Department endangered all motorists and pedestrians in the immediate area of the Sunrise Boulevard & Greenback Lane intersection, near the Sunrise Mall shopping areas in Citrus Heights. While driving through the intersection and later while watching from the parking lot on the Northeast corner of the intersection, I repeatedly saw your officers endanger themselves and everyone else in the intersection by darting between lanes and in front of cars, including some that had a green light and had just started to move, forcing traffic to stop while they crossed.

Apparently this was part of some fund-raising event. The officers blocking traffic and causing back-ups and dangerous stops in the intersection were distracted by conversations with each other called across the lanes, and by waving boots around (apparently some part of the fund-raising ritual.) In particular, I saw one officer, on the north side of Greenback, bring moving traffic to a complete stop as he darted in front of cars that would otherwise have been making left turns. This foolish, dangrous person kept entering the through lane while all lights were red, and then blithely crossed unpredictably back and forth through the left turn lanes regardless of whether or not the left-hand arrow was green; he's lucky to be alive, and, yes, he was wearing a yellow & black coat labeled "Sac Metro FD." When I called to complain about this dangerous stunt, I

was told by the dispatcher that it was for some annual charity, as if that were important — as if a dangerous, dirt-stupid stunt done for a "good cause" is somehow made acceptable.

I've worked for several agencies in three states whose duties include law enforcement and emergency response, and it's my understanding that law enforcement may violate local laws — at any level, from Federal down to local township — ONLY when absolutely necessary, and as part of a direct response to a crime or emergency. How is raising money for a charity an "emergency" that warrants endangering everyone passing through that intersection and violating laws regarding jaywalking and traffic safety? What other laws do you think you get to ignore for random, frivolous reasons? This might be a good time to contemplate the meaning of the phrase "exceeding your authority" and to reread the Commerce Clause in the Constitution; your authority is not absolute, especially when your self-indulgent amusements put people in danger. How many near-misses today, and in prior years? How many times have people had to slam on their brakes to avoid hitting you? I saw THREE incidents in FIFTEEN MINUTES alone!

If some fraternity or any other group of private citizens tried the same sort of dangerous, disrespectful stunt, they would have been forced to stop by local law enforcement, and possibly fined or cited. I also noticed an electronic road hazard sign on Greenback Lane about a mile

west that read something about watching for Fire Department staff. I was naive enough to think that sign was talking about some effort to keep people safe. Turns out, it was announcing the Sac Metro Fire Department's "Let's Cause an Accident & Get Somebody Killed!" party. If you know this stunt is dangerous enough to warrant road hazard signage, WHY HOLD IT IN THE FIRST PLACE?

I'm cc'ing several varieties of insurance commissioners and providers. I wonder what my insurance carrier would say if I told them I was in a vehicle v. pedestrian accident with a member of a fire department who was behaving erratically and dangerously in the middle of a heavily crowded intersection, with, apparently, the tacit approval of all local law enforcement.

I don't even have time to get into how this sends a mixed message about fire fighters and the Sac Metro FD. Why should anyone listen to you about fire safety or accident prevention when you're darting around in traffic forcing people who have the right of way to hit the brakes to avoid hitting you? I wouldn't trust you to tell me what time it is, let alone have the beginning of a clue about what constitutes safe behavior.

How dare you frivolously ignore every rule of traffic safety in existence?

How dare you put me in a position where I have that much higher a risk of hitting someone?

This event should have been shut down years ago.

K. Brigant, Carmichael

Local Residents Make the Dean's List at Azusa Pacific University

(readMedia) – Several local residents made the academic Dean's List at Azusa Pacific University. These students are honored for a fall semester 2011 academic standing of a 3.5 or better grade-point average. They are joined by more than 1,750 other students receiving the same honor.

Carmichael resident and A Physical Education Major
Bethany G. Wilson

Fair Oaks resident and A Mathematics Major
Christy L. Ailman

Fair Oaks resident and A Liberal Studies Major
Kaylah A. Ailman

Orangevale resident and A Communication Studies Major
Victoria G. Asbenson

Fair Oaks resident and A Communication Studies Major
Marissa R. Fackler

Citrus Heights resident and A Political Science Major
Halie L. Ferrante

Orangevale resident and A Liberal Studies Major
Rebekah N. Jones

Fair Oaks resident and A Psychology Major
Cassidy L. Krueger

Azusa Pacific University is an evangelical, Christian university committed to God First and excellence in higher education. Located 26 miles northeast of Los Angeles. With 51 undergraduate majors, 30 master's programs, 13 credentials, 8 doctoral programs, and 14 certificates, they offer its students a quality education on campus, online, and at seven regional centers throughout Southern California. www.apu.edu



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Citrus Heights Messenger

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Subscriptions should be mailed to *Citrus Heights Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *Citrus Heights Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CitrusHeightsMessenger.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

Citrus Heights Messenger is a member of
Messenger Publishing Group



Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo Ken Pogue • Max H. Peters

Graphics & Layout: Banerjee Designs • Stump Removal Graphics

Contributing Writers: Susan Skinner • Mary Jane Popp • Marlys Johnsen Norris • Tim Reilly David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton Dr. Bob Graykowski • Julie Parker • Andrew DeFazio • Eric Marks Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer David Graulich • Perry Hartline • Gerry Scholl • Trish Tattersson Gabriel Scholl

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Accounting: NJ at the sitebarn.com • JWS Promotions • Mikahn Design

Web Master: Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precip Syndicate • Blue Ridge Press • ARA Content Family Features • WorldNetDaily Amanda Morello • Susan Skinner

Photography: Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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Assault With A Deadly Weapon

On March 15, 2012 at approximately 0702 hours, Citrus Heights Police responded to the 6400 Block of Denton Way for the report of a 32 year old male adult injured as a result of a possible stabbing. Initial investigation revealed that the victim exited his home and was confronted by a male adult subject. The victim and the unknown subject exchanged words and the unknown subject began to

physically assault the victim using a knife. During the assault, the victim sustained multiple knife wounds about his face and body. The victim was not armed. Following the assault, the suspect fled the area on foot. The victim attempted to chase the suspect however, discontinued the chase due to the severity of his injuries. The victim was initially treated at the scene by Sacramento Metro

Fire Department and was subsequently transported to a local hospital for further medical treatment. The victim is in stable condition and is currently providing Citrus Heights Police Detectives with additional information. The suspect has not been located at this time. Anyone with additional information about this incident is encouraged to call Citrus Heights Police at 727-5500.

Citrus Heights Police Department Wins Prestigious Award

By Leslie Carrara

CITRUS HEIGHTS – The Citrus Heights Police Department received a prestigious award on Monday, March 12, at a special luncheon in Sacramento. The CHPD won the James Q. Wilson Award for 2012, and according to Mayor Jeff Slowey, this is very exciting for the department as they are only in their sixth year of operation.

“The James Q. Wilson award honors top projects and public safety agencies specific to Problem Oriented Policing (POP),” Slowey wrote in an email. “The CHPD submission centered on their work with the Domestic Violence Intervention Center (DVIC). More specifically, their partnership and having a Domestic Violence Response Team (DVRT) domestic violence counselors riding with officers, so they are the first on scene to domestic violence calls. There are many agencies who have counselors on call, but getting them to the crime scene with the first responders has proved invaluable in offering assistance to the victims. The key to domestic violence is to get the victim into treatment. Prior to the development of the DVRT teams, the call back ratio of victims seeking service after the first was in the single digits. With the timely arrival and counseling of the domestic violence



counselors, the call back rate is now in the mid 40% range - an absolutely outstanding increase. Under the leadership of Chief Boyd, the entire Citrus Heights police team has embraced the concept that while they might not be able to completely eliminate domestic violence, they will not tolerate it within the city limits. This effort would all be for not if it weren't for the volunteers and providers who work for the DVIC of Citrus Heights. Truly, these folks, along with the selfless efforts of the men and women of the CHPD are making a difference in and around our community.”

Chief Christopher Boyd had announced at the city council meeting on Feb 9th that DVRT had responded to 798 domestic violence calls last year.

According to Robin Basinger, director of programs and development at the DVIC, Executive Director of DVIC Elaine

Whitefeather innovated the idea as she saw a need, Basinger developed the DVRT program, and Chief Boyd approved it. It has been in operation for three and a half years. Basinger also said that as far as they know, they are the only agency in the country offering this service of counseling at the time the counselor and officers arrive at the scene. As previously reported, Whitefeather is trying to make the location in Citrus Heights a one-stop shop for victims, offering childcare and employment services at other offices in their building.

The James Q. Wilson Award is made possible through the Regional Policing Institute-California, American Military University, in association with the California Police Chiefs Association and the Office of the Attorney General, California Dept. of Justice. Second and third place recipients are located in Southern California. The decision is based on problem solving, partnership with the community, partnership with public and private organizations/agencies, institutionalization and results, according to the James Q. Wilson website. Wilson has recently passed away.

James Q. Wilson had a master's in political science, had worked as a professor and had held political and business positions as well, according to his website.

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Reservations Required RSVP to Lisa West @ (916)732-2020

Sprouts Sees Long Line of Enthusiasts



Michelle Hayes, Roseville Store Manager, Doug Sanders, President, Eric Kee, NorCal Regional Manager and Amber Chapman, Marketing Manager, enjoy the opening day crowd of locals enjoying the new store.

CITRUS HEIGHTS – At the recent opening of Sprouts Market, there were approximately 200 people waiting in line in the rain to see what the newest store in town would offer.

“We are very pleased with the

turn-out from the community, even with the rain” said Doug Sanders, President.

The store employs about 85 people. It is stocked daily with fresh baked goods, organic fruits and vegetables, and a smiling

staff. One of the features of the store is the ready-to-help staff in the vitamin section, there to educate you on their product lines.

The store is located at the corner of Greenback and Sunrise in the Citrus Town Center.

You're Invited Easter Sunday



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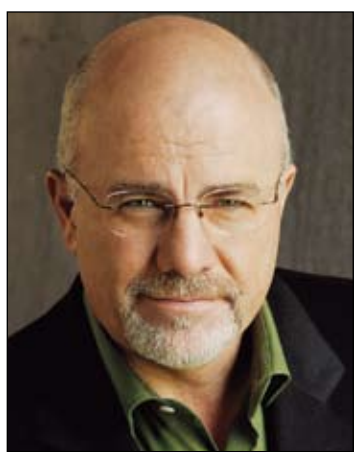
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Dave Says

electric or gas bills will be higher during certain months as you heat and cool your home depending on the weather. What about holidays and special occasions? It's likely you'll end up spending more on food, gifts and related items around Thanksgiving and Christmas or other months when family and friends have birthdays and other events.

These are just a few of the reasons it's a good idea to customize your budget every month. A good, accurate monthly budget should always reflect your reality, Kara. Not only will this give you a more realistic idea of where your money is going, but the knowledge also helps you control your money instead of it controlling you!

- Dave

Does Payment to Collectors End the Debt?

Dear Dave,

One of my husband's credit card bills was turned over to a collection agency. They've offered three different payment options. If we accept one of the options, does this mean the original creditor accepts the agreement as well?

- Cheryl

Dear Cheryl,

In a situation like this, the collection agency either owns the debt outright or they're directly representing the credit card company. This is pretty much standard operating procedure when someone has defaulted on a loan.

I'd go ahead with the deal they've offered that makes the most sense for you guys. You'll have a ding on your credit report, showing settlement on

a defaulted credit card, but it's really no big deal since you've already got a mark against you for having it turned over to collections.

Want another piece of advice? Never use credit cards again!

- Dave

How Do You Know It's Your Calling?

Dear Dave,

How do you know when you've found your true calling when it comes to your job or your career?

- Matt

Dear Matt,

I've met a few people who've had a spiritual experience in this area. Something has happened, almost like they were struck by lightning, and they knew what they were supposed to do with their lives. This isn't the normal way people come to realization about their futures, but it does happen from time to time.

Usually, I believe this kind of revelation starts out as a simple idea that gradually grows into a job and then into a career. Then, it evolves over time into a calling. That's how I stepped into what I'm doing today. I can't honestly tell you that when I started on radio, or began writing and teaching, that I knew it was God's purpose for my life. But I felt the weight and the drawing of it, almost like a magnetic pull.

I've been doing it for 20 years, so it definitely evolved over time into what it is today. Still, I'm positive it's the reason I'm on this planet!

- Dave

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

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.

Why the Need for A Fresh Monthly Budget?

Dear Dave,

I was wondering why you recommend doing a fresh budget every month. Once you've figured out your expenses and income, won't the same budget work month to month?

- Kara

Dear Kara,

I understand what you're saying, but if you look closely at every month, you'll see pretty quickly that they're not all created equal in terms of expenses. On top of that, if you work a commission-based job, your monthly income will fluctuate throughout the year.

Now, there are some things that will remain pretty standard. A few things like your rent or mortgage payment will probably be the same month to month. But what about things like utilities and food? Chances are your

Capitals Re-sign Favorites

SACRAMENTO - The Sacramento Capitals protected the rights to Mark Knowles and Yasmin Schnack in the 2012 World TeamTennis Roster Player Draft. The team also drafted Jean-Julien Rojer, Coco Vandeweghe and Asia Muhammed, as announced by the team March 13th.

The Capitals protected Knowles, a former World No. 1 doubles player, with their first round pick. Knowles, of the Bahamas, returns for his 11th season with Sacramento. Schnack was protected in the fourth round for her second WTT season.

The Capitals used their second round pick to draft Rojer, who returns for his second season in WTT. Rojer played for the St. Louis Aces last year, and was selected by World TeamTennis as the Rookie of the Year for 2011. He has a career high ranking of No. 17 in doubles and has captured five doubles titles on the ATP World Tour. Rojer was an All-American in singles and doubles at UCLA before going pro in 2004.



"There is a long list of legendary players who have come out of the UCLA tennis program, and we are very happy to have three Bruins All-Americans in Knowles, Rojer, and Schnack," said Managing General Partner Ramey Osborne.

Sacramento drafted Coco Vandeweghe as a roster exempt selection prior to the roster draft. Vandeweghe, a 20 year-old Southern California native is currently an active US Fed Cup Team member and has a career high ranking of 89 on the WTA Tour. Vandeweghe is scheduled to play the final week of the regular season.

"It's wonderful to welcome some of the best players in tennis in Mark Knowles, Jean-Julien Rojer, Yasmin Schnack,

and Asia Muhammed to the best franchise in the League," said coach Wayne Bryan who will be returning for his 11th season.

The team's third round pick went to Asia Muhammed, a young American who won 3 ITF Doubles Titles in 2011. She is currently playing on the ITF Women's Circuit.

2011 Capitals player Vania King's schedule is undetermined due to pending Olympic commitments.

"Last year, our goal was to make the playoffs and we did that. This year, we are looking to make the playoffs again, and give ourselves a chance to win a 7th WTT Championship. We believe we have the talent to get there," said Capitals General Manager Matt McEvoy.

Matches start at 7:35pm at Sunrise Marketplace Stadium, at Sunrise Mall in Citrus Heights during the month of July.

For more information about the Capitals, the team schedule, or to purchase tickets, call (916) 859.0058 or online at www.sac-caps.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

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.

Christian Singles Dance

SACRAMENTO REGION - Christian Singles Network is hosting a Dance lesson and DJ Dance for single adults Sunday, March 25 from 7 PM to 10:30 PM. at Roseville Veteran's Hall, 110 Park Dr., Roseville. The evening features DJ Dale from Allstar Entertainment playing dance music 8 PM, and dance teacher Janine Wright teaching the Country Two Step with a bit of Swing 7-7:45 PM. Casual attire suggested. The hall has a wood dance floor. Light refreshments and non alcohol beverages will be included.

Tickets are \$10 presale, and \$13 at the door. CSN members pay \$10 at the door. Membership is not required. Presale tickets may be purchased on line at www.christiansinglesnet.com or at Berean Bookstore in Sacramento or

Jireh's Bookstore in Placerville.

Christian Singles Network, Northern California's largest inter-church singles group, has over 7,500 singles on its roster and hosts dances every 3 to 4 weeks. The next dance after this will be Saturday, March 31 at Carmichael Presbyterian Church. Call the number below for directions or more information. The price also includes appetizers (including dessert) and complimentary non alcohol beverages. The dance music is a mix of rock and roll, ballroom, and Latin music.

Membership is not necessary to attend, and all ages and all denominations are welcome. Couples are welcome also. CSN will be celebrating its 20th anniversary this year, drawing singles from the Sacramento, the foothills, and

beyond to Reno and the Bay Area to the dances.

Pre-sale tickets are available at Berean Christian Bookstore, Sacramento; Jireh's Bookstore in Placerville, and on line at www.christiansinglesnet.com, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the office to volunteer.

For more information or to receive reminder emails call the CSN office at (530) 878-8606. A 24 hour line is available for dance information at 916-658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming events including seminars and dinner/game nights.

Citrus Heights Regional Chamber Of Commerce

www.chchamber.com

Upcoming Events

March 22, 2012
Time: 8:00 AM - 9:00 AM
Chamber Board of Directors Meeting

March 27, 2012
Time: 8:00 AM - 9:00 AM
Networking Breakfast
Sponsored by: *Quick Quack Car Wash*

April 6, 2012
Time: 8:30 AM - 9:30 AM
Ambassador Meeting 2012

April 10, 2012
Time: 11:30 AM - 1:00 PM
Monthly Membership Luncheon 2012
Speaker: *Fred Smith, CEO, Sed Corp*
Topic: *Economic Development & Small Business Lending*
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916-722-4545 Fax: 916-722-4543

The Citrus Heights Regional Chamber of Commerce, a unifying force for business, government, education and community involvement, is recognized as a vital resource for businesses in the Greater Sacramento Area, committed to promoting economic prosperity. Visit their website for more information.

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Dare to Live Without Limits

DREAM MAKER OR DREAM BREAKER? by Bryan Golden

Are you a dream maker or a dream breaker? The category to which you belong will strongly influence the direction your life takes, your level of satisfaction, and the type of impact you have on other people. Most of us aren't even aware of the distinctions between dream makers and dream breakers.

Dream makers believe anything is possible. To them, the future is full of hope, promise, and potential. They know problems have solutions and obstacles can be overcome. Not only do dream makers believe in themselves, they believe in others as well.

Dream makers are optimistic. They are grateful for all of the blessings in their lives. Every day is a good day. Each morning is a new beginning with unlimited possibilities. Dream makers learn from their past, they don't allow it to pollute their future.

Dream makers are not discouraged by naysayers. They don't pay attention to negative criticism. Dream makers understand that everyone will have an opinion about their goals. They look to other successful people for inspiration and encouragement.

Dream makers understand that if they don't know how to do something, they can learn or consult with a person who has the expertise they need. Dream makers value their library as a resource that has answers for most of the questions they may have.

The optimism of dream makers is contagious. Dream makers encourage others to reach their goals. They help others to find solutions. Dream makers never put others down or ridicule their aspirations.

Dream breakers are the opposite of dream makers. They always find reasons to justify why something is impossible. Dream breakers find insurmountable problems in every situation. They don't believe in themselves.

Dream breakers are pessimistic. Everything they try fails. They are discouraged by all the problems in their lives. Each day is another struggle filled with obstacles. Dream breakers wish they could go back and change their past. They lament all of their past mistakes.

Dream breakers are swayed by negative opinions. They listen to those who say they will fail. Other successful people are no inspiration because they always had some advantage such as money, education, or who they knew.

Dream breakers know all of the limitations that prevent them from succeeding. They don't have enough education or they have the wrong education. They are either too young or too old. They don't have enough experience. There is no opportunity because they live in the wrong area. Dream breakers understand that there are many valid reasons for their failure.

Dream breakers are jealous of those who do succeed. They always try to discourage others. Dream breakers are quick to point out the many reasons why someone else will fail. They understand that people with dreams are being unrealistic. Dream breakers are purveyors of doom and gloom. They are not a lot of fun to be around.

Why choose to be a dream maker? Dream makers are happier than dream breakers. Their lives are more satisfying. Dream makers have attractive personalities and are pleasant to be around. They reach more goals than dream breakers. Dream makers believe anything is possible. Dream breakers feel nothing ever goes their way.

Anyone who is a dream breaker can change into a dream maker. The only difference between the two types of people is their attitude. You have the power to choose your thoughts. Whether you are a dream maker or dream breaker is up to you. Since there are no negative side effects to being a dream maker, why not live like one.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnt.com or write him c/o this paper. © 2006 Bryan Golden

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Sounds of Music!
River City Chorale Celebrates 35th Anniversary

Congratulations are in order for the region's longest-standing community choral organization – the River City Chorale! The men and women of the Chorale have been bringing high quality music to the region for 35 years.

Unique to the River City Chorale is the wide range of its repertoire, including the classics, folk songs, spirituals, contemporary works, and Broadway show tunes. Auditioned members come from all over the region – some carpooling for as much as an hour – to rehearse weekly from September to May and present an annual series of 3 concerts, in December, March and May. Most recently they performed Rodgers and Hammerstein Broadway numbers, cabaret-style, to four sold-out audiences.

According to local resident Pat Junod, a member for nearly 35 years, "The variety of our performances broadens the interest in music for ourselves and our audiences."

The Chorale is made up of a congenial group of individuals, voices, and leaders who work and sing well together. Junod goes on to observe that while members' love of singing is their primary focus, "underneath is a strong bond of commitment and friendship". Besides offering fine music to the community, Chorale members do phone-banking for KVIE,

participate in outreach programs to schools, offer pre-tour concerts for free, and have sung the national anthem for a River Cats game.

Every 3 years, members of the Chorale pay their own way to participate in international concert tours. Since 1983, this organization has enhanced the Sacramento region's reputation by presenting chorale concerts of fine music in 12 European countries, Great Britain, Brazil, and eastern Canada.

For the past 11 years, the Chorale has performed under the baton of Musical Director Richard Morrissey. Mr. Morrissey Richard's musical experience includes serving as conductor and musical director of the 80 voice Yuba-Sutter Oratorio Society Chorus and the 65 piece Yuba-Sutter Symphony Orchestra for 25 years. He recently retired from the Yuba City Unified School District after having served there as District Supervisor of Music and teacher of Orchestra and Theater Arts for 36 years. Board vice president, and Carmichael resident, Lois Wright says about Richard, "I joined the Chorale four years ago because I came to a concert and thought Richard would be a very fun and interesting director to work with." Richard is quoted in a recent KFBK interview, "I love directing River City Chorale because we

are the one group in Sacramento that sings all kinds of music from Baroque to jazz, Broadway, folk, and a rock opera."

The River City Chorale invites you to a celebratory 35th anniversary concert. A short reception will be held following the final performance of the year. Accompanied by a 16-piece orchestra, the 65-voice mixed chorus will take attendees on a musical journey across America with a variety of arrangements, including America the Beautiful, New York New York, Shenandoah, I Left My Heart in San Francisco, Battle Hymn of the Republic, and Magnificat, a vibrant work composed in 2007 by American composer Mark Hayes. Former members of the Chorale will be honored and invited to join current members on stage to sing the program finale – Woody Guthrie's This Land is Your Land!

River City Chorale 35th Anniversary Concert
May 4, 7:30 pm, Northminster Presbyterian Church
3235 Pope Avenue, Sacramento;
May 6, 4:00 pm, Pleasant Grove Community Church, 1730 Pleasant Grove Blvd., Roseville.
Tickets: Adults, \$12 in advance (\$15 at door) Children, \$5
For tickets, call 331-5810 or online at rivercitychorale.org.

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By Ronnie McBrayer

While reflecting on the coming Holy Week, I remembered one of my favorite stories. It is a mythical tale written by author, professor, Harley-Davidson rider, and pastor, Robert R. Kopp. As Pastor Robert tells it, a young man named Walter went to work for the largest corporation in the world. The personnel director told Walter he must start at the bottom and work his way up, for that is the way one succeeds.

So Walter, not afraid of a little hard work, began his corporate career in the mailroom, in the basement of the building. Walter liked his job, but he often daydreamed about what it would be like to be a person of power, an executive, or maybe even the president of the company.

One day as Walter was dividing and sorting the mail, he saw a cockroach in the corner of the room. Disgusted, he walked over to step on it, but a tiny voice cried up to him, "Don't kill me Walter! I'm Milton the cockroach, and if you spare me I will grant you all your wishes."

Well, what was Walter to do? It's not every day you come across a talking cockroach, so to test the ability of his new found friend, Walter wished to leave the mailroom and become vice president of the company. "Do

Life and Love in the Mailroom

that for me," Walter said, "I will let you live."

When Walter came to work the next day he found himself greeted as "Mr. Vice-President." He had a security clearance, a secretary, a support staff, and a corner office in one the highest floors of the building. It was exactly as Milton had promised.

This began a meteoric rise for Walter as Milton granted one wish after another until Walter was President and CEO of the largest corporation in the world. Walter often said to himself, "I am Walter, and I am on top of the world. No one is bigger or more important than me."

Then one day Walter heard footsteps, strangely, on the roof of his penthouse office. He went outside and found a small boy on his knees praying. "Are you praying to me," Walter asked. The little boy answered, "Of course not! I don't even know who you are. I am praying to God." Walter was deeply disturbed by this. He had thought he was at the very top of everything. How could someone—even God—be higher than him?

So after a fitful, sleepless night, Walter demanded that Milton the magical, talking cockroach be brought before him once again. Milton quickly appeared, as always. "I have one last wish Milton," Walter said, "and upon granting this wish I set you free for there will be nothing left to ask. I wish to be like God." Milton said, "As you wish." The next day when Walter

came to work he was back in the mailroom.

The New Testament teaches us that Jesus slid down from the infinity of heaven, to the lowest rung of the social ladder; the mailroom of the universe. He became a near untouchable; poverty-stricken, always just a step ahead of starvation; born in a barn with a bastard's reputation; hated, condemned unjustly, and crucified as a criminal.

He didn't remain in a faraway heaven, worshipped by angels, insulated from pain and trouble. He didn't remain in a place of holy bliss, not knowing how it hurt to be a human being. At least, he could have come to earth as a king, a president, or as someone of importance and stayed in all the nicest hotels with a wait staff and the finest accommodations.

But no; Jesus emptied himself of all things and "made himself of no reputation," the old English translations of the Bible say, to show the length to which God's love will go, and to show us how to love others. He considered becoming human, loving and serving humanity, to be more important than his comfort and prestige. He chose the mailroom over the penthouse, and to be like God, so must we.

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.

Keeping Close Tabs on My Investments

By Rev. James L. Snyder

I find it quite amusing that some of the brightest and richest people in our country do not seem to have a clue as to what they are doing. Most do not have the common sense that God gave to a caterpillar. As Abraham Lincoln used to say, common sense is not as common as it used to be. Amen, to that one.

The financial experts are telling us that we need to buy gold or silver to safeguard our investments. I am way ahead of the game. Several years ago, I got a gold tooth. Fortunately, for me, I got it before the financial crisis in our country. I cannot tell you what a remarkable feeling it is to walk around with your fortune in your mouth.

I hear about all of the investment schemes that are supposed to make me rich. I have a sneaking suspicion that the only people getting rich are those with the investment schemes. They want us to buy stocks and bonds and futures. I never heard of anything so silly in all my life.

What would I do with stocks, bonds and futures, whatever in the world they are, in my portfolio. I have no idea what a portfolio is but I am certain it has something to do with these investment schemes. I just do not want anybody following around with my port, thank you very much, sir.

If I got my facts right, and I looked it up in the dictionary, port has something to do with wine. Why would I want to put a bottle of port into my folio and pretend it is some kind of an investment?

I really have to give it to these investment schemers. They really know how to pull the wool over our eyes. I want to go on record as saying that they are not pulling any wool over my eyes. Just leave my wool alone. If I want my wool pulled, it certainly will

not be over my eyes, I will tell you that right here. This wool pulling sounds more like sheep fleecing to me, and I want nothing to do with it.

For me I have discovered a way of safeguarding my wealth. My basic financial philosophy is simply spend less than I make. I know that is a revolutionary concept in today's world, but it has stood me in good stead for many a year.

We live in a culture that has absolutely no spending control whatsoever. This culture does not know the relationship between saving money and spending money.

For example. The Gracious Mistress of the Parsonage came home the other day and in a very exuberant tone told me how much she saved at the grocery store. "I saved \$119.23 today at the grocery store. Isn't that terrific?"

Being the humble, demure sort of guy that I am, I did not ask her a question that was buzzing around my head at the time. The question was, how much did it cost me to save you that much money?

Having a happy home is more important to me than exploring truth at its core. Especially in this area.

My financial strategy down through the years has been a very regular and wise investment plan. I am not quite sure how I came up with this marvelous plan, but one day it just hit me. Ever since that time, I have been using my financial investment plan.

My investment plan only cost me \$19.79 back in the year of our Lord 1986. Since that time, it has faithfully served me and I have no complaints. I have through the years thought about upgrading my investment plan, but then what would the purpose be?

Back in 1986, I saw in the men's department of the

JCPenney store in our community a very nicely tailored navy blue and gold striped gentleman's vest. It immediately caught my attention and as I examined it, I noticed that inside this vest was a variety of pockets. I looked at them and that is when it hit me.

Down through the years I have often wondered why somebody else did not come up with this idea. I guess I am just a genius.

I bought the vest and brought it home and hung it in my closet after I first labeled each of the inside pockets. There was a pocket for dollar bills, one for five-dollar bills, one for ten-dollar bills and one that I do not use as often for \$20 bills. Every time I have a little bit of change left over I go to my closet turned to my best and invest that money where nobody can find it.

My investment plan is more or less an in and out exchange program. When I have a need, I sometimes divest some money. Through the years, it has been a great blessing in my investment plan and is something that I am rather proud of.

Solomon put it in great perspective concerning wealth when he said, "Remove far from me vanity and lies; give me neither poverty nor riches; feed me with food convenient for me: lest I be full, and deny thee, and say, Who is the LORD? or lest I be poor, and steal, and take the name of my God in vain" (Proverbs 30:8-9 KJV).

My investment plan is well buttoned up for future security.

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. The church web site is www.whatafellowship.com.



By Marlys Norris, Christian Author

The reign as the Messiah, the King of Jews qualification comes in the genealogy of Jesus. Scripture records the genealogy of Jesus the Messiah, as the son of David, the son of Abraham. In order to qualify, Jesus had to be a descendant of King David. King David certainly was not perfect but in his heart he wanted to always be right with God, and "always repented for his misdeeds" making him a man of God's own heart (I Samuel 13:14) And don't we all want to be children of God's own heart as well?

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Jesus sought to consistently do the will of His Father. In His life every situation He obeyed the Father's will perfectly—which Jesus did, without ever committing a sin. Jesus also had to be a descendant of Abraham, the father of faith. Abraham believed God's promises and he entrusted the destiny and life of his son to the care of God. Abraham heard the voice of God and was obedient to the words. He did not need to sacrifice his son on the altar, however, Abraham obeyed and then, God provided a ram as a substitute. A precursor for what God would do in the future to prove His love for mankind. God could not provide a substitute for the sacrificial death of His only begotten Son, Jesus because He had to die for our sins to purchase eternal life for us. The Easter season each year brings the story of Jesus life, death and resurrection alive again!

Out of the purest love for their creation, Jesus our Messiah willingly offered His life and death on the behalf of sinners, so by His death the Father would justly and mercifully forgive the sins of those who repent and trust in His Son. On the third day after His death, God raised Jesus from the dead as evidence of His Sovereign deity as Messiah. God promised the promised Messiah would reign as King of kings and Lord of lords. Today Jesus the Messiah reigns from heaven and supernaturally is living in every human heart that puts their trust in His sacrificial death for their sins.

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Why am I Having So Many Problems?



By Pastor Ray Dare

The Bible says that the storms of life happen to good people and bad people. Storms are impartial. When good things happen, that's called grace. When bad things happen, that's called life! We live in an imperfect world. This is not heaven. God has not promised us a problem free life, but He has promise a purpose beyond every problem. I don't care whether you caused it, somebody else caused it, the devil caused it, I don't care who caused it; every problem has a purpose.

What is that purpose? It's to make me like Jesus Christ; to build character in my life.

Until you understand this, life isn't going to make sense. All kinds of problems are going to come your way... troubles, trials, difficulties, and you're going ask, 'Why? Why me Lord? Why is this happening to

me?' as if your life is supposed to be exempt from all the troubles and trials everybody else faces. It is not. The goal of this life is not your comfort. The goal of this life is your character development. We're just passing through. Life on earth is a temporary. This is not heaven. One day you're going to be in a place with no problems, no trials and you're going to spend millions and billions of years there. But if you keep thinking you're going to have heaven on earth, you're going to be very disappointed.

What really matters most in life is not what happens to you. What happens to you is not the most important thing in your life. What happens in you is what matters most. And that is your choice. You can put two people in the same bad circumstances. One will come out a whiner and the other will come out a winner. One will come out bitter and the other will come out better. Romans 5:3-4 says, "We can be full of joy here and now, even in our trials and troubles. These very things (the trials and troubles) will give us patient endurance; this in turn will develop a mature character."

I don't know what you're going through right now, but I do know how God wants you to respond to it, regardless of what you're going through. You cannot choose what is going to happen to you next week, next month, next year. But you can choose how you're going to respond, how you're going to react -- whether it's going to make you or break you, whether you're going to be bitter or better. You can choose how to respond to the circumstances that come into your life. I am confident of how God wants you to respond. "Dear brothers, is your life full of difficulties and temptations? Then be happy, for when the way is rough, your patience has a chance to grow. So let it grow, and don't try to squirm out of your problems. For when your patience is finally in full bloom, then you will be ready for anything, strong in character, full and complete." James 1:2-4 (LB) When you respond positively, God's promise is patience and character, making you strong and ready for anything.

Pastor Ray

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Riley Reviews

AN EASY, GREAT LEAP TO COMEDY FOR "21 JUMP STREET" UPDATE

unprofessional behavior. The fallout from this arrest lands the pair in the special Jump Street unit where youthful-looking officers are assigned to undercover duty in the local schools.

Posing as brothers and living with Schmidt's parents, Jenko and Schmidt return to their old high school to bust a drug dealing ring that's run by a snotty rich kid who's into recycling and expects to go to Berkeley.

Not unexpectedly, Jenko and Schmidt start to relive their high school days with a greater sense of purpose, thinking incorrectly that they have all the right answers this time around.

When their identities become mixed up, the results are hilarious. Jenko, the former campus stud, falls in with the nerds, while the socially awkward Schmidt finds acceptance from the cool crowd.

While their Jump Street colleagues keep solving cases, the hapless pair spends more time trying to adjust to new rules of behavior and fitting in with the school scene.

Schmidt enrolls in a drama class, determined to become Peter Pan in the school production, probably for no better reason than his forbidden crush on Molly (Brie Larson).

Oddly enough, Molly is in a semi-open but unfulfilling relationship with Eric (Dave Franco), the big man on campus who just happens to enjoy talking about composting as much as he likes being the major drug supplier.

Meanwhile, Jenko struggles through his science class, but gets teamed up with the bright kids who enjoy blowing up things and teaching him how to do the same.

As Jenko and Schmidt try to ingratiate themselves with Eric, the drug dealer requires them to consume his product in order to prove that they are ordinary students and

not undercover narcs. Fueled by the powerful drugs, Jenko nearly destroys his classroom in a crazed attempt to diagram a scientific experiment in a burst manic energy.

This being a comedy, though one full of action, "21 Jump Street" is bursting with hilarious surprises as Jenko and Schmidt trip over themselves in their charade to fool fellow students and teachers.

"21 Jump Street" may be the first movie to have a serious car chase that involves stretch limos with the cops and bad guys shooting at each other from the sun roofs.

The perceived plot of the two officers trying to do convincing undercover work is secondary to the free flowing type of mayhem that Jonah Hill and Channing Tatum bring to their roles.

Indeed, there's complete excess of wacky craziness in this enjoyable comedy. The best humor is not from the wild stunts, chases and party scenes, but from the comedic chemistry of the odd couple of the two lead characters.

TCM CLASSIC FILM FESTIVAL

The place for film buffs to gather next month will be at the third annual TCM Classic Film Festival in Hollywood, from April 12 to April 15.

Once again, the classic old-time theater palaces of Graumann's Chinese Theatre and the Egyptian, in addition to the modern Arclight and the venerable Cinerama Dome, will host special screenings.

A three-film tribute to legendary filmmaker Stanley Donen will include an appearance by Audrey Hepburn, who starred in the Donen films to be screened, including "Charade," "Two for the Road," and "Funny Face."

Dick Van Dyke, who needs no introduction, will introduce a retrospective of Laurel and Hardy film shorts and discuss the influence of these comedians on his life and career.

A slew of old horror films will be offered, including "The Wolf Man" (1941), starring Lon Chaney, Jr., and "Frankenstein" (1931), with Boris Karloff in the titular role.

A Film Review by Tim Riley

21 JUMP STREET (Rated R)

In the early days of the FOX TV network, "21 Jump Street" was a hip TV drama about undercover cops, with a novice Johnny Depp in a starring role.

With "Superbad" comedian Jonah Hill in one of the starring roles for the reinvention of an almost-forgotten TV series, it's clear the cinematic "21 Jump Street" is a different breed of cool cat.

To be kind, Jonah Hill is no Johnny Depp, but then neither is Hill's co-star and partner on the police force, Channing Tatum, even though he's a force of nature that exudes a certain amount of charisma.

As the film opens in 2005, Tatum and Hill, respectively playing Jenko and Schmidt, are the polar opposites during their senior year of high school.

The good-looking jock type, Jenko is an amiable lug who coasts through the school on his charm and sense of entitlement that comes from being tight with the popular crowd.

Copying the style of Eminem's Slim Shady, complete with the bleached hair, the academically brilliant Schmidt is a walking disaster who hangs out with the perennial losers and outsiders.

Fast forward seven years, and we find Jenko and Schmidt enrolled in the police academy, where Schmidt is pressed into service to help Jenko improve his dismal written test scores.

After graduation, the duo is assigned to bike patrol duty in the local park, where one day they nab a drug dealer in an arrest that they exuberantly celebrate with

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Lungren Votes For Pro-Growth Jobs Bill



Congressman Dan Lungren

(Jumpstart Our Business Startups) Act – H.R 3606 – passed the House by a 390 – 23 vote.

Congressman Lungren released the following statement after the vote: "Americans need jobs and today's passage of the JOBS Act will help accomplish this goal. Small businesses are the risk takers that drive job creation across America and I voted to give them the tools they need to succeed. "I was pleased to hear the President supported this legislation along with the U.S. Chamber of Commerce, the American Bankers Association, the Financial Services Forum, the Small Business and Entrepreneurship Council, Independent Community Bankers of America, SecondMarket and SIFMA.

"This common sense legislation will remove Washington red tape and help small business prosper - not stand in their way. The JOBS Act specifically

addresses the following; reducing regulatory costs of going public so that smaller companies can go public sooner; allowing small companies to advertise or solicit investors to obtain capital; allowing entrepreneurs to raise equity capital from a large pool of small investors, i.e. crowdfunding; removing barriers to capital formation for small companies by modernizing shareholder thresholds adopted in 1964; strengthening community banks so they can make more loans. "I will continue to support any and all legislation that creates jobs for my constituents and all Americans. I hope Senator Reid will bring the JOBS Act up for a vote as soon as possible."

Congressman Dan Lungren serves as the Chairman of the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees.



AUTHENTICITY

Are you really making the decisions that are right for you? How would you like to start living the best for you ever? Kathleen McIntire, Transformational Teacher, has created "Guiding Signs 101." It's 52 weeks of Authenticity with practical ways to make 2012 the year you finally get real and start a year that shines, is more fulfilling, more authentic, more you. Authenticity is a word we toss around quite a bit these days, but Kathleen says that, consciously or not, most of us let the expectations of others drive the decisions we make everyday from the major we choose, to the kind of house we buy, to where we go on vacation. As Kathleen puts it, "So many of us live out our lives as slaves to the tyranny of should. We couldn't cover all 52 ways on the POPPOFF Radio Show, and I can't in this column either. But I will give you a few samples that hit home She covers all aspects of our lives, so here goes.

POPPOFF!

with Mary Jane Popp

I. YOUR AUTHENTIC SELF

1) Come to terms with what really matters to you. Get comfortable with it.

2) Whatever you decide to do (or not to do), own your decision.

3) If you decide a lifestyle change is needed, be realistic in goal-setting.

4) Break an unwritten "rule" made by others and reject any shame.

II. AUTHENTIC FRIENDSHIPS

1) Learn to say no. Sometimes it takes an authentic no (to something you don't want to do) to say an authentic yes (to something you long to do).

2) Learn to say yes when your heart guides you to. Be flexible and fun.

3) Gently tell the truth. You don't want to hurt feelings, but don't withhold crucial insights to spare them either.

4) Be vulnerable. Show your insecurities. Admit the house is a wreck or your marriage is struggling.

III. AUTHENTIC MARRIAGE/RELATIONSHIPS

1) Ask yourself, Am I married to the right person or am I just married?

2) State your intention. Don't stay married or make it work. Then do what it takes to make it happen.

3) End the blame game. If you blame your partner for your unhappiness, you're denying

your own power.

4) Tell the truth about something you've been stewing over. Tell it gently and lovingly. Make it an "I" statement versus a "You" statement.

IV. AUTHENTIC PARENTING

1) Be as honest with your kids as you possibly can be without upsetting them with information too advanced for their ages.

2) Are you perpetuating the myth of parental perfection? When you screw up, admit you screwed up.

3) Pay attention to your child when he talks. Really listen. Tuning him out or half-listening sends the message that what he has to say is not important.

4) Every day, make a sincere effort to truly engage your child. Turn off the TV, walk away from the computer. Set aside the bills...and talk.

There are so many more tips, but you'll just have to get them at "Guiding Signs 101" a set of divination cards and guidebook using everyday road signs to tap into your intuition and own inner guidance. Kathleen McIntire is dedicated to bringing forth truth, liberation, and awakening. Check out www.GuidingSigns101.com. It seems to me we just have to be open enough to admit what we are doing and accept change. Just another day in the life of the POPPOFF Radio Show. We present all the possibilities!

Assemblymember Pan Calls for Legislative Audit of Child Abuse Prevention Funds

Child advocates concerned about misappropriation of scarce funding

SACRAMENTO – After hearing testimony from child abuse prevention advocates including Dr. Richard Pan (D-Sacramento), California's Joint Legislative Audit Committee has approved, with a unanimous, bipartisan vote, audits of two state funds to ensure scarce dollars are spent on proven abuse prevention efforts. "In recent years, funds for child abuse prevention efforts have been cut dramatically,"

Dr. Pan said. "In these tough economic times when every dollar should count and be used for critical programs and services that provide real benefits, it appears that the funds continue to be used in a fashion that warrants further scrutiny."

The State Children's Trust Fund consists of funds received from a portion of birth certificate fees, federal funds, gifts, grants, and private donations, all of which are required to be used for innovative and distinctive child abuse and neglect prevention and intervention projects.

The Child Health & Safety Fund consists of funds from the license plate program ("kids plates") for the purpose of child abuse prevention and child safety purposes.

More specifically, the law calls for up to twenty-five percent of the funds to be used for child abuse prevention. "These two remaining funds are virtually the only sources left for child abuse prevention and safety purposes," Dr. Pan explained. "There are widespread concerns in the

child welfare and prevention community about the potential misappropriation of these funds."

"The Child Abuse Prevention Center believes this audit is critically important," said Sheila Boxley, President and CEO of the Child Abuse Prevention Center. "It will ultimately help ensure and maintain the integrity of funds designated to support and protect children in a time of decreased funding and increased need."

Advocates believe this is a mere snapshot into the inappropriate uses of these critical dollars that could otherwise be put to evidence-based uses in child abuse prevention and safety programs. To ensure a full and effective audit, Dr. Pan's requested that JLAC consider the following questions:

1. What is the current condition of the Funds?

2. Over the last six years, for what specific programs and purposes have the dollars within the Funds been used?

3. Over the last six years, what specific entities have been provided funding by the Funds?

4. What percentage of the Funds has been used for administration purposes?

5. To what degree and for what purpose have the funds been used for administration, programs, services, or items that are outside of the scope of child abuse and neglect prevention and intervention and safety projects as consistent with the statute for both funds?

6. Have any of the funds in either account been used to supplant other state programs and services outside the scope of the statute? If so, for what other programs and services have the funds been used?

7. What performance standards have been developed for the programs and services funded through the Funds?

8. What alternative programs or approaches should be considered to determine whether funding objectives for either fund can be achieved more effectively or more economically?

9. Are there legislatively required internal or external evaluations or program studies, such as cost benefit studies, that may analyze alternative approaches, and were these studies completed for expenditures from both funds?

What is the capacity and practice of management for engaging in internal reviews or audits to monitor program operations, identify program and management problems, and ensure fiscal integrity?

Dr. Richard Pan is a father, pediatrician, educator, small business owner and first-term Assemblymember who lives in Sacramento. He also represents the Cities of Citrus Heights and Folsom and surrounding areas. Website of Assemblymember Richard Pan: www.asmdc.org/pan

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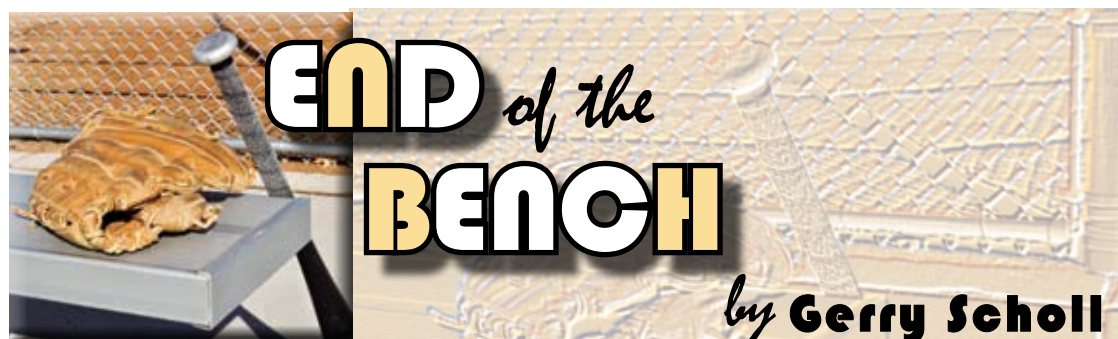
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From Triangle to Circling the Bases

All set to delve into the Peyton Manning-Alex Smith-San Francisco Forty Niners love-triangle story, my train of thought was abruptly derailed by the announcement that Manning was going to de-Tebow the Denver Broncos' lineup.

Hall of Fame quarterback John Elway, now Executive VP of Football Operations for Denver, was caught by the cameras more than a couple times cringing at the quarterbacking style of fan-favorite Tim Tebow last season, even when the Broncos were winning their way into the playoffs.

When future Hall of Fame QB Manning, aiming for a comeback while recuperating from multiple neck surgeries over the past two years, was set free by the Indianapolis Colts, Elway set his sights on the prize. When the two of a kind got together, it turned into a Hall-of-Fame-level love fest.

Since the 49ers and coach Jim Harbaugh also courted Manning's services, where does that leave the teams' relationship with their free agent QB Alex Smith, who led them to within a young punt returners' miscues of a Super Bowl?

There will be some love lost, for sure, but possibly the best resolution for both parties would be a compatible reunion. With the overall strength of the 49ers' roster, a dominating defense kept mostly intact, superior special teams performance, and recent upgrades to the receiving corps that will boost the offensive unit, perhaps they can join forces to take the next step to throwing a post-Super Bowl victory party.

Smith, who led the 49ers to the NFC West title and a 13-3 regular-season mark under Harbaugh's first-season tutelage, may blossom further next year with a full training camp and preseason, which were both shortened last season. He's young enough (27), smart

enough and, dog gone it, most of his teammates and many fans like him. (Thanks for the nod old SNL fans).

Smith, reportedly, was offered a three-year, 24-million-dollar deal to return, but decided to wait and shop around. Clearly, Smith's best opportunity for success would be to stay with the Niners, and the team's best option, with Manning out of the picture, appears to be to resign Smith. The 49ers should up the offer a bit to a little more than coveted, but inexperienced Matt Flynn received from Seattle. Smith was greatly overpaid, based on his performance, through his original contract and then was a bargain after resigning on the cheap to stay with the team. At this point, he deserves more than a guy with two career starts under his belt.

Laden a new contract with progressive incentives for repeating as division champs, returning to the NFC Championship Game, reaching and winning the Super Bowl. Throw in that Harbaugh will have to carry Smith's golf bag at the next AT&T Pro-Am at Pebble Beach and those two can hug and make up and be on their merry ways. Seeing newly-signed receivers Randy Moss and Mario Manningham split out to either side should keep them both happy, let's hope.

With that out of the way I need to take a cue from Buster Posey and circle the bases quickly and see if the ankle holds up:

- It appears I was right that St. Mary's was just a little overrated. The Gaels lost their usually-great shooting touch and fell, 72-69, to Purdue in their opener in the NCAA Men's Division I Basketball Tournament.

- It appears I was a little off; the Pac-12 really was as bad as everybody else said it was. Cal's Bears turned in an awful performance in their play-in game, getting

blown out in the first half by South Florida. Colorado tried hard, upsetting UNLV, but then was ousted by Baylor. Stanford, Arizona, Oregon and Washington were all shunned to NIT status. UCLA and USC are messes.

- No. 1 seeds North Carolina and Syracuse are in trouble after losing players to injury and suspension, respectively. The designated favorite, Kentucky, is looking like a solid pick, but I'm pulling for Michigan State, with former 49er coach Steve Mariucci's old college roommate and best man, Tom Izzo, strolling the sideline and Charles Barkley clone, Draymond Green, doing it all on the court.

- Randy Moss, good or bad, will provide plenty to talk about. Put backup QB Colin Kaepernick and his powerful arm in once or twice a game and tell Randy, "Go long!"
- Unfortunately, it doesn't sound like Posey or fragile second baseman Freddy Sanchez will be at full strength to start the baseball season. Good thing the Giants are well stocked with catchers and infielders. Fortunately, the pitching staff is still first-rate.

- Jeremy "Linsanity" has diminished since the New York Knicks started playing better opponents and are on the verge of falling out of the playoff picture. Star Carmelo Anthony returned from injury but was not mellow with coach Mike D'Antoni, who since "resigned."

Outdoor World

EARLY BASS
In early spring, catchable bass can be scattered almost anywhere in a lake, but you can up your odds by fishing northern shorelines where the sun warms the water the most each day. Your odds get even higher in isolated backwaters along the northern shoreline where water warms faster even yet.

Always remember, the warmer the water the more active the fish. Even in these areas though, the bass aren't going to be active all the time. If an early season lure like a 1/4 ounce white single spin doesn't produce try small jigs and in line spinners.

The single most productive presentation in early, early spring is to stop retrieving your lure and let it sit. Small tube type baits, grubs, jig & pig, and 4" long natural colored bait fish shaped lures all work well on early bass.

Rick Clunn is a 4-Time Bassmaster Classic® Champion

For more tips, log onto basspro.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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Sixth-Annual Raley Field Brewfest Set For Friday, May 18

Tickets On Sale Now

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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CLUES

ACROSS

1. Harry Potter's antagonist
6. Hole puncher
9. Attention grabber
13. Beyond suburban
14. Sheepish cry
15. Supports climbing plants
16. "Holmes would try to verify this"
17. Make a mistake
18. Popular jewelry stone
19. "Toni Morrison's Pulitzer winner"
21. "Emerald City visitor"
23. Before tac
24. Sports award
25. Siesta
28. "A Clockwork Orange" protagonist
30. Performed alone
35. Away from wind
37. Heart feeling
39. Mother-of-pearl
40. Live bait
41. "Now _____ entertainment!"
43. Not Sunni
44. Used to call someone's attention, pl.
46. Expression of pain
47. Dissenting clique
48. Street of shops, especially in orient
50. Fraud or imposter
52. U Rah _____!
53. Mixed breed canine
55. _____ de Janeiro
57. "It chronicles Leopold Bloom's journey through Dublin"
61. "Twist and Heep creator"
65. _____ Protocol on climate change
66. Consumed
68. China Grass
69. NBA great _____ Baylor
70. St. Louis player
71. Speak one's mind
72. Make hot and dry
73. _____ Lanka
74. Used as fertilizer and explosive

DOWN

1. Not bright
2. "_____ of thumb"
3. Seed cover
4. 15th century North America explorer
5. Famous picture book pig
6. Tucked in
7. "One main topic in Tolstoy's 1869 classic"
8. Hog fat, pl.
9. Jumping stick
10. A team reserved for emergencies
11. Comedian with red, curly hair
12. 3-point shot
15. Heavy elementary particle
20. Enthusiastic approval
22. Roman goddess of fertility
24. Car emission, e.g.
25. Honorary title given to Muslim rulers
26. Central Pacific greeting
27. Actress Rosie
29. Repeating sound
31. Lad's counterpart
32. Autumn color
33. "Fear of Flying" author Jong
34. "It happened in Venice"
36. "Jane Austen classic"
38. _____ A Sketch
42. African river, also spelled "Char"
45. Dellellah's trusting victim
49. Street in Paris
51. One millionth of a meter
54. Former Russian leaders
56. Giraffe-like African animal
57. Short for ukuleles
58. Singer/actor Lovett
59. Hindu discipline
60. Evoke emotion
61. Ashton's ex
62. Give off
63. Number of baseball fielders
64. Tiresias in "Oedipus Rex," e.g.
67. Smoker's lung residue

For Solution See Page 7

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PG&E Moving Aggressively to Improve Records in Push for Safety

SACRAMENTO REGION – Pacific Gas and Electric Company (PG&E) provided an update March 15th on what the company is doing to overhaul its records management system, particularly for its natural gas pipelines.

The records project began in the wake of the pipeline accident in San Bruno, as the company works to make sure such an accident never happens again. To help identify areas for improvement, PG&E hired the consulting firm PricewaterhouseCoopers (PwC) to assess its recordkeeping practices. Employing a team of records experts, the assessment has covered various aspects of PG&E's gas operations record keeping.

Based on an assessment by PwC: "PG&E proactively retained PwC to assess its recordkeeping practices across its gas operations organization. This is what businesses do when they want to improve and it is a

critical step in that process. With the initial assessment complete, PwC is working to finalize its reports and its conclusions."

Meanwhile, the company is already forging ahead on a multi-faceted process to vastly improve its data management, a cornerstone of pipeline safety.

PG&E Executive Vice President of Gas Operations Nick Stavropoulos, a gas industry veteran who was hired in May 2011 to lead a turnaround in the company's gas operations, described the records efforts as a big job, but not insurmountable. He also pointed to the importance of the PwC assessment in guiding reforms.

"PG&E is well aware that we had records challenges and we're addressing them in a thoughtful manner. That's where PwC's assessment will help.

"We have a sound strategy that we are implementing and I'll leverage my deep experience in

this industry to make sure of it. I have great comfort in knowing that all of us at PG&E are working every day to make things better and safer for our customers, communities and for each other," Stavropoulos said.

Stavropoulos outlined the following ways PG&E is already moving forward:

Validating pipelines' safe operating pressures: PG&E has completed its Maximum Allowable Operating Pressure (MAOP) verification effort, which involves record gathering and field investigations, for all 2,000 miles of transmission pipelines in urban areas. The records needed for this project—so far about 2.5 million paper documents—have been scanned, indexed, and stored in a new centralized electronic records system. This was a key first step in organizing pipeline records and making them more accessible to PG&E workers throughout

gas operations. The process is now continuing for the remaining transmission lines.

Strength-testing pipelines: PG&E has performed high-pressure water tests on more than 160 miles of pipelines with characteristics similar to the line in San Bruno. The data from these tests have been entered into an electronic system, providing another layer of traceable, verifiable and current information. Plans call for strength testing or verifying records for about 185 miles in 2012, 204 miles in 2013, and 158 miles in 2014.

Gas Transmission Asset Management: The idea behind this program, Stavropoulos said, is to move away from reliance on paper records and toward robust electronic data management systems. PG&E will be connecting field crews to these systems through mobile technology,

establishing a master index of job files, and strengthening integrity management and risk analysis tools. These steps will help employees make informed and prompt decisions to ensure public safety.

Asset Knowledge Management: This is one of eight major areas of responsibility that Stavropoulos has created in gas operations. The team oversees the massive effort to validate our pipelines' MAOP, records verification and management, the production of maps, data quality, and technology and tools. By creating this team, PG&E has made records management a priority and established a clear line of accountability.

Company-wide records organization: On a broader level, PG&E is developing a companywide records management policy that promotes

accountability, protects vital records and ensures appropriate retention practices.

All of these programs, Stavropoulos said, stem from PG&E's overarching mission to establish a clear organizational structure that puts public and employee safety first. "That philosophy drives every decision and every action the company makes," he said.

Pacific Gas and Electric Company, a subsidiary of PG&E Corporation (NYSE:PCG), is one of the largest combined natural gas and electric utilities in the United States. Based in San Francisco, with 20,000 employees, the company delivers some of the nation's cleanest energy to 15 million people in Northern and Central California. For more information, visit www.pge.com/about/newsroom/ and www.pge-currents.com.

Source: PG&E Communications

Rain Brings Hazards to Safe Driving



By Eric Marks

CITRUS HEIGHTS – Fog and rain season is upon us once again and that means drivers must be vigilant of the challenges adverse weather causes. Diminished visibility, loss of traction and hydroplaning are a few of the issues novice and experienced drivers alike confront in a typical rainy season in the Sacramento valley.

What can you do to safely negotiate the roads in inclement weather? Some tips include slowing down in the rain for better traction and stopping power, proper tire inflation and replacing

bald tires. The Messenger spoke with Jay Rubash, owner of Lone Star Auto Service, about safe driving.

"Tire inflation is very important in stability of the car in winter or summer. The tire tread depth is more critical in winter so you do not hydroplane. The design of the tread helps disperse water from under the tire," Rubash said.

Tire inflation also plays a key role in both saving gas and safe driving. This is because it takes more force and energy to push a vehicle with poorly inflated tires. As Rubash explained it is akin to riding a bike with bad tires and

your legs—the engine—have to work harder to pedal and stop.

"Think of it this way. Have you ever ridden a bicycle with flat or low tires? It is very hard to pedal. You inflate the tires and it gets very easy. In my opinion, it takes less energy to move the car also. As a reminder, I think people should check tire pressure at least at every oil change," Rubash elaborated.

Rubash has been working at Lone Star Auto since 1976 and became owner in 1993 when his father, who started the company in 1953, retired.

During foggy days where visibility is slim to non-existent, driving can be an eerie experience. When you have difficulty seeing your hands, much less the cars in front or behind you, fog lamps and rolling down your window are helpful. Hearing plays a vital role in driving in this situation is beneficial because you can hear oncoming traffic, honking horns and the like when you cannot see as well.

"Drivers really need to pay attention, do not get distracted by cell phones, radio, food or whatever. Stay in the right lane if possible to use the solid white line as a guide. Also, reduce speed to a safe level," explained Rubash.



by David Dickstein

Family Films



"Tornado Alley 3D"
Now playing, rated G
tornadoalleymovie.com

If you're looking for flying cows, drive-in theaters destroyed in seconds and heroes literally caught in the middle of a monster F5 tornado, rent "Twister." More realistic, albeit less exciting cyclone cinema is found in this documentary now showing at the Sacramento IMAX. Filmmaker Sean Casey spent 8 years chasing tornadoes, and the best he was able to get for the money shot – high-def documentation of a direct hit -- was an F3. Cool, sure, but as the climax for a film called "Tornado Alley 3D" and measured against IMAX's other films starring Mother Nature, this one is lacks "wow factor." That said, after learning about the constraints Casey was under to get what he got, the shortcomings are much more understandable. Bill Paxton, star of the aforementioned "Twister," is an appropriate choice to narrate the documentary. *Grade: B-*

"The Lorax"
Opens March 2, rated G
theloramovie.com

The stars come out for the fourth movie adaptation of a Dr. Seuss book, this one animated like 2008's winning "Horton Hears a Who!" The journey of a 12-year-old who searches for the one thing that will enable him to win the heart of the girl of his

Movies and DVDs for the Whole Family

dreams features a voice cast led by Zac Efron, Danny DeVito, Taylor Swift, Betty White, Ed Helms and Rob Riggle. This is

beast with a fancy for White meat hungrily awaits.

Family DVDs

"Fred 2: Night of the Living Fred" (ages 5-13, now available, not rated): Lucas Cruikshank isn't as famous as Justin Bieber, but like the Biebs, this dude got his start on YouTube. A huge Web following led to guest appearances on Nickelodeon's "iCarly" and two made-for-Nick movies. That's since spawned a comedy series that debuts later this year on Nick. This is the second of those movies, a Halloween-themed treat, and it's good, silly fun – like everything that is Cruikshank's high-pitched alter ego, Fred Figglehorn. *Grade: A-*

"Happy Feet Two" (ages 3 and up, available March 17, rated PG). Lighter in tone and less political than its 2006 predecessor, this affable sequel follows Mumble's son, who, unlike his tap-dancing dad, would rather learn to fly than fiddle in fancy footwork. Plenty of laughs for all ages, unlike the other big nature friend home video release of the month, "Alvin and the Chipmunks: Chipwrecked" (March 27, grade: D). *Grade: B+*

"Tom & Jerry: In the Dog House" (ages 2-10, available March 6, not rated): Compilation DVDs of this classic interspecies pairing are abundant, but this cat-and-mouse collection of 22 cartoons is different, offering shorts from the vintage years to the latest, sometimes mediocre reincarnations. Includes "Quiet Please!," which won the Best Short Subject Oscar in 1945 and features a rarity in that Tom speaks, albeit just one hilarious line. *Grade: B*



"Mirror Mirror"
Opens March 16, rated PG
mirrormirrorfilm.com

Snow White still is beautiful and fancied by a prince, but in this twist on the classic fairy tale, the dwarves who rescue the true fairest one of all are a band of diminutive highway robbers. The live-action, light-hearted spin stars Julia Roberts as the Queen, Armie Hammer ("The Social Network") as Prince Alcott and Lily Collins ("The Blind Side") as the pale-faced pretty who is banished to the forest where a



Earthquake Reminds Californian's to be Prepared

SACRAMENTO REGION – This week's magnitude-4.0 earthquake on the Hayward fault serves as a reminder that all Californians need to prepare their homes and workplaces for earthquakes and other emergencies.

California is known for its seismically active landscape, and rather than become complacent with this all too common phenomenon, individuals must remember that a major earthquake on any of California's faults can cause a significant number of deaths, injuries and property damage.

It is imperative that Californian's regularly update their emergency plans, stockpile emergency supplies and work to

reduce hazards in their homes and businesses.

According to Cal EMA's 2008 study on individual and family preparedness, a mere 40 percent of Californians had developed family disaster plans. Those who have not yet developed a family emergency plan or built an emergency kit can find numerous resources on the Cal EMA website, which features emergency kit shopping lists, family emergency plan templates, and how tips on how to improve home and office safety.

Cal EMA, in partnership with local, state and federal partners, has developed comprehensive plans based on real-world

scenarios to respond and recover from such events; however, individual preparedness is essential to surviving a catastrophic event.

For more information on personal preparedness, Californian's can watch short, entertaining videos complimented with easy preparedness steps featured in the "Totally Unprepared" campaign, visit the "How You Should Prepare" page on the Cal EMA Web page and the Bay Area Chapter of the American Red Cross's "Ready Neighborhoods" campaign.

Source: California Emergency Management Agency

Sacramento County Contract and Purchasing Wins 2011 Achievement of Excellence Award

SACRAMENTO COUNTY – After several days of fierce courtroom competition, and thoughtful deliberations by esteemed judges, the verdicts are in for the 2012 Gordon D. Schaber Mock Trial and Moot Court Program competition. In Sacramento County, Rio Americano High School (Team 1) is the winner of the Mock Trial competition and Bella Vista High School (Team 2) earned top honors in the Moot Court competition.

Elk Grove High School placed second in the Mock Trial competition and C.K. McClatchy High School was runner-up in the Moot Court competition.

The Sacramento County Office of Education (SCOE), which coordinates the event, announced the winners at the GDS Awards

Ceremony on March 5. Rio Americano High will advance to the California Mock Trial competition which will be held in Sacramento, March 23-25. California does not hold a statewide Moot Court competition.

Teams from 18 Sacramento County high schools, as well as 4 teams from El Dorado, Placer and Yolo counties, competed in the 33rd annual event. Volunteers from more than 54 local law firms and other legal organizations served as scoring and presiding judges for the five-day event.

The Mock Trial competition simulates a trial-level proceeding in which students portray the roles of pre-trial counsel, prosecuting and defense attorneys, witnesses, court clerks, bailiffs, and jurors before a single presiding judge and two scoring

judges. It includes courtroom art and courtroom journalism competitions. The county Mock Trial winner advances to a statewide competition.

The Moot Court competition is an appellate-level proceeding in which students prepare and argue a case before a panel of three judges that evaluates participants on the quality and persuasiveness of their legal reasoning and presentation, as well as their unscripted responses to spontaneous questions from the bench.

The California Mock Trial Competition is sponsored by the Constitutional Rights Foundation (CRF), a non-profit, non-partisan, community-based organization dedicated to educating America's young people about the importance of civic participation in a democratic society.



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What the Health Reform Law Does for Medicare



Commentary by David Sayen

We hear a lot of back and forth these days about the Affordable Care Act – aka the federal health reform law – but not much about how it affects people with Medicare. When you sort through all the rhetoric, one thing is clear: the 2-year-old reform law contains some real benefits for those who get their coverage through Medicare. Take the so-called “donut hole” in the Medicare prescription drug program, Part D. The donut hole is a gap where you don’t have coverage even though you’re still paying premiums. After you’ve paid a certain amount out of pocket, your coverage resumes. Congress intended the hole to hold down costs in the drug program, the biggest expansion of Medicare benefits in many years. Under the Affordable Care Act (ACA), the hole is being gradually closed until it completely disappears in 2020. This year, the law gives people with Medicare a 50-percent

discount on covered brand-name drugs in the donut hole, and a 14-percent discount on covered generics. In 2011, more than 319,000 Medicare beneficiaries in California saved a total of \$171 million in the donut hole. That’s an average savings of \$538 per person. The ACA also helps people with Medicare by eliminating coinsurance and deductibles on vital preventive health services. Such services can help keep people healthy and detect disease in its earliest, most treatable stages. As a result, Medicare now offers a long list of preventive health services with no out-of-pocket costs, including screenings for cancer, diabetes, cardiovascular disease, osteoporosis, and shots for flu and pneumonia.

The health reform law also adds new preventive screenings and counseling for obesity, alcohol abuse, and depression. More than 2 million Californians with Medicare received at least one Medicare-covered preventive health benefit in 2011. The health reform law also creates another important benefit for people with Medicare: annual wellness visits. If you’ve had Medicare Part B for longer than 12 months, you can get a yearly wellness visit with your doctor to develop or update a personalized plan to prevent illness based on your current health and risk factors. (The annual wellness visit is in addition to the one-time “Welcome to Medicare” preventive visit when you first enroll in Medicare.)

More than 165,000 Californians with Medicare took advantage of a wellness visit last year. Because of financial incentives in the ACA, seniors also can expect to see better quality in their Medicare Advantage health plans. Such plans are operated by private insurers and generally require you to stay within a network of physicians and other providers or face higher out-of-pocket expenses. Medicare Advantage plans that receive quality ratings of three stars or more under our Five-Star Rating System will get bonus payments. We believe the bonuses will motivate other plans to improve their quality as well. Medicare Advantage plans that receive five stars – the highest rating – will be able to market to and enroll seniors year-round, not just during the open enrollment period in the fall. That means seniors can switch to the best plans at any time. (To check your plan’s rating, go to www.Medicare.gov.)

Lastly, the ACA provides a variety of new tools to crack down on Medicare fraud. The law not only toughens federal sentencing guidelines for fraud (meaning crooks will spend more time in prison), it also allows us to suspend payments to providers suspected of trying to rip off Medicare. In addition, we’re now using sophisticated predictive analytics software to identify patterns of fraud and target crooks. This is the same type of software credit card companies use to stop fraud. David Sayen is Medicare’s regional administrator for California, Arizona, Nevada, Hawaii, and the Pacific Trust Territories. You can get answers to your Medicare questions by calling 1-800-MEDICARE (1-800-633-4227).

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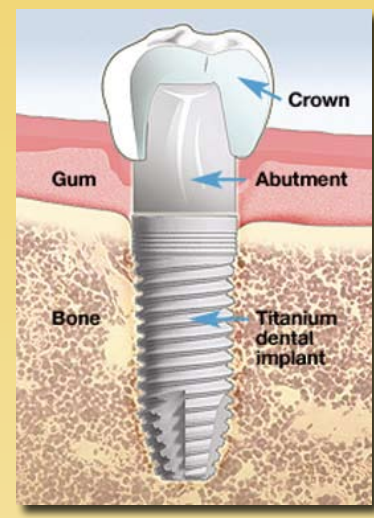


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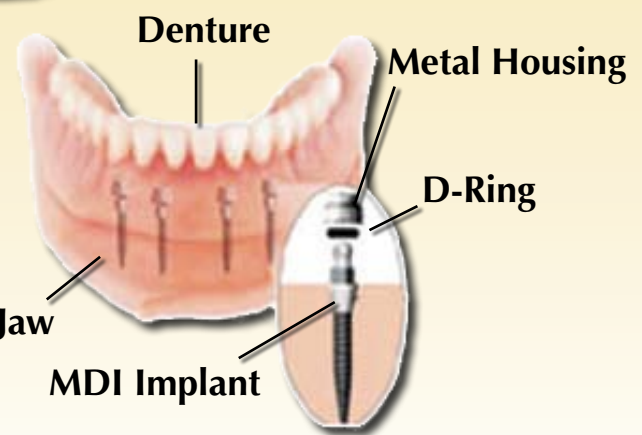
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