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"Written by the people, for the people"

Volume 2 Issue 5

Serving the City of Citrus Heights and Sacramento County

First Edition for March 2012

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Sprouts Farmers Market Opens Soon!



CITRUS HEIGHTS – Sprouts Farmers Market, the newest kid on the block in Citrus Heights, is poised to open bright and early next week.

The doors open on Wednesday, March 14th at 7:00 am. Store management claims they will have many steals and deals to introduce to their new customers. They anticipate a local crowd excited about their shopping concept to be waiting outside to experience what the new kid in town has to offer.

The popularity of organic foods is spreading like wildfire, and Sprouts Farmers Market is helping lead the charge. According to the Organic Trade Association, U.S. sales of organic food and beverages has grown from \$1 billion in 1990 to over \$24 billion in 2009. Sales in 2009 represented 5.1 percent growth over 2008 sales. Projections continue to be strong.

Sprouts Farmers Market was founded in 2002 by one of California's oldest and most successful families, the Boneyes, who have been in the fresh food business since 1943. Sprouts is still an independent family-run business and has become one of the fastest growing retailers in the country.

The announcement of the new store came from Inter-Cal Real Estate back in February of 2011 that the grocery retailer



was coming to the center. The addition of the Sprouts store, coupled with the new Panera Bread location on the same corner, seems to be a continuing theme of new stores and retailers desiring to come to Citrus Heights. Located across the street from Sunrise Mall, all four corners the intersection is fast-becoming a destination shopping hub for even a greater number of area buyers than ever before.

Each Sprouts store features a unique mix of natural, organic great-tasting foods at low prices. Much of their stock is produced by local farmers. They aim to make healthy food from local producers more affordable.

The new store has approximately 30,000 square feet. There is also plenty of parking. It is located at the corner of Sunrise and Greenback in Citrus Heights.

**Sprouts President
Doug Sanders at a recent
Grand Opening.**
Photo from Sprouts website.



Help Kids Become Star Readers Through United Way Book Drive United Way, Barnes & Noble to hold Starry Night reading event in March

SACRAMENTO REGION – Local residents can help kids reach for the stars by participating in United Way California Capital Region's STAR Readers Book Drive through March 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.

"Through third grade, children are learning to read; in fourth grade, they're reading to learn," said Steve Heath, president and CEO, United Way California Capital Region. "Children reading at grade level entering fourth grade are far more likely to

graduate high school. This book drive will help 615 kids have access to books that will set them on a path for success."

The online book drive includes four books, three of which were written by local authors, for children in kindergarten through third grade. The goal is to collect 615 books, one for each child in the STAR Readers project. To purchase books, visit www.yourlocalunitedway.org.

As part of the STAR Readers Book Drive, United Way is teaming up with Barnes & Noble in Citrus Heights for a children's reading event. Families are invited to A Starry Night from 7-8 p.m. on March 14 at 6111

Sunrise Boulevard. Three of the authors participating in the book drive will read from their books, which will be available to purchase that night for the book drive. The event will include refreshments, and children are encouraged to wear pajamas. For more information, visit www.yourlocalunitedway.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.

Source: Kristin Thébaud
Communications

Crosswood Oaks to Host Dog Show and Pet Faire to Benefit SSPCA



CITRUS HEIGHTS – Crosswood Oaks Senior Living Community – a pet friendly Senior Community – will hold a "Dog Show and Pet Faire" that includes SSPCS pets for adoption, a dog show, pet products fair and fund-raising raffle to benefit the Sacramento Society for the Prevention of Cruelty to Animals (SSPCA).

The event will take place on Friday, March 23 from 10 a.m. to 3 p.m. at the community's beautiful, wooded campus at 6650 Crosswood Circle, Citrus Heights. The Dog Show includes a contest with prizes for the "Cutest Pet," "Best Trick," and "Best Dressed Pet" and many other surprises.

Entry fee for the contest is \$5, with all proceeds benefiting the SSPCA. For more information about the event and how you can help, please call Kathy or Marty at 916-969-6161.

Gasoline Prices Soar - Here Comes \$6 per Gallon! Gasoline tops \$5 per gallon in Los Angeles and San Francisco



SACRAMENTO REGION, Average retail gasoline prices in

Sacramento have risen 3.5 cents per gallon in the past week, (as of March 5th) averaging \$4.24/g yesterday. This compares with the national average that has increased 5.2 cents per gallon in the last week to \$3.71/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 41.3 cents per gallon higher than the same day one year ago and are 56.6 cents per gallon higher than a month ago. The national average has increased 27.8 cents

per gallon during the last month and stands 24.1 cents per gallon higher than this day one year ago.

"Gasoline prices have spiked considerably higher in virtually every area over the last two weeks, and while I don't expect the pace of the recent rise in prices to continue for the entire month, a similar jump may again occur closer to April Fools Day, and it won't be a funny joke, it'll be disgusting reality," said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. "The rise in price is so unbelievable that we may have to revise upward our previous

gasoline forecast that had called for a national average of between \$3.75 to \$4.15 by mid-May, as the national average already stands at nearly \$3.72/gallon," DeHaan said.

Source: GasBuddy operates SactoGasPrices.com and over 250 similar websites that track gasoline prices at over 140,000 gasoline stations in the United States and Canada. In addition, GasBuddy offers a free smartphone app which has been downloaded over 20 million times to help motorists find gasoline prices in their area.



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City Council Meeting Notes



By Leslie Carrara

CITRUS HEIGHTS – The Citrus Heights City Council voted unanimously to allocate city funds collected for Stage II of the reconstruction phase of Auburn Blvd., all total which will be completed in three stages.

The city is allocating \$8.1 million to put toward construction on the stretch of Auburn Blvd. from Sylvan Corners north to Rusch Park. Total cost of Phase II is right around \$12 million.

“I’m happy to see this thing moving forward,” Mayor Jeff Slowey said to those in attendance at the meeting. He indicated that planning has been underway for approximately 13 years. These monies have come from various places with most earmarked for the upgrades.

Vice Mayor Steven Miller said that “we are aggressive with our schedule and we will get it done.” Putting the job open for bids is

right around the corner this spring and summer.

All total, this is the largest public works job the city has undertaken since Citrus Heights became incorporated, with all three phases still scheduled to be completed. Phase I at Sylvan Corners was completed in 2005. The construction on Phase II is expected to last one and a half years. The Sacramento Area Council of Governments granted \$3 million for Phase II and the same for Phase III. Total cost for the entire job is approximately \$44 million, which Slowey said \$20 million of which without the redevelopment fund is “harder to grasp.”

Also at the meeting was discussion regarding enforcing the city code of not allowing small signs to be placed on sidewalks or in lawns along streets. Businesses will be contacted by Problem Oriented Police officers and code enforcement in all neighborhoods, including Antelope Crossing, and be educated about the ordinance. They will then have 90 days to comply with city code and fair warning in an effort to be business friendly. After that time frame, businesses using this type of signage for advertising will be issued a citation, which start at \$100.

Councilman Mel Turner wrote

in an email that he believes there are other issues facing the city and enforcing the signage ordinance during these times is “unimportant.” He wrote that AB 109 realignment and the loss of redevelopment funds for the city’s infrastructure are much more important. He also noted that he has never received a complaint from concerned citizens about these signs and that “business should be supported especially in this economy.” He went on to say that if a business is in violation of the ordinance, then code enforcement should take care of it by reminding the business owners about the code and the importance of compliance.

And at the meeting City Manager Henry Tingle addressed the council, telling them that there is a projected \$1.5 million budget short fall for next fiscal year. He indicated that if council approves spending for a project, they also need to decide where to cut back. Note that there will be a study session held on Thursday, March 8 within the council chambers at Greenback and Fountain Square Dr. when Tingle discusses the upcoming budget with council. The session begins at 5 p.m. and is just before the city council meeting. All are invited to attend to see where the city stands.

Young Artists Win Big For Creeks!

From Jamie Cameron-Harley

SACRAMENTO REGION – Skycrest Elementary 5th grade student was one of three Sacramento area children who won honors today in the 2012 Creek Week T-Shirt Art Contest: “Why We Care For Creeks.” As the first prize art winner the student-artist will see her art as this year’s Creek Week t-shirt art, in addition she receives \$50 and will be interviewed on Radio Disney. The first prize classroom teacher also receives \$100 for educational materials. Second and third prize student-artists will receive \$25 and \$20 respectively.

The Sacramento Area Creeks Council (SACC) designed the contest in association with San Juan Unified School District Visual and Performing Arts program to educate, raise awareness,

and encourage exploration and enjoyment of Sacramento area creeks and aquatic life.

SACC received from about 200 students (grades 4 -6) attending Grand Oaks, Arlington, Skycrest, Cambridge Heights, Lichen, Kingswood K-8, Citrus Heights and Woodside. After students learned more about creek systems and aquatic life they created their 8 x 8 pieces of art illustrating the importance of creeks and why we should care for them.

SACC’s contest was “We are thrilled to see children being creative and learning about our local creeks and the environment,” said Alta Tura, Creek Week Committee Chair and SACC Board President. “This partnership with the San Juan Unified School District staff gave us a unique opportunity to educate children about the environment and how we can

work together to preserve natural resources.”

The Sacramento Area Creeks Council is a nonprofit organization dedicated to protecting and sharing the abundant natural treasures that make up the extensive creek systems of our region.

The 22nd Annual Creek Week splashes off this year from April 6 to 14, 2012. During Creek Week young and old will enjoy, explore, learn about and work to protect our local creeks and aquatic life.

For information on activities, clean up locations, volunteer opportunities and E-Waste collection, go to www.creekweek.net.

The top three entries can be seen on the Creek Week Facebook page. The top ten entries will be on display in late April at Kidz Art along with other art displayed by the SJUSD Visual and Performing Arts program.

Both Sides: ADA Sidewalks, Curbs

By Leslie Carrara

CITRUS HEIGHTS – Making a small section of the north side of Old Auburn Rd. at Oakwood Hills Circle and Wachtel more disabled friendly was the subject of a meeting last week, with city, county and neighborhood residents in attendance. A victim of West Nile Virus since September of 2008, resident Ronald Calkins has actually been working on this project since 1997.

“I can well see both sides,” he said as everyone settled in. The mosquito bite left him in the hospital for nearly four months back then and he is bilaterally paralyzed today, but improving all the time. In fact, he has just been able to move his fingers on his right hand and he happily holds his hand out for a hand shake.

The battle for American Disability Act (ADA) sidewalks and curbs began with him years ago, right at the time Citrus Heights became a city. The developer of his neighborhood, Beazer Homes, apparently issued a check to the county for improvements to the sides of Old Auburn Rd., but today, the whereabouts

of those funds will need to be researched, according to Ron Vicari, principal civil engineer with Sacramento County. Along with Vicari, Associate Engineer Bill Irving, also with the county; Citrus Heights Councilman Mel Turner; Stuart Hodgkins, principal civil engineer with the city; City Clerk and ADA Specialist Amy Van; Regina Cave, management analyst, both with Citrus Heights; resident Tina Geist; resident Scott Sell; Calkin’s wife Joyce; and Area 8 Neighborhood Association President Jim Monteton all were in attendance.

According to Calkins, the city did stripe Old Auburn for a bike lane and added more black top one year ago.

Today, Vicari said that the county is \$340 million in the hole with ADA compliance, noting there are very busy streets, such as sections of Watt Ave., which are a higher priority. Basically, the theme at the meeting was there is no money for the project right now.

Hodgkins said the city can do “patchwork” for now, while Monteton was wondering when they can get this issue in the

Capital Improvement Plan, which takes five years. “There are ways to get it through,” Hodgkins said.

Turner offered a synopsis of the meeting via email: “Our meeting this morning at Ron’s home included local officials from the City and County who were there to demonstrate how serious we are about responding to the concerns of residents. Although I was invited to listen to the discussion, I was impressed with how seriously the City and County staff members present were about trying to find solutions to fix the problems brought to their attention. In this case, we came away with an action plan that will allow us to begin the process of fixing the concerns brought to our attention by Ron and his neighbors. The purpose of the meeting was not to point fingers or place blame but to work together to find a workable solution. I was pleased with the discussions and final agreements that came from our gathering. It is refreshing to experience local government and residents working together for the benefit of all.”

You are invited to a Special City Session on Major Issues Facing Citrus Heights

Many recent economic factors have greatly impacted the City of Citrus Heights and its residents. The City invites you to attend and hear a presentation from City Manager, Henry Tingle and Department Directors on a funding plan to address major challenges facing the City:

State Prison Realignment, Citrus Heights Street Resurfacing Backlog, Police Technology, and Early Youth Intervention.

We encourage you to attend this important meeting and learn how this will affect your City.

WHAT: Citrus Heights City Council Study Session

WHEN: March 8, 2012, 5:00 p.m.

WHERE: Citrus Heights City Council Chambers, 7117 Greenback Lane

Kaiser Permanente to Offer Eye Screenings for Free Cataract Surgeries

SACRAMENTO REGION - For the 17th consecutive year, Kaiser Permanente physicians and staff in Sacramento will offer screenings for area residents who may be eligible for free cataract surgeries that will be performed this spring.

The screenings will be on Saturday April 14 at the Kaiser Permanente Point West Medical

Offices, 1650 Response Road, Sacramento.

The surgeries are part of Mission Cataract USA, an annual program in which participating doctors provide the sight-restoring procedure to hundreds of people across the nation who have no health insurance and can’t afford the operation.

Kaiser Permanente physicians and staff will perform as many as 20 free cataract surgeries on eligible individuals in early May.

Screening appointments can be made through April 6 or until the slots fill up, whichever comes first. To sign up for the screening, or to request more information, call: (916) 973-7159.

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New Business in Citrus Heights



Taj, the store owner, and Manny, clerk, invite you to stop by.

CITRUS HEIGHTS – There have been a few new businesses coming into town over the past few months, and a few more renovating the current locations. One of the newest businesses is the 7-11 Convenience Store at 6035 San Juan.

The 7-11 store is the same location as an old auto stereo retail outlet and just across the parking lot from the CA Produce market. The store opened in mid-November, later holding a Grand Opening to invite their neighbors to stop by. The store is always clean, well-stocked and a safe stop with plenty of parking after hours.

If you are in the neighborhood and need something quick, stop in and tell them “Thanks” for investing in Citrus Heights.

SMUD Lures Anglers to Trout Derby



Rancho Seco Recreational Area to host fishing derby. SMUD Photo.

SACRAMENTO REGION – A lake full of trout is up for grabs at SMUD’s annual trout derby at Rancho Seco Recreational Area. Rancho Seco Lake has been newly stocked with 3,500 pounds of trout in anticipation of a big crowd. Anglers reeling in the heaviest trout will be awarded cash prizes – up to \$100 for adults, \$50 for youths (11 – 16 years) and \$35 for kids (10 and under).

The fishing event has become a tradition for many and has attracted thousands of local anglers since starting in 1993.

Specifics

Date: Saturday, March 31 and Sunday, April 1

Time: 6 a.m. to 5 p.m. daily (rain or shine)

Location: Rancho Seco Recrea-

tional Area, 14440 Twin Cities Road, Herald, CA 95638

Background: The Rancho Seco Recreational Area boasts a 160-acre lake stocked with 3,500 pounds of newly planted trout. Fishing enthusiasts can cast a line from the shore, fishing pier, or their own boat (electric trolling motors only — no gas motors). In addition to trout, the lake has largemouth bass, redear sunfish, bluegill, black crappie and catfish. A \$5 entry fee (good for all weekend) will be charged to anyone interested in competing in the derby. All entrants age 16 and older must possess a valid California state fishing license.

Cash prizes will be awarded to those catching the heaviest fish in three separate categories – adults, youths and kids. In the adult classification, prizes range

from \$20 to \$100 and will be awarded to the top 14 fishers. Prizes for youths will be awarded for first (\$50) through fifth place (\$10) and kids will be awarded for first (\$35) through fifth place (\$15). The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnicking facilities, RV and tent camping sites and beach, and swimming areas.

Rancho Seco Recreational Area is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. The park is owned and operated by SMUD. Admission to the park is \$10 per car (\$8 for seniors). For more information or to schedule camping reservations, call (916) 732-4913 or go to smud.org/ranchoseco.



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

Green Team Earth Day Coming

By Leslie Carrara

CITRUS HEIGHTS – The Green Team, made up of three residents of Area 11, is planning an Earth Day in Citrus Heights for the city’s first time. Area 11 is the Birdcage area, including the Sunrise Mall.

Bob Pitvorec, one of the Green Team members, said they formed this day because they did not want Citrus Heights to be a “bedroom community,” noting that a number of cities host Earth Days.

“We thought this was something the city should do,” he said.

Earth Day is scheduled to be held on Sat., April 21 from 10 a.m. to 2 p.m. at Skycrest Elementary School just south of Greenback on Mariposa., and will include a number of exhibitor booths, with 12 set up in the multi-purpose room and

plenty of space on the asphalt for anyone who wants to be a sponsor or exhibitor. The multi-purpose room space is already full with a total of 38 booths reserved both inside and outside on the blacktop. There is enough space for a total of 77 exhibitors, if a green company would like to participate. A Basic Sponsorship is \$100 and an Anchor Sponsorship is \$500.00. Sponsors may or may not be exhibitors. They receive acknowledgement on T-shirts and in ads and posters, as well as on the website, which is being developed by KD and C Media, an Anchor Sponsor, at this time.

Some things to look for on display include electric bicycles, hybrid vehicles, the city’s hybrid truck, electric scooters and more exhibitors showing their wares.

The Green Team partnered

with the San Juan Unified School District and all 12 elementary schools will compete in a drawing contest for the event, with the winning logo printed on T-shirts distributed throughout the day. The winners will be announced at the event. Also, there will be door prizes for those in attendance. Admission and parking are free.

Other members of the Green Team are Sue Frost and Jim Reiman. The remaining Anchor Sponsors are Valley Solar, Alliance Mortgage and Marketing and American Water. The Green Team is a non-profit 501(c)(3) organization and this event is not a fundraiser. They do need volunteers to help out with the event. Those interested in joining the Green Team as a sponsor, exhibitor or volunteer can email Pitvorec at bobkat2691@sbcglobal.net.

A City Park in the Plans

By Leslie Carrara

CITRUS HEIGHTS – A city park is in the process of being planned on Sayonara Dr. and Ming, across the street from the community center which is currently under construction. Councilwoman Jeannie Bruins and a host of others attended a meeting to develop the idea recently.

Katherine Cooley, development specialist and facilities landscape

manager with the city said that final plans should be presented to council in April, which is when they request funding. At this point, they do not know the final cost of the park.

According to Cooley, the park will include a play structure, half-court basketball hoops, one or two tetherball poles with removable balls to come in at sundown, and it will be minimally landscaped with trees, picnic tables and decomposed granite as the

city will be maintaining the 7000 square foot parcel of land.

“The park, if approved,” Bruins wrote in an email, “will be a tremendous asset to the children who come to the new youth center on Sayonara. The park will provide a place for children of all ages to safely enjoy the playground, basketball court, picnic tables and benches. The close proximity to the youth center provides the ability to extend the center’s services and host more children.”



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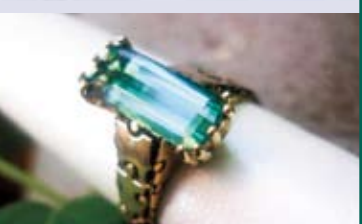
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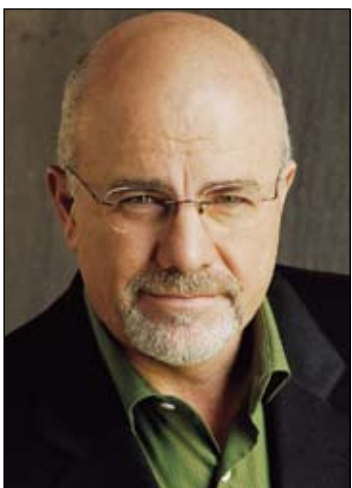
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Dave Says

\$2,000. Should we get a second mortgage to get the work done?
- Pamela

Dear Pamela,
You might want to get another opinion. Sure, a new kitchen would be nice, but is that the end-all, be-all? Either way, there's no way I'd go into debt to make this happen. Your house isn't even on the market yet. There's no reason to fix up a house that's not for sale, especially when you only have \$3,500 to your name!

There is, for sure, a financial storm brewing on your horizon. Start right now living on rice and beans and saving up piles of cash to build a bigger umbrella.

Wait until he actually lands another job before you make any big decisions. What if something pops up where you are? If you end up moving, then you might take \$2,000 from savings to fix up the kitchen and get the house sold. Don't do it unless you're going to pay cash, though! You don't want a second mortgage hanging over your heads, making everything even more difficult.

- Dave

Leave the 401(k) Alone!

Dear Dave,
My husband has been transferred again in his job. Right now, we have three houses and

about \$60,000 in other debts. He just found out that he can borrow against his 401(k) without hardship at the beginning of the year. Is this a good idea?
- Yvonne

Dear Will,
Three houses? Do you buy a new house every time you move? You guys need to stop doing that. The "other debt" isn't the problem. It's those houses that are killing you!

I would never recommend that someone borrow against their 401(k) just to pay bills. It might be a different story if you were facing foreclosure or about to file bankruptcy, but that doesn't sound like the case here. I think you've just made some really bad decisions, and these decisions are following you around and messing up everything else.

Most of the time in situations like this I have to say: "Sell the car!" In your case, it's: "Sell the houses!" I know the market isn't great in some areas, but these things are eating you guys alive. You've got to put some effort into getting rid of them. Then, start living on a really tight budget and clean up the other debt!

- Dave

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

Get your Priorities Straight

Dear Dave,
My husband's company recently told everyone that massive layoffs are coming, and they should start looking for other jobs. Right now, all of his options are out-of-town. A real estate agent told us we'd have to remodel our kitchen in order to sell the house. We've got \$3,500, but remodeling would take about

Arrest of a Domestic Violence Suspect

On February 21, at approximately 0047 hours, Citrus Heights Police (CHPD) responded to meet with a female adult victim of a physical assault. Her husband, 43 year old Loren Fullmer, physically assaulted her while they were inside their vehicle, driving in the area.

At some point during the assault, the victim freed herself from the vehicle and called police. Loren Fullmer returned to their home in the 5800 Block of Sunrise Vista. CHPD Officers attained a Emergency Protective Order on behalf of the victim. Police Domestic Violence Response Team Advocates responded to provide additional care for the victim.

At approximately 0211 hours, Officers, proceeded to contact



Loren Fullmer, 43,

the suspect at his residence. Once there, officers knocked at the front door from a tactical planned position. Fullmer fired one shotgun round through the frame of a sliding glass door, which was located several feet away from the front

door where officers were standing. CHPD Officers immediately began ordering him to give up. Several minutes later, he gave up and officers arrested him.

Officers canvassed the area to make certain there were no injuries or any other threats to surrounding residents and subsequently ascertained that there were no injuries or additional threats. The reason why Fullmer fired the shotgun round is currently under investigation.

Officers retrieved a 12 gauge shotgun and spent casing from the residence. Fullmer was arrested for domestic violence and weapons violations. Fullmer was on probation out of Stanislaus County for burglary and was recently released on bail for an unrelated burglary.

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.



Citrus Heights Regional Chamber Of Commerce

www.chchamber.com

Upcoming Events

March 8, 2012
Time: 8:00 AM - 9:00 AM
Citrus Heights Chamber of Commerce Government Issues Committee 2012

March 13, 2012
Time: 11:30 AM - 1:00 PM
Monthly Membership Luncheon 2012

March 14, 2012
Time: 3:00 PM - 4:00 PM
Elevate YPO: Advisory Council Meeting

March 15, 2012
Time: 8:00 AM - 9:00 AM
Education Committee 2012

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

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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Sacramento County DA Reports

Recent case of interest

CASE: Tom Daniels (03/03/12)

PROSECUTOR: Deputy District Attorney Kimberly Macy

District Attorney Jan Scully announced today that the Honorable Trena H. Burger-Plavan sentenced Rio Linda First Baptist Church Pastor Tom Daniels 158 years to life in prison. In December, Daniels was convicted by jury of 11 counts of molestation.

Daniels molested five different girls between December 2002 and August 2007. One child was at his house for daycare and the other four were there for respite care. The ages of the girls ranged from 5 to 8 years old at the time of the assaults.

CASE: Rodney Andrews (03/01/12)

PROSECUTOR: Deputy District Attorney Lani Biafore, Real Estate Fraud Unit

District Attorney Jan Scully announced today that the Honorable John Winn sentenced 57-year-old Rodney Andrews of Elk Grove to four years in prison. Last month, Andrews pled no contest to two felony violations of embezzlement, two felony violations of theft by false pretenses, one felony violation of diversion of construction funds, and one felony violation of unlawful use of personal identifying information.

At the time he committed these offenses, Andrews operated a company known as Andrews Investment Group, which offered loan modification services. He was also a pastor at the Comeback Christian Church, where he solicited parishioners and low income property owners to refinance their homes, lower their mortgages, or stall out their foreclosures. He collected up front fees in violation of a statute passed by the California Legislature to prevent individuals such as Andrews from preying on vulnerable home owners facing foreclosure or unaffordable mortgage payments. He also failed to provide proper notifications as required by law, did not provide the services he promised he would do, and did not use the funds he obtained for the represented purposes.

Additionally, Andrews obtained money from one home owner that was supposed to be used on a project to improve her home. Andrews represented to the victim that he had a business known as Low Cost Construction, which is in fact a real company owned by another contractor. He hired a subcontractor to remodel the property, but paid him with insufficient funds checks. The subcontractor stopped working before the project was completed. Andrews never finished the remodel and the victim's home was left in an uninhabitable condition. Andrews spent the money and did not use it on the project. At the sentencing hearing, one of the victims stated that Andrews was an untrustworthy liar who took advantage of distressed homeowners seeking assistance in these tough times by making them fake promises and taking their hard earned money.

This matter was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

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By Ronnie McBrayer

A Dog's Life

worse, deranged with panic, and wanted to crawl over the rail to rescue the pup. I understood that if this disaster were not averted, I did not have enough pastoral skill, fatherly wisdom, Valium, or hard liquor to assuage the suffering.

So, with the boys in place below, ready to exercise their burgeoning football catching skills, my hand firming holding my wife by the belt loops at the railing, and aiming every prayer at heaven I could muster, I gently called, "Toby...come here, boy." He loped over to me as if it were a day at the dog park, and tragedy was dodged (If someone ever writes that parenting handbook please include this nutty story as "Exhibit A" in what can go unpredictably wrong around the house).

But as crazy as this story is, here is the craziest thing of all: While our entire family mobilized to protect and save this precious little dog, Toby was completely, totally, and blissfully unaware of our efforts. Hands were shaking. Tears were forming. Railings were being scaled. Catch nets were being weaved. Meanwhile, he was sniffing leaves, enjoying the view, and inspecting the strange metal floor beneath his feet.

Case in point: Our three boys were playing football in the backyard this winter when one of them called to me with words I could have never anticipated. Casually, as if he were making a weather observation, he said, "Dad...the dog is on the roof." I exploded onto the upper deck to discover that my son was alarmingly correct.

Our new little Shih Tzu – Toby – had inexplicably crawled beneath the deck railing and was fifteen feet across a pitched metal roof, two stories off the ground. I was horrified. My dear wife was

same.

Occasionally, I glimpse him lurking within and brooding over the circumstances of life, sometimes gently calling, but most of the time just ready to catch us when we fall; or to save us from ourselves when we've crawled too far out on the ledge.

We are like a baby resting in her mother's arms, completely incapable of communicating the affection that surrounds us, but just as absolutely aware of it. We are like a teenage son who fights his father at every turn, kicking against every boundary, but deep inside we know that our father loves us no matter what – even when we don't understand – and we are grateful to have someone on our side.

We are like a driver, blissfully driving down the highway, perfectly ignorant of the fact that the red lights that stop us or the wait to get that morning cup of coffee, have actually saved us from danger somewhere else down the road. We are like a dog on the roof, even while our well-being is in jeopardy, we are enfolded by a protecting love.

Yes, I believe there is a mysterious, unseen, hovering God in the universe that we cannot always understand, see, or otherwise tangibly perceive. But we know he is there. His enveloping love for us is very real, and yes, it is very good.

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.

Just Because it's Free Doesn't Mean it's Free

By Rev. James L. Snyder

Whenever somebody mentions the word "free" in my presence my right eye turns a vivid jaundice. It is not that I have anything against the word free; just the person who is trying to use it to gain some kind of an advantage over me. I know anybody employing this monoverbiage, is hiding some very long strings.

My father taught me a long time ago that there are no free lunches. Occasionally somebody will advertise a free lunch and I go and find out the lunch is free but they are going to charge you to get out of that restaurant. In the end, it would have been cheaper to buy my own lunch.

My philosophy is simply this; if I cannot afford it, I do not want it. In my vast experience down through the years, I have discovered that I cannot afford free. And I think I know why. My understanding of the word "free" and the person employing that word is not the same.

When I use the word "free," I am insinuating that there is absolutely no cost associated with this product whatsoever.

When others use the word "free," they often are insinuating that I am just a free market for them to take advantage of in the neighborhood of my money. Unfortunately, I do not live in that neighborhood anymore.

I especially do not accept any "free offers" via the telephone. If someone has something to give me for nothing, let him come to my door, hand it to me, shake my hand and get out of Dodge. To me, that's what free is all about.

Just the other day I received one of those telephone calls. I must confess that I was in a rather curmudgeon attitude and was just looking around for someone on which to spit my scorn.

Then the telephone rang. When I answered the phone, it turned out to be someone offering me, absolutely free, with

no cost to me absolutely, a free crime prevention program for my blessed domicile.

"No thank you, sir," I said as politely as I could. "I'm not really interested."

I assure you I have no PhD or DD attached to my name whatsoever and yet as simple as I am, I understood what the phrase "I'm not really interested" was all about. Not so my affable telephone caller.

"But I assure you, sir, that this program is absolutely free to you. It's our way to say thank you to some of our customers." He rattled on as though we were having only a one-way conversation. If this is going to be a one-way conversation, who will take up the offering? I think I know.

After five long minutes of him telling me how important it was for me to have security in my home and how his product was absolutely free to me, I finally got a word in edgewise.

"But I have my own security system, thank you."

There is a slight pause and then he said, "What is your home security system, if I may ask?"

All right. I will confess right now that I had a wee bit of naughtiness on my mind, but in my own defense the telephone caller opened the door. I always believe where there is an open door somebody ought to step in.

"My home security system is called, Napoleon-two-Claws, and furthermore I'm quite satisfied with it."

There was another pause on the other end of the phone and I heard someone clear their throat and then ask, "I've never heard of that program. What is 'Napoleon-two-Claws'?"

You know what it is like when you are trying not to laugh and it is about all you can do not to laugh? For a brief moment, I felt a little bit guilty but then I remembered who was on the other end of the phone. Somebody that was trying to con me with some kind of free

thingamajig.

"The 'Napoleon-two-Claws' home security program that I have in my house is my cat. I call him Napoleon because he walks around with his right paw stuck in his coat between two buttons."

There was an extended pause on the other end of the phone and finally he said, "What would you do, sir, if someone broke into your house?"

"I'd send flowers to the funeral."

"The funeral? Who's funeral?"

"Why, the funeral of the guy who tried to break into my house while 'Napoleon-two-Claws' was on duty. The first moment an intruder would enter into my home, good old Napoleon would claw that sorry person to death."

Then feeling good about my momentum at this point I continued, "I live there and I have a hard time getting in my house without being clawed to death by Napoleon. And I feed the cat. My cat is the meanest, grumpiest, cantankerous animal on God's green earth. If anybody, and I mean anybody, can get past Napoleon they can have anything in my house. Absolutely free."

At that moment, I heard a distinctive "click" and I realized our conversation was over. I guess whatever he had that was free did not measure up to good old 'Napoleon-two-Claws'.

The only one I trust to give me something is God. "Come unto me, all ye that labour and are heavy laden, and I will give you rest" (Matthew 11:28).

What Jesus gives is absolutely free.

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.whatafellowship.com.



By Pastor Ray Dare

Show God's Mercy to Others

condemning? He's talking about the Royal Law – the law of love – "Love your neighbor as yourself." Second James says it's wrong to judge because when you judge you are playing God. "God alone, who made the law, can rightly judge among us..." Only God has the right to judge. He has not commissioned you to criticize or point the finger at anybody else.

The Scripture does say in some places that we are to judge certain things. But there are seven times when it says don't do this. For instance, the Bible says it's wrong to judge when you don't have all the facts. "Therefore judge nothing before the appointed time. Wait until the Lord comes. He will bring to light what is hidden in darkness and will expose the motives of men's hearts." I Corinthians 4:5 What they're doing may seem wrong to you, but you may not have all the facts. Your understanding is limited. You can guess but you don't know. Only God has the right to judge because He can see in the heart.

How do you break the habit of playing God?

First, you remember that each of us is accountable to God. "Every one of us, then, will have

to give an account of himself to God. So then, let us stop judging one another." Romans 14:12-13 You're not accountable to me in the ultimate sense of every area of your life. I don't have to report to you. But one day we're all going to stand before God and then God is going to know our motives. How's God going to judge? He's going to judge honestly, fairly, truthfully. It won't be based on hearsy, rumors, third hand passed down stuff, but based on the facts.

Second, you remember how merciful God has been to YOU. Yes it's true that people make mistakes, they sin. You may think, "That person deserves to be punished!" Maybe they do. But there's a principle greater than judgment. There's a principle greater than punishment. It's the principle of Mercy. James says, "Mercy triumphs over judgment!" James 2:13. Sure, they deserve punishment. Would you like God to give you what you deserve? If Mercy has triumphed over judgment in your life, then you ought to be merciful to others. That's the way it goes. If you want God's mercy, you must be merciful.

Pastor Ray

What God has done for Me, He will do for You



By Marylys Norris, Christian Author

There was a time forty plus years ago when I knew very little about the truth (Scriptures) recorded in the Word of God, the Holy Bible. Yet, I had been taught the basic principles by my parents, who grew-up in different church denominations. I did not know that those wonderful sustaining values were based on Scriptures.

I first accepted Jesus as my Savior when I was twelve years old. One Sunday my cousin Marge knew what I needed to do and nudged me to go forward. However, I did not grow in my knowledge or intimacy in really

"knowing" God or having a personal relationship with Him. It was not until I was thirty-four years old when I was born-again, did I surrender and commit my life and began my journey toward His direction in obedience to as I learned.

It is never too late to return to God and/or begin your personal journey to follow Him. He patiently waits as He knocks time and again at your door just waiting to be invited into your heart and life. (Revelations 3:20) "Behold I (Jesus) stand at the door and wait" And not until you are truly ready does it happen. He is our patient Father/Creator/God and He (three-in-One) loves you

I would not trade the past forty plus years for anything. God has given me power to live my life in a freedom I never enjoyed

before. He has enabled me to slip out of a passive timid inadequate existence into one that is capable of giving a message of His love, grace and mercy speaking in front of a group of people. He inspires me to write about His love for you, my reader. He blesses to serve others as He provides me with ideas and answered prayers to bless others in their journey. Yes, it has been an adventure! I would not trade one day away from My precious God/Savior/Lord and King. He IS my All in All, and to Him alone go all Honor and Glory.

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Riley Reviews

REAL HEROES AND GREAT ACTION DELIVER "ACT OF VALOR"

mission. We meet leading military professionals like Chief Dave and Lt. Rorke, along with guys in their unit like Ajay, Mikey, Sonny and Weimy.

A barbecue at the beach is a brief introduction to the team. But the most telling point is that the military men are not actors, so mercifully the story shifts to action fairly quickly.

While a terrorist assault at an international school in the Philippines results in the death of the U.S. ambassador, the Navy SEAL team is dispatched to Costa Rica to extract a CIA agent abducted by a drug cartel.

As Agent Morales (Roselyn Sanchez) is held in the jungle and brutally tortured by the henchmen of drug kingpin Christo (Alex Veadov), Chief Dave and Lt. Rorke are forced by circumstances to stage a daring and explosive rescue operation. One of the many exciting, action-packed and adrenaline-pumping moments involve a pair of heavily armed American gunboats sweeping in behind the SEALs to blast the villains to smithereens.

Though the mission is successful, the SEALs unearth some intelligence that connects Christo to fierce Chechen terrorist Abu Shabal (Jason Cottle), who is hiding out in Somalia to formulate a plot to send suicide bombers across the Mexican border.

Oddly enough, Shabal has recruited a group of Filipinos to carry out a bombing plot on American cities involving the detonation of sophisticated explosives made of undetectable gels.

But to get to the target cities, Shabal links with Mexican drug cartels to move his assassins through cross-border tunnels that are used primarily by drug mules carrying contraband into the United States.

An assault is launched in a dusty Mexican border town where the baddies hide out. The willing cooperation of the Mexican authorities might be the most inauthentic moment in the film, but it helps diplomatic relations.

Except for Senior Chief Van O, who efficiently interrogates the slippery Christo, the SEALs are too good at being a team, to the point that they do not come across as individuals.

We should keep in mind that the SEALs are not actors; they are very good at undertaking perilous missions, but acting in films is not their forte. Nevertheless, the authenticity of their dedication shines through.

"Act of Valor," fueled by edge-of-the-seat thrills in a dangerous world, offers a chilling sense of realism in the unpredictable battlefield of modern warfare. It's an action film well worth seeing.

DVD RELEASE UPDATE

This is another shameless plug for one of my favorite TV series, "Mission: Impossible," starring Peter Graves as IMF team leader Jim Phelps.

We have already burned through all of the original seasons, and now we focus on the revival of the series during the late 1980's, with Peter Graves the sole returning original cast member.

"Mission: Impossible: The '89 TV Season" continues on its merry path of the Impossible Mission Force solving dangerous and seemingly impossible tasks.

The DVD release of "The '89 TV Season" includes all 16 episodes of the series' final breathtaking season.

Unfortunately, special features are practically non-existent, with only episodic promos on select episodes available.

A Film Review by Tim Riley

ACT OF VALOR (Rated R)

Hollywood is really good at fabricating heroes or bringing comic book versions to life on the big screen. Many get in the act, from Batman saving Gotham to Bruce Willis in the "Die Hard" franchise.

A more difficult task is to locate real heroes, those who put their lives on the line defending liberty and their country in circumstances most of us could not endure for one brief elusive moment.

Thanks to the swift and welcome elimination of Osama bin Laden last year, the U.S. Navy SEALs are not just heroes; they are legendary guardians of what we too easily take for granted.

While memories are still fresh in our collective short-attention span, "Act of Valor" comes along to remind us that heroes don't get the job done with nifty special effects while the director yells "cut."

Mike "Mouse" McCoy and Scott Waugh of the Bandito Brothers are the directors. Their backgrounds are perfect for the job, as both have been stuntmen and documentary filmmakers.

"Act of Valor," which blends reality and fiction, has the feel of a documentary, but one that takes extraordinary lengths to make a fictionalized account of Navy SEAL operations convincing and accurate.

The film opens in San Diego, the home base for the SEAL unit getting ready for another

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Sarah (Patty Thiel, left) tries to get her husband, Larry (Phillip Pittman) away from Gwen (Stephanie Smith) as Jeff (Chris Smith, right) and Marsha (Stephanie Hobson) try to figure out what is going on in the Arden Playhouse production of SOAP SOLUTION. Photos courtesy of Arden Playhouse - Micheal Messmer (photographer).

SACRAMENTO REGION – Arden Playhouse is pleased to present *Soap Solution*, a comedy in two acts by Michael Messmer. Messmer has written over thirty plays and has seen many of them produced at Arden Playhouse. He is also the director of Soap Solution and has incorporated elements of melodrama, bedroom farce, and vaudeville to craft Soap Solution into a wildly hilarious and zany romp.

Larry King thinks he's washed up as a writer. His wife recently left him in an attempt to shake him out of his depression. Now he's gone to a mountain cabin for a few weeks of peace and quiet and crossword puzzles. His wife, however, has other plans for him. She's hired some actors who've done bit parts on several soap operas. Her plan is for them to get him caught up in a crazy story they have concocted based on their experiences in the soaps. Keeping him confused is their objective and they seem to succeed for a while with situations that range from a potential suicide to a potential sexual orgy. Just when his wife thinks they've succeeded in rattling his cage, he turns the tables on her and (with a little help from the actors) convinces his wife that her plan may have gone awry.

Arden Playhouse is thrilled to welcome veteran Patty Thiel and four new actors to its company for Soap Solution. Patty Thiel

(Sarah), Phillip Pittman (Larry), Stephanie Hobson (Marsha), Stephanie Smith (Gwen), and Chris Smith (Jeff) are the talented cast bringing this entertaining comedy to life.

Soap Solution opens on Friday, March 9, with performances on Friday and Saturday nights at 8pm through April 21. Sunday matinees are at 2pm on March 18 and April 1.

All tickets are \$18 general admission. Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about *Soap Solution*, or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.



Sarah (Patty Thiel, left) is determined not to let her husband, Larry (Phillip Pittman), be seduced by Marsha (Stephanie Hobson) in the Arden Playhouse production of SOAP SOLUTION. Photos courtesy of Arden Playhouse - Micheal Messmer (photographer).



POPOFF!

with Mary Jane Popp

HEALTHY IN THE FAST LANE

He's was happy President Clinton got heart disease? That may sound a bit peculiar, but 28 year veteran healthcare professional Kirk Hamilton says it was a wake-up call our lackadaisical attitude toward health in our country. President Clinton was a major fast-food eater. After quadruple bypass surgery and two stents in his artery, he has changed his ways mainly eating beans, fruit, whole grains and vegetables. And, he says he feels better and is keeping off the pounds. Kirk is a vegan and strong proponent of a plant-based diet, and feels that the President's battle with heart disease and dietary changes can show us the real way to health care reform by using our diets to prevent and/or reverse killer

chronic diseases. Hamilton added that President Clinton was a prime example that by eating the standard American diet (SAD) and taking on a whole lot of stress will often lead to heart disease, the world's number one killer.

Kirk has been instrumental in guiding his patients and clients toward the path of optimal health since 1983, and now comes his book "*Staying Healthy in the Fast Lane*." In his book, he directs us to nine simple steps to optimal health. It's a Triad Wellness Program with three phases and three steps in each phase.

- I TRIAD DIET PROGRAM:**
- 1) Eat whole unprocessed foods (90% or more as plant food, if not all plant food).
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- II TRIAD EXERCISE PROGRAM:**
- 4) Do a half hour minimum of daily aerobic exercise.
 - 5) Do Strength Training (circuit training) fifteen to thirty minutes, three to four days per week.
- 6) Do flexibility Training (tai chi, yoga, Pilates, stretching) ten to sixty minutes daily.
- III TRIAD MIND-BODY**
- 7) Be Thankful for five minutes, morning and evening.
 - 8) Sit Quietly for fifteen to sixty minutes daily.
 - 9) Imagine your ideal health and life daily for five to fifteen minutes. Think about what you want, not about what you don't want. Write it down. Picture it!
- Kirk explains how it's imperative to the health and vitality of the nation that we implement a paradigm shift where eating and living well becomes the norm through science and common sense and not the reliance on insurance coverage for treatment for chronic diseases that are ultimately preventable. You can join Kirk's free health letter "Staying Healthy Today with Kirk Hamilton at www.Prescription2000.com. He aims to make America healthy in "*Staying Healthy in the Fast Lane*." Time to take your life into your own hands!
- Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.**

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

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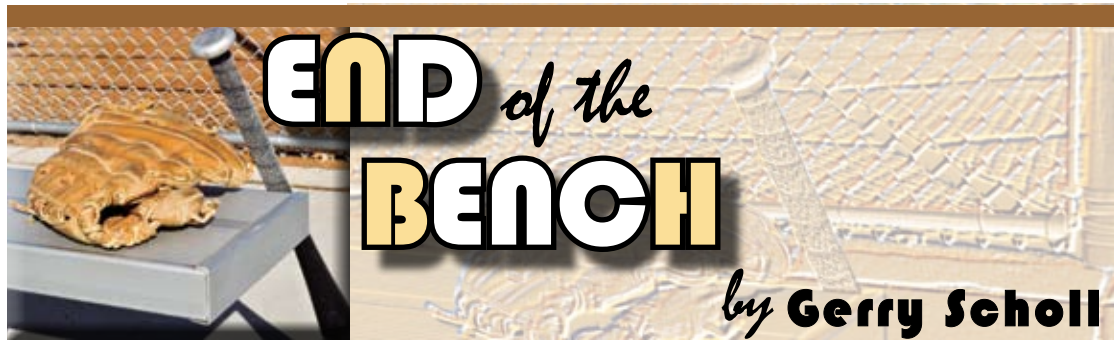
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Much Ado About Nothing

Over recent days a family member and a couple of friends have asked about how the column is going. They hadn't been able to keep up. Shame on them.

I pointed out that it has been just over a year now and handed out a couple copies of my "Happy Anniversary, Sports Fans" effort of a couple weeks ago.

I was asked, "How do you come up with ideas?" "How do you decide what things to choose from?" "Do you ever have trouble getting started on something?"

Reminding them that we're talking about sports here, I noted that there's always something new going on. Something always seems to rise to the surface.

But, that doesn't mean it's easy. There is a time-sensitivity issue to deal with — there is at least a couple days between the writing and the reading of the weekly offering. Much has been, or will be, said or written about most of the more popular topics of the week — I need another different or unusual angle. Who wants to write or read something that has been banded about for days already?

I told these guys that I read a few newspapers, listen to a number of shows, watch some games and some Sports Center and just kind of let a theme come to me. Any type of influence is welcomed...

For instance, the stories and talk last week surrounding the 50th anniversary of Wilt Chamberlain's 100-point game in the NBA for the Philadelphia Warriors, March 2, 1962, got me thinking. Where was I that day? Probably practicing my fade away bank shot in the backyard.

That led me to feeling nostalgic about my early days following the Warriors and Wilt's two-plus years here after they moved to San Francisco for the '62-63 season. I remembered nights laying on my bed listening to the great Bill King call the games on the radio and picturing

Wilt's finger-roll, Guy Rodgers' wrap-around pass (he had 20 assists in the famous game), St. Mary's own Tom Meschery, and Al Attles, The Destroyer. I could keep score from King's classic detailed accounts and check the paper the next day for a near-perfect match in the box scores. I still have a box score I cut out of a Warriors-Lakers game I went to at Civic Auditorium (with the massive overhead chandelier) with the likes of Rick Barry, Nate Thurmond, Jerry West and Elgin Baylor in the lineups.

A good mood might get me started on my affinities for college basketball and how I love the great atmosphere of a classic matchup, such as St. Mary's winning the WCC title at USF, or Cal losing a share of the Pac-12 regular-season championship by falling to Stanford, 75-70, Sunday at Maples Pavilion.

That last one kind of put me in a foul mood... a mood that might set me off to railing about the state of officiating in basketball, or other sports for that matter. I could get into the proper use, and misuse, of instant replay in sports — that old discussion of "getting it right vs. disrupting the flow of the game." I could get into how I hate it when the officials make themselves too big a part of the game.

Enough of that talk can turn me into a disgruntled fan and sarcasm will begin to spew forth. Sarcasm is so easy. I might say how Kobe Bryant's broken nose by way of Dwayne Wade's hard foul in the All-Star Game couldn't have happened to a nicer guy. Or, maybe, how Milwaukee Brewer Brian Braun, avoiding a suspension (on a ridiculous technicality) for use of performance-enhancing drugs during his MVP season last year, is all brawn, no brains and not half the man he appeared to be. Or, I could wonder why the New Orleans Saints players had to be inspired with added monetary bounties for knocking the opponents' key players out of games

when that's what their million-dollar salaries and potential future contracts are supposed to do.

Sometimes, when I might get myself too worked up, I'll take a little break from it and go out in the yard for some fresh air. Ahhh, the fresh air of the oncoming spring. It undeniably brings me to romanticizing about baseball and spring training. It was great to see a picture in the paper of Buster Posey swinging a bat and to hear Giants baseball on the radio again, even if they did spend forty minutes talking about swarms of bees around the diamond. When you go to the park you're likely to see something you have never seen before, like the Atlanta pitcher who gave up six hits, all home runs (he probably won't make the team).

Yes, sports fans, it would appear to be so simple. And yet, thanks to the power of suggestion by one of my closer fans, "writer's block" can creep into the mix.

There are times when I can have a bit of trouble zeroing in on a theme or a topic to begin extrapolating, expounding, expanding and exaggerating.

When that happens I could take a couple pages out of Jerry Seinfeld's book and write a story about nothing. Excellent.

Outdoor World

BOAT SHOWS
The best thing about attending a boat show is that you can shop and compare without driving all over spending your valuable time and money. Take your list of question to the boat show and don't hesitate to bring them up to the knowledgeable salespeople and manufacturers' representatives.

One obvious advantage of a boat show is that it allows you the opportunity to make comparisons. Get in the boats to see if there is enough room to be comfortable. Can you fit all the people in you want to? Will it be easy to get in and out of? Are the controls readable and easy to get to?

Buying a boat is a big investment but just remember the lowest price is not necessarily the best buy.

Boat shows are a great place to escape the winter weather and dream about warmer days ahead.

Keith Kavajecz is a member of the National Fresh Water Fishing Hall of Fame
For more tips, log onto busspro.com

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Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.
Come back every week for Sudoku!
For Solution See Page 7.

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CLUES

ACROSS

- Frosting on a cake, e.g.
- Heat or energy unit
- School with most championships
- Love intensely
- Dr. Cornelius in sci-fi movie classic, e.g.
- Like dragon after knight's conquest
- Copperfield's domain
- Eating of forbidden fruit, e.g.
- Total amount
- "Game tracker"
- In an open way
- Not vertical, abbr.
- Be sick
- Emergency responders
- Home to Stags Leap and Wild Horse
- Superlative of "yare"
- Reluctant, usually followed by "to"
- A tall one is not true
- The present occasion
- U.N. civil aviation agency
- Rossini's opus, e.g.
- It travels through air
- Pulsating pain
- At a great distance
- "Final"
- Some give this when upset
- Drug abuser
- Dry, as in humor
- Eagerness
- Clinton ___ Rodham
- Famous for its coffee
- "Goes with March"
- NBC's "The ___"
- "___ to Joy" by Friedrich Schiller
- Become one
- On the move
- Julie Andrews in "The Sound of Music"
- Holy See's administering body
- "Ranking"
- Apollo to ancient Greeks
- Levels

DOWN

- Its fleece was white as snow?
- Sixth month of civil year
- Downward and upward dogs are part of this
- ___ Maria Remarque
- Suppose
- "Georgetown's conference," "The Big ___"
- "Ranking based on strength of schedule"
- Major Italian seaport
- ___ Bator, Mongolia
- Collect telephone ___
- Monet's water flower
- "___ day now"
- Novelist ___ Zweig
- Muse of love poetry
- Be nosy
- Deadly or sinister
- "Like last eight"
- Sweet coffee drink
- A Beetle
- Daddy
- Over your head?
- To give an income or property
- Scrub or purge
- Towel cloth
- Ungulate's foot
- Victorian or Elizabethan ones, e.g.
- "Kentucky's Rupp ___"
- Boredom
- Speaker type
- Baptism, e.g.
- Important battery component
- "Cobbler, cobbler, ___ my shoe"
- Republic of Ireland
- Done in a pot
- Ligurian one and Adriatic one
- Military hospitals
- Simon & Garfunkel, e.g.

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For Solution See Page 7

Large Scale Train Meet

The Sacramento Valley Garden Railway Society (SVGRS) will hold workshops and clinics for model railroaders from 9:00 a.m. to 3:00 p.m. on Saturday, March 10, 2012, at Bancroft Elementary School, 2929 Belmar St, Sacramento, CA.

There will be operating live steam and electric trains all day, as well as demonstrations and presentations on plants for your garden railway, creating mountains and retaining walls, and making buildings from ordinary materials.

Other clinics will include transforming your Christmas train into year-round railroad, adding LED lighting to your cars, easy painting with spray cans, and a hands on workshop and demonstration of still and video photography in the garden railway.

Bancroft Elementary School is located in College Greens, just north of Folsom Blvd and Wissemann Drive. Admission and parking are free.

The Sacramento Valley Garden Railway Society has over 100 members in Sacramento, Yolo, El Dorado, Placer and neighboring counties. For more information about SVGRS, visit our website: <http://www.svgrs.org>

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The IRISH

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FAMILY FEATURES

They came in the 1840s to escape the devastating potato famine. And they stayed to become part of the fabric of America. Today 36.9 million U.S. residents claim Irish ancestry, second only to those who claim German heritage, and more than eight times the population in Ireland, according to the U.S. Census Bureau's 2009 statistics.

Enduring hardships and privations, the foods these Irish immigrants cooked in the new land would have replicated foods that reminded them of home — dishes such as cottage pie and Irish apple cake. Below are recipes for these dishes from Darina Allen's "Forgotten Skills of Cooking," (Kyle Books, 2009) now available in the U.S.

Allen, considered the Julia Child of Ireland, is on a mission to teach every-day home cooks the kind of cooking skills early Irish immigrants would have practiced. "There is a real revolution going on about food — a longing, a craving to re-learn life skills like butchery, keeping chickens, growing vegetables and curing meat," Allen said. The popularity of her Forgotten Skills classes at her renowned Ballymaloe Cookery School in County Cork, Ireland, inspired Allen to write the "Forgotten Skills" cookbook. Allen also has re-issued her "Irish Traditional Cooking" (Kyle Books), just in time for St. Patrick's Day.

The recipes below feature Irish dairy products because dairying has been a part of Ireland for centuries, long before potatoes. "In Ireland we can grow grass like nowhere else in the world," said Allen with pride. "So we have fantastic butter, lovely cream and, of course, cheese. Butter is the fat of the land. Our animals are grass-fed. Grass-fed gives more flavor and more complex nutrients. This is what we are. Dairy products come from this beautiful, lush green grass."

Try the recipes below for a St. Patrick's Day celebration. It's easy to replicate Irish flavors with butter and cheeses made in Ireland and imported to the U.S. under the Kerrygold name. They are widely available at supermarkets and specialty stores throughout the country. And be sure to do as the Irish do: no celebration is complete without a selection of cheeses with good bread and chutney. The cheese board below features Kerrygold Aged Cheddar, Cashel Blue farmhouse cheese, Dubliner and Blarney Castle Irish cheese.

For more St. Patrick's Day recipes, visit www.kerrygoldusa.com.

These recipes are adapted from "Forgotten Skills of Cooking." Recipe introductions are from Darina Allen.

Cottage Pie with Garlic Butter

"The cheese in this crust and the lump of garlic butter that melts into the center make this into something very special."

Serves 6

- 3 tablespoons olive oil
- 2 garlic cloves, mashed
- 1 small onion, chopped
- 1 pound beef, freshly ground
- 1 teaspoon fresh thyme leaves
- 1/2 cup dry white or red wine
- 1 cup beef stock
- 1 teaspoon Worcestershire sauce
- 1 tablespoon tomato paste
- Roux (recipe follows)
- Salt and freshly ground pepper

For the Topping

- 3 pounds baking potatoes, unpeeled
- 1 cup whole milk, boiling
- Salt and freshly ground pepper
- 2 tablespoons Kerrygold Irish butter
- 1 tablespoon chopped chives (optional)
- 1/4 cup grated Dubliner cheese
- 1/4 cup grated Kerrygold Aged Cheddar

To Serve

- Garlic Butter (recipe follows)
- Green salad

Heat the oil in a saucepan. Add garlic and onion and fry until soft and slightly brown. Increase heat, add ground beef and thyme and fry until beef changes color. Add wine, half the stock, Worcestershire sauce, and tomato paste. Simmer for 10 minutes.

Meanwhile, boil the unpeeled potatoes, then peel them. Add boiling milk and mash potatoes while they are still hot. Season with salt and

freshly ground pepper, and add butter and chives, if using.

Preheat the oven to 350°F.

Bring the rest of the stock to a boil and thicken it well with roux. Stir it into beef — it should be thick but still juicy. Taste and correct seasoning.

Put meat mixture into one large or six individual pie dishes. Pipe or spread mashed potato mixture over the top. Sprinkle with grated cheeses. Bake for 30 minutes, until top is golden and slightly crispy. Serve with garlic butter and a green salad.

Roux

"Roux can be stored in a cool place and used as required, or it can be made up on the spot if preferred to thicken up a sauce."

- 8 tablespoons Kerrygold Irish butter
- Scant cup all-purpose flour

Melt butter in a pan and cook flour in it for 2 minutes on low heat, stirring occasionally. It will keep for two weeks in the refrigerator.

Garlic Butter

"Slather over bruschetta or toast. Also great with grilled fish, meat, or vegetables."

- 8 tablespoons Kerrygold Irish butter
- 2 tablespoons finely chopped parsley
- 3 to 5 cloves crushed garlic
- A few drops of freshly squeezed lemon juice

Whip butter, then add in parsley, garlic and a few drops of lemon juice at a time. Roll into butter pats or form into a roll and wrap in parchment paper or foil, twisting each end. Refrigerate to harden.



Irish Apple Cake

"Irish Apple Cake varies from house to house, and the technique has been passed from mother to daughter in farmhouses all over the country for generations."

Serves about 6

- 2 cups all-purpose flour
- 1/2 teaspoon baking powder
- 8 tablespoons Kerrygold Irish butter
- 1/2 cup superfine sugar, divided
- 1 egg
- About 1/4 to 1/2 cup whole milk
- 1 to 2 cooking apples
- 2 to 3 cloves, optional
- Egg wash
- 10-inch ovenproof plate

Preheat the oven to 350°F.

Sift flour and baking powder into bowl. Rub in butter with your fingertips until it resembles the texture of bread crumbs then add 1/3 cup superfine sugar. Make a well in the center and mix to a soft dough with beaten egg and enough milk to form a soft dough. Turn out onto a board divide in two. Put one half onto an ovenproof plate and press it out with floured fingers to cover the base.

Peel, core, and chop up apples. Place them on the dough and tuck in cloves, if using. Sprinkle over some or all remaining sugar, depending on the sweetness of the apples. Roll out the second half of the pastry and fit it on top — easier said than done as this "pastry" is more like scone dough and as a result is very soft. Press the sides together, cut a slit through the lid, egg wash, and bake for about 40 minutes or until cooked through and nicely browned on top. Dredge with superfine sugar and serve warm with raw sugar and softly whipped cream.



Kerrygold Aged Cheddar, Cashel Blue farmhouse cheese, Dubliner and Blarney Castle Irish cheese served with chutneys and brown bread.

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BOE Releases Top 500 Tax Delinquencies

SACRAMENTO REGION – The State Board of Equalization (BOE) has released its updated Top 500 list of sales and use tax delinquencies totaling \$555.7 million for the first quarter of 2012. The “Top 500” list, mandated by state law since January 2012, encourages those who owe the delinquent taxes to pay their delinquencies by publicly posting the 500 largest unpaid sales and use tax debts online at <http://1.usa.gov/BOETop500>.

Of the \$555.7 million in total tax liabilities for 2012 first quarter, \$105.2 million in liabilities are jointly owned by more than one taxpayer on the list. Tax liabilities under appeal, litigation, or bankruptcy proceedings are not included. Since the inception of this program, 40 qualifying taxpayers whose account balances represents a total of \$43.2 million in sales and use tax liabilities have come forward to take care of their debts.

Of the \$43.2 million in liabilities, \$5.3 million has been collected to date. The debts have been taken care of in the following ways: 27 through installment payment agreements and 13 by making payment in full. Since the BOE and the Franchise Tax Board (FTB) began posting the State’s largest tax delinquencies in 2007, more than \$100 million has been collected by BOE and FTB combined.

Signed into law in 2011, AB 1424 (Perea, Stats. 2011, Ch. 455)

increased the number of qualified taxpayers to be listed on the BOE website from 250 to 500. Since 2007, state law required the BOE to post a list of the Top 250 largest sales and use tax delinquencies over \$100,000 in taxes –after notifying debtors that their tax liabilities will be disclosed to the public.

The taxpayers identified to be listed are notified 30 days before their information is posted. Under the expanded law, taxpayers must still be notified no less than 30 days prior to their information being posted. Beginning July 1, 2012, state agencies that issue licenses (including driver licenses and occupational licenses), certificates, registrations, or permits are required to suspend, revoke, and refuse to issue a license if the licensee’s name is included on this Top 500 list. This law requires the licensing state agencies to withhold issuance or renewal of the license of an applicant or to suspend the license of a licensee whose name appears on that list on or after July 1, 2012, after providing a 90-day advance notice to the licensees.

The BOE will provide these agencies with the Top 500 tax delinquent list and they will develop the notices that will instruct delinquent taxpayers to contact the BOE and resolve their tax issues to prevent their licenses/certificates from being revoked or suspended under this new law.

Taxpayers will have the opportunity to challenge the submission of their names on the list by submitting a timely written request to the BOE and demonstrating that their name should not be published on the Top 500 list. Once a taxpayer’s name is published on the list, the taxpayer may seek removal once the tax is paid or the taxpayer agrees to make payments under an approved installment agreement. Tax liabilities under appeal, in litigation, in bankruptcy proceedings, or under an approved offer in compromise are not included on the Top 500 list. BOE will remove a taxpayer from the list when any of these conditions are fulfilled.

As a member of the California State Assembly in 2006, BOE Chairman Jerome E. Horton authored the original legislation (AB 1418) requiring the BOE and FTB to each identify on their public websites the State’s top tax delinquents owing more than \$100,000 in overdue taxes. The first Top 500 list for FTB will debut in April 2012 on FTB’s website at ftb.ca.gov. The BOE’s list of the state’s Top 500 sales and use tax delinquencies is updated quarterly at boe.ca.gov. Taxpayers on the BOE list can call 916-445-5167 to resolve their accounts. To view the BOE’s Top 500 largest sales and use tax delinquencies list, visit <http://1.usa.gov/BOETop500>.

Source: BOE

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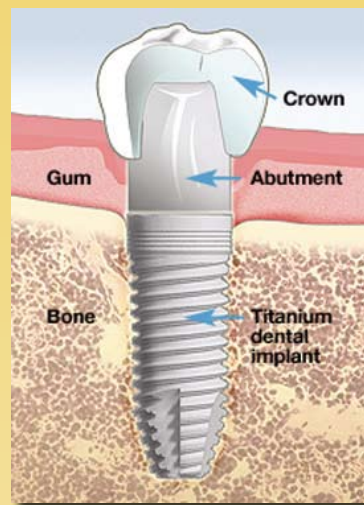


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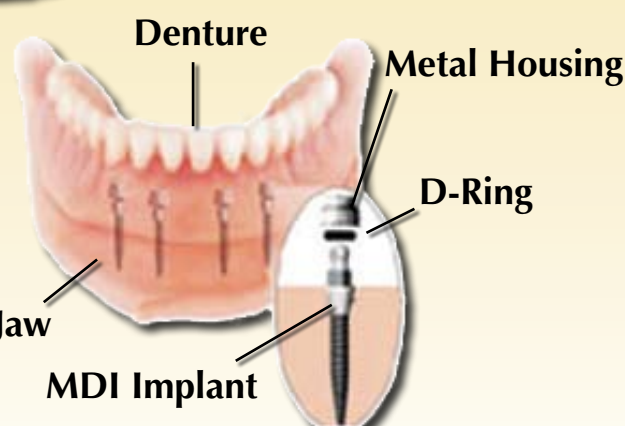
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