

7th Annual Best of Citrus Heights

PLUS: Riley Reviews

Tense, Funny "Carnage" Artful, Unique "The Artist"

Page 6

Citrus Heights lylessenger "Written by the people, for the people"

Volume 2 Issue 2

Serving the City of Citrus Heights and Sacramento County

Second Edition for January 2012

Mentors Needed

for County

Teenagers

SACRAMENTO COUNTY -

January is National Mentoring

Month. It is the time each year

to remember the need for every

child to have a caring adult in his

If you have what it takes to

help young people navigate

life's tough choices, please con-

sider serving as a mentor. The

Sacramento County Office of

Education (SCOE) is seeking

adult mentors to serve as posi-

tive role models as part of the

LINKS Mentoring Program

for high school students at four

This program is unique

because it offers ongoing sup-

port to mentor/protégé matches

by providing staff-facilitated,

structured mentoring sessions

each week. SCOE staff members

attend group mentor sessions to

organize activities and provide

Mentors meet with their proté-

gés for one hour each week. The

group mentoring sessions consist

of group activities, combined

with one-to-one time for mentors

and protégés. Qualifying mentors

may commit to a semester, or

an entire school year. Meetings

and activities center on specific

Community Service/Service

Learning Projects-Interpersonal/

Life Skills-Planning for the

Future-Career Exploration/Job Seeking Skills-Financial Savvy and Money Management-Health

The LINKS Mentoring Program is operated by the

Education's Prevention

Delinquency

Sacramento County Office

and Student Services (PASS)

Department. The program is

made possible through a grant

from the Office of Juvenile

To learn more about the

LINKS Mentoring Program,

contact Cheryl Raney (916) 228-

and

schools in the county.

materials and support.

themes:

and Wellness.

Justice

Prevention.

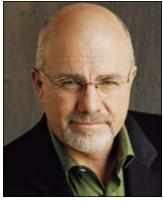
or her life.

\$1,000 Wedding **Gown Giveaway**



Page 4

"Dave Says": Advice from Personal Money **Management Expert**



Page 4

Best of Citrus Heights



Page 9



Scan our QR Code for a direct link to our online edition!

New Laws Motorists Need to Know

SACRAMENTO REGION – As we begin a new year, California motorists should be aware of some of the new laws going into effect this past January 1, 2012. These new traffic laws were passed by the Legislature and signed by the Governor earlier in 2011, and the California Highway Patrol (CHP) is asking the motoring public to familiarize themselves with the changes before they take effect.

"Our hope is by educating the public of these new traffic safety laws in advance, more lives will be saved in the new year," said CHP Commissioner Joe Farrow.

The following are highlights of a few of the significant changes

restraint system cannot be properly installed or the rear seats are already occupied by children under age eight. However, the law still maintains that a child may not ride in the front seat of a vehicle with an active passenger airbag if they are under one year of age, less than 20 pounds, or riding in a rear-facing child safety seat. (SB 929, Evans)



Motorists need to know that many new laws came into effect January 1st in California.

and submit to a sobriety checkpoint. However, peace officers will be prohibited from impounding a vehicle for 30 days out of a sobriety checkpoint if the only offense by the driver is failing to hold a valid driver license. The new law requires that the officer make a reasonable attempt to identify the registered owner in order to release the ehicle. (AB 353, Cedillo)

 Anyone who is convicted of reckless driving under Section 23103.5 of the Vehicle Code can apply for a restricted driver Drivers are required to stop license prior to the completion son from obstructing, blocking,

of their one-year suspension, provided they meet specified conditions, including the installation of an Ignition Interlock Device in their vehicle. (AB 520, Ammiano)

· Vehicles will be prohibited from crossing double parallel solid white lines except where permitted. (AB 1105, Gordon)

 Electric Vehicles (EV) must now be plugged in for refueling when occupying an EVdesignated parking space, otherwise they may be towed. In addition, the law prohibits a per-

or otherwise barring access to an EV-designated parking space. (AB 475, Butler)

· Local governments can now regulate advertising signs on any motor vehicle parked or left standing upon a public street, except for signs painted directly upon or permanently affixed to the vehicle for permanent decoration, identification, or display that do not extend beyond the overall length, width, or height of the vehicle.

Continued on Page 3

Mosquito Spraying Issue May Come Back to Bite

By Leslie Carrara

SACRAMENTO REGION -The Sacramento Yolo Mosquito Vector Control District will not be allowed to fully spray the region due to a court ruling in 2009. The 6th District Court of Appeals ruled that spraying will not be allowed over waterways for pollution purposes.

"There is going to be a challenge," David Brown said. The district manager of the vector control district said there will be "reduced" spraying.

After the ruling the National



Pollutant Discharge Elimination System issued a permit saying that in these two counties, spraying will not be allowed in certain areas.

Luz Maria Rodriguez,

public information officer with the SYMVCD said that the ruling will have "a very serious impact on us doing work." She added that the district will not be able to provide the same level of control, but some control will be possible. She said that they will not be able to treat waterways, including rivers and area creeks and streams.

Citrus Heights City Councilwoman Dr. Jayna Karpinski-Costa, who is Citrus Heights' city representative to the district, said that area residents will need to be on the "offensive" against West Nile Virus carrying mosquitoes by means of dressing appropriately, draining standing water and wearing the chemical deet on exposed body parts.

"These mosquitoes are going to be here and people need to band together," she said. "They are going to have to take care of themselves."

The potentially contaminated mosquito population thrives in the spring and summer. The mosquitoes that have surfaced this winter do not carry the

2201. Sacramento County Grand Jury Seeks Applicants

SACRAMENTO COUNTY-The Sacramento County Grand Jury is currently accepting applications for jurors for the 2012-2013 session. Applications are due no later than February 6, 2012. The upcoming term will run from July 1, 2012 to June 30, 2013.

The Grand Jury is comprised of a diverse panel of 19 citizen volunteers who provide oversight of governmental activities within Sacramento County. During the session, the jury may respond to community complaints and examine county and city governments, schools, and special districts. Objectives of investigations include saving taxpayer dollars, eliminating waste and fraud, and verification of compliance with

For applications or to learn more about the Sacramento County Grand Jury go to www. sacgrandjury.org. For additional information, contact Rebecca Castaneda, Grand Jury Coordinator at (916) 874-7559.

City Council Passes Resolutions, **Appoints Board Members**

By Leslie Carrara

CITRUS HEIGHTS - The Citrus Heights City Council passed four resolutions unanimously on Jan. 12th and appointed council members to serve on county/district boards.

The first resolution passed was to adopt a signage fee for businesses looking to put signs up or change existing signs to just under two thousand dollars. The Planning Commission will individually review all new signage applications with newer limits and restrictions. What this means is that Citrus Heights could potentially allow businesses to put up flashier signs in commercial districts if approved by the Planning Commission.

Next, the council agreed to give Sacramento International Airport 75 sewer credits at \$923

per credit as the airport is seeking a total of 400 credits from neighboring cities to keep sewage costs down. According to Councilmember Jeannie Bruins, the Sacramento Regional County Sanitation District bought back credits from Campbell's and Aerojet and then distributed them to cities they serve within the county. Citrus Heights was allotted 1,046 credits in this process, and the city is now down to 897. As Bruins wrote in an email, the credits are there for "businesses that are new or expanding" within the city to help defray the cost of the sewage lines.

Third, the council voted to participate in a Regional Water Resources Coalition for the

future of water in this area. Finally, the ending of redevelopment funds decided by the

State Supreme Court last month has left the Sayonara Dr. housing development and Auburn Rd. redevelopment in a lurch as there is no money. However, phase one of Auburn Rd. redevelopment will occur as this has already been funded. "It's a money grab from the

state," Mayor Jeff Slowey said at the meeting. The City of Citrus Heights will have to petition a new committee to get the money back, the council discussed. Also discussed at the meet-

ing was the fact that Mesa Verde High School's Business Academy now runs a Safe Credit Union on campus, and Mesa Verde Bike Trail discussions are still going on for Area 2.

As for the council members serving on county/district committees, they are as follows:

Mel Turner, Human Rights/

Fair Housing Commission, Citrus Heights Chamber of Commerce, Sacramento Metropolitan Cable Television Commission.

Jeannie Bruins, Sacramento Area Sewer District, Sacramento Regional County Sanitation Mayor Jeff Slowey,

Sacramento Public Library Authority, Sacramento Transportation Authority, Sacramento Area Council of Governments.

Vice Mayor Steven Miller, Regional Transit.

Dr. Jayna Karpinski-Costa, Sacramento Metropolitan Air Quality Management District, Sacramento Yolo Mosquito Vector Control District

Development Specialist Devon Rodriguez will be serving on the Sacramento County Adult and Aging Commission.

for the upcoming year: A change to California's Child Passenger Safety Seat law will now require children to ride in either a car seat or booster seat until the age of eight, or until they reach a height of 4 feet 9 inches. This law also requires children who do not meet the age or height requirement to ride in the rear seat of a vehicle unless the vehicle has no back seats, the

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City Hall Displays New Artwork

By Leslie Carrara

CITRUS HEIGHTS – The art exhibit at City Hall has changed and a new artist's work will be on display until mid-February.

Sponsored by the History and Arts Commission, these two months feature Cristina Avramovici's artwork. Her art is inspired by different themes and her collections take natural elements and human form to another level. The rough simple form is brought to life by

designs, colors, shapes and prints which new images in a more complex way, according to the City's e-notifier email.

Hailing from Romania, Avramovici has attended art schools and also studied fashion design while living in her birth country. She moved to this area in 2005 along with her mother, and attended American River College to work on units for acceptance into UC Davis. Ultimately, she was accepted at UCD as a transfer student and

minored in Textile and Clothing. She is learning new things every day, and she hopes to become a full artist some day.

Lots'a Fudges

Taffy Galore

🔑 Lots'a Jerky

Licorices/Vines

Kettle Corn, Carmel Corn &

Cheese Corn, 12 Flavors

worked on her bachelor degree

in Landscape Architect and

You can view her art at City Hall, 6237 Fountain Square Dr. in Citrus Heights. Anyone interested in having his or her art viewed can sign up for city e-notifies to see when they are ready for the next artist.

www.cristinaavramovici.com

Area Three Discusses Theft, Plans for Green Day Event

By Leslie Carrara

CITRUS HEIGHTS -Discussions about common sense anti-theft protection and an Earth Day event coming up in Citrus Heights enveloped the small gathering at the Area Three Neighborhood Association meeting Jan. 10th, with Mayor Jeff Slowey in attendance. Area Three's borders are Antelope Rd. and then south on Van Maren to Auburn Blvd. The Residents' Empowerment Association of Citrus Heights is the umbrella board governing the 11 neighborhoods in the city.

Problem Oriented Police Officer Seth Dexter began the discussion noting there were no major crimes in this area in December, with most calls needing an officer to respond to car or home burglaries.

"The prevalent theme is theft," Dexter said. "We are seeing an upswing in it." He went on to explain that in order to prevent being a victim, residents need to take simple precautions, including not leaving valuable items in cars and locking all doors and windows at night.

Dexter also indicated that Citrus Heights is not seeing a rash of door-kick break-ins as Rocklin is experiencing, and that a newspaper article indicating otherwise was incorrect. He also suggested engraving valuable items with an identification number, including catalytic converters, which are high target metal thieve items.

Also in attendance at the meeting were green team representatives from Area 11 introducing a green day fair in honor of Earth Day at Skycrest Earth Day event is the brainchild of Area 11, eco-friendly businesses and public agencies, including SMUD, to give Citrus Heights residents more ways to become "green." This includes environmentally friendly solutions to improve your home's indoor however green team member Bob Pitvorec said they want the event to be city wide. quality, shopping at locally grown produce stores and growing your own vegetable garden and sustainable living practices

Area 11 green team member Sue Frost also offered to the gathering of people that local elementary schools are competing for developing the Earth Day logo.

Elementary School on Sat., April 21st from 10 a.m. to 2 p.m. The Booths will be set up, with air

that can save money.

Online coupon at www.CitrusHeightsMessenger.com Red White & Blue Parade Committee **Kick-off Meeting** Would you like to be a part of the planning committee for the 2012 Citrus Heights Red, White & Blue Parade? It is scheduled for June 23, 2012. Please contact Michele Saario at (916) 727-5402 or email to msaario@citrusheights.net 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.

Toys Gifts

Soda Pop'n

Chocolates By Barbara B.

Glass Bottles



City Hall Gets Water Damage Present for Christmas

By Leslie Carrara

CITRUS HEIGHTS Employees returning to City Hall after Christmas came back to quite a surprise - water damage and a little flooding stemming from a hose separating from a faucet in the janitor's closet.

minor, the elevator needed some repairing because of the leak. City Hall consists of three floors, including a basement. The source of the leak was in the janitor's closet on the first floor. Most of the very minor flooding occurred in the basement. No one works down there Although damage was very so people were able to work

on the first and second floors. Total cost to repair the damaged elevator and other areas is not determined as of yet, however, it is covered by insurance.

Source: Ronda Rivera Human Resources, City Information Director and Risk Manager for Citrus Heights.

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Arrest for Residential Robbery

Source: Citrus Heights Police Department

CITRUS HEIGHTS - On January 10, 2012, 2011 hours, at 6000 Block Dewey Drive Residents heard some sort of commotion outside their home. One female resident opened her front door to investigate and was confronted by a subject, identified as a 38 year old parolee, Charvelle (aka: Charvone) Clark, who immediately pointed a handgun at her. Clark ordered the female resident, along with two children and one elderly woman, to lie on the floor. Clark then demanded and took items from the residence and fled.



Charvelle (aka: Charvone) Clark

Nearby residents called Citrus Heights Police (CHPD) for help. The residents were not injured. Within seconds upon

was arrested and subsequently booked for residential robbery and parole violation. **CHPD Investigations Division** is continuing the investigation.

receiving the call, CHPD offi-

cers and Citrus Heights Police

K9 arrived and began search-

ing for Clark. Upon hearing

the call, Sacramento Sheriff's

(SSD) helicopter also arrived to

assist. Utilizing their infrared

camera (FLIR), the helicopter

pilots located a possible loca-

tion, Clark could be concealing

himself. CHPD Officers con-

verged to the area where Citrus

Heights Police K9 found and

apprehended Clark hiding. Clark

Homedown Hero

Air Force Airman 1st Class Brandon D. Hotopp has deployed to Iraq to serve in support of Operation New Dawn, the formerly named Operation Iraqi Freedom. This transition signifies a formal end to U.S. military combat operations in Iraq.

Operation New Dawn shifts the U.S. emphasis from predominantly military to predominately civilian as the U.S. officials assist Iraqis in accordance with the Strategic Framework Agreement.

The three primary missions of U.S. Forces include advising, assisting, and training the Iraqi Security Forces; conducting partnered counterterrorism operations; and providing support to provincial reconstruction teams and civilian partners as they help build Iraq's civil capacity.

Hotopp, a pavement and construction equipment operator with one year of military service, is assigned to Misawa Air Base, Japan.

He is the son of Barbara Hotopp of Kalamazoo Drive, Citrus Heights, Calif., and Doug Hotopp of Peakview Place, Centennial, Colo.

The airman first class graduated in 2009 from Del Campo High School,



Be sure to Include a Designated Driver

CITRUS HEIGHTS - The Citrus Heights Police Department would like to congratulate the San Francisco 49ers for representing all of Northern California in the 2011 NFL Playoffs. While we encourage everyone to have fun cheering the 49ers on to victory, we implore you to do so in a safe and responsible way. This is why the California Office of Traffic Safety (OTS) and the U.S. Department of Transportation's National Highway Traffic Safety Administration (NHTSA) is teaming with the National Football League (NFL) and Techniques for Effective Alcohol Management (TEAM) Coalition to help endorse the very important safety message of not drinking and driving to all NFL fans.

If you are preparing to consume alcohol while you watch the 49ers play, we suggest that you do it sensibly, by handing over your keys to a designated driver. Just like the 49ers will try to execute their game plan to win the game, anyone drinking during the games should carry out a designated driver plan to make

sure they get home safe.

Drafting a designated driver this weekend will be the correct play call for a sure win.

In 2010, over 10,000 people were killed in motor vehicle traffic crashes that involved at least one driver or motorcycle rider with a blood alcohol concentration (BAC) of .08 or higher (.08 grams per deciliter or higher). In California, 791 were killed because some failed to designate a sober driver.

We are also asking all party hosts to use a prevent defense to discourage their guests from drinking and driving. And make that extra effort to be sure everyone who will be drinking has assigned a sober designated driver. "Designated drivers are the real play makers for the team, because they make sure that their teammates get home safe," said Chris Murphy, Director of the Office of Traffic Safety. "We want everyone to make the right decision for this weekend and remember real NFL Fans Don't Let Fans Drive Drunk."

The Fans Don't Let Fans Drive 727-5500

Drunk message supports the league-wide designated-driver campaign called Responsibility Has Its Rewards. Celebrating its ninth season in 2011, the campaign encourages fans to participate in designated-driver programs supported by beer and concessionaire companies at

every NFL stadium nationwide. Throughout the season, more than 175,000 fans made the responsible decision to be designated drivers. Those fans now have a chance to earn the ultimate reward - a trip to Super Bowl XLVI® in Indianapolis, IN at Lucas Oil Stadium.

Officers with the Citrus Heights Police Department will be out watching for drunk or drug impaired drivers this weekend in its continuing effort to lower deaths and injuries during the playoff run to the Super Bowl. Every motorist is asked to Report Drunk Drivers Call 9-1-1!

More information can be found on NHTSA's Super Bowl XLVI page.

Contact: Officer Bryan Fritsch,

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.

To find out if your home was randomly selected to participate in this pilot, visit smud.org/smartpricing or call 1-855-736-7655.



Powering forward. Together. © SMUD 11/11



New Laws Motorists Need to Know

Continued from Page 1

(AB 1298, Blumenfield)

A law dealing with repeat driving under the influence (DUI) offenders that was passed in 2010 also goes into effect on January 1:

Section 23579 was added to the Vehicle Code, which authorizes courts to revoke a driver's license for 10 years if a person

is convicted of three or more license if the IID requirements DUIs. Under this law enacted in 2010, a motorist may be allowed to apply for reinstatement of his or her driver's license with the Department of Motor Vehicles (DMV) after five years, if the person installs an Ignition Interlock Device (IID) in their vehicle. The law allows the

DMV to terminate this restricted

are not met. (AB 1601,Hill)

The points above are only a synopsis of the new laws listed

here and only a partial list of California's new laws adopted for 2012. For complete information on chaptered bills enacted in 2011, please refer to the

Legislative Counsel website at

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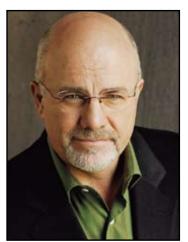
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Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers - The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life's 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

How Much am I Really Liable For?

Dear Dave.

I have old credit card debt that goes back a few years. The account has been sold and re-sold to several collection companies. The limit on the card was \$300, but with late charges and fees I now owe \$1,500. Am I liable for the extra \$1,200?

- Monica

Dear Monica,

You agreed to their terms, which included the right to charge fees and penalties. Legally, they can do this. The honorable thing would be to send the company you contracted with a check for the full amount.

However, that company no longer owns the debt, and they won't get the money. They sold the

Dave Says

debt. The present holder is just he's their son. Even if you make hoping to get something out of it. They buy debt in volume, dirt cheap, and whatever they can collect from any creditor is profit.

The current collection company would probably be thrilled to settle for a lot less than face value. Make them an offer, but start really low. You can probably meet them somewhere in the middle and settle this for around

Do not give them any money until you have in your hand – on paper, in writing – a statement showing the amount for which they will settle, and do not give them electronic access to your bank account, either.

Once you have this in hand, send them a cashier's check or money order, and keep a copy of that payment and the letter for the rest of your natural life!

- Dave

Going Too Far?

Dear Dave.

Your plan has been a real blessing to us. Last week, my mother-in-law told my husband they haven't paid their property taxes yet. Three thousand dollars is due. I love my in-laws, but they're big spenders. They've got plenty of money and love to take lots of trips. We make good money, too, and could help them out, but we're afraid this may be just the tip of the iceberg. What's your advice on handling this? - Kelly

Dear Kelly,

This is a really touchy situation. First of all, you shouldn't do anything. Your husband needs to handle this, because kind, polite suggestions, they'll assume you're the one withholding from them. You don't want to be labeled as the evil daughter-in-

I understand your position and agree that you don't want to enable their bad habits. Giving a drunk a drink is never a good idea. But this is family we're talking about. You should try to find a way to help them if you can. If that help includes money, make certain you know exactly where it goes. When you give someone \$3,000 (the amount needed for the taxes) you earn the right to have a say in what's happening.

Maybe your husband could go have coffee with them and just talk about things. He could explain how you guys are getting out of debt, and living on a budget to get control of your money. He could tell them how it's been a fabulous thing for your marriage and your finances, and that he'd love to show them how you're

I've got a feeling that mom and dad didn't raise their son to have dessert first and then eat his vegetables, but that's exactly what they are doing. They need to pay their property taxes before they go running off on a bunch of fancy trips.

From what you said, they've got the money to take care of what needs to be done and have some fun. But if they don't correct their course, they're liable to have their financial dignity stripped away.

- Dave

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

Five \$1,000 Wedding Dresses up for **Grabs in Wedding Gown Giveaway**



SACRAMENTO - Since Christmas and New Year's are the most popular times for couples to get engaged (followed closely by Valentine's Day), there are now thousands of new brides-to-be hot on the trail of the perfect wedding dress. And with the economy still sputtering along, most couples will likely be looking to trim their wedding costs wherever they can. Luckily for all those newly engaged brides-to-be, Sacramento Perfect Wedding Guide's Great Gown Giveaway offers a chance to win the perfect wedding dress!

Not only is PWG's Great Gown Giveaway unique with its large number of first place prizes (5), but it's also a standout in the sea of wedding contests in that it is a true "creative contest", not a sweepstakes or public voting setup. That's important because it greatly increases one's chance of winning.

"Creative contests are typically entered by a much smaller number of people than a sweepstakes, because there's effort involved", says PWG's publisher, Abby Schneider. "But a little effort can really pay off for that exact reason." Creative contests are rare these days, but were very popular in the 60s and 70s, as Schneider can attest to. Her mother was a contesting fanatic back in the slogan, jingle, and 25-words-or-less heyday. She taught a course on "How to Win Contests", and even appeared on the 70s TV game show "To Tell the Truth" as a contesting expert.

In keeping with the creative style contests of the past, the Great Gown Giveaway rules ask entrants to tell "Why they are the perfect couple" in 100 words or less, and include one photo. To help creative contest newbies get the idea, Schneider offers these suggestions: "Some favored techniques for winning creative contests include writing poems (rhyming, acrostic,

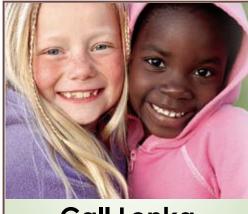
limericks, etc.), using humor, and being artistic. Since this contest requires you to include one image, that opens up a whole world of possibilities. You might write a clever mini one act play, and then take a photo of the two of you as the actors. Or you might design your entry as a scrapbook page and take a photo of that. You might even create an entry that you can also use for your save-the-dates, or to display at your wedding, making your creative time serve double duty!"

A bride's wedding gown is of course a very important choice that only she can make, and she won't have to sacrifice that prerogative if she wins. Prior to submitting their entries, contest entrants can visit the five local participating bridal shops to scope out their favorite Sacramento wedding dresses, and then enter to win a gown of up to \$1000 value at the shop where they know their perfect dress is calling. No worries if it turns out that dress costs more than \$1000 - the prize can be applied towards a higher value dress. The participating Sacramento bridal shops are Sparkle Bridal Couture, Enchanted Bridal Shoppe, Dreamnette Bridal, Bridal Gallery, and A Bride's Dream Come True.

Perfect Wedding Guide is the most comprehensive source for planning Sacramento weddings, with free resources available through their web site (sacramento.pwg.com), magazine (free at local bridal and jewelry stores), and Engaged Wedding Library, their unique wedding planning boutique that offers free use of wedding books and magazines, and a large selection of local vendor portfolios.

For more information on how to enter PWG's Great Gown Giveaway, go to www.EngagedSacramento.com. Entries must be received by March 15, 2012.





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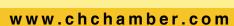
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Jan 19 Elevate YPO: Experience a Healthy 2012 • 5:30 PM - 8:00 PM What's In Your Diet? Join us for a fun evening of health fitness and education

Jan 24 Networking Breakfast 8:00 AM - 9:00 AM

This will be a great opportunity for introduction and conversation in a relaxed atmosphere

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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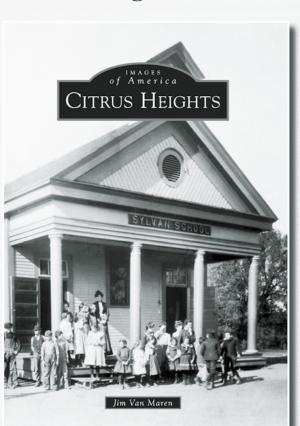


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"Keeping the Faith"

By Ronnie McBrayer

I am sometimes suspicious of how we employ our faith. Don't get me wrong, faith is important to me, and I have given my life to it. But sometimes I treat my faith like it is a medicine cabinet or a pharmaceutical, going to it only when something is wrong, or if I am looking for a quick

My head hurts," so I go to the medicine cabinet looking for a pain reliever. "I have a stomach ache," so I reach in for a spiritual antacid. "I feel so uncertain," so I explore my therapeutic options. "I'm feeling a bit anxious," so I look for something that will serve as divine Prozac.

Certainly I am not the only one who does this – it is a common practice - and I'm not the only one to make this observation. Strangely enough (strange because rarely goes a Christian writer reference this man), it was Karl Marx who popularized this view, and this analogy would be incomplete without referring to his legendary quote.

Marx said, "Religion is the opiate of the people," and it appears he understood the medicinal, tranquilizing effects of religious faith fairly well. Now, before you write that letter to the editor or attempt to get your pound of flesh from this simple columnist, understand that I am

Faith; Far More Than An Opiate

detest anything that smacks of

But that doesn't mean that some of Marx's observations about religion were incorrect, even if his means of modification were suspect. Marx felt that religious faith did very little to actually help people. Rather than drilling down to the source of a person's trouble, he claimed that religion only treated that person's symptoms. It was a barbiturate that had a numbing influence, instead of resulting in empowerment.

Faith in God, according to Marx, keeps the believer trapped in his or her current state, incapacitated, and prevents him or her from experiencing real, personal, substantial change. In short, Marx criticized the false relief that faith can bring – false because nothing ever really changes – and I find it difficult to argue with his conclusion.

The faith that is peddled by many pulpits today is little more than a sedative. It helps people to forget their pain and suffering, helps them sleep at night, and keeps them hanging on for next week's dose of tranquility; but it does very little to move people to a place of growing, spiritual

Thus, we can easily succeed in converting our faith into a firstaid kit, only turning to it when something hurts, and leaving it in the cabinet otherwise. Yes, when life hurts I want relief. Yet, the real power of faith is not its ability to magically stop our pain or to provide a fix to get us

ply doesn't remove our troubles and worries, offering bubblegummed-flavored baby aspirin and cartooned-band-aids.

Rather, faith offers us a new way to live, an opportunity to change our lifestyle. It does more than medicate our booboos or make us happy when we have been made sad. On the contrary, faith has the power to transforms us, to shape and fit us for life, making us whole and

It would do us and Marx well to hear some of the earliest words of Christian faith, written by the Apostle James. He said to some of the first believers, "My friends, what good is it for one of you to say that you have faith if your actions do not prove it? Faith that does not lead to change is a faith that is dead."

It is possible to find great inspiration in our faith; to be comforted, reassured, and soothed, that feeling that, yes, we believe all the right things. Yet, if such beliefs do not have transformative power in our lives, then we do not have faith at all. Instead, we are addicted to a spiritual tranquilizer that blinds us to the reality of our world and the renewal God seeks to produce in our lives.

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.

In life, an "Account at the Bank" can be a Relative Thing

By Rev. James L. Snyder

God does not make grandmothers like He once did. At least not like MY grandmother. Grandmother never trusted such things as banks with her money. Someone once told my grandmother, "If you would put your money in the bank, they would pay you interest."

With a confused look on her face she responded, "I have enough interest in my money, nobody else needs to bother about it." That was that!

After my grandfather died, my wife and I had the opportunity to take grandma out for supper. It was a delightful restaurant and we thought it would be a real treat for her. More than once, I had to keep her from getting up and serving coffee to the rest of the people in the restaurant. After all, she did that at the church suppers. Why not here. "I've got two good legs," she protested.

Then came time to pay the check and the waiter brought the check and laid it in front of me. I immediately took a credit card out of my wallet and laid it on the check.

I could tell grandma had never seen a credit card before.

"Put that away," she said. "I believe that man wants you to pay for our supper. Don't you have any money?"

"I'm paying for our supper with my credit card," I explained.

"Oh, dear," she moaned. "You know I don't believe in cards. Cards are of the devil, and I have never had a deck of cards in my house. I'm a little surprised that you, a minister, would be fooling around with such things of the devil."

She insisted we tip the waiter in "good ole American cash." I am not sure if grandma ever really understood the credit card. She bought nothing on credit and did not accept credit. Everything had to be done in cash. She often quoted the scripture verse that says, "Owe no man any thing .

. ." (Romans 13:8 KJV), which she took quite literally.

As grandma got older, she began to rethink the business of opening a bank account. Without telling anyone, she decided to go to the bank and open an account. She had saved up \$50 for this purpose. Grandma nervously entered the bank and walked up to the man sitting at the desk marked "New Accounts."

"Good morning, Ma'am. I'm Gary Goodman. How can I help you today?"

The man seemed pleasant enough, and grandma thought entrusting him with the delicate job at hand was probably safe.

"I wanna open an account," she mumbled.

"Fine. I'll get you all set up. It won't take but a few minutes." With that, he took out some papers and laid them on his desk in front of grandma.

"Now," he said, "let's begin. What is your name?"

She told him. "O.K. What is your address?"

"What?"

"What is your address?"

"Why do you need to know

"I'm just filling out the form, Ma'am."

The young man a little confused with her hesitancy said, "We can come back to that. What is your date of birth?'

Grandma's face turned a little red. "What do you want to know that for," she gasped?

"I'm just filling out the forms. Can you give me your telephone number?'

That did it for grandma. She got up from her seat and looked him right in the face and said, "Young man, I don't know who you think you are, but I am not interested in your advances. I'm old enough to be your mother. You ought to be ashamed."

Just then the manager of the bank walked by.

"Mary, what are you doing

The manager quickly assessed the situation and told the young man he would take care of this customer and tried to console my grandmother.

"I don't know what's gotten into young folk these days," she

Barely concealing his manager his smile he said, "I'll take care of you, Mary," he assured her. He knew all the information about her and quickly filled in the paper work and walked grandma to the teller for her first denosit

Grandma handed the teller a crumpled \$50 bill. The teller took it and gave her a deposit

"Where's my money?" grandma demanded.

"It's safe in the bank, Ma'am.'

"How do you know my money from everyone else's?"

"The money is all deposited in the bank, and if you need any, all you do is write a check."

She showed grandma how to write out a check. By now grandma was confused and more than a little exasperated. Quickly grandma wrote out a check for \$50 and handed it back to the

"You're withdrawing all your money?" "Yes."

The teller counted out \$50 and handed it to her. Grandma looked at the teller and said, "No. I want MY money." The teller retrieved the crumpled \$50 bill and handed it to grandma.

As she walked out, the teller heard her mumble, "What a crazy way to run business. No wonder banks fail."

There is only one sure account I can bank on. Jesus said, "Lay not up for yourselves treasures upon earth, where moth and rust doth corrupt, and where thieves break through and steal: But lay up for yourselves treasures in heaven, where neither moth nor rust doth corrupt, and where thieves do not break through nor steal:" (Matthew 6:19-20 KJV).

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 jamessnyder2@ att.net. The church web site is www.whatafellowship.com.

Call 773-1111

By Pastor Ray Dare

Life has a way of wearing us down. Unexpected things happen; uncontrollable things and we get stressed. If you're carrying a heavy load and feeling overwhelmed by life's circumstances, I'm sorry. I'm sorry you're in those circumstances, but let me give you some good news, "Come to Me all vou who are weary and carrying heavy burdens and I will give you rest. Take My yoke upon you... you will find rest for your souls for My yoke is easy..." Matthew 11:28-30. You have Someone who cares about you very much. His name is Jesus and He wants to help you through your

circumstances. First, Jesus says, "Come to Me." How do you do that? You get alone by yourself and you just settle down, you read the Bible a little bit, you pray a little, you get quiet and your focus begins to shift. All of a sudden you're thinking less about your

How to Release Your Worries

problem and you're thinking more about His power. You're thinking less about your circumstance and you're thinking more about His control. All of a sudden the stress starts to drain out of your life.

Next, He says, "Take My yoke upon you." The reason you get stressed is you're trying to control everything. You're acting like it all depends on you, "I've got to make it all work". No you don't! This may shock you but the world is not going to fall apart when you give up control. Life will go on. In fact it will be a lot more enjoyable! Let me give you a little dose of reality, a little secret: You never could control it in the first place. Most of the things you think you're trying to control, you never could control.

Jesus says, "My yoke is EASY". Question: Is your yoke easy? If you are feeling overloaded right now, if you're feeling stressed out today, it means one simple thing. You're not properly yoked to Christ. His yoke is not upon you. You may be on your way to heaven but you're on your way stressed out! Any time you get under stress it means this - you have

come to Christ and you have not given up control. You are not properly yoked. Every time you get detached from God, you're going to get stressed out. You're going to be pulling the load by

The truth is you don't have one yoke on your life right now... you've got a dozen! You've got a financial yoke, a health yoke, a business or career yoke, relational yokes. You have all kinds of stresses. The answer is not Tahiti! The answer is Trust! You come to Christ. You give up control. You learn to trust Him.

Let me give you a little dose of reality. You were never really in control anyway. So, you come to Christ, you give up control and you learn to trust. Come to Christ, give up control, and learn to trust. If you have to say that fifty times a day to get it in your mind that is the secret of stress management. Come to Christ and get time alone with God. Give up control and taking on His yoke. Learn to trust - You're God and I'm not, I trust

- Pastor Ray

Got Church News?



By Marlys Norris, **Christian Author**

When we make love the goal of everything we do and say, in the end, things just seem to turn out alright. The purity of love being the sincere motivation for what we do and say, changes the very quality of every action. If we have not love, we gain nothing! The verses about love in the Bible are: "Love is patient, love is kind. It does not envy, it does not boast, it is not proud. Is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, and always perseveres. Love never fails." (I Corinthians 13: 4-8) In one of the other versions

Love Is The Goal

of the Bible it says, "Love does not even know when it is done wrong." Actions and responses to others always reflect one's inner attitudes. We need to keep a good check on all of them, using God's standard of love and forgiveness with our responses. Jesus Christ is our example of true love when He willingly went to the cross and died for all

Because He said, "I, the Lord search the heart and examine the mind, to reward a man according to his conduct, according to what his deeds deserve." (Jeremiah 17:10) We need to welcome the examination and check of the Lord and say, "Test me, O Lord and try me, examine my heart and my mind; for your love is ever before me, and I walk continually in your truth." (Psalm 26:2) So let us pray, Help me to become who you dear God want me to be!

LOVE is not just an empty four letter word spoken kindly without thought. It is an action verb and so much more! The depth of its meaning or lack of it — has a lasting quality that

pierces deep into the heart of its recipient. The word itself does not need to be spoken for another to experience the action! Both love and faith are always followed by positive loving action, not silence. Without any positive action, love, faith and forgiveness are actually absent!

The magnanimous love of God for mankind is seen in the sacrificial shed blood of the Savior of the world, Jesus Christ. Scripture clearly states there is no remission of sins without the shedding of blood. Jesus paid our sin debt. Every Valentine displays a reddened heart showing the love, grace and mercy of God's Son — indicating His death proved His love for you and me. So it is important that what we do and say to others should always express this kind of love, grace, mercy and forgiveness to them?

Marlys Johnsen Norris, Christian Author Marylys5934@sbcglobal.net God Moves Mountains, It was a Miracle! Intimacy Begins Going God's

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Our previous experience suggests that this medicine can reduce injury to the brain if given quickly. Because head injury is a life threatening condition requiring immediate treatment, some subjects will be enrolled without consent until a family member can be located. Every attempt will be made to locate family to review the study.

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Crossword Puzzle on Page 10

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8

YES

5 6 3 8 9 4 5 9 2 8 3 6 1 9 8 5 3 2 6 1 4 3 5 4 9 8 6 2 9 3 6 8 4 5 3 9 8 5 6 4 9 8 5 3 6 5 6 8 Sudoku Puzzle on Page 10

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A Film Review by Tim Riley

The month of January is, for the most part, a dead zone as far as new movies are concerned.

One major studio is releasing "The Devil Inside" without benefit of any advance screenings, likely for fear of bad press.

So now is the time to catch up, if possible, with the independent films, which may be a challenge given the limited release options.

CARNAGE (Rated R)

At the risk of sounding like a cultural snob, I had the pleasure of seeing the original Broadway production of "God of Carnage," in which James Gandolfini (of "The Sopranos" fame) delivered a tour-de-force performance.

The Yasmina Reza play has now been adapted for the screen in "Carnage," directed by Roman Polanski and starring a capable, talented cast different than the one that appeared on stage.

The basic elements of a fourcharacter play remain essentially in place. The story is simply about two couples locked in a showdown after their adolescent sons are involved in a playground squabble that results in one boy being wounded.

The parents of the injured child, Penelope and Michael Longstreet (Jodie Foster and John C. Reilly), invite the parent's of the other child, Nancy and Alan Cowan (Kate Winslet and Christoph Waltz), into their Brooklyn home.

The purpose of the meeting is an attempt by the four adults to settle the dispute, and while the conversation is initially courteous, lingering resentments and strife escalate into full-blown incivility.

Retaining its fundamentally theatrical nature, "Carnage" is so constrained by the setting of the Longstreet apartment that the characters are inevitably drawn into protracted discord.

Riley Reviews

TENSE, FUNNY "CARNAGE;" ARTFUL, **UNIQUE "THE ARTIST"**

Nancy and Alan are seemingly oblivious or indifferent to the moral dilemma posed by the misbehavior of their son. For his part, Alan spends much of his time on his cell phone in crisis management mode for a highpowered client.

Meanwhile, Penelope is overly sensitive and easily agitated by the lack of concern evidenced by the Cowans. At first, Michael strikes a conciliatory tone, but gives in to more savage impulses when libations are enjoyed.

"Carnage" revels in the thin veneer of gracious behavior disintegrating with great haste. Even the spouses turn on each other in sharp, bitter exchanges of hostile recriminations.

Though often dramatic, "Carnage" is caustically funny as the result of the scathing, acerbic wordplay on display in this very talkative film.

THE ARTIST (Rated PG-13) One of the best movies of the past year is the most unlikely candidate for mass appeal. Demand for black-and-white silent films has been on the wane since Herbert Hoover was in office

I must admit to being initially skeptical about the unique throwback to an era before the talkies that is realized with a truly masterful independent film called "The Artist."

Amazingly, the simple technique of a silent film is magically developed by the deft direction of French filmmaker Michel Hazanavicius, whose last name would stump a spelling bee champion.

Jean Dujardin, not a household name even after his "OSS 117" films, is perfect for the prominent role of silent screen star George Valentin, a matinee idol of his time in 1927 Hollywood.

Like many others of that era, Valentin is unable to make the transition when talking pictures become the rage, and studio executives determine he's no longer the right fit.

Near the end of his silent

career, Valentin discovers a great film ingénue and dancer, Peppy Miller (Berenice Bejo), who goes on to great acclaim in the new medium.

While Valentin scrounges for relevance in the changing film world, his life turns to shambles on a personal and professional level.

As his loveless marriage disintegrates, he moves out of his stately mansion and ends up sharing a grungy apartment with his faithful dog, Uggie, who also performed in many of his master's silent films.

Meanwhile, Peppy remains faithful to her mentor Valentin when his career crumbles. Of course, there's a romantic spark between the dashing Valentin and the pretty dancer with the notable beauty mark.

"The Artist" is a work of art, for it captures the feel of an oldfashioned entertainment but with the style, grace and energy of all that modern technology offers.

Save for one surprise, there is no spoken dialogue, but the musical score is so outstanding that the film's soundtrack should garner its own commendation.

I believe the last silent film to receive an Academy Award dates back to 1929. "The Artist" is such a great film that it would be a shame if it is not considered a top-tier candidate for the ultimate award.

DVD RELEASE UPDATE

Fans of the original "Hawaii Five-O" series, starring Jack Lord as the no-nonsense head of the state police unit, now have a chance to complete their DVD collection.

"Hawaii Five-O: The Twelfth and Final Season" DVD is being released. It's amazing to think the show had such longevity.

As good as the new "Hawaii Five-0" series has been, now in its second season, I would not wager that it will last another decade.

On the other hand, the original series holds up surprisingly well, even with the addition of some new characters to McGarrett's special unit.

The series finale features a showdown between McGarrett and his longtime, ultimate nemesis Wo Fat.

Bonus features are lacking, with the exception of a music video tribute labeled "Hawaii Five-0: Crime Wave."

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DON'T GIVE UP

Have you broken your resolution already? You know what I mean, especially the one that said you will go for a new lifestyle 2012? Well, don't despair. Dr. Don Erwin is here. He sees folks like you and me in his NUCCA practice. Remember I told you a couple of years back about this gentle style of adjustment. It stands for National Upper Cervical Chiropractic Association. Dr D works only with the atlas (brain stem) which supports that ten to fourteen pound bowling ball we call our head on a very small tee. When it slips from trauma, stress etc, the entire spine naturally shifts to adjust under the head. That's a no-no. I know. I have herniated discs from a rear end car accident (not my fault by the way) and was tired of docs telling me I needed surgery and the traditional Chiropractors popping and cracking at least twice a month. No offense. They did the best they could.

So I was ready to try just about anything as the headaches and neck pain was getting worse. I heard about this type of Chiropractic, but was very skeptical. After I tripped over my dog and went splat, I figured what did I have to lose? He took X-rays when I got to his office, but they were very different from previous ones I had. Then came the first

with Mary Jane Popp adjustment. I felt a teeny pressure and then he said I could sit up. I told him go ahead. I was ready when, to my amazement, he told me I was done. No way I said, and yet, I felt much better. Guess what. It's been about five years now that I go in about every eight to twelve weeks. No more twice a month and certainly no surgery. No force is needed. **Dr D** saw my exact misalignment and made the very gentle adjustment to my

the body. What a relief. Here's what I found magical. It works for a variety of problems from migranes to sciatica, fibromyalgia, stress, and many injuries...any trauma. You can even throw in relief from depression, fatigue and allergies.

atlas. The bottom line is so goes

the atlas...so goes the spine...and

so goes the pain for many parts of

Now let's get to keeping that body of yours happy. Dr Erwin told me three things to remember...E.N.S.

EXERCISE: Lots of varieties and intensities from yoga to

Pick what works for you based on your own goals and limitations. Always check with you own doc to be sure you are healthy enough to begin a program. Variety is key. Include strength training, flexibility training, and aerobic training. Change your routine periodically to keep it fun. Lots of benefits not only looking better, but reducing cholesterol, weight loss, and even less anxiety, better sleep, and stress reduction.

NUTRITION: Lots of options on this one from high protein and low carbs to lots of carbs and low protein. From fats to veggies to even eating for your blood type. Do what makes sense for you. Do you want to lose weight, gain muscle, or manage diabetes? But experts do agree on a few things like your body needs protein. It's a body building block like meat, beans, dairy, and nuts. Most of your diet should consist of fresh and preferably organic fruits and veggies. These are complex carbs which provide energy and are your primary source of vitamins. Then there are fats. Go for the omega 3 fatty acids to help heart health and overall inflammatory response throughout you body. Sources like fish oil, flax, and chia seeds will do it.

SLEEP: We need a good night's rest. It helps with memory and learning, inflammation in the body is reduced, better athletic enhancement, weight loss, stress and depression reduction to name just a few. Some tips for good sleep include eliminating coffee after 2 PM, a bath or shower before bed, stretching and yoga, and no TV or computer exposure before bed. Don't forget exercise during the day will help you relax and able to sleep.

If you have any questions about some of these tips or if you want to know more about NUCCA, the good doc gave me permission to give you his number to call him personally at (916) 973-0623 to talk about your concerns. We've got enough pains in our lives... especially the two-legged kind, so make a new resolution to make life better in 2012. It's not that complicated. Remember, if at first you don't succeed, try try again! Just do something!

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



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It's Crying Time Again

There's no crying in baseball! But there is in football.

Exhibit A: Vernon Davis of the Forty Niners as he went to the sideline in tears Saturday after catching the winning touchdown pass in San Francisco's 36-32 NFC Divisional Playoff victory over the New Orleans Saints at Candlestick Park.

NOBODY cries better than that! Tears of joy are the best.

The best. Few experts or fans thought the 49ers would be the best team on the field Saturday. The Saints, Super Bowl winners behind prolific quarterback Drew Brees two years ago, were 3 ½ point favorites on the road going in — the only road favorite in the four weekend playoff games. That continued two trends: the lack of respect for the 49ers' way over the last several seasons; and a certain disbelief that they could continue to be successful throughout this season and into the playoffs.

But there are plenty of gamblers, fantasy freaks and prognosticators crying in their beers now.

Their doubts about the team's capabilities, of course, were not unfounded. The Niners had not reached the playoffs since 2002 and will be appearing in their first NFC title game since losing in 1997 to the Green Bay Packers. This year's team is led by a rookie coach, Jim Harbaugh and a much-maligned quarterback, Alex Smith. Questionable credentials, to say the least.

But these are not your runof-the-mill-Mike's (Nolan, Singletary) unimaginative 49ers. For years San Francisco fans have been crying out, complaining about their boring, losing team. Harbaugh and his assembled staff of top-flight coaches have inspired the players to greater success and turned the fans' cries to cheers, resulting in a sea of red at sold out Candlestick Saturday and a true home-field advantage.

In turn, that fan support spurred the 49ers offensive unit down the stretch against the Saints. In a game in which the lead changed hands four times in the closing minutes, they needed all the help they could get. It was said the 49ers were "winning ugly" all year, and this was shaping up as a whoever-has-the-ball-last-wins type game — which should favor the Saints.

After building an early 17-0 lead with the help of Saints turnovers (five in the game), the 49ers eventually trailed, 24-23, with four minutes left. But the reborn QB Smith marched his offense 80 yards on six plays, finishing the drive with his own 28-yard surprise TD run down the left sideline for a 29-24 SF

But, the record-setting Brees matched that with a 66-yard TD pass to Pro Bowl tight end Jimmy Graham to retake the advantage, 32-29, with just 1:37

That's when Smith and Davis teamed up to complete what has been called for each of them, "the game of his life."

Smith and Davis hooked up on a 47-yard pass and run to the Saints' 20-yard line before connecting on the winning play from 14 yards out with nine seconds remaining. Davis finished with seven catches for 180 yards, a record for tight ends in the playoffs, while Smith completed 24 of 42 passes for 299 yards and three touchdowns with no interceptions.

Smith, drafted No. 1 overall in 2005, and Davis, picked No. 6 in 2006, have been seemingly joined at the hip for years. viewed by most as notorious twin underachievers. Throughout unsettling circumstances surrounding the team, the two

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players have consistently supported one another.

"Never doubt Alex Smith again!" shouted 49ers radio man Ted Robinson after the winning score. At the same time Coach Harbaugh was giving the tearful Davis a big hug on the sideline, telling him, "You're a great player!"

The 49ers have been celebrating the 30th anniversary of "The Catch" this season — the Joe Montana-to-Dwight Clark touchdown in the NFC Championship against Dallas on their way to their first Super Bowl victory. Now, with this new catch by Davis, just about everyone wants to put a nametag on it. Davis himself suggested "The Grab."

Considering the circumstances and the two players involved, I have a nomination. How about "The Redemption Reception?" Like it or not, come up with your

Regardless of how that turns out, the 49ers will host the New York Giants, who ousted defending champion Green Bay, in the NFC title game Sunday. A win sends them off to Super Bowl XLVI, Feb.5. Hopefully for the 49ers and their fans the next three weeks will produce plenty of happy tears.



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.

3

ACROSS

1. *"We Are the

9. Clarified butter

14. *"Barbara

16. Times New

Beach Boys

13. Farewell in France

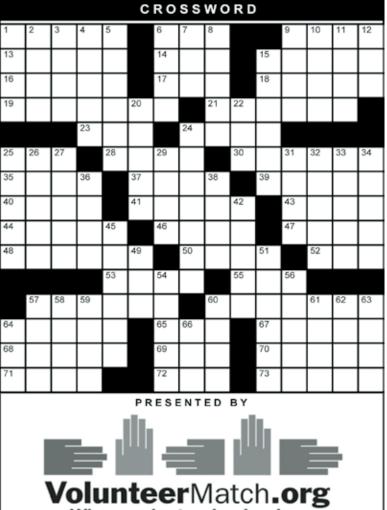
8

1



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For Solution See Page 7

CLUES

1. *"Let's do the time

3. Ice crystals or frost

of these

6. *The Beach Boys' "Don't Worry

17. *Papa's got a brand new one 18. Oil tanker

15. Private university in Des Moines,

6. *Madonna's cone-shaped garment

_," sung by The

19. *A rockabilly original 21. Ran away to marry

23. Open box attached to long pole handle

24. Scratch or scrape 25. Programmer's bane

28. Pocket bread

30. Chew the fat or chat 35. It will

37. Literary "through" 39. Peter in Russian

40. "In

41. *Behind Wilson sisters, this group

rose to prominence in 1970s 43. Japanese soup

44. Treeless plain

46. Affirm

47. A bunch, often followed by "of"

48. Inhabitant of republic on southwestern shores of Arabian

Peninsula 50. *"Heat of the Moment" band

Luis Obispo

53. Similar in quality 55. Some pop-up online

57. *Founding member of legendary

British band Rock and Roll"

64. *Rock and Roll, e.g.

65. Not divisible by two

, formerly Joy 67. *New

Division 68. Sometimes precedes "nonsense"

69. Motion of assent

70. Period from Dec. 24 to Jan. 6, pl.

71. Cook slowly

72. *"Owner of a Lonely Heart" band

73. Farley's side-kick in "Tommy

DOWN

2. Detected by olfactory organ

4. Some keep others on a short one

5. Tire brand

7. DNA transmitter 8. *Aerosmith song with one-word title

9. "Get a !" 10. Exhibiting vigorous good health
11. Added to, commonly followed by

12. Poetic "ever"

15. *Popular R&B style of 1950s and 1960s

20. Archie Bunker's wife

22. French lake 24. Single-file procession

25. *"It's still Rock and Roll" to him

26. Being of service

27. Flash of light 29. Titaness who was mother of Helios,

Selene, and Fos in Greek mythological

31. Jodie Foster's " Island" 32. Laertes and Fortinbras to Hamlet.

33. Like ship away from harbor

34. *Mr. Dynamite

36. Anything half-moon shaped 38. Mine deposits

42. *Chuck Berry went to prison after

45. Medieval siege weapon

_ & Tina Turner

51. Software plug-ins 54. Literary technique

56. Razor sharpener 57. *"I Love Rock 'n' Roll" singer

58. Initial stake

59. What Jack's beanstalk did 60. Made in Vegas

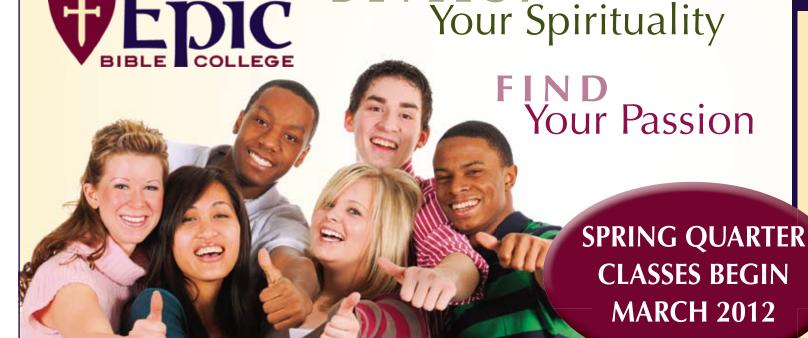
61. It turns on a light bulb?

62. Mix together

63. Gaelic

64. *"Hop on the bus. " 66. John or Jane

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