



## Sudden Cardiac Arrest Survivors, Savers Reunite at Mercy San Juan Medical Center

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# M Citrus Heights Messenger

*"Written by the people, for the people"*

Volume 2 Issue 4

Serving the City of Citrus Heights and Sacramento County

Second Edition for February 2012

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## CHPD Officers Save a Life

CITRUS HEIGHTS – On January 16, 2012 at 11:21am, Citrus Heights Police Department Officer Schouten and Officer Copeland responded to the report of a car that had fallen off its jack and onto the chest of a 50 year old man who was working under the car, pinning him to the ground.

Sacramento Metro Firefighters are crediting the officers' quick action as life saving. Captain Eric Rublicava said, "These two officers worked together in the finest tradition of public safety, and saved this mans life."

Sac Metro Firefighters also responded to the report of a traumatic injury in the 6900 block of Sunburst Way in Citrus Heights. The report was that a car had fallen on a male who was working under the car. The report indicated the car was still on top of the person.

Metro Firefighters arrived on scene and found two Citrus Heights police officers, and the male out from under the car. Police officers told the fire crews



Police Officer Jeff Schouten



Community Services Officer Aaron Copeland

that when they arrived the man was still pinned under the car. Officers said they quickly looked around and found a jack in the garage. Officers used the jack, lifted the car, and pulled the man out who was unresponsive and

not breathing. Citrus Heights police officers said they were preparing to start CPR, when the man gasped, took a breath and opened his eyes. Metro Firefighters further assessed the patient who was becoming more alert. The male was transported to Mercy San Juan Hospital.

Rublicava said "The quick action of the officers no doubt saved this mans life. The jack that was used to initially lift the car broke. They had the presence of mind to find another jack, lift the car, and were prepared to start emergency medical treatment once the patient was removed."

Metro Fire Captain Eric

Source: Sac Metro Fire Dept.

## National Pancake Day Celebration



National Pancake Day benefits Children's Miracle Network Hospitals.

SACRAMENTO REGION – For the seventh consecutive year, IHOP restaurants nationwide will offer each guest a free short stack of its famous buttermilk pancakes on National Pancake Day in an effort to raise awareness and funds for Children's Miracle Network Hospitals.

For every short stack of buttermilk pancakes served on National Pancake Day, IHOP guests are invited to make a voluntary donation to Children's Miracle Network Hospitals. Donations made at IHOPs in the Citrus Heights area will benefit the Children's Miracle Network Hospitals' program at UC Davis Children's Hospital. IHOP hopes to raise \$2.7 million this year, with a goal to bring the total amount of funds raised to more than \$10 million.

IHOP served four million free pancakes on National Pancake Day 2011 and pancake lovers donated more than \$2.5 million to children's charities, exceeding the fundraising goal of \$2.3 million. All of the free pancakes served on National Pancake Day 2011 would create a stack nearly 16 miles high. National Pancake Day at IHOP is TUESDAY, February 28, 2012, 7 a.m. – 10 p.m. (15 full hours)

Since the inception of National Pancake Day in 2006, IHOP has raised nearly \$8 million and given away more than 14 million pancakes to support charities in the communities in which it operates.

National Pancake Day 2011 was IHOP's largest one-day event in the company's 53-year history. Pancake Day is a tradition that dates back several centuries to when the English prepped for fasting during Lent. Strict rules prohibited the eating of all dairy products during Lent, so pancakes were made to use up the supply of eggs, milk, butter and other dairy products...hence the name Pancake Tuesday, or Shrove Tuesday.

This year, IHOP's National Pancake Day will be celebrated a week later, as the popular annual campaign has evolved into a month-long celebration that takes place during the month of February. It will culminate with the free flapjack giveaway on February 28.

For 53 years, the IHOP family restaurant chain has served its world famous pancakes and a wide variety of breakfast, lunch and dinner items that are loved by people of all ages.

IHOP offers its guests an affordable, everyday dining experience with warm and friendly service. To find a local IHOP or to donate online, visit [www.ihoppancakeday.com](http://www.ihoppancakeday.com).

## Abused Birds Need Rescuing

SACRAMENTO REGION – Mickaboo Companion Bird Rescue ([www.mickaboo.org](http://www.mickaboo.org)) is a non-profit Northern California animal rescue, focusing on the intake and rehabilitation of unwanted, neglected, and abused companion birds. The term "companion bird" means essentially any pet bird in someone's home. Mickaboo has almost 300 birds currently available for adoption, ranging from perky little budgies to large majestic macaws.

Birds that come to Mickaboo have often been neglected and otherwise mistreated. Many are ill, with owners unable or unwilling to pay for urgently needed medical care. Monthly veterinary bills run upwards of \$15,000.

Mickaboo provides a spectrum of services to people and birds including: Bird care education, Foster care for surrendered birds, Avian vet care, Outreach to highlight the plight of homeless birds, Adopter recruitment and support and Behavioral consultation.

Mickaboo is hosting a free adoption fair on Sunday, March 18, 2012, 11 am - 4 pm at the Carmichael Public Library, 5605 Marconi Avenue, Carmichael. Take advantage of this chance to meet and greet some of the many birds that are up for adoption. Bird care supplies and a free basic bird care class will be available.



Abused or abandoned feathered friends need your help! Photo provided by Mickaboo Companion Bird Rescue.

## Raising Money for the Wounded



John Schuessler: One Man, One Bike, 3,100 Miles

SACRAMENTO REGION – Orangevale resident John Schuessler departed San Diego

February 20th on a solo, self-supported bicycle trek across the United States. It is John's hope

that the burden of pedaling such a heavy load will diminish on the knowledge that funds raised will benefit our wounded soldiers returning from conflicts abroad.

The charities that John will be riding for are:

The Wounded Warrior Project – Providing programs that are uniquely structured to nurture the mind and body, and encourage economic empowerment.

Paralyzed Veterans of America – This organization champions for improvements in health care benefits, career placement, and provides the path to adventure through adaptive sports.

For 45 days, John will be traveling on an established cycling route known as "The Southern Tier." At approximately 3,100 miles, this route plays hosts to an exciting mix of landscapes, featuring extremes in both elevation and temperature. A seven-map

set from the American Cycling Association will guide him through California, Arizona, New Mexico, Texas, Louisiana, Mississippi, Alabama, and Florida. Along the way, John is sure to encounter a wide variety of wildlife, many of which would be quite content with trying to eat him!

Follow John Schuessler's daily journal w/photos at [www.johnridesforthewounded.com](http://www.johnridesforthewounded.com).

There will be blogs on John's web site where you can send a heartfelt "thank you" and other words of encouragement to our brave men and women returning from war.

Additionally, there will be direct links to the aforementioned charities where your donations (even small ones) can make a difference in the lives of our heroes and their families.

# Some Things Just Aren't Fair



From Roberta MacGlashan, County Supervisor

SACRAMENTO COUNTY – As everyone knows, Sacramento's economy continues to struggle, small businesses are hurting, and we have vacancies in many of our commercial and office spaces. The County must take steps to encourage, foster, and grow business in our region and ensure that small business in our local communities can succeed and thrive.

Recently, however, a Zoning Code amendment was proposed to regulate recycling businesses that I was concerned would cause the exact opposite. While I support establishing standards for operating recycling centers, as doing so would reduce the impacts of new recyclers on adjacent residential neighborhoods and help crack down on recyclers receiving stolen metal and wiring, I was very concerned about the fact that it could have forced recyclers who are playing by the rules to go out of business.

I do not think it is fair, or right, for a local government to change

the rules on a business that has been operating for a very long time at a given location simply because some new, questionable operators have entered their field.

My concern was compounded by the fact that, at the time the ordinance was proposed, staff could not give a clear accounting of how the ordinance would impact the existing operations in the 4th District. I was not prepared to support this ordinance if I did not know how it might affect the businesses I represent.

Further, I think it is critical to work with the local communities to ensure that the ordinance does not cause harm to a business that the community wants to keep in their area. I am very grateful to the Orangevale Community Planning Advisory Council for having raised concerns about impacts to existing recycling centers, ensuring that the other members of the Board of Supervisors had context for the concerns I was raising.

I am equally concerned about possibly impacting businesses in Antelope, Elverta, and Rio Linda without first obtaining input from their CPACs and Chambers of Commerce. Frankly, it was fortunate that Staff had done outreach in Orangevale, as they had not done so in the other unincorporated communities in Sacramento County, something that will occur prior to this ordinance coming back before the Board.

Certainly, theft is a significant problem in this region. Not only are people stealing bottles and cans out of our recycling bins – a practice that robs the

refuse haulers of revenues that keep rates lower – but thieves are stripping copper wire out of street lights and houses, manhole covers out of streets, catalytic converters off of cars, and just about any other place one finds valuable metals. Just recently, memorial plaques honoring local fallen soldiers and law enforcement officers were stolen from Carmichael Park.

This ordinance is well intended and the County does need to set standards regarding storage of materials and hours of operation for recycling centers next to residential areas. I do not doubt that some of the recycling centers in more developed areas of the County are having impacts for their residential neighbors, both because of noise and transient activity associated with the operation.

It is critical that the County's actions not throw out the good with the bad, and cause long-standing businesses that are positive members of their communities to cease operation.

I am hopeful that you will assist me in crafting a responsible ordinance by contacting my office with your thoughts. You can email me directly at macglashanr@saccounty.net, or call and speak to my staff at (916)874-5491. I am also in the community as frequently as possible, and hold regular community meetings every month. I meet with residents of Orangevale on the first Friday of every month at 7:30am at Annie's Breakfasts and Steaks. I hope to see you there and look forward to hearing from you.

# Sudden Cardiac Arrest Survivors, Savers Reunite at Mercy San Juan



Sudden Cardiac Arrest Survivors Reunion at Mercy San Juan Medical Center - (left to right): Jaime Weeks, American Medical Response; Mike Kennedy, American Medical Response; Louis Mahinay, survivor; John Mohamed, saver; Tom Bussey, saver. Photo courtesy of Becky Furtado, Communications Specialist, Mercy San Juan Medical Center.

SACRAMENTO REGION – They are members of a unique club. When someone experiences sudden cardiac arrest outside of a hospital setting, American Heart Association statistics show that only about 8 percent survive. These survivors live to see their family and friends only because they were fortunate enough to have someone nearby who knew exactly what to do.

On Feb. 13, the Mercy Heart & Vascular Institute hosted its first Sudden Cardiac Arrest Survivors Reunion at Mercy San Juan Medical Center. The event gave seven sudden cardiac arrest survivors the opportunity to share time with people

who had saved them. Their savers knew either how to perform CPR or had access to an automated external defibrillator (AED) needed to shock their heart back into a rhythm, so the patients had a fighting chance once they reached the hospital. Survivors were also reunited with the nurses and doctors who cared for them in the hospital.

The American Heart Association was on hand to stress the importance of knowing CPR and to award special framed certificates to the 11 savers in attendance.

Included among the sudden cardiac arrest survivors were Louis Mahinay, 65, of Citrus Heights.

In August 2010, he collapsed after the third inning while playing softball at Sacramento Sports Complex. Umpire Tom Bussey immediately started chest compressions. Luckily, his softball league mandates that every team includes an EMT-trained player. Fellow player John Mohamed (an EMT) helped with mouth-to-mouth resuscitation while Bussey continued chest compressions. An AED was used by another player. Paramedics arrived and took him to Mercy San Juan. He received two stents and then received an implantable cardioverter defibrillator. He's back to playing softball 2-3 times per week.

# "Caring" for the Troops

By Leslie Carrara

CITRUS HEIGHTS – The Greater Sacramento Area Chapter of the Gold Star Wives held a community packaging day for city and area employees to participate in and prepare packages for our troops in Afghanistan.

Chapter President Tonya Wagner was married for two years to Army Sgt. John Karibo. Karibo was going to Viet Nam when the plane he was on went down somewhere between Guam and the Philippines, leaving behind Wagner and their 20-month-old daughter Kimberly Steinman-Elmquist, herself a Blue Star Mom. The packing party event began at 11:00 a.m., and during the first hour, eight Sacramento Metro Fire Station firemen and 10 women from the Civilian Emergency Response Team (CERT), as well as a host of other people, had prepared 51 packages.

Included in each box were toiletries, magazines, newspapers, books, and numerous food items, some of which were tuna, canned fruit, chili, chips, nuts, canned meat and still more to make the service men and women feel right at home. The 72-year-old Wagner purchased most of the items with her \$1200 winnings at Thunder Valley Casino, she said. Her 10-year-old job as a volunteer president of the area chapter of Gold Star Wives is to



keep people informed of military benefits, she explained. "It's more a social gathering to show survivors that someone cares," she said.

She accepted the role for the agency "because no one else would do it." Wagner does do some fundraising for the care packages along the way. "I sell candy bars to support my habit," she said regarding the care packages. She packs them everywhere she goes, including neighborhood meetings, bingo and most anywhere people will be assembled. She sells the candy bars for a dollar each.

Wagner is also the president of the Residents' Empowerment Association of Citrus Heights (REACH) as well as Northwest Neighborhood, Area 1, both as a volunteer. She volunteers at

the Citrus Heights Community Center and she has a part-time job to boot.

Perhaps appropriately so, Sacramento County Board of Supervisor Roberta MacGlashan recognized Wagner as one of Outstanding Senior Volunteers last year. She does have a wish list of items for the care packages, if anyone would like to donate. Reviewing the CARE packing list, she has thought of everything used at home to send to the troops, including foot powder, hand lotion and nail clippers.

She always needs cash for postage, as each box costs \$13.45 to mail. Check can be sent to Tonya Wagner, 5943 Geoffwood Ct, Citrus Heights 95621. Watch for announcement of the next packing party.

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

Would you like to be a part of the planning committee for the 2012 Citrus Heights Red, White & Blue Parade? It is scheduled for June 23, 2012. Please contact Michele Saario at (916) 727-5402 or email to [msaario@citrusheights.net](mailto:msaario@citrusheights.net)

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

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# Capitol Pops Concert Band Receives Grant



Capitol Pops Concert Band Director Jerry Lopes.

SACRAMENTO REGION – The Louise Hess Foundation of the Sacramento Region Community Foundation has awarded a \$1,500 grant to the Capitol Pops Concert Band, the Fair Oaks-based community band celebrating its 15th year in 2012.

CPCB Director Jerry Lopes, who has served as the band's director since its first rehearsal on Feb. 6, 1997, announced the awarding of the grant.

The one-time grant will be used for the band's upcoming concert season, which will feature more than a dozen free-to-the-public performances throughout the greater Sacramento region. The band recently resumed rehearsals in preparation for this year's series of concerts.

The CPCB season will begin with the band's 15th anniversary concert on April 21, 2012, in the gym at Rusch Park in Citrus

Heights. Other performances include concerts in Roseville, Carmichael, Fair Oaks and other Sacramento-area locales.

Under the baton of Lopes, CPCB concerts feature Broadway show tunes, movie themes, marches and patriotic songs, as well as old/new popular standards. Through two decades, the band has performed at venues and events throughout the Sacramento area, including the Sacramento Jazz Jubilee and the annual Fourth of July celebration in Royer Park in Roseville.

About 75 musicians in the self-supporting, nonprofit CPCB span a wide range of ages, from students to nonagenarians. Concerts also feature musician soloists and vocalists. The CPCB scholarship fund provides private music lessons for interested students.

For more information on the band, call (916) 967-1461, visit [www.capitolpops.org](http://www.capitolpops.org) or visit the band's Facebook page. Venues interested in booking the band should send e-mails to [Lopes at glopes@macnexus.org](mailto:glopes@macnexus.org).

# Citrus Heights City Council Minutes

By Leslie Carrara

CITRUS HEIGHTS – The Citrus Heights City Council voted unanimously to ban medical marijuana dispensaries within the city limits while crime statistics for 2011 were reported by the Citrus Heights Police Department's Police Chief at the meeting on Feb. 9th.

A brief history regarding dispensaries was presented to the council, with adopted regulations as far back as 2004. The city had one inquiry at that time. In 2006, the then council voted to not allow dispensaries, and in 2010 the city adopted a moratorium. At that time, over the next two years, the city received a number of emails for and against allowing dispensaries.

Council members Steven Miller and Mel Turner both stated federal law as the reason for their vote in favor of the ban, while all council members agreed to the ban for various reasons. There were no speakers at the meeting for or against the issue.

Police Chief Christopher Boyd said on the 13th that "there is no evidence or research that suggests that legalizing marijuana or dispensaries would be beneficial to public safety."

Also on the agenda was a statistical report from the CHPD's Chief Boyd, discussing crime rates in the city last year. The 34 statewide cities with populations of 75,000 to 100,000 were ranked,

with Citrus Heights coming in first for larceny and property crimes. There were 279 property theft crimes per month, and 28 property crimes per month. Boyd said that although property crime is high, it has been lowered 15% over last year and each year since the department was formed. Also, motor vehicle theft was down 33% over 2010, with an overall ranking of 8th.

Violent crime including homicide and rapes was ranked 13th. Overall, there was one homicide in Citrus Heights last year on March 2 when white supremacist David Lynch was shot to death. Police have not made an arrest in this case. Also, there were 15 forcible rapes.

The CHPD issued 390 Driving Under the Influence tickets, and there were 11,737 traffic citations issued last year, which was up 18% from 2010. Overall, crime went down in Citrus Heights by 16%.

"It was an excellent year for us in terms of crime reduction," Boyd told the council.

Chief Boyd also discussed the Domestic Violence Response Team. When the police receive a call, they take a trained counselor from the Domestic Violence Intervention Center to engage the victim in ways of finding help and for help with the crisis. Nearly 800 calls were received last year, and with this partnership, half of the victims followed up to receive help. "We're

getting assistance," Boyd said at the meeting. "We give so much credit to the officers in the field and our partnership with DVIC."

While at the meeting, two officers were presented by the council with a Certificate of Recognition for saving a man underneath a jacked car which fell on him. Community Service Officer Aaron Copeland and Officer Jeff Schouten combined efforts to find another jack, re-elevate the car and then pull the thankful man to safety.

Additionally, an announcement proclaiming Feb. 26 as Spay Day in the Sacramento area was made, with pet owners earning under \$35,000 per year able to get cats spayed or neutered, flea prevention treatment and micro chipped for \$15 while the same services for dogs will be \$20. Council Member Dr. Jayna Karpinski-Costa shared statistics with the council indicating that there are 63 million households in the US with pets, and 5 million are euthanized a year at shelters. She said that 19% of animals found by shelters are returned to their owners and that 38% find a new home.

Further, Council Member Jeannie Bruins, who serves on the History and Arts Commission, said that they will be forming a non-profit organization for performing arts. And 42 acres behind Costco on Auburn Blvd. at Stock Ranch is slated to become a Nature Preserve in the future.

# CHPD Awarded James Q. Wilson Award

CITRUS HEIGHTS – The Regional Community Policing Institute – California, the American Military University in association with the California Police Chiefs Association and the California Attorney General are pleased to congratulate the winners of the 2012 James Q. Wilson Award for Excellence in Community Policing. The Citrus Heights Police Department and two finalists will be honored at the 2012 California Police Chiefs Association Training Symposium on Monday, March 12, 2012, in Sacramento.

Each year law enforcement agencies throughout California compete to be recognized for

their winning team approach to institutionalizing the Community Policing philosophy and empowering greatness in their communities. This prestigious award offered by the Regional Community Policing Institute-California is named after Dr. James Q. Wilson who is an expert on Community Policing. "For decades, Dr. Wilson's Community Policing concept has created great successes involving proactive policing, public cooperation, and crime prevention. This award was designed to honor law enforcement agencies in California who have adopted the Community Policing philosophy

and are doing an outstanding job in their communities", Kimberly Unland, Director of the Regional Community Policing Institute-California.

This year's recipient is the Citrus Heights Police Department, Chief Christopher Boyd, for their "Citrus Heights Model – Community Based Domestic Violence Intervention". The top finalists were Riverside County Sheriff's Department, Sheriff-Coroner Stanley Sniff for their "Tribal Liaison Unit" and Monrovia Police Department, Chief James Hunt for their "Operation Safe Neighborhoods" project.

# Stock Ranch Nature Preserve Update

By Leslie Carrara

CITRUS HEIGHTS – Planning for the Stock Ranch Nature Preserve is underway, with anticipated readiness for the public in about one year.

The National Education Facility Grant for \$518,000, made possible through Prop. 84, will be used for benches, a bird viewing station, both garbage and recycle cans and signage providing an education to visitors along the 48-acre preserve. According to Associate

Planner Casey Kempenaar, a virtual tour is available with a link on the city's website home page.

"We are working on the design right now," he explained, noting that construction is scheduled to start this coming summer. He said they will keep the existing trail and add the educational information on signs along this trail. For example, he said there would be a sign explaining the use of the wetlands and one about the oak trees as examples.

Council member Dr. Jayna

Karpinski-Costa said that the first mayor of Citrus Heights, Bill Hughes, would be delighted to see this coming together. Hughes passed away suddenly in Nov., 2003.

"This is the jewel of the city," she said recently, adding that the location behind Costco on Auburn Blvd. is centrally located in the city. She also noted that the preserve is a real "gem."

On Jan. 28th, a tour was held and more than 300 people attended to see the area.



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## Would you like to save money on next summer's electricity bills?

You may be able to save if you can reduce your electricity use between 4 p.m. and 7 p.m.

SmartPricing Options are being offered to a small group of randomly selected SMUD customers for a limited time. If your home is selected to be part of this pilot, you'll be among the first to take advantage of new pricing and tools that will let you take control of next summer's electricity bills. You'll also reduce the impact of electricity use during peak hours.

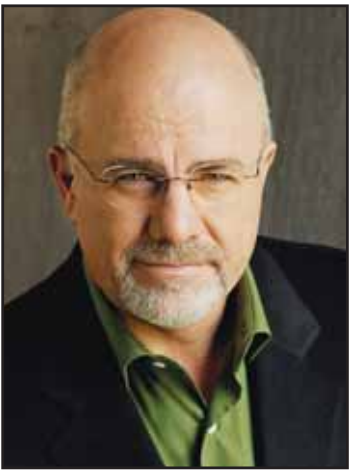
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# Dave Says

Dear Janine,  
Someone who isn't making any headway in getting out of debt while they're single probably isn't going to do a complete turnaround just because they get married. You can act as his accountability partner if you want, but you don't have to get married to help him. In fact, dating is probably a better way to do this, because you can determine whether he's really changing, or if he's just trying to get you on board to help pay the bills!

Don't misunderstand, Janine. Debt, in itself, doesn't keep someone from being marriage material. But you're definitely not marriage material if you don't work, you're irresponsible, you haven't taken control of your life, have no character or can't manage your own behaviors. These kinds of people are going to stay in debt and not be able to pay their bills for the rest of their lives.

I'd say date this guy a little longer, just to see if he's serious about changing. But don't get engaged yet, and don't pay one penny of his bills for him!

- Dave

### What's in a Name?

Dear Dave,  
My son is a sophomore at a local college, and he wants to transfer to a very prestigious

university. If he did this he would incur more than \$100,000 in student loan debt, and that's with us picking up half of the cost. What do you think I should tell him?

- Will

Dear Will,

I'd have a hard time telling anybody that one school is \$100,000 more valuable than another one. The fact is unless he has \$100,000 lying around somewhere, he shouldn't go to that other school for one very simple reason - he can't afford it!

We hire people every week at my company, and where they attended college is a very minor deal. There will always be a few corporate types out there who play games and try to turn the office into some kind of snooty country club, but the fact is most employers don't care where you went to college.

It's what you learn and being able to use that knowledge in the marketplace that's really valuable, Will. Knowledge is king, and we live in a knowledge-based economy. If you can't retain and apply what they're teaching, then the only thing more worthless than a college degree is a college pedigree!

- Dave

\*For more financial help, please visit [daveramsey.com](http://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.

### Take your time with this one ...

Dear Dave,  
My boyfriend has a lot of debt. The other day a creditor called, and he wouldn't answer the phone. Then, he told me it would be easier for him to pay off his debts if we were married because I could act as his accountability partner. I don't want to be the money cop, and I wonder if he would truly be more motivated. What do you think?

- Janine

## Citrus Heights Regional Chamber Of Commerce

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

### Upcoming Events

**February 23, 2012**  
Time: 8:00 AM - 9:00 AM  
Citrus Heights Chamber of Commerce Chamber Board of Directors Meeting

**February 23, 2012**  
Time: 3:00 AM - 6:00 PM  
Open House at Sunrise Wood I & II

**February 28, 2012**  
Time: 8:00 AM - 9:00 AM  
Networking Breakfast. Please make reservations by the third Friday of each month.

**February 28, 2012**  
Time: 8:00 AM - 9:30 PM  
Connectionopolis McClellan Park

**Citrus Heights Regional Chamber Of Commerce**  
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916-722-4545 Fax: 916-722-4543

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# Stopping SNAP Fraud in its Tracks

Commentary by **Kevin Concannon**, Undersecretary for Food, Nutrition and Consumer Services

Americans expect and deserve a government that ensures their hard-earned tax dollars are managed with accountability and integrity. Without that commitment, we risk undermining public confidence in the value of SNAP, the Supplemental Nutrition Assistance Program – formerly known as food stamps. This critical nutrition program helps millions of people in need put food on the table through tough economic times until they can get back on their feet. In support of this commitment, and as part of the Obama Administration's ongoing Campaign to Cut Waste and root out fraud and abuse in federal programs, USDA announced new steps to strengthen anti-fraud efforts in SNAP.

In that same spirit, I am pleased to report on the first quarter results of our anti-fraud efforts in 2012. From Oct. 1 through Dec. 31, 2011, we penalized – with fines or a temporary disqualification – more than 225 stores found violating program rules, and we permanently disqualified over 350 stores for trafficking SNAP benefits.

While fraud is a relatively limited problem in SNAP – the violating stores represent less than 1/2 of one percent of more than 230,000 food stores authorized to redeem benefits – we have a zero tolerance policy for fraud. USDA's Food and Nutrition Service conducts ongoing surveillance and investigation, to find bad actors and remove them from the program. In fiscal year 2011, FNS reviewed over 15,000 stores, and permanently disqualified over 1,200 for program violations.

As Undersecretary of the Food, Nutrition and Consumer Services, at USDA – the federal agency that oversees the state administration of the program – and having run the program at the state level in Maine, Oregon, and Iowa, I know firsthand the importance of SNAP. I don't tolerate fraud and abuse in the program, and neither do the American taxpayers.

So last December I announced new and expanded anti-fraud activities to strengthen USDA's commitment to promote and preserve the integrity of SNAP, a critical nutrition assistance program that feeds more than 46 million low-income and working Americans.

To adapt state-of-the-art technology to identify suspicious activity, we awarded a 10-year

contract to further develop the next generation of fraud detection systems. We are in the process of developing even stronger sanctions and penalties against retailers that misuse the program, we are increasing documentation requirements to verify identity and assure business integrity as well as researching high-risk stores using tax and business databases, and we recently updated our policies to clarify that advertising the sale of benefits through social media is a violation.

To round out our aggressive steps to combating fraud and trafficking, we recently launched a Fighting SNAP Fraud website (www.fns.usda.gov/fightingsnap-fraud) help raise awareness of the issues and provide a direct portal to report suspicious activities. Public assistance is vital to wiping out fraud and trafficking. If you see suspicious activity, report it. Or persons can always call our fraud hotline, at (800) 424-9121.

Taken together, these steps underscore USDA's commitment to combat fraud, waste and abuse and inspire the confidence in government Americans deserve. I'm proud to say that USDA takes protecting taxpayer dollars very seriously and we are working hard to make sure others do, too.

# Governor Brown Served with Summons in Second Amendment Lawsuit

From CaliforniaRightToCarry.org

SACRAMENTO – On Thursday, February 16th Governor Brown was formally served with a Federal Summons requiring him to explain to the Court why California's ban on openly carrying a loaded firearm in public places should not be overturned.

The Governor has 21 days to file his answer with the court, his

deadline is March 9th.

The following week, a motion for a preliminary injunction will be filed by the Plaintiff in the lawsuit, Charles Nichols – President of California Right to Carry a Second Amendment Advocacy group.

The hearing on the motion for the preliminary injunction will take place in early April. If the injunction is granted, California's 1967 ban on openly carrying a loaded

firearm can no longer be enforced until the Federal Court judge issues his final decision in the lawsuit.

California's recently enacted ban on openly carrying unloaded handguns would also be rendered unenforceable.

If the preliminary injunction is denied, Mr. Nichols will immediately appeal the denial of the injunction to the 9th Circuit Court of Appeals.

# SAFE CU to Award \$10,000 in Local Scholarships

SACRAMENTO REGION – SAFE Credit Union is seeking exceptional teens for scholarship opportunities. As part of SAFE's scholarship program, ten college-bound high school seniors will each be awarded \$1,000 for their outstanding achievements this spring.

Recipients will be chosen based on exceptional grade-point averages, financial need, community involvement, letters of recommendation, and a personal statement. SAFE scholarships are awarded annually to students who live or attend school in Sacramento,

Placer, Yolo, Yuba, Sutter, Amador, Butte, Contra Costa, Nevada, San Joaquin, Solano, or El Dorado counties.

The application package for 2012 is available online at safecu.org and at SAFE branches. Interested students can also call (916) 979-7233 or (800) SEE-SAFE.

Application packets must be postmarked no later than March 12, 2012, and addressed to: SAFE Credit Union ATTN: Marketing PO Box 1057 North Highlands, CA 95660-1057

SAFE's scholarship program started in 2001 and has since grown to include \$10,000 in additional support for the Sacramento County Office of Education Academic Decathlon.

Established in 1940, SAFE Credit Union maintains assets in excess of \$1.6 billion and serves more than 150,000 members through 21 branches in Greater Sacramento. SAFE is federally insured by the National Credit Union Administration (NCUA), a U.S. Government Agency.

# Jewish Film Festival at Crest

SACRAMENTO REGION – The Sacramento Jewish Film Festival continues its tradition of great storytelling through film on March 10-11, 2012 at the Crest Theatre, 1013 K Street in downtown Sacramento. This year's Festival includes four feature films and three shorts one of which was locally made about Bernie Marks who, at the

age of 66, celebrated his Bar Mitzvah. Traditionally, the Bar Mitzvah takes place when a boy reaches the age of 13. Advance tickets are on sale at the Crest Box Office and www.tickets.com. Tickets are \$10.50 general admission, \$9.50 for seniors, students and Friends of the Festival. Festival passes are \$40 general, \$36 for seniors, students and

Friends of the Festival. Saturday and Sunday Day passes are \$20, \$18 for seniors, students and Friends of the Festival.

For additional information, please go to www.thecrest.com, www.sacjff.org or call (916) 442-7378. Admission includes validated parking at the Sacramento City Garage at 10th and L.

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By Ronnie McBrayer

# The Gospel According to Jesus

As those words were spoken in that Latino church, the surrounding countryside had just endured its worst flooding in five decades. Gang graffiti clung to the walls and sidewalks just steps from the church's front door. Thousands of people were trying to survive grinding poverty.

To say to all these people and in all these of conditions, that "real life" is checking out of this life for the next one, is a mockery of reality and a refusal to heed the gospel that Jesus actually proclaimed. When Jesus began preaching his gospel in the Galilean hills, his message was clear and singular: "The Kingdom of God is at hand. It is here and now," he said. "It is today."

Jesus' intention, it seems, was not to rescue people from earth, per se, transporting them to a far removed heaven. His intention was to put heaven inside of people. A gospel that ignores this fact — and this current world — because our status in the next world has been properly secured, is a distortion of Jesus' redeeming message.

Thus, the gospel according to Jesus, is not just about a harp-playing, cloud-riding, hymn-singing, glory-praising, pie-in-the-sky heaven. It is holistic, all-encompassing deliverance, now. I'm not denying the existence of the afterlife; no, not at all. But I do not believe that we have to die to personally experience the life God has for us.

Jesus' first disciples did not have the benefit of two-thousand years of Christian tradition and theology. All those disciples

had were Jesus' words: "Follow me, for the Kingdom of God is at hand." They had no promises of a big heavenly payoff. No fluttering angels' wings, no crossing over the River Jordan to the Hallelujah Shore, no promises of golden streets or pearly gates, no "full assurance that you will go to heaven when you die." All they had was the invitation of Jesus to "Follow me." For them, that was enough.

This may sound strange — it sounds a bit peculiar to my own ears — but even if there was not a heaven, I would still be a follower of Jesus. Why? Because I believe that how Jesus taught us to live and the life he has to give, is the greatest hope for our world today. He offers redemption, in all its magnificent and diverse manifestations, as more than the blessed hope of heaven. He offers it as the blessed hope for people today.

So the choice before us plain: We can give up on the present, pack our bags, and wait for the paradise rescue from above; or we can join Jesus in bringing some of that not-here-yet of God's heaven to the here-and-now earth. The choice, I think, is clear for the present — not the future — is the arena in which we follow Christ. Today — not tomorrow — is where we live out the gospel according to Jesus.

*Ronnie McBrayer is a syndicated columnist, speaker, and author. His books include "Leaving Religion, Following Jesus" and "The Jesus Tribe." Visit his website at www.ronniemcbrayer.net.*

While traveling in Central America, I had the opportunity to worship at an international, interdenominational, English-speaking church. The congregation contained Africans, Italians, Spaniards, Latinos, Americans, and Asians. We sang old Irish hymns and modern, Australian worship choruses.

The service was a mixture of Lutheran, Reformed, and Pentecostal elements. The welcome was given by a Canadian, a German read the Scripture lesson, and an American did the preaching. It was a wonderful, diverse experience, and for a little while I thought the kingdom of God had come.

This, I thought, is what worship should be: People of various Christian traditions, streaming together from all tribes and nations, gathered in an idyllic setting, worshipping Christ together. Then the sermon began, and things changed.

The pastor's sermon could have been heard in many an evangelical congregation in North America. It was about who was "right" and who was "wrong," who was "in" and who was "out." He summed up his sermon, and his philosophy for life, with these words: "Real life is full assurance that you will go to heaven when you die. That is the gospel." At great risk of being misunderstood, I could not disagree more.

# Where in My Schedule did January go?

By Rev. James L. Snyder

I take a certain amount of well deserved, if I say so myself, pride in keeping to a well organized schedule; my to-do-list. If it is on that list, I am going to do it, regardless of the difficulty attached. The trick is to get on that list which I guard with my very life.

Not that I worship my to-do-list, but I do reverence it with a great deal of deep personal appreciation. I think long and hard before anything appears on my to-do-list. Once something is on my to-do-list, there it is for all and sundry to gape upon it. It is a deep honor for anything to be put on my to-do-list.

Another reason I take my time in putting something on that list is that the only way it can come off is if I actually do it. After all, that list is not supposed to be stared at but rather to inspire activity on my part.

The other night I was busy with my to do list going over each and every item with the utmost care hoping that St. Nick would soon be there. Each item on that list needs to be carefully scrutinized and sometimes even underlined for emphasis. Often I have to recalculate and sort out the items and give them new priorities. I must have been busily engaged for I did not hear the Gracious Mistress of the Parsonage address me.

Finally, it dawned on me that somebody, other than my inner conscience, was addressing me. I looked in her direction and said, "Huh?"

"I just said," she quipped, "what are you so intently engaged in?"

"I'm working on my December to-do-list," I said with a touch of irritation in my voice for being interrupted during such delicate meditation.

"You're working on what?" "My December to-do-list," I said trying to get back into

my sphere of supersensitive concentration.

There was silence for a bit and then my residential companion broke said silence by saying, "You do know what month it is, don't you?"

With an air of sarcasm in my voice I answered, "Of course I know what month it is. It's December and I'm trying to sort out my to-do-list for the month. I think I've got just about everything covered."

Again, there was that silence that you could cut with a butter knife if you had one on your person.

"So," she said rather thoughtfully. "You are completing your December's to-do-list. Is that right?"

I grunted my approval and continued with my ultra-concentration work at hand. I really have no time for nonsensical chitchat. My time is valuable; I have work that needs to be done. I cannot be side tracked by every little noise that comes up.

I take great pride in working through my to-do-list each month. It gives me a great sense of satisfaction knowing that I am actually accomplishing something and I have the records to prove it. If somebody would ever come up to me and ask me to prove that I have been busily engaged in profitable activity, all I would have to do is show them my well documented to-do-list.

"I hate to bust your bubble, but..."

I hate when people say they hate to do something and then they go right ahead and do it. I wanted to tell her to save herself a bucket of hate and refrain from busting my bubble, or whatever she was trying to bust at the time.

Then, being the gentleman that I am, I allowed her to say what was on her mind.

"I hate to bust your bubble, but it is February not December."

Now there was silence from my end of the room. Being the

good-natured person that I am, I just burst out laughing.

"Boy," I said heartily, "you almost got me with that one. I'll give that one to you." Then I went back to my work.

"But it is February," she said more sternly than I have heard her say anything for a long time. "It is now February, not December."

I had to pause. Normally she does not play tricks on me like this. Most of the time she is an upstanding person and always tells me the truth, even when there are times I do not want to hear the truth.

"You're sure it's February?"

She smiled one of those smiles that really irritates me and simply shook her head in the affirmative. I know I am an easy turkey to pluck, but this was actually serious. With the rather stunned tone to my voice I asked, "Whatever happened to January?"

It was then the laughter started. I must say it has not subsided appreciably since. She has a way of rubbing things in when I am wrong. If the tables were turned, and they never are, I would not take advantage of such a situation.

I swallowed my pride, which I have had a lot of practice doing, and began to realize I had been working on a false premise. It was actually February, time had gone by so quick and I was so busy I did not realize how fast it was going.

In Ecclesiastes 3:1, the man of God says, "To every thing there is a season, and a time to every purpose under the heaven."

If you are too busy to know what time it is, you are too busy.

*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 jamesnyder2@att.net. The church web site is www.whataffellowship.com.*



By Pastor Ray Dare

# Take a Risk for God

makes progress when he sticks his neck out!

Faith is trusting even when you don't get your own way; when things don't work out as planned. There's a great example in the Bible in the book of Daniel. Three Hebrew boys were about to be thrown into a fiery furnace because they refused to worship king Nebuchadnezzar. They said, "If we are thrown into the blazing furnace the God we serve is able to save us from it and He will rescue us... But even if He does not we want you to know, O king, we will not serve your gods or worship the image of gold you have set up." Daniel 3:17-18

Have you ever been burned in life? Has anyone ever burned you in your attempt to follow God? Faith is willing to be burned. "God, I trust You to do this, but if you don't, even if it doesn't work out, it's okay. I still trust You. You know I'm doing it in faith." God will honor that faith even if it didn't work out the way you intended it to work out.

Don't ever not do something because you're afraid. "I'm afraid, so I won't go after my dream. I'm afraid to fail, so

I won't set any goals." That's dumb. Go after your dream. Set those goals, even though you are afraid. Just because it's a dream from God doesn't mean there's not going to be any fear, there will be.

You think, "But what if I follow my dream and fail? What if I set a goal and fail?" What do you mean "if"? You will fail! Count on it! You will do far more things in life that you fail at than you succeed at. So what? Failure is no big deal. You just get up and do it again. That's how you learn. Besides, if you're motivated by love it can't be considered a failure because the Bible says love never fails. So if you're doing it in love you're not a failure no matter what the results are.

Goals are based on what you believe God can do, not what you believe you can do. We may not reach all of the goals we set in life. So what? At least you tried. God will honor that. The thing is, you died trying. You gave your life doing something good and great for God.

*Pastor Ray*

# Read God's Love Letter Personally - Just For You



By Marylys Norris, Christian Author

Many years ago growing up in this world, the name of Jesus was "too sacred to speak" out loud — did nothing to help one understand the significance or power of His Holy Name. Only two times a year, Christmas and Easter, were the stories about His life and death freely discussed by most people. Possibly in some cultures today, it might also be true.

Obviously knowing "about" someone, is much different than actually "knowing" them.. Too many people are "religious" but fail to "know" the Savior. Religion alone will never "save" a person from the depths of hell. We should know that knowing "about" someone will never take us on a connection of the friendship and love journey.

Christians appeal to people in a million different ways to

accept Jesus Christ as personal Savior of their soul— by accepting His death as the sacrificial Lamb of God for the forgiveness of all their sins. We tell them about Adam's sin of rebellion falling on everyone born and their need for a Savior. Sin and rebellion against God will cause those who refuse to choose God's truth actually choose their own destiny to go to hell. Jesus became the "Door" to eternal life through which everyone must go to be accepted by God. Telling them that Jesus paid the sacrificial price on a Cross, to be reconciled back to the Heavenly Father and go to heaven when they die, hopefully will bring conviction and surrender of their life to God. Unfortunately they may do this but it stops there! No one tells them there is more or about reading and understanding the Bible or being obedient to what they hear and learn. So, their lives remain the same without changes. They may "visit or even go to church" every Sunday but that is all! They do not "come alive" and grow in their knowledge of a loving personal God and truly "know" Him. Evidence of this is observed by the lack of

"spiritual fruit" in their lives.

The Holy Bible is God's sovereign love-letter to everyone in the world and it is the simple message of a dynamic, loving God who provided the "Way" for His creation to enjoy eternity in heaven with Him. It breaks His heart so many refuse to accept His loving messages of truth and hope recorded in Scripture. God who "always existed", loved you before the foundation of the earth and desires you to have faith and trust of a little child — believing His Holy Word is Truth so you will come to Him through the death of His only Beloved Son's death on a Cross for you. "For God so loved the world, He sent His Beloved Son into the world (to you and I), that through Him the world (you and I) might be saved" John 3:16. Come! Enjoy the New Life He Gives! Be "Born Again" Spiritually and Be Adopted in His Huge Family all over the world.

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A Film Review by Tim Riley

# Riley Reviews

**FAMILY FUN IN "JOURNEY 2" RELIES TOO MUCH ON EFFECTS**

with the writings of Jules Verne that he invented the familial craving for wanderlust.

Once in the South Pacific, Hank, in what appears to be a dubious idea, hires goofy, excitable helicopter pilot Gabato (Luis Guzman) to locate the island.

On the upside, at least for Sean, is that Gabato's pretty daughter Kailani (Vanessa Hudgens) tags along for the ride. This, of course, sets up the film's only love interest subplot.

Meanwhile, a crash landing on an island immediately brings to mind that "Journey 2" could detour into a missing episode of "Lost."

Alas, that is not to be, for our intrepid travelers are exposed to the mystery of an upside-down world, where elephants are small and bees and lizards are giant prehistoric beasts.

Naturally, grandpa Alexander, who was busy sending out radio signals with his coordinates, is found on this exotic South Pacific island, which is notable for the fact that it is rapidly sinking into the sea like Atlantis.

The soon-to-be extinct tropical paradise is a wonder of special effects, none more thrilling than watching Sean riding bareback on a giant bee.

Since the story is family-friendly, "Journey 2" lacks the inherent menace of prehistoric threats found in "Jurassic Park," though giant iguanas appear threatening.

To be sure, "Journey 2" is a formulaic adventure story relying heavily on special effects, which is as satisfying as a giant tub of

popcorn and a big cone of cotton candy. It's fun in the moment for the adolescent crowd.

The pairing of Dwayne Johnson and Michael Caine is interesting for some of the back-and-forth dialogue. The film benefits from the presence of these two titans of natural charm.

One good reason not to be late to the screening of this film is that it should be preceded by a funny animated short called "Daffy's Rhapsody," an adventure with Daffy Duck and Elmer Fudd.

Oh, just one more thing, you should know that both the Warner Brothers cartoon and the feature film are in 3-D

**DVD RELEASE UPDATE**

This column has often extolled the virtues of British television programs that may find their way to BBC America and eventually to a DVD release.

"Northern Lights: The Complete Collection," featuring all 12 episodes and two movies of this comedy series, is being released on DVD by Acorn Media, to go-to outfit for British imports.

The series followed life-long friends and rivals Colin Armstrong (Robson Green) and Howard Scott (Mark Benton) on a hilarious series of misadventures – really classic British wackiness.

As schoolboys, Colin and Howard fought over girls, soccer teams and clothes. Now married men in their thirties, their competition has shifted to more important, if mundane, matters like jobs and cars.

The comedy comes from insane rivalry of one-upmanship, where they try to outdo each other, even with Christmas decorations. Meanwhile, their long-suffering wives endure the collateral damage.

"Northern Lights" is the kind of classic comedy that "The Guardian" rightfully called "warm and witty comedy drama."

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# POPOFF!

with Mary Jane Popp

When I interviewed Marie on my POPPOFF Radio Show, she promised her advice will show you why and what you can do to turn things around right now. If you're stuck in bad relationship patterns and want to stop the insanity, she will set you straight. And, if you're already in a relationship, but can't seem to hold his interest, she will reveal your personal path to keep him wanting more, more, more!!! It's a one-stop shop for women who want to be truly irresistible... inside and out...and experience a life bursting with fun, self-confidence, and well-being.

Marie is quite frank in her advice like, "Trying to manipulate yourself, or someone you're with, into a long term relationship using 'rules' or 'techniques' quite frankly, sucks." And, "Eventually, any woman who's interested in having true love needs to learn how to relate to herself, and others, in an honest, straightforward and compassionate way." "Make Every Man Want You" encourages a spiritual solution that includes recognizing a relationship doesn't fix or complete your life. Here are a few succinct hints at what you need to do.

1) Believing that you need a man to feel complete, secure and fulfilled is a surefire way to remain unhappy and unhitched.

2) Whining, complaining, and worrying are turnoffs, so drop the drama! A positive attitude is sexy.

3) Men are "as is" merchandise. Don't try to "fix" or improve them. EVER!

4) Take charge of your life! Confidence will make you more sexy and appealing.

Marie goes on to say sexual mistakes women make turn men off, and this one might surprise you, why "knowing what you want" in a man can actually prevent you from finding one. She also talks about the deadly effect talking about the past...especially if you don't know the right way to talk about it. She also goes into how to upgrade your personal appearance without spending a ton of money to do it. Bottom line, Marie helps you to overcome the most self-defeating dating mindset. Ladies, she even gets into the biggest mistakes women make in bed that spark a man to stray. She is adamant that women must end the "war." She takes to the battleground in "Make Every Man Want You". You can also check out her website at [www.marieforleo.com](http://www.marieforleo.com). Good luck at IRRESISTIBLE!!!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.**

## MAKE EVERY MAN WANT YOU

Valentine's Day has just passed, but how would you like to be sexy and irresistibly attractive to men all year long? Then forget about playing games. Those things don't work in the long run. That comes from **Marie Forleo**, Fox News online life coach and relationship expert. Marie gave advice to Rachel Ray, ABC's 20/20, even Kelly Ripa says she has the answers to unlock your inner magnet. Now Marie brings us "Make Every Man Want You."

According to Marie, most women have no idea that many of their normal and traditional ways of relating damage their ability to have satisfying relationships with men...and with themselves? She wants you to break free from old conditioning, dissolve habitual behaviors that wreak havoc on relationship bliss, and unleash your authentic irresistibility once and for all.

## TRUMP: NO ONE'S APPRENTICE

### Why Mitt Romney?

### He's ready to rebuild American success



Photo: Gage Skidmore

By Donald J. Trump,  
The Washington Times

As Seen in the Washington Times on Wednesday, February 8th, 2012

The time has come for the Republican Party to close the deal. I believe Mitt Romney is the best choice for the presidency. Let me tell you why.

To begin with, like me, Mitt is a businessman, not a career politician. In other words, he's accomplished far more in his life than collecting campaign cash from special-interest groups and making promises at press conferences with the help of a teleprompter.

Mitt played an instrumental role in starting or managing such job-creating giants as Domino's Pizza, the Sports Authority, Staples and many other firms. He single-handedly saved the 2002 Winter Olympic Games from financial ruin and turned it into one of the best competitions in living memory. Amazingly, he governed blue-state Massachusetts as a conservative, balancing its out-of-whack budget while cutting taxes, feats carried out despite a Democratic-controlled legislature.

Mitt has what it takes to turn the country around. And he has laid out a plan to do just that.

Right now, China is cleaning

America's clock. The Chinese are building the world's largest airports, biggest ports, a powerful military and the best of everything. And we're paying for it all by purchasing their products. We're buying everything they make because they keep their currency artificially low, giving them an annual windfall of some \$250 billion. They are holding the yuan at a level at which it is impossible for us to compete.

Mitt Romney not only understands all this, he has thought through the policies we need to begin to set things right. Unless China changes direction, he has pledged to have the Treasury Department designate China as a currency manipulator on Day One of his administration. We can then impose duties on China's unfairly priced products. The Chinese will get the message faster than an ICBM. As Mitt has said, "We don't want a trade war, but neither can we accept our current trade surrender."

Fixing our trade relations with China is just one part of Mitt's comprehensive plan to get America back in gear. The Obama administration seems to have accepted record high unemployment as the new normal. But it is not acceptable to me, and it is not acceptable to Mitt that nearly 24 million Americans are unemployed, underemployed or no longer even looking for work. Mitt's jobs plan will create millions of jobs over four years, and I will be out there myself doing some of the hiring.

Some people call Mitt's jobs plan conservative. I happen to know something about creating jobs, and I call it common sense. Middle-income Americans deserve far better than the slow-growth and no-growth policies President Obama has put in place. They need a president who will make it possible for all Americans to get a bigger slice

of a growing pie rather than crumbs handed out by Washington. Mitt understands that government needs to get out of the way if American business is to do what it does best: innovate, make the products that people around the world want to buy, and hire American workers.

Right now, government regulations cost us annually \$1.75 trillion. They constitute a stealth tax that is larger than the amount the Internal Revenue Service collects every year from corporations and individuals combined. In just three years, Mr. Obama has added hugely to the annual regulatory bill. Mitt is going to pare that back and make sure every single regulation has benefits that outweigh costs and that they don't kill U.S. jobs.

Mitt also is going to rein in Mr. Obama's out-of-control spending and bring the federal budget back into balance. He's laid out the government programs that he's going to eliminate and cut. He's determined to trim the bloated federal workforce. That's going to take a lot of hard work and the negotiating skills of a successful businessman. It's precisely why we need someone with Mitt's financial background and business experience to run the country.

True, Mitt Romney does have his shortcomings: He's never built a Mitt Romney Tower in New York City or 12 Mitt Romney championship golf courses. Not everyone can be a Donald Trump. However, over the course of Mitt's distinguished career, he has built other kinds of enduring monuments of accomplishment that have earned my highest regard. Mitt Romney is no one's apprentice; he's fully ready to step into the nation's top job as the next president of the United States.

Donald J. Trump is president and CEO of the Trump Organization.

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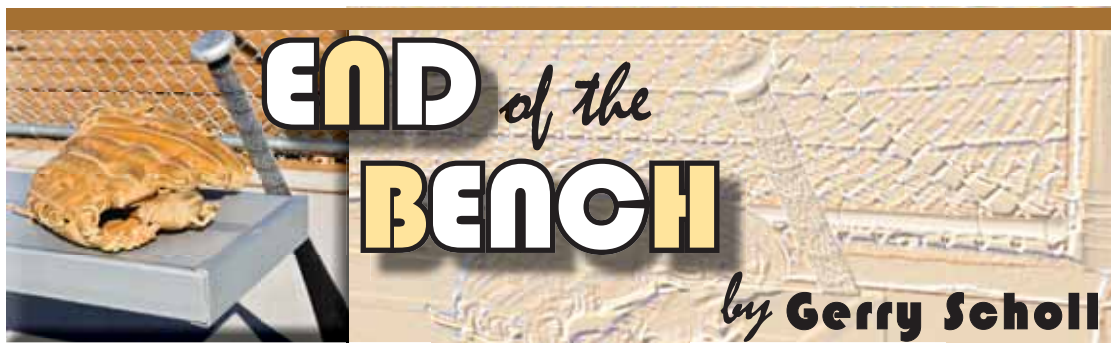
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## Of Rivalries and The Zone

Two of my favorite things in sports are rivalries and The Zone.

With the limited number of hours in a day to tune into sports, I always prefer to zero in on the classic matchups — the rivalries.

There have been a lot of rivalry games in college basketball lately. I really like the college game, and I don't care what anybody else says. Many on-air personalities make a habit of ripping college hoops and the quality of play. Sure, it's not up to professional standards, but I like following my favorite teams, St. Mary's and Cal, and the rivalry games still make it an attraction for me. And, I'm often rewarded with some classic games.

St. Mary's, back in the days when they were rarely good, it was all about beating USF and Santa Clara. Now, under coach Randy Bennett, the Gaels have been good and that has spawned a great rivalry with Gonzaga. I never felt the Gaels (23-5) were quite as good as their national ranking this year (as high No. 13), but they are in position to break Gonzaga's string of eleven straight WCC titles, holding a one-game lead with two to play. The pair shared the crown last season. With two losses and two key injuries, though, St. Mary's has slipped to No. 23 in the ESPN/USA TODAY Coaches Poll.

Meanwhile, Cal (22-6, 12-3) leads the undervalued Pac-12 along with Washington and is on the verge of breaking into the rankings for the first time all season. I most closely follow the former Pac-10 because there are so many long-standing relationships among the teams. For Cal there is Stanford, of course, and UCLA and Arizona (all despicable foes), but the one I like is with Oregon. It seems every time I watch the two face off

it's a great game, including last Thursday's 86-83 thrilling Cal victory.

I'll scour the weekly listings for the best matchups and, I have to admit, I get a good charge out of the North Carolina/Duke feud. Duke won the last meeting a couple weeks ago, 85-84, with a late comeback and a buzzer-beater shot.

As for our area pros, the Sacramento Kings and Golden State Warriors are two lousy teams lost in the ozone again, but when they play each other it is usually pretty good. Or, take either playing against the L.A. Lakers and it could be good because our loveable losers usually raise their level of play, though they usually lose.

Raising the level is all about that over-used word in sports, focus. Focus is all about trying to get into The Zone. The Zone is tunnel-vision, total focus on the task at hand. Everything is clicking. The basketball is part of your hand and the hoop is as big as the ocean. Teammates are like siblings, you are familiar with their every move. You block out all distractions, but absorb the positive influences and vibes of teammates and fans osmotically.

Jeremy Lin is in The Zone. The New York Knicks' young point guard phenom has it all going (except for a few too many turnovers). Lin has broken through from the fringes of the NBA to create Linsanity throughout the basketball world. On the verge of being cut by a third team this season, he seized an opportunity for playing time and made a sensation out of it. His "game" has been compared to two-time league MVP Steve Nash. Don't get too carried away too soon.

All the well-known rage these

days, Lin has led the Knicks back from oblivion and to a 8-1 record since taking over his position, setting a number of records for a beginner along the way. Sunday it was The Kid versus Kidd, Hall of Fame-bound point guard of defending champion Dallas, Jason Kidd. After Lin went for 28 points and 14 assists in a 104-97 comeback victory, Kidd quickly made it over to the new kid on the block to offer a hug of congratulations and encouragement.

Lin, the Palo Alto High and Harvard grad, has gone from sleeping on couches to the tip of everyone's tongue, Saturday Night Live and David Letterman's Top Ten in a couple weeks. In a TV interview he said spending most of last year at the end of the bench for Golden State "brought me to tears." That could do that to anybody. Now he's all smiles on T-shirts everywhere.

It will be most interesting to see if it all continues when injured superstar Carmelo Anthony returns to the Knicks' lineup and infiltrates The Zone — it can be a delicate thing. Regardless of what happens, it was terrific watching Lin light up Kobe Bryant and the Lakers for 38 points during his rise to fame. Linsational!!

**BIRD LEVELS**  
If you would like to attract a wider variety of birds to your bird feeders you need to create a feeding environment that best imitates the birds natural feeding habitat.

Seeds placed on the ground or in feeding trays emulate the natural habitat of meadows and fields for towhees, quail, juncos and sparrows.

Forest birds like chickadees, titmice, finches, nuthatches and woodpeckers that are used to clinging to limbs as they forage for food will be attracted to tube and wooden feeders as well as suet feeders hung from trees or mounted on poles.

Birds that you can attract to ground, platform and elevated feeders include cardinals, grosbeaks and bluejays who are used to living in marginal habitats and forest edges and feeding both on the ground and in trees.

Feed at different levels and you will attract more birds for your winter enjoyment.

Larry Whiteley is Host of the award-winning internationally syndicated "Bass Pro Shops Outdoor World" Radio Show  
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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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## An Econ Lesson

A note sent to us via email from a reader.

An economics professor at a local college made a statement that he had never failed a single student before, but had recently failed an entire class. That class had insisted that Obama's socialism worked and that no one would be poor and no one would be rich, a great equalizer.

The professor then said, "Ok, we will have an experiment in this class on Obama's plan". All grades will be averaged and everyone will receive the same grade so no one will fail and no one will receive an A...(substituting grades for dollars — something closer to home and more readily understood by all).

After the first test, the grades were averaged and everyone got a B. The students who studied hard were upset and the students who studied little were happy.

As the second test rolled around, the students who studied little had studied even less and the ones who studied hard decided they wanted a free ride too so the studied little. The second test average was a D! NO ONE WAS HAPPY!

When the third test rolled around, the average was an F.

As the tests proceeded, the scores never increased as bickering, blame and name-calling all resulted in hard feelings and no one would study for the benefit of anyone else. To their great surprise, ALL FAILED and the professor told them that socialism would also ultimately fail because when the reward is great, the effort to succeed is great, but when the government takes all the reward away, no one will try or want to succeed. It could not be simpler than that.

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**ACROSS**  
1. Type of eclipse  
6. '1941's "How Green \_\_\_ My Valley"  
9. Drink too much  
13. Being of service  
14. Gilligan's home  
15. Chicago's ORD  
16. Smelling \_\_\_\_, pl.  
17. In the past  
18. Type of beam, also an acronym  
19. "Best Picture nominee set in Jackson, MS  
21. "Ripley's Believe It or Not" showpiece, e.g.  
23. Accused by some of breaking up The Beatles  
24. Obama to Harvard Law School, e.g.  
25. Bud or chum  
28. Cough syrup balsam  
30. To mark with spots  
35. \_\_\_ vera  
37. "Nominated for role in "Moneyball"  
39. Like sound of pinched nose  
40. Chess piece that looks like castle  
41. Barges  
43. Circus venue  
44. Reason by deduction  
46. "The Iliad," e.g.  
47. "Mechanically-inclined film orphan  
48. Seaman or sailor  
50. Bus \_\_\_  
52. Room in a house  
53. Like acne-prone skin  
55. Charlotte's creation  
57. Hotel meeting place  
60. "The Descendants" nominee  
64. Wavelike patterned silk  
65. Make imperfect  
67. Home to BYU  
68. Curving outward  
69. "\_\_\_ to Joy"  
70. Pivoted about a fulcrum  
71. It usually contains the altar in a church

**CLUES**  
72. Women's organization  
73. Rub out

**DOWN**  
1. A deadly sin  
2. Beehive State  
3. World's longest river  
4. Even though, arch.  
5. Wish ill  
6. Smack or sock  
7. Leo month  
8. It has no back and no arms  
9. Bangkok inhabitant  
10. Kiwi for drying hops  
11. The hunted  
12. "Ever" to a poet  
15. "He played Cold War spy  
20. Grommets, e.g.  
22. Milk \_\_\_\_, popular at the movies  
24. Coroner's performance  
25. "Place of Woody's midnight magic  
26. Unaccompanied  
27. Used for washing  
29. Often spread in the classroom  
31. Beaten by walkers  
32. Imposter  
33. "Best Actress winner in "Tootsie"  
34. "Crocodile Rock" performer  
36. Augmented  
38. Foolish person  
42. Frown with anger  
45. "The Girl with the Dragon Tattoo"  
49. Band event  
51. "We the \_\_\_" in the Constitution  
54. "30 Rock" character  
56. Emerald Ash \_\_\_ pest  
57. "Wolf" in French  
58. Great masters' medium, pl.  
59. Strong desire  
60. "It works with the cast on films  
61. Most luminous star  
62. Day before, pl.  
63. Yesteryear  
64. Earned at Sloan or Wharton  
66. "Much \_\_\_ About Nothing"

For Solution See Page 7

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# United Way to Run Bank On

**SACRAMENTO REGION**  
 – Bank On Sacramento is expanding beyond the city to serve Sacramento County and will be led by United Way California Capital Region, Mayor Kevin Johnson announced this week. Bank On Sacramento surpassed goals under city leadership and will now be part of Bank On California Capital Region, a coalition of Bank On programs across Amador, El Dorado, Placer, Sacramento and Yolo counties.

“The city has done a fantastic job with this program, giving many more Sacramento residents access to mainstream banking services,” said Steve Heath, president and CEO, United Way California Capital Region. “The Bank On program is a fantastic fit with our SenSe-Ability project, which is working to improve financial literacy and income in our region. We look forward to expanding it to all five counties we serve so more people across our region can experience financial success.”

Current numbers show 6.2 percent of households in Sacramento County are unbanked, amounting to 31,213 households. Studies also show 17.3 percent are underbanked – they have bank accounts but rely on alternative financial services such as check cashing, payday loans, rent-to-own agreements or pawn shops. The average full-time worker with no bank account can spend \$40,000 in paycheck cashing fees over a lifetime.



Steve Heath of United Way announces the Bank On Sacramento transition at a press conference with Mayor Kevin Johnson and SAFE Credit Union's Rachel Zillner and Paul Hersek.

Bank On California Capital Region is one of 62 programs across the country. Bank On programs are locally led coalitions of government agencies, financial institutions and community organizations working to improve the financial futures of unbanked and underbanked individuals and families by providing free or low-cost starter or second chance bank accounts and access to financial education. Current Bank On Sacramento members include Bank of America, Bank of the West, BBVA Compass, Chase Bank, Citibank, First Northern Bank, Patelco Credit Union, SAFE Credit Union, Schools Financial Credit Union, Travis Credit Union, Union Bank and Wells Fargo. For more information, visit [www.joinbankon.org](http://www.joinbankon.org).

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](http://www.yourlocalunitedway.org).

# 'Albert Nobbs' Doesn't Live up to Glenn Close's Efforts

By David Dickstein

When “Albert Nobbs” rolled into Sacramento the other week, the gender-bending drama had already been playing in larger cities for over a month and had just been announced as a three-time Oscar nominee. One of those nods going to Glenn Close for Best Actress would not count as a spoiler alert as any moviegoer not already knowing that she plays the masculine title role would have to be as clueless as a bill from the doctor's office. But the movie's nominee for Best Supporting Actress? That's Janet McTeer, an exquisite thespian, but not so recognizable that when Hubert makes his entrance, masquerading as a male painting contractor, the average moviegoer would immediately think he's a she.

The lack of surprise and overdue local release are made up by effecting performances by the aforementioned leads and a strong supporting cast playing mostly myopically challenged characters, and it's because they are in circa 1900 Dublin that Albert and Hubert must live a lie.

For 30 years Albert has worked as a devoted and rigid hotel butler, fooling everyone from gossip staff to snooty guests. She lives an isolated



Glenn Close as Albert Nobbs

existence in a room at the top of the hotel, her only pleasure seeming to be stashing her day's pay under a floorboard -- money that will buy a tobaccoconist's shop one day if the screenplay Close co-write allows our cross-dressing protagonist to realize her dreams. She's opened up to no one, but that changes when Hubert is hired on. Following a traumatically bumpy night when the two were forced to bunk together, Albert and Hubert reveal their secrets, which for the new arrival include being married to a woman. Albert is fascinated and moves forward in fomenting a romance with Helen (Mia Wasikowska), a pretty, young maid who, because Albert has no past romantic experience,

is blind to her saucy ways and unsavory relations with new-hire Joe (Aaron Johnson).

The melodrama unfolds in cringing fashion. The second half is joyless with intermittent moments that hold interest, like when Albert finally dons a dress and still appears out of place.

As with all of her fellow “Best Actress” Oscar nominees (except for the marvelous Viola Davis in the equally marvelous “The Help”), Close is bigger and better than the rest of the movie. The story is never as interesting as the choices made by the main characters, even with a predictable outcome. Director Rodrigo Garcia's previous film, “Mother and Child,” was vastly superior, though, too, suffers from a non-linear approach. While “Albert Nobbs” (rated R for sensuality, nudity and language) is well-intended, it's not very deep.

Close, meanwhile, has poured her heart and soul into the film, and it shows. Her decades-long quest to bring the story to the screen is rewarded with an arguably career best performance. Sure, she played the role before on the Off-Broadway stage, winning an Obie in 1982, but for the movie she's star, producer, co-writer and even lyricist of the theme song. If only the rest of the movie had Close's passion.

# How to Build a Herb Flower Veggie Garden



Pick your ripe vegetables early in the day and pick them often. Photo courtesy of Wayne Turrell

By Wayne Turrell, Master Gardener, Certified California Grower and Owner of Wayne's Herbs Flowers and Veggies

**SACRAMENTO REGION**  
 – Let's talk about planning and preparing for a successful year of growing herbs and vegetables in your yard.

**Step 1:** What do you want to grow? Make a list. Keep a log. Any planting strategy requires a good basis garden plan and a simple record of each year's crops. Keeping track of the garden on paper enables the gardener to practice crop rotation more effectively, to determine the success of different varieties, to better control pest problems, to calculate the best planning schedules, and to anticipate harvest times. Keep the entries short, but personal.

**Step 2:** Where do you want to grow them. You need a southern

in raised beds, and in containers. Remember to amend your soil with good organic compost at least twice a year.

**Step 4:** How to plant your garden. Plant your garden in a north south orientation. Tallest plants like corn or trellised tomatoes at the edge of the north side and the lowest plants at the south end of the garden. The next question is whether you are starting your plants from seed or buying transplants. Seeds can be started in a green house months before going into the ground. Wait to plant your transplants until after the last frost.

**Step 5:** Water. Too much is just as bad as too little and erratic watering is even worse. A soaker hose or low spray is the best watering method. Some vegetables need to be watered every day, some every other day. I recommend keeping the whole garden lightly moist.

**Step 6:** Weeds choke the life out of plants. Practice weeding early in the morning and weed often. Use landscape fabric or mulch.

**Step 7:** Insect/fungus control. Disperse Marigolds throughout the garden. They are pretty and beneficial. Organic Neem Oil is an insecticide, fungicide, and a miticide can be used. You can spray on an edible product, wash it off and eat it.

**Step 8:** Harvest. Pick your ripe vegetables early in the day and pick them often. Most vegetables reach peak flavor before they're fully ripe. It is better to pick early in the day rather than late in the day.

Check out my website at [www.waynesherbs.com](http://www.waynesherbs.com) for additional information and classes.

# C. S. Lewis' Smash Hit Comes to Sacramento!



CS LEWIS  
 THE  
*Screwtape*  
 LETTERS

**SACRAMENTO – THE SCREWTAPE LETTERS**, the smart, provocative and wickedly funny theatrical adaptation of the C.S. Lewis novel about spiritual warfare from a demon's point of view, will be presented for two performances only at the Sacramento Community Center Theater, 1301 L Street in Sacramento, Saturday, March 3 at 4 p.m. and 8 p.m.

The National Tour of THE SCREWTAPE LETTERS kicked off after a hit nine-month run at the Westside Theatre in New York where it played 309 performances. Prior to that, the Chicago Tribune described THE SCREWTAPE LETTERS as the “most successful show in the history of Chicago's Mercury Theatre” where it ran for six months. It was, also, a hit at The Shakespeare Theatre in Washington, D.C. where it played for ten sold out weeks.

Now in second smash year, THE SCREWTAPE LETTERS' National Tour continues to break box office records and has played to sold-out houses in numerous cities including Los Angeles, San Diego, Atlanta and Houston.

Associated Press calls the production “Devilishly funny!” The Chicago Sun-Times hails THE SCREWTAPE LETTERS as “Smart, zapping entertainment!” The National Review described it as “Pure Genius!” THE SCREWTAPE LETTERS creates a topsy turvy morally

inverted universe set in an eerily stylish office in hell, where God is called the “Enemy” and the devil is referred to as “Our Father below.”

The play follows His Abysmal Sublimity Screwtape, Satan's top psychiatrist, played by award winning actor Max McLean, and his creature-demon secretary Toadpipe, as they train an apprentice demon, Wormwood, on the fine art of seducing an unsuspecting human “patient” down the “soft, gentle path to hell.”

Along with The Chronicles of Narnia (including The Lion, The Witch and The Wardrobe), The Great Divorce and Mere Christianity, THE SCREWTAPE LETTERS is still one of Lewis' most popular and influential works. The book's piercing insight into human nature and the lucid and humorous way Lewis makes his readers squirm in self recognition made it an immediate success. When first published in 1942 it brought worldwide fame to this little-known Oxford don including the cover of Time Magazine.

The idea for Screwtape first came to Lewis after listening to Hitler's Reichstag Speech on July 19, 1940, while it was simultaneously translated on BBC Radio. Lewis wrote “I don't know if I'm weaker than other people, but it is a positive revelation to me how while the speech lasts it is impossible not to waver just a little... Statements which I know to be untrue all but convince me...if only the man says them unflinchingly.”

Lewis dedicated it to his close friend J. R. R. Tolkien who had

expressed to Lewis that delving too deeply into the craft of evil would have consequences. Lewis admitted as much when he wrote “Though I had never written anything more easily, I never wrote with less enjoyment... though it was easy to twist one's mind into the diabolical attitude, it was not fun, or not for long. The work into which I had to project myself while I spoke through Screwtape was all dust, grit, thirst, and itch. Every trace of beauty, freshness, and geniality had to be excluded.”

THE SCREWTAPE LETTERS is produced by New York City based Fellowship for the Performing Arts. Max McLean serves as Artistic Director. Executive Producer and General Manager is Ken Denison of Aruba Productions. Scenic Design is by Cameron Anderson, Costumes by Michael Bevins, Lighting Design by Jesse Klug, and Original Music and Sound Design by John Gromada.

The performance schedule for THE SCREWTAPE LETTERS is Saturday, March 3 at 4 p.m. and 8 p.m. Tickets range from \$29-\$59. There are a limited number of premium seats available for \$89. For groups of 10 or more (including student groups) call (866) 476-8707.

To purchase tickets, visit [www.ScrewTapeOnStage.com](http://www.ScrewTapeOnStage.com), call (916) 808-5181 during regular business hours or (800) 225-2277 after hours, or visit the Community Center Theater Box Office, 1301 L Street, Monday through Saturday 10am-6pm, and 60 minutes prior to performance start time.

# Sacramento County Airport System Announces New Deputy Director



Linda Beech Cutler

**SACRAMENTO REGION**  
 – The Sacramento County Airport System is pleased to announce the appointment of Linda Beech Cutler as the Deputy Director of its Commercial Strategy division.

A well-known member of the Sacramento business community, Cutler brings more than 20 years of

corporate marketing and community relations experience to her new role. Cutler's previous positions include President and CEO of the Mercy Foundation, Vice President of Corporate Communications/Corporate Responsibility at GenCorp Inc., and Vice President of Marketing and Communications at DST Output. She volunteers on the Board of Directors for several organizations, including Valley Vision, City Year Sacramento and the Drexel University Advisory Committee.

Cutler also served as Chair of the Sacramento Metro Chamber of Commerce Board in 2009. “Linda brings a unique background and attitude that is perfectly suited to help drive the Airport System's commercial growth. She is the kind of leader we need to help us identify and strengthen our regional and strategic partnerships and to keep our commercial development and marketing efforts well focused and moving in the right direction,”

said Ralph Blanchard, Chief Administrative Officer.

As the leader of the Commercial Strategy division, Cutler is responsible for promoting the Airport System to the community, stakeholders and potential business partners with the goal to increase revenue at all four airports in the system. “I am thrilled to be working with an exceptional group of professionals focused on maximizing the potential of the Airport System through enhanced and diversified passenger and cargo service. With the addition of the new Terminal B, the airport is an incredible asset that will play a central role in the economic development initiatives of the region”, said Cutler.

Sacramento County Airport System is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. For more information, visit [www.sacramento.aero](http://www.sacramento.aero).

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