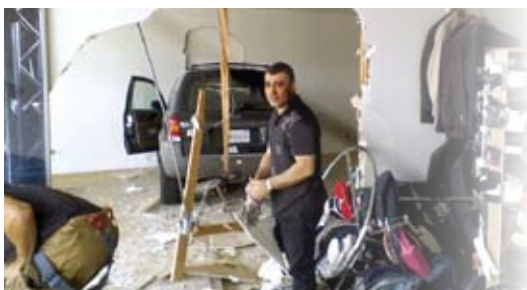




Gardening is a Creative Pastime

Page 3



PLUS: Vehicle Crashes Into Fair Oaks Strip Mall, Damaging Three Units

Page 2

AMERICAN RIVER MESSENGER

Volume 8 • Issue 7

Serving Fair Oaks, Gold River, Rancho Cordova & Sacramento County

First Edition for April 2013

Volunteers Needed for Cordova Creek Week-Cleanup



Page 3

American River GOP Women Present Katy Grimes



Page 5

Films & DVD's for The Entire Family



Page 10



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Survey Says: Jobs Looking Up



Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand was also noted in the Second Quarter for customer service/sales, general office/clerical and manufacturing skills.

SACRAMENTO REGION, CA – (MPG) If 2008 was slamming on the ‘economic’ brakes in Sacramento, 2009 was screeching to a halt. 2010 a virtual dead stop for hiring while 2011 offered a chance to restart the ‘market engines’. As the national recovery gains speed 2012 has finally put the local job market back into gear. Pacific Staffing has discovered that Sacramento’s top employers are putting ‘pedal to the metal’ as they hit the ‘gas’ in hiring in the second quarter of 2013.

Seventy-five percent (75%) of top regional employers polled are hiring, with fifty percent (50%) attributing the employee demand to growth of their workforce. Another fifty percent (50%) will hire for replacements as their motivation for seeking workers in

April, May and June. It was this time last year that hiring for growth surpassed hiring demand for the first time since 2008.

This growing market opportunity is also causing Sacramento area employers to suggest retention of workers is becoming a concern in the next quarter. While keeping workers was a worry, a greater number of employers cited compliance with new State and Federal law, and management of new healthcare rules as their major challenges.

Seasonal demand was also cited by sixteen percent (16%) of companies in the next three months. More hiring has become seasonal in nature as reduction and reorganizations caused by the recession created awareness among Sacramento employers of actual needs.

Twenty-five percent (25%) of regional employers polled directly by phone between February 24 and March 13 say they are not hiring.

Employers report demand is so strong for software and IT system programmers they are recruiting out of the Sacramento market. High employer demand was also noted in the Second Quarter for customer service/sales, general office/clerical, manufacturing/warehouse and accounting/finance skills. Another niche demand hard to fill according to top employers is drivers, both local and over the road while Construction companies seek general office/clerical workers.

The Longer View in 2013

When asked if employers changed their hiring plans for 2013 because of new tax laws

ninety-four percent (94%) said No, while those remaining didn’t know or couldn’t answer. When asked the follow-up question, ‘Will you hire, more, less or take a wait & see attitude in 2013?’ thirty-five percent (35%) say they will hire more with another forty-nine percent (49%) choosing wait & see. Only ten percent (10%) of employers say they will hire fewer in 2013.

Sacramento Regional top companies polled by industry: 45% are Service, 32% are Manufacturers, 17% are Construction and 6% are Retail

How does this Quarter compare to last Quarter, or last year? Find out for yourself.

For more information, employment blogs & market surveys go to www.pacificstaffing.com.

Snow Survey Dramatically Shows Dry Conditions

Snowpack water content
52 percent of normal

SACRAMENTO REGION, CA – (MPG) Snow surveyors recently reported that water content in California’s snowpack is only 52 percent of normal, with the spring melt season already under way. “With most of the wet season behind us, this is more gloomy news for our summer water supply,” said DWR Director Mark Cowin.

After a record dry January and February in much of the state, DWR on decreased its water delivery estimate, or allocation, from 40 to 35 percent of requested amounts from the State Water Project (SWP). The 29 public agencies that purchase SWP water requested just over four million acre-feet of water for this calendar year.

Collectively, the agencies supply more than 25 million Californians and nearly a million acres of irrigated agriculture. Pumping restrictions imposed this winter to protect Delta smelt and salmon are another reason for the low water delivery estimate.

November and December were unusually wet, but between November 1 and February 28, fishery agency restrictions prevented DWR from pumping more than 550,000 acre-feet of water from the Sacramento-San Joaquin Delta to store in San Luis Reservoir. San Luis – a summer supply pool for both the State Water Project and the federal Central Valley Project – is 63 percent full.

“This is the kind of conflict we are working to resolve through the Bay Delta Conservation Plan,” said Cowin.

The Bay Delta Conservation Plan would reduce harm to fish from altered stream flows caused by the south Delta pumps serving the SWP and Central Valley Project. Pumping there at times causes reverse flows which may disorient or entrain fish.

The comprehensive plan’s large-scale habitat restoration would also improve Delta conditions for fish and wildlife.

Continued on Page 2

Eliminating the Deficit, Progressive Style

Commentary by
Dr. R.B.A. Di Muccio
Reprinted by permission

A wise man once told me that when any tax-levying entity operates at a deficit, the possible causes number precisely two. Either it is taxing too little for how much it wants to spend, or it is spending too much for how much it wants to tax. It has either a revenue problem or a spending problem.

The problem for Republicans is that George W. Bush presided over massive increases in spending and the conversion of a budget surplus to a large deficit. According to Office of Management and Budget data, federal revenue in 2000 totaled just under \$2 trillion, while spending was about \$1.8 trillion—a

\$200 billion surplus. By 2008, we had a deficit of \$500 billion because spending had increased 67 percent (to 18 percent of GDP) while revenue increased only 25 percent over Bush’s eight years.

By 2012, Barack Obama’s deficit settled in at about \$1.3 trillion, a 160 percent increase over 2008. OMB estimates for 2012 show that while annual revenue increased about 17 percent since Obama took office, annual spending increased 27 percent (to 24 percent of GDP).

So, is that a revenue problem or a spending problem? Well, if you ask Democrat leaders and pundits, it’s definitely not the spending. Congresswoman Nancy Pelosi doesn’t believe we have a spending problem, nor does Senator Tom Harkin—to provide just two recent examples. As for pundits, count The Daily Kos,

Mother Jones, and Paul Krugman amongst the “spending problem deniers.”

Democrats seem pretty convinced of this. So, here’s an idea: What if we just agreed that we have a revenue problem and tried to erase the deficit with new taxes alone?

What, then, would a \$1.1 trillion (the 85 percent share of the deficit made up by individual income taxes) “revenue” increase look like? We could try to eliminate the deficit “by getting millionaires and billionaires to pay a little bit more.” There are approximately 250,000 households (less than 0.5 percent of all households) in America with annual income over \$1 million. Asking them to eliminate the deficit alone would add \$4.4 million in new annual taxes per household.

Well, it might not be practical to ask tens of thousands of Americans to pay an amount that is quadruple their total income. But if we expand the definition of “millionaires and billionaires” to households with incomes over \$200,000—we now have 4.2 percent of households to work with. If we reduce the incremental burden on millionaires to only \$500,000 per household, the additional per household tax bill on those making more than \$200,000 goes up to, well, just over \$200,000.

Since our tax code is among the most progressive in the world, we could try to share the \$1.1 trillion equally among income brackets. This would add only about \$9,600 in new taxes for every household—including those in the lower two brackets (which together make up 47

percent of all households), whose federal income taxes would go from 0 percent (or even below 0 percent) to at least 20 percent and in most cases much higher.

What’s the point of all of this? The first point is that there is, in fact, no feasible scenario wherein you can eliminate a \$1 trillion-plus deficit with taxes alone. Democrats understand that you can’t confiscate all or most of the income of the wealthy and have no intention of asking the lower 47 percent of households to begin paying federal income tax. And even if you increased the corporate federal tax share from 15 percent of the total to, say, 20 percent (a 33 percent increase), individual households still would have to plug a \$1-trillion deficit with new taxes (instead of \$1.1 trillion).

Continued on Page 9

Vehicle Crashes Into Fair Oaks Strip Mall, Damaging Three Units



SACRAMENTO COUNTY, CA (MPG)– Just after noon on March 25th, Metro Fire units were called out to the Raley’s Center at the corner of Madison and Hazel for a vehicle that had crashed into a building. Once on scene, they found an elderly couple who were parking their vehicle in a front row spot, when something went very wrong. The car quickly accelerated through the glass front of one shop, crashed through the wall of a vacant unit, and continued into a third unit. After causing significant damage to all three, the vehicle came to rest with its front end inside Rims Deli.



Amazingly, nobody was seriously injured in the accident. Metro Fire crews treated the driver and passenger, who received minor injuries only. Customers and employees inside the two open businesses had heard the car crash through the walls, but nobody was in its direct path. A dining table in the deli, unoccupied at the time, had been resting against the wall exactly where the car broke

through. CHP officers were on scene investigating the accident. Metro Fire crews evaluated the damage and determined the building to be structurally sound. Understanding the need for business continuity, crews worked with the board-up company to quickly strengthen the walls and cover the holes, while helping clean up debris. The Deli was able to continue serving customers without any down time. The glass front of the Tailor was replaced with a temporary front that included a swinging door. By working together to help our community, neither business had to close its doors.

Fair Oaks Cemetery District and the Memorial Day Ceremony Announced

FAIR OAKS/CARMICHAEL, CA – (MPG) The Fair Oaks Cemetery District and the Memorial Day Ceremony Committee are finalizing plans for one of the most popular and inspiring Memorial Day ceremonies in the area. The Fifteenth Annual Memorial Day and Avenue of Flags Ceremony will be held Saturday, May 25, at the Fair Oaks Cemetery, located at 7780 Olive Street, Fair Oaks. The formal ceremonies start at 10 AM.

This year’s theme is to honor “Our National Cemeteries”, with the Emphasis on Hawaii’s Punch Bowl. The Punch Bowl is a cemetery located in Honolulu,

Hawaii that serves as a memorial to those men and women who served in the U.S. Armed Forces. Dedicated on Sept 2, 1949, approximately 53,000 WWI, WWII, Korea, Vietnam veterans and their dependents have been interred. It is administered by the National Cemetery Administration of the U.S. Department of the Veteran Affairs and is listed on the National Register of Historic Places. Chairman of the Fair Oaks Cemetery District Memorial Day Committee, Tom Askins will be the Master of Ceremonies. The musical program will be

provided by the American Veterans Band, conducted by Warren “Bud” Turner. The Fair Oaks Cemetery will be also decorated with hundreds of flags lining its roadways as “The Avenue of Flags.” We will also be adding more names to the Veterans Memorial Wall. The Honored Main speaker will be Allen Hearl, Retired Navy Chaplain. A formal Color Guard and Rifle Salute Team will provide military honors and assist with the laying of the wreath at the memorial in honor of over seventeen hundred veterans who are buried in the cemetery.

Free Home Beautification Assistance

RANCHO CORDOVA, CA – (MPG) Because of health issues, do you or does your neighbor need help with cleaning up your yard? Or does your fence need some repairs and you’re financially unable to take care of it. You could be eligible for assistance from the Rancho Cordova Pride Project – and it’s a free service. Cordova Pride Project is a program sponsored by VINS (Volunteers in Neighborhood Services) in partnership with the City of Rancho Cordova that benefits residents who are in need and live in owner-occupied, single family dwellings. Each project is a one-time home beautification

undertaking. “Our projects have included weeding, mowing, fence repair, garbage cleanup, and other general beautification,” said Angel Ball, a member of VINS. “By helping our neighbors, together, we make Rancho Cordova a place to be even more proud to call home.” Recent beneficiaries have included an 81-year-old cancer victim, a resident who had had multiple surgeries, and a disabled gentleman who was going through financial hardship. “The service is one-time benefit but we feel that once the work is done and under control, it is easier

to maintain,” explained Ball. She continued that the goal is to improve the community, one home at a time by helping to build a stronger sense of community through fostering teamwork and civic pride. Projects are selected by VINS members. Residents can apply themselves or be recommended by a friend, neighbor, civic organization, and churches. Application information can be obtained by contacting the City of Rancho Cordova at (916) 851-8700 or on-line at www.cityofranchocordova.org. Source: City of Rancho Cordova

Snow Survey Dramatically Shows Dry Conditions

Continued from Page 1

The November and December storms built California’s snowpack water content to 134 percent of normal by January 2, when DWR and cooperating agencies conducted this season’s first manual survey. Manual surveys and electronic readings have recorded the water content decline since dry weather set in. Statewide, the season’s second manual survey on January 29 found the snowpack water content at 93 percent of normal for the date. On February 28, the season’s third manual survey found the snowpack water content at 66 percent of average. The recent survey – finding snowpack water content at only 52 percent of normal -- is

particularly significant because this is the time of year the snowpack normally is at its peak before slowly melting with warming weather. The season’s final survey on or about the first of May will check the rate at which the snowpack is melting. Snow normally provides about a third of the water for California’s homes and farms as it melts into streams, reservoirs and aquifers. Electronic readings indicate that water content in the northern mountains is 55 percent of normal for the date, and 55 percent of the April 1 seasonal average. Electronic readings for the central Sierra show 57 percent of normal water content for the date and 57 percent of the April 1 average.

The numbers for the southern Sierra are 40 percent of average for the date and 40 percent of the April 1, full-season average. DWR and cooperating agencies conduct manual snow surveys around the first of the month from January through May. Recent conditions, including the State Water Project allocation, could change with April storms. The final SWP allocation for calendar year 2012 was 65 percent of requested deliveries. The initial delivery estimate for calendar year 2011 was only 25 percent of requested SWP water. However, as winter took hold, a near record snowpack and heavy rains resulted in deliveries of 80 percent of requests in 2011. Source: DWR

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Volunteers Needed for Rancho Cordova Creek Week Clean-Up



2012 Creek Week clean-up at the Howe Avenue Park. Photo courtesy of the Sacramento Area Creeks Council.

RANCHO CORDOVA, CA – (MPG) The City of Rancho Cordova needs volunteers to participate in a clean-up of four creeks in the community on Saturday, April 13th from 9 a.m. to noon.

This effort is part of the Sacramento Area Creeks Council’s 23rd Annual Creek Week from April 5th to 13th. The week-long celebration of local creeks and rivers is designed to educate the community on ways

to keep our waterways healthy. “The City of Rancho Cordova is proud to partner with the Sacramento Area Creeks Council to support this year’s Creek Week,” said Rancho Cordova Mayor Linda Budge. “Rancho Cordova residents can, once again, get involved in this project that helps to protect our environment and enhance our City’s urban waterways.”

On April 13, volunteers will visit four creek locations in Rancho Cordova to clean up trash and debris: Horn Road, Stone Creek Park – Morrison Creek, Bear Hollow Reservoir and Stone Creek Community Bike Trail, and Dawes Street – Dawes Canal. A party will be held at Carmichael Park following the clean-up to celebrate the volunteers and results of the effort.

“We encourage the Rancho Cordova community to participate in this year’s Creek Week clean-up,” said City Volunteer Coordinator Lorianne Ulm. “This is a great opportunity for people of all ages to spend time outdoors and make a difference in our community.”

Volunteers can register for the location of their choice at www.creekweek.net/portal/vsouthsac.html. For more information, contact the Sacramento Area Creeks Council at (916) 454-4544 or saccreeks@gmail.com.

Source: City of Rancho Cordova



Gardening is a creative pastime that is open to almost all of us. I especially enjoy the opportunity to make each season in my garden different. Much of this is done when I am choosing the plant palette. It’s easy to go into the nursery and pick out plants that look good when you are planting designing. When you do that it shouldn’t be a surprise when it looks good the same time each year. Because most people get active in the spring a lot of gardens are best in the spring. You need to resist the temptation!

In the Sacramento region, we can have an interesting, unique and colorful garden all four seasons. In the spring we have Azaleas, Camellias, Dogwoods, Japanese Maples, deciduous flowering shrubs and trees, but what about the rest of the year.

I have made a list of my favorites choices to extend the color seasons beyond the Spring on my website TheGardenTutors.com. Check it out at <http://thegardentutors.com/misc/seasonalcolor.html> or go to TheGardenTutors.com, “ misc.” tab and

“Plants for year round color.”

Another idea for making your garden change with the seasons is to use container gardening. If you use containers large enough to show in the landscape, you have limitless possibilities.

Annuals that are replanted twice a year give the opportunity to color your garden 12 months a year. Not much work and inexpensive, after the investment in the pot.

A mixed pot with grasses, carex, perennials combined with a few annuals that need to be replaced seasonally gives you opportunity to expose your inner artist. Most of the time this kind of planting lasts two to three years until it needs to be redone.

Plants like Citrus, landscape Roses, Camellias, Sasanquas also make great pot subjects. In some cases you can add annuals or small perennials underneath the main plant.

I have a 20 minute video that focuses on pots in the garden at our website at TheGardenTutors.com. Check at “Misc” tab ,” Simply Fun video”. Changing the subject to fertilizing.

Generally I fertilize anything

that hasn’t reached a size that allows it to function in the landscape. Screens that don’t screen yet. Trees that are just twigs. Shrubs that don’t hold their space in the garden.

I also fertilize plants that need to grow to do what you intend them to do: Roses that need to grow to bloom, Citrus plants that need fertilizer for sweet fruit, deciduous fruit trees that need to grow to bloom or Camellias and Azaleas that need to grow to bloom.

I seldom fertilize that Indian Hawthorn that is out-growing its spot, a Photinea that is already too big, or a trees that are big enough.

Fertilize only the plants that need it. Reduce over fertilizing. Over fertilizing contaminates the ground water and eventually the rivers.

My next article will be talking about watering.

Happy gardening,
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TAX HELP

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By Pastor Ray Dare

How To Lower Your Stress Level

it all done. Next arrogance: you think, “If it’s going to be it’s up to me!” “I’ve got to get it done!” You try to control everything. A lot of your stress comes from your own pride, thinking you can do more, have more and control more.

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

Another stress reducer is found in Proverbs 20:24, “*Since the Lord is directing our steps, why try to understand everything that happens along the way.*” Stop demanding explanations for everything. God doesn’t owe us explanations. If He tried to explain it all to you, you couldn’t understand it anyway. So why don’t you just trust Him? He loves you and wants the best for you life. If you want to de-stress your life, give up control and stop demanding explanations!

Maybe you’ve been feeling overwhelmed lately. You’re frustrated and nothing seems to be going your way. Maybe you feel really tired and feel lousy and you don’t even like getting up in the morning. What you need is a spiritual refocus. A new perspective, a spiritual renewal or maybe even a new birth spiritually. When you place Jesus Christ in the center of your life and you put Him in control, it’s like the center of a gyroscope. He brings everything into balance, when He is at the center. It’s like the hub of a wheel. Everything else comes out in proportional balance. Jesus Christ says, “I want to be the center of your life.”

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

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What Should I Do If I am Missing My W-2?

If you are missing your w-2 you could call the IRS and inform them that you are missing your w-2. Before calling them make sure you contact your employer. If they don’t respond then make the call to the IRS. Have your information available such as your Social Security number to verify your identity. They may ask you about your previous filing status. Even if you don’t know it that would not stop the conversation. At least you should provide them with Social Security, your address and possibly your birth date.

Can I Use Pay Stub Information If I don’t Have MY W-2?

If you are about to file and you still don’t have your w-2 you may file a substitute for w-2 form 4852. Basically you will be filling out the information that is normally on the w-2 which is your gross wages and your tax withholdings. The IRS

may be able to give you the information possibly after mid-February. But let us assume that they don’t have this information recorded yet because sometimes they don’t have it until May of each year, then you can to the best of your knowledge estimate your YTD income and your withholdings. Your last pay stub may have this cumulative information.

File Substitute for W-2

File the tax return with this information on form 4852 which is the substitute for the w-2. Suppose that you discovered that your information is substantially inaccurate. You may then file an amended tax return form 1040 X. Amended returns are a nuisance. I would suggest that if the information that you submitted originally needs just a minor correction that you don’t worry about it. Just when you receive an IRS notice telling you that

your information is not correct agree to whatever information they have if theirs is accurate. Thus you can save the expensive amended return fees.

File an Extension of Time

Alternatively you can file an extension of time on April 15 until the IRS has the accurate information available to you. Make sure to send the IRS any payments that you may know that you are going to owe. Extension of filing is not an extension of payments. You have six months from April 15 to meet the final filing deadline of October 15 for the year.

Summary: If you cannot get your w-2 you can file a substitute for w-2 form 4852.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.



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American River GOP Women Present Katy Grimes

SACRAMENTO REGION, CA-(MPG) At its Saturday, April 13, 2013 luncheon lecture, the American River Republican Women Federated (ARRWF) will present Katy Grimes, long time political analyst, investigative reporter and writer for CalWatchdog. Grimes covers California's state Capitol and politics.

Grimes reports on events inside the Capitol that are not usually found in mainstream reporting.

Elected to the Board of Directors for the Sacramento Press Club Grimes served for only one year resigning because of blatant media bias and refusal by the club to cover Republican politicians.

Grimes is published regularly in the Orange County Register,



Katy Grimes,
long time political analyst
the Flash Report, Cal News, California Political News and Views, Fox and Hounds, and Watchdog.org.
A regular talk show guest,

Grimes has also filled in as a talk radio host.
A California native, Grimes is married and is the mother of a Naval academy graduate, now an Ensign in the U.S. Navy.
The ARRWF luncheon meeting, which starts at 12:00 noon, is at the Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630. Sign in at 11:30 a.m. For lunch reservations, call 916-261-7101 or email president@americanriverrrwf.org no later than 1:00 p.m. on Thursday, April 11, 2013. Additional information on membership and club activities is available at www.americanriverrrwf.org. Guests are encouraged to attend the luncheon and join other like-minded Republican women.

Student Participants Sought for 38th Annual California Federated Republican Women Advocacy Workshop

SACRAMENTO REGION, CA-(MPG) The Sacramento Republican Women Federated (SRWF) is seeking applications from high school students interested in attending their annual advocacy workshop on April 9th held at the Sheraton Grand Hotel, 1230 J Street in Sacramento.
This non-partisan advocacy workshop encourages students to visit the Capitol after the workshop and to schedule appointments with their Assembly and

Senate members so they can ask questions regarding current bills or other concerns they may have. Student registration, morning refreshments, and lunch are paid from personal donations collected from the SRWF members.
Students will be responsible for their own transportation to and from the Sheraton Grand Hotel. More information and a copy of the agenda will be forwarded to the student or teacher once students have filled out the

registration and parent consent forms. For more information on how to participate please contact Karen Klinger at 916-712-8889.
Sacramento Republican Women Federated is the largest Republican Women's group in the Sacramento area. Chartered as a National Federation of Republican Women Club in 1932, we educate women in Republican principles, increase the effectiveness of women in the political cause and are leaders in our community.

Work to Begin to Improve Roadway Medians

ORANGEVALE, CA – (MPG) It is with great pleasure that I announce two significant County investments coming to the community of Orangevale this year. One will be in partnership with the City of Folsom, and the other will be conducted by the County Department of Transportation. Both represent a significant investment from the County, both in terms of funding and the County's continued improvement in responding to the unique needs and requests of the communities we serve.

In just a few weeks, work will begin to install significant landscaping improvements to the roadway medians along Madison Avenue and Main Avenue in Orangevale and Greenback Lane to American River Canyon Drive in Folsom. These medians have been eyesores for years, consisting of few trees and mostly asphalt. The new project will fully landscape these medians, including irrigation, and will deliver much improved visual appearances to the entrances of both Orangevale and Folsom.

While the City of Folsom is taking the lead on this project, since much of the work is in the city, thanks in large part to feedback from the Orangevale Community Planning Advisory Council (CPAC) the County will be providing additional funding to the City's contractor to continue



Roberta MacGlashan
the landscaping project all the way from the city limits to Main Avenue in Orangevale. I can't thank the CPAC enough for pressing the County on this important issue, as it made clear the community's support for the County stepping up to fund the Orangevale portion of this worthwhile project.
Additionally, the County will be moving forward with a significant sidewalk continuity project on Greenback Lane this fall. While locations have yet to be specifically designated, we are working to implement sidewalk continuity priorities identified by the Greenback Lane OrangeVale Envisions (GLOVE) committee.
GLOVE is a community-driven effort of Orangevale business owners, property owners, and residents. They have come together as a group to identify community needs and priorities, which they have communicated to the County with a broad "Vision" document. As Orangevale's

County Supervisor, I am working diligently to identify opportunities to implement various components of this vision, and sidewalk continuity is a key priority identified by GLOVE.
Funding for the projects, totaling over \$200,000 in County investment, comes from the interest earned on Tobacco Litigation Settlement bonds and County road funds. The fund are scheduled to be allocated to these projects at the Board of Supervisors meeting on March 26, 2013. Assuming all goes as scheduled, the median project work will begin in mid-April, while sidewalk work will be constructed in the fall.
As mentioned previously, specific locations for sidewalk installation have yet to be finalized. As soon as that information becomes available my office will make the locations public. In the meantime, should you have any questions or feedback you may email me directly at macglashanr@saccounty.net or call my office at (916)874-5491 where my staff is ready to assist you. You may also attend my monthly Community Cabinet Meeting, which is held the first Friday of every month at 7:30am at Annie's Breakfasts and Steaks on Greenback Lane. Fittingly, my April guest speaker will be County Director of Transportation Mike Penrose. I hope to see you there.

Singles Night in Hollywood Dance

SACRAMENTO REGION, CA – (MPG) Christian Singles Network, northern California's largest and oldest Christian singles group, will host a Night in Hollywood Dance for Single adults at Carmichael Presbyterian Church, 5645 Marconi Ave. March 16. All ages are welcome to attend. For more information call 530-878-8606. Dress as a movie or tv star, a famous musician or come as the star you are - like you are attending the Academy Awards. The dance begins when doors open early at 6 p.m. featuring a buffet dinner for only \$3 extra. Richard Kowaleski teaches dance lessons 7:10-8:PM, in the Night Club 2 Step, and DJ dance music of all types will be played from 8-11:30 by DJ Dale from Allstar Entertainment.. The music, both recent and oldies, is a mix of rock and roll, ballroom, Latin, country and Christian music at all dances. Approximately 150-170 people attend.
The ticket price of \$15 pre-sale or \$20 at the door includes hors d'oeuvres and dessert, non-alcohol beverages and the dance lesson. An additional \$3

will purchase a buffet dinner from 6:30-7 or when the food runs out. Plan to get there early to catch the dinner. Volunteers attend free. Pre-sale dance tickets are available on line at www.christiansinglesnet.com, or at Berean Bookstore in Sacramento, or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722.
Professional photographer Dan Cobb will be available to take photos for only \$5 each including a digital copy by email. Dress is casual attire. Members of other singles groups such as Elife and Meetup also plan to attend.
The group has sponsored retreats, cruises, seminars, concerts and weekly dinners and monthly dances the past 20 years. Membership is not necessary to attend, although members get a \$5 discount at the door. All ages and all denominations are welcome. CSN dances draw singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area.
CSN is planning a second dance in April on Saturday,

April 27 - the South of the Border Dance. To receive more information about activities, or directions call the 530-878-8606. or the dance 24 hour event line at 916-658-0606. The website, www.christiansinglesnet.com, includes directions to the dance as well as information about upcoming event.

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TIPS FOR TURKEY

Many turkey hunters come home without a gobbler because of silly little mistakes like waiting until the bird was in full view before raising their gun. When the bird is approaching, get your gun up and poised long before you can see the gobbler and never sit where a tree or brush in front of you is so close that it obstructs the swing of your gun.

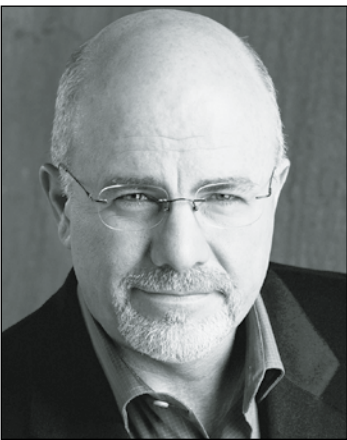
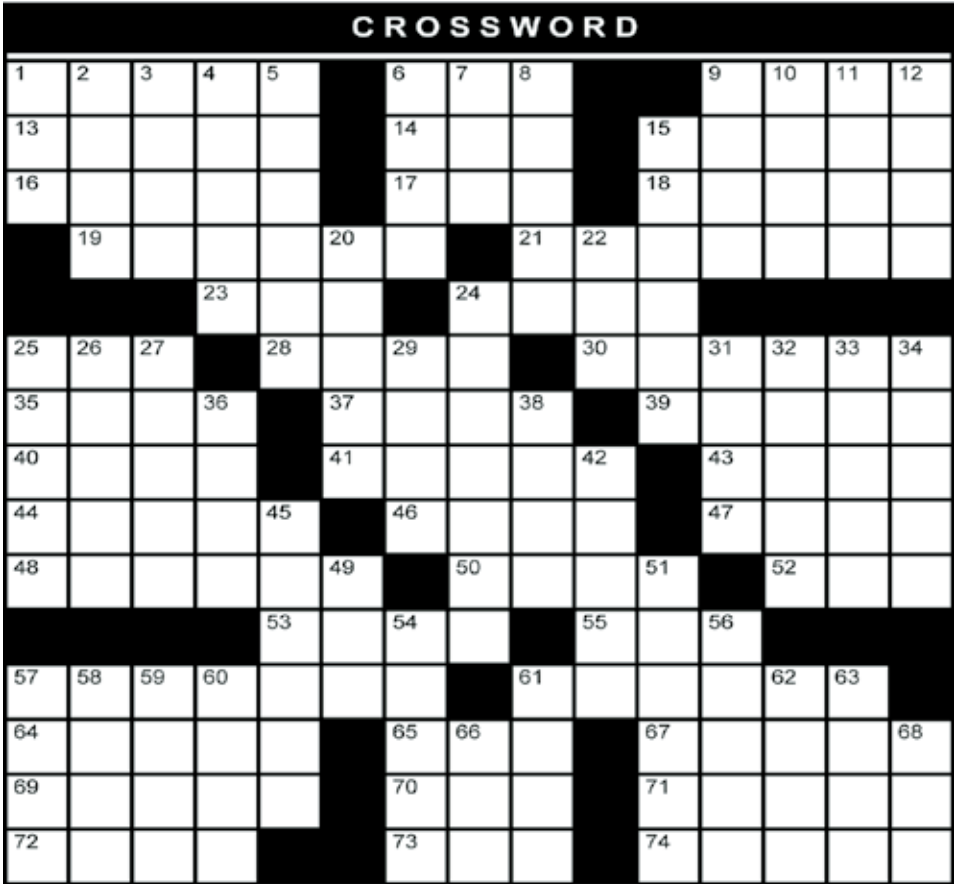
Before making a call trying to locate a bird, find a place nearby where you can plop down quickly. Many gobblers survive because they were close when the call was made and the hunter couldn't get into a good setup position soon enough.

Getting impatient and deciding to move to a different spot has probably spooked more gobblers that were slowly coming in than anything. Staying longer is better than leaving too soon, so learn to be patient.

Larry Whiteley is Host of the award-winning Outdoor World Radio

For more tips, log onto basspro.com and click on News & Tips

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A Model Opportunity

Dear Dave,
My daughter is 14, and she was recently offered a steady weekend modeling job. Do you have any advice on how to handle the money she earns?

- Cynthia

Dear Cynthia,
In terms of investing some of the money she'll make, a Roth IRA would be pretty cool. You would have to oversee it, of course, and you'd have to file a tax return, but starting something like this when she's 14 would help set her up for some serious money later.

I think the biggest thing, however, is to make sure you create lots of teachable moments for this young lady. There are three areas every child should learn about when it comes to finances: spending, saving and giving. If she's working and earning money, she should be able to spend a little and enjoy the fruits of her labors—within reason, of course.

Saving for the short term might include putting money aside for a car or even college. Long-term goals would include the Roth IRA, so she would have a head start on being able to retire with some dignity one day. Then you should always make sure to give some. Whether it's

Dave Says

tithing to your church or finding other good causes, giving helps others and it's good for the giver. When we give, it helps us realize that we're not the center of the universe. It also makes us a little more Christlike.

This is a phenomenal opportunity for your daughter. It's also a great chance for you, as a parent, to involve her in the process and teach her important lessons that will last a lifetime!

- Dave

Trusting in the Family

Dear Dave,
When should a couple think about creating a family trust?

- Angie

Dear Angie
A family trust can take different shapes. Couples with young kids sometimes consider creating a trust in the event that they both die unexpectedly. In these situations, a family trust would be managed for the care of minor children.
Some people also create trusts for the purpose of avoiding estate taxes. These trusts aren't as common, because you don't have to worry about estate tax problems

unless you have assets in excess of \$5 million, based on current law.

But to be honest, Angie, I can't think of a situation where you'd want to create a family trust to manage money while you're alive. Unless, of course, it contains some kind of estate planning implications.

- Dave

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Come
back
every
week for
Sudoku!

For
Solution
See
Page 7.

CLUES

- ACROSS

1. Indian instrument in "Norwegian Wood"

6. Lab eggs

9. "I want my baby ____"

13. "Mack the ____"

14. Type of test for women

15. Bridal veil fabric

16. Of sour taste

17. Pitcher's stat

18. Bone-chilling

19. "I'm the wonderer, yeah, the wonderer, I roam ____"

21. "Lean on me... I'll help you ____"

23. Hit the slopes

24. "I read the ____ today oh boy"

25. It makes a guitar louder

28. Small ornamental case

30. "Hey, I just met you... but here's my ____"

35. Like beef with little fat

37. Aphrodite's son

39. Artillery burst

40. Doing nothing

41. Puzzle combining pictures and letters
43. Hula feast

44. Opinions from Barbara, Elisabeth and Joy

46. "____ no mountain high enough"

47. Danson and Seth MacFarlane's stuffed animal

48. Like a smell or taste of soil

50. "Now you're just somebody that I ____ to know"

52. "I ____ the bad moon rising"

53. 500 sheets

55. Surfer's turf

57. "Killing me softly with ____"

61. "I'm puttin' on my ____ oh boy"

64. Bye to Edith Piaf

65. Frigid

67. Impulses

69. Rubber-____ boots

70. And not

71. High-pitched laugh sound

72. Walk, as through mud

73. ____ Goo Dolls

74. Brewer's staple
- DOWN

1. Reggae precursor

2. Ancient Peruvian

3. Bleacher feature

4. Rounded hairdos

5. Chastise

6. Popular newspaper page

7. Variable, abbr.

8. Quickly or rapidly

9. Dutch settler in South Africa

10. Breeze

11. The Muse of history

12. Razor-sharp

15. Sometimes denoted as a "v"

20. Fertilizer ingredient

22. Barley bristle

24. Nb on Mendeleev's table

25. "I will survive... I know I'll stay ____"

26. The press

27. A whiter shade of pale?

29. Carbamide

31. Scotch ingredient

32. "Lady sings the ____"

33. Some do this with taxes

34. Awaken

36. Former Speaker of the
- House

38. Phoenix' team

42. Dictation taker

45. Corpse's garb

49. Asian capital

51. "I didn't shoot no ____"

54. "I'm sitting here, doing nothing but ____"

56. "You and me and the devil makes ____"

57. Door fastener

58. "White Wedding" singer

59. Fodder holder

60. Start of something big?

61. Apprentice

62. Turkish honorific

63. Found in a caddy's pocket

66. Dove's sound

68. Part of tennis match

For Solution
See Page 7

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By Ronnie McBrayer

The words “holy” and “sacred” are sometimes used interchangeably. I don’t think this should be the case, as there is a huge difference between the two. Sacred comes from the Latin, “sacrum.” You might recognize that “sacrum” is also the name of the bones in your pelvis. The ancient Romans called this part of the human body “sacred.” It is where the reproductive organs are, and, particularly in the female, it is from where life springs.

Thus, as one line of thinking goes, the sacred was recognized as something that had to be protected and secured. That is an excellent picture, actually, of how we employ sacredness. Human beings create sacred rituals that draw lines, build barriers, and protect and secure our space and turf. We feel we have to keep everything that is perceived as a threat on the outside, so as to guard our life and our future.

A quick example: Not long ago I was preparing to speak at a church and had my always handy coffee cup with me. Without any thought, I sat it down on the pulpit while I was reviewing my sermon notes. This church had more than a lectern or podium. It was truly the “sacred desk.”

A person came up to me and said, “I would appreciate it if you removed your cup. This furniture is sacred.” I complied but

Where Nothing Is Sacred

then added, “Yes, it is ‘sacred,’ but do you know why? Because it has been designated so by a church committee, not by God. God’s holiness is not violated by a Styrofoam cup” (I didn’t mean to be snarky, but I don’t think this person became a fan).

And a second example: During one of my pastorates we moved from a shabby little storefront building to a beautiful, magnificent sanctuary. It was an incredible upgrade with actual pews, a baptistery, a steeple, and some other sacred things. In our old location we had been picking up children in our little church van and bringing them to worship. These little people were tornadoes. Turned loose in an empty room, they would find something to destroy. When we moved to our new building we kept picking up these children, but I knew it would not last.

During our first week of Vacation Bible School in the new building one of the church mothers retrieved me from my office. She was enraged. “I need you to come with me right now!” she said. She took me to a hallway, pointed at the wall, and asked, “What are we going to do about that?”

Two and a half feet above the floor was a swatch of dirt staining the white wall. It ran down the entire length of the hallway stopping at one of the classroom doors. A classroom of these “dirty bus kids” had all run their hands down the wall as they walked to class, that’s all. But I

knew then that there would be no place for them in our new space.

The sacred is the ritualistic space, community, and people-dividing behavior of human beings. The holy, however, is something completely different. Something holy is something that is “whole.” The root word is “health.” In other words, holiness is something that cannot be divided. It is something that is complete, unbroken, and intact.

Thus, holiness is not something defined by lines of segregation or by different shades of acceptance. It is defined by openness and welcome. The holy doesn’t alienate, it invites. The holy doesn’t separate, it welcomes. The holy doesn’t divide, it embraces.

Whereas what is sacred is a small restricted space that must be sheltered and guarded, the old Norse word for “holy” means “a large living room,” where people are made to feel very much at home. I pray that God makes us holy: Whole, healthy, welcoming people! But I also pray that he never allow us to become a sacred people, for when we lose our ability to be hospitable, inviting the outsider in, we have lost our unique witness in the world.

Ronnie McBrayer is a syndicated columnist, speaker, and author of multiple books. You can read more and receive regular e-columns in your inbox at www.ronniemcbrayer.net.

The Proper Etiquette for Eating an Ice Cream Sundae

By Rev. James L. Snyder, D. Litt

Not everybody realizes how important it is to follow protocol. Many Philistines in our society do things so haphazardly that it is a real affront to those of us who know better. There should be a law forbidding such perfunctory behavior. We have a law for everything else, why not this? Plus, it would better serve our country and help maintain civilized behavior among our citizens.

I will be the first to admit that, throughout my lifetime, I have not always been committed to civilized behavior. It took me a long time to realize what civilized behavior really was. Before I got married, I had an idea of what I thought civilized behavior was. Unbeknownst to me I had wandered about in sheer ignorance.

Looking back, I think of those times and know why somebody said, “Ignorance is bliss.” And to be sure, I was very blissful. In fact, I did not know how very blissful I was.

Then came the time when I was willing to throw away all that bliss for the, “I do,” of a certain young lady I chanced to meet. It was then that my idea of bliss radically changed forever.

After getting married I realized just how uncivilized by behavior had been up to this point. Fortunately, for me, my bride was more than willing to take up the challenge of nurturing me to a more civilized behavior.

I would not say that she has been overwhelmingly successful in this attempt, however. I am a lot more civilized today than I was prior, which has to count for something.

One of the things that she attributes to civilized behavior has to do with cleanliness, in particular, clean clothes. For some reason she has a fetish that everything has to be cleaned.

In my uncivilized days, I had more of a fetish about saving water. Through the years, her persistence has paid off and I have come to the place that I really appreciate clean clothes.

Of course, there is a discrepancy in what each of us deem as clean.

For me, clean is when it passes the sniff test. As long as I cannot smell anything on my shirt, I consider it clean. My wife, on the other hand, believes that if you wear a piece of clothing one time it ceases to be clean.

Then there are spots. If a spot is on my shirt where nobody else can see it, I consider the shirt clean. After all, appearance is what really counts. However, my wife believes any and every spot renders a shirt unclean.

This brings me to the subject at hand. That is, the proper etiquette for eating an ice cream sundae. It appears, so I am told, that the correct way to eat an ice cream sundae is not to get any on your shirt.

My favorite ice cream sundae is hot fudge, which is humanly impossible to eat without getting something on your shirt. No matter how careful, I always drip hot fudge on my shirt. The cleaner the shirt, the bigger the smudge.

It is for this reason that the Gracious Mistress of the Parsonage has laid down some very strict rules when it comes to ice cream sundaes. No ice cream sundaes!

Period! For the most part, I do not let her catch me eating an ice cream sundae. It is more for her good than for mine that I keep this a secret. Whenever she discovers I have had an ice cream sundae it affects her blood pressure, not to mention the wear and tear on her vocal cords. (I will not even mention my eardrums.)

I have tried everything under the sun to master the etiquette of properly eating an ice cream sundae. No matter what I do or try, the result is always the same.

Some little smidgen of fudge on my clothing somewhere.

I recently came to a milestone in my pursuit of ice cream sundaes. At first, I thought it was an ingenious plan. In the beginning, it looked promising. It went simply like this. Since a hot fudge sundae usually drips on my shirt evidencing the fact that I indulged in the forbidden delicacy, I switched to strawberry sundaes where there is absolutely no chance of smearing your shirt with fudge.

This plan of mine worked for several months but came crashing down this past week. I had indulged in a very delicious strawberry sundae and thought I had gotten away with it. When I got home my wife looked at me and then said, “What is that stain on your shirt?”

Knowing that if I confess I had an ice cream sundae I would be in deep trouble the thought occurred to me until I took my chance.

“I think it’s lipstick,” I said with a smile on my face.

“Oh, I thought it was strawberry syrup,” she said.

I am not sure what that means but I did not want to pursue the subject at the time.

I am learning that some things are not worth the effort. The apostle Paul thought this too.

“All things are lawful for me, but all things are not expedient: all things are lawful for me, but all things edify not” (1 Corinthians 10:23 KJV).

There is a proper way of doing everything and some things are not worth doing at all.

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 Marlys Norris, Christian Author

Disruptive Technologies is a new term created by Clayton Christianson of Harvard Business School. David Jeremiah includes this term in his devotional. This term clearly describes the world we are now privy to live in. Things electronically our ancestors never had to contend, but we appreciate such as: Cell phones, telephones, television, automobiles, Jet planes, Aerospace, washers and dryers, dishwashers, and electric appliances, Computers, I pods, VCR, CD’S, DVD’S, and ROM’S benefiting mankind. A world full of new inventions or technologies that help make life better. Yet they often invade our lives making life somewhat busier and more stressful in many ways.

Apart from the electronic areas in our lives, God allows different kinds of “disruptive” things to occur allowing something to take us off the path we should be traveling. We often believe we really are doing it right, only to

Learning to Listen Better . . . to be in God’s Perfect Will

learn later our error! . . .

Our sincere desire is to be in God’s perfect will, not His permissive will, but here we are in the wrong place! We feel bewildered as to how we “missed the mark” and moved away from God doing our own thing. We have believed that God was in control and surely He really is, even allowing us to move in a wrong direction! He allows many things in our lives to teach us—exactly what He is asking us to do! And when our life takes a turn and we flow with it without realizing that the end result will stop us in our tracks – only to learn we are out of God’s perfect will for our lives! We are surprised! This is when we “know” that we were not hearing God correctly

He will allow this to happen when our—stubborn spirits refuse to listen—to what He really is instructing us and wants us to do. He allows us to just go ahead with our plan. Yes, even if we sincerely believe we are doing what God has called us to do until we realize we have made a big big mistake! We finally understand that we have operated in God’s permissive will instead of His perfect will for

our lives. He is teaching us a valuable lesson He desired for us to learn—BEFORE – we can be truly blessed..

We can instinctively hear God saying “Well, finally they heard me!” Our loving and patient God has allowed a “disruptive moment” in our lives and now we are to walk through a door of disappointment with faith and trust He definitely will lead us back..

(2 Corinthians 5:7) He will be with us all the way. We are now prepared to say, “we understand!” Some of us are still learning deeper teaching, as to truly walking in God’s perfect will many years after our initial decision to follow Jesus Christ.

God’s Holy Spirit is always teaching us deeper and more meaningful lessons about how to listen more closely and helping us to be willing to yield perfectly to what God is truly instructing us to do. He is our gentle and patient HEAVENLY FATHER, He loves us!

Marlys Johnsen Norris Author of Seven Christian Books Contact: Marlysjn@gmail.com



By Karen Anderson

Zip! Zing! ZOWIE!...What a feeling! I want to enjoy this super high for the rest of my life. Many of us have been on the roller coaster rides and you walk up to the ride, a little scared, a little excited, and even a little intimidated by this huge monster looming before you. You sit in the seat and they strap you in for your safety. I’ve often wondered what would happen if they didn’t strap you in? Hmm! I wonder, sometimes, don’t you? I guess you had better be holding on for dear life, right? Now it begins. The roller coaster starts, and your heart is racing as you climb that first mountain of track. At the same time, you are trying to anticipate what the thrill will be like. You are sent hurtling down the other side and then whoosh around this corner, and fly around the next turn. Then there is that slight rest as you start to climb again...this is the time to take a breath before it starts all over again. At the end, you step out cautiously from the ride and steady yourself before you walk down the stairs and back to reality.

I experienced something like

The Spiritual High

the roller coaster just recently. There is an event coming up in March next year that I am very involved with. My experience in the past has been when events are planned, it is a long and difficult road with many twists and turns. Finally, shaking, the event starts. The feelings and thoughts come: “Did I make the right decision coming here? Did I do everything I could to make this work out right? What if the women don’t like what I put together? Why am I even doing this?” Do you see a pattern in the questions? It is all centered around me, and what I wanted to do. How utterly ridiculous that is. In all the planning, I left out the most important element of the event...GOD.

In the planning this time, what makes the difference is that it is His event. God has given me a much needed mind-shift. What a difference! I have not forgotten who should be at the center of it all. Do you know who that is? *It is God!* He is the Master of it all. I know the enemy is hard at work trying to stop this event from being successful. I was having that old self-centered feeling of doing it my way, and it just wasn’t working. I was allowing others to try to tell me what to do and how to plan it. As a result of that doubt, fear and whatever else you want to call it came rushing back in and I was fearful and depressed. I was at the lowest part of my ongoing roller coaster ride. This time I reached out to God and He answered in a mighty way. Through just one phone call,

all my fears and depression was gone in an instant. It was almost beyond belief that God fixed everything with one call and the enemy went crawling away in defeat. Praise God for once again coming to my rescue. The spiritual high was almost overwhelming. Then I knew, without a doubt, that this event will be a *huge success* because it is God’s and not mine. The realization hit me; once again, I am His instrument to do what He wants. In my weakness, He is strong.

Through this experience, God has shown me that He needs to be in everything that I do, think, and say. Through my uncertainty and weakness He is always there to guide and direct my path. His Word says, “*Don’t panic. I’m with you. There’s no need to fear for I’m your God. I’ll give you strength. I’ll help you. I’ll hold you steady, and keep a firm grip on you.*” Do you want that *spiritual high*? Or do you want to constantly be riding that roller coaster with its ups and downs? If not, it is time to reach out and take hold of the hands of God. He is waiting for you.

PASSAGE: Isaiah 40:10 (The Message)

Karen Anderson is an accomplished speaker, author, and chaplain. Women’s Retreat planned for March 2014 at www.renewingyourspiritretreat.com active by April 15th. Latest books, “Nikki’s Tail-Waggin’ Lessons” and “The Little Book of BIG Thoughts Series.” Leave a message for Karen www.doablesteps.com/contact.

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3) **Excess Iron.** While we need iron to make hemoglobin that carries oxygen in the bloodstream, excess iron can build up in the brain, sparking the production of damaging free radicals. Sources of excess iron include cast-iron cookware, meats, and iron supplements.

4) **Excess Copper.** The body needs traces of copper to make enzymes. In excess, copper impairs cognition—even in mid-adulthood—and ends up in the plaques of Alzheimer's disease. It comes from copper pipes and nutritional supplements.

5) **Aluminum.** Aluminum's role in the brain remains controversial. However, because it has been found in the brain of Alzheimer's patients, it pays to err on the side of caution. Avoid uncoated aluminum cookware and read labels when buying baking powder, antacids, and processed foods.

Now let's get to the **Brain-Protecting Foods** for getting that brain going.

1) **Nuts and Seeds** are rich in vitamin E. Especially good sources are almonds, walnuts, hazelnuts, pine nuts, pecans, pistachios, sunflower seeds, and flaxseed. Just one ounce a day is plenty.

2) **Blueberries and Grapes** get their deep colors from anthocyanins, powerful antioxidants shown to improve learning and recall in studies at the University of Cincinnati.

3) **Sweet Potatoes** are the dietary staple of Okinawans, the longest-lived people on Earth who

are also known for maintaining mental clarity into old age. They are rich in beta-carotene, a powerful antioxidant.

4) **Green Leafy Vegetables** provide iron in a form more absorbable when the body needs more and less absorbable when you have plenty. So it protects you from brain overload which can harm the brain. Green veggies are also loaded with folate, an important brain-protecting B-vitamin.

5) **Beans and Chickpeas** have vitamin B6 and folate, as well as protein and calcium, with no saturated fat or Tran's fat.

6) **Vitamin B-12** is essential for healthy nerves and brain cells. While many people have trouble absorbing vitamin B12 from foods, in supplements, they are highly absorbable. Together, folate, vitamin B6 and vitamin B12 eliminate homocystein, which can build up in the bloodstream—rather like a factory waste and damage the brain.

So there you have a brief glimpse into the world of the brain. In **"Power Foods"** For the Brain, you will discover a three-step program for brain health which includes putting power foods to work by shielding yourself from toxic metals, avoiding harmful fats and cholesterol, and building your vitamin shield. Add strengthening your brain through mental exercises that build your cognitive reserve, and physical exercises that protect your brain, and defeating memory threats by building memory power as you sleep, and finally, by identifying medicines and health conditions that impact memory. Got recipes too. It all begins with your desire to get started! If you need more info, go to Dr. Barnard's website at www.PCRM.org. Don't forget!!!

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

Eliminating the Deficit, Progressive Style

Continued from Page 1

The more fundamental point is that progressives' rhetoric on this topic is cynical and dishonest. Their reactions to the "sequestration" in early 2013 tell the truth of the matter. Best estimates on the proposed "cuts" show they could amount to about 2 percent of the total budget, barely a drop in the bucket. And the reality is that overall federal spending will still increase over last year, and in every category except maybe defense. But even this is being mercilessly demagogued by Democrats, proving that no actual spending cuts are acceptable to them. Of

course, economic growth would help. But even Obama's first chief economic adviser understands that huge tax increases cause economic contraction, not growth.

So, if you're not willing to reduce spending and you recognize that there's no way to eliminate the deficit through tax increases alone, you are left in an endless loop that points inexorably to one conclusion: you don't actually care one iota about the deficit, or the resulting debt, or the economic crash that is sure to result from this whole absurd mess.

Dr. R.B.A. Di Muccio is a

guest commentator for The Center for Vision & Values at Grove City College. A former assistant professor and chair of the international relations program in the political science department at the University of Florida, he is now vice president of research and advisory services for a global business advisory firm. He received his Ph.D. in international relations from the University of Southern California.

Editor's note: A longer version of this article first appeared at American Thinker.

See www.VisionAndValues.org



By Black Belt Master Jonathan Peschke, Robinson's TKD Carmichael

As this is our third installment I have been pleasantly surprised by how many people are sending their questions on fitness, sports or martial arts to the AskMisterFit@robinsonstk.com contact address. While some of the focus is on the fitness and self-defense skills I teach as a Taekwondo Instructor, many of them are from parents echoing a common theme. To be blunt, their kids are becoming fat, lethargic and spending way too much time playing video games or surfing social sites on their mobiles. Most expressed their difficulty in getting kids moving. Does this sound like a path to success? As an example...

Mister Fit, We can give our kids

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A Better Quality of Life through Movement, Exertion and Willpower

many of the things they want. My kids don't play like they used to, and I am concerned this has a serious affect on their long-term health. Unfortunately, by allowing the kids to focus on small video screens I think they are missing some of the best times of life. What can you suggest? A Deterding Mom

As the banner in this space says, "a better quality of life through movement, exertion and willpower" is a great idea! How to make that happen is the hard part. Not for the kids, for you as a parent. You must take the lead by example, because children will do what you do. As we have kids working hard to excel in their pursuit of higher belt levels they are learning to be successful by study, practice and testing. They are getting stronger, losing weight and gaining valuable experience in achievement that translates to success in other areas. For those not interested

in 'fitness with a purpose' take the lead and go biking, hiking or fishing together...without the phones on. As a parent myself, I know that kids watch us, and while they may listen, they do what you do. This is exactly why we offer a Family training option, so the whole family can share 'quality time' together.

Email your questions to AskMisterFit@robinsonstk.com and look for your answer on-line, or in the pages of this newspaper.



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Fair Oaks Chamber of Commerce Kicks Off 49th Mayor Campaign

FAIR OAKS, CA – (MPG) Would you like to be the next Honorary Mayor of Fair Oaks for 2013-2014, and raise money for your favorite charity or organization? Here's how:

The Fair Oaks Chamber of Commerce is soliciting applications for the 49th Honorary Mayor of Fair Oaks. All applicants must be 18 years of age, or older, and must live or work within Fair Oaks, and be a member of the Fair Oaks Chamber of Commerce.

The campaign will begin in May and run through September. The candidate who raises the most money, will be crowned Honorary Mayor. As Honorary mayor of Fair Oaks, the mayor will have the opportunity to be the ceremonial representative of the community, and appear at chamber and non-chamber activities including the Fair Oaks Fiesta Days, Taste of Fair Oaks, and Concerts in the Park among other events. It is a wonderful way to serve the community, promote your business, and get to know other community members.

In you are interested in being a candidate, or know someone who might be, please contact the Chamber office at (916) 967-2903, or Elisabeth Swan at (916)966-6080.

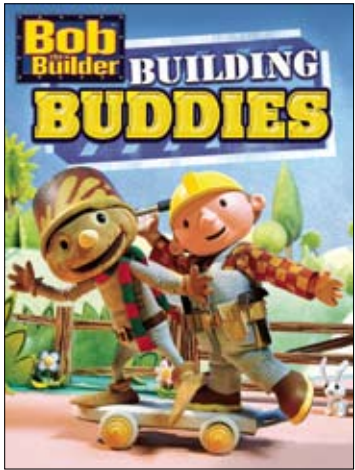
Films and DVDs for the Whole Family



by David Dickstein



Seven episodes featuring the hospitable handyman are threaded by stories that promote taking on challenges and succeeded through teamwork. *Grade: B*



“Charlie: A Toy Story” (April 2 on DVD, not rated, ages 5-12): An invention called Wondermation, which mixes science and imagination to create the most amazing toy the world, falls in the wrong hands. Coming to the rescue are a golden retriever named Charlie and his 10-year-old master Caden, whose father’s toy store is the setting for this wholesome, direct-to-video movie. *Grade: B-*

“Disneynature: Wings of Life” (April 16 on DVD and Blu-ray, rated G, ages 3-adult): Meryl Streep narrates this captivating look at butterflies, bees, hummingbirds, bats and flowers, touching on how they fit in the world’s food supply. This is the latest in a series that has examined Earth, oceans, African cats and chimps. *Grade: A*



“Pingu’s Igloo Adventures” (April 2 on DVD and digital download, not rated, ages 2-5): The Curious George of penguins gets into 12 episodes’ worth of mischief in the South Pole. Along for the rocky ride, as usual, are his little sister Pinga and best bud Robby the Seal. Parents who watch with their little ones are treated to stories sprinkled with sarcasm and attitude, and the gibberish dialogue is a hoot. *Grade: A*



Movie Review:

‘The Croods’

Looks are Deceiving

With the release of the caveman cartoon comedy “The Croods” (now playing), DreamWorks Animation has doubled the feature film output of rival “Pixar.” For those keeping score, it’s now 26 to 13 in favor of the studio that “Shrek” built.

That’s no slouch of a milestone and almost tops the one DreamWorks Animation reached a few years ago when it unseated Pixar as the all-time box office champ when it comes to CGI features. The “Shrek” film franchise, alone, has made \$3.5 billion worldwide, and you can tally another \$1.9 billion from the three “Madagascar” movies and \$1.2 billion from just two “Kung Fu Panda” pictures.

We’ll get to the review of “The Croods” in a minute, but first the “but.” While the talented folks at DreamWorks Animation have succeeded in getting the civilized world to side with a giant green ogre and cross fingers for lost, misfit zoo animals and root for a fat and lazy panda, none of the studio’s features can hold a computer-drawn candle to the stories that make Pixar movies magical. Oh, they’re funny and exciting, all right — many times even more so than what the rival puts out under the Disney banner.

But what Pixar’s movies have that those from DreamWorks and the other big studios seem to lack are heart and smarts — the stuff that makes a film endearing and everlasting, and makes the sentimental cry. Call me soft if you must, but nine of Pixar’s baker’s dozen have caused me soggy eyeballs. When Sully reunites with Boo at the end of “Monsters, Inc.” I bawled like a baby. The tender and wordless montage in “Up?” Serious Kleenex time. And don’t even get me started on the second-to-last scene in “Toy Story 3.” DreamWorks’ “How to Train Your Dragon” came close to activating my waterworks. I’m a sucker for injured mythical creatures.

With “The Croods” (rated PG), a prehistoric comedy adventure that follows the supposed last surviving family of their era, tears of laughter are sought much more than the other kind. Yeah, there’s a father-daughter bonding moment at the end (spoiler alert!), but 97 1/2 of the movie’s 98 minutes are

devoted to slapstick and 3-D eye candy. Thank goodness for the eye candy.

In this “Flintstones” meets “Avatar” (apologies to Hanna-Barbera and James Cameron), belly laughs are at a premium. I counted two: the scenes when the Croods are introduced to fire and footwear by Guy (Ryan Reynolds), a more advanced human who after a meet-cute charms Eep (Emma Stone), the bored, rebellious daughter of Grug (a miscast Nicolas Cage). The brutish patriarch believes there’s danger in anything new, Guy included. Grug’s cautious ways have kept the family alive, but as Eep says, this isn’t living, it’s just not dying.

After an earthquake destroys their cave, Eep gets her wish to see the world, or at least the part that gets them to safer ground as the Earth begins to shift. Wish I could say that getting there is half the fun. Wit doesn’t exactly ooze from the thin story and even thinner characters that lack originality. The littlest Crood, Sandy, is the spitting image of Darla, the dentist’s daughter in Pixar’s “Finding Nemo.” Gran, voiced by Cloris Leachman, is the same crabby-sassy old mother-in-law seen in movies from “National Lampoon’s Vacation” to “The Grown-Ups.” Thunk (“The Office’s” Clark Duke) is the idiot son who does yield a laugh when he teaches his new pet to roll over, unfortunately, over a cliff.

Where this Stone Age picture rocks is in the graphics, and no Pixar movie comes close in this department. The other-worldly plant life is a feast for the 3-D glasses-enhanced eyes. So is the non-stop parade of Seuss-on-acid creatures (piranha-owls, mouse-phants and turkeyfish, really?). The billowing smoke and blanket-ing clouds that dramatically bring this otherwise middling movie to a close are flat-out arresting.

Clearly, DreamWorks Animation challenged the technical status quo with “The Croods.” Maybe with the snail-centered comedy “Turbo,” due out this summer, the studio will advance the genre of computer animation in other ways. **2 1/2 Stars (out of 5)**

This month in family home entertainment:

“Bob the Builder: Building Buddies” (April 9 on digital download, not rated, ages 2-5):



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"I understand the struggles that most people have in making a decision to leave the security of their regular jobs in order to enter into the coaching business, and I believe this product will enable them to ease into the coaching field with confidence," said Gary Henson, expert business coach, master trainer and founder of BusinessCoach.com. With almost 25 years of training both new and experienced coaches, as well as coaching business leaders and organizations, Gary is considered a worldwide industry expert and a thought leader in the business coaching field. This product has been designed as a result of numerous requests of corporate professionals wanting to enter the field of coaching. "We listened and are excited about this product and the opportunities it provides in today's economy," said Gary.

The Small Business Coach Mastery Training System provides a current and relevant library of tools to enable a business coach to assist their clients in most every area of their organization. These include marketing, sales, human resources, customer service, leadership and financial management tools to create transformation in an organization. While highly effective as a standalone training program, this valuable information is also included in all of BusinessCoach.com's live training programs.

BusinessCoach.com was founded in 1989 and headquartered in

Roseville California, provides a wide portfolio of business coach training solutions for both business coaches and organizations.

Gary Henson, Expert Business Coach and Master Trainer

Recognizing the transformational impact effective business coaching can have on an organization, Gary Henson is committed to helping business leaders and aspiring coaches achieve extraordinary business results. As President and Founder of internationally known BusinessCoach.com, his goal is to empower organizations and individuals to function at optimal levels. BusinessCoach.com was founded in 1989 and since then Gary has personally coached over 7,000 business leaders with impressive results. He has assisted business leaders to look at their businesses in fresh and different ways, resulting in 70% of his clients experiencing over 200% increases in sales or profits.

In addition to an outstanding track record of coaching success, Gary is also a Master Trainer for new and existing business coaches all over the world. His training methodology provides an effective formula for an individual to realize high levels of success as a business coach. BusinessCoach.com trains people on how to get started as business coaches and equips them with the right tools to become very skilled in the field of business coaching. When certified by BusinessCoach.com, you will be confident in your abilities and well prepared to attract and coach business leaders.



As a thought leader in the coaching industry, Gary is considered an expert in developing professional criteria for business coaching certification, having served on numerous expert panels for global coaching organizations. His professional background encompasses diverse and real world experience in corporate business settings along with experience as a business owner and leader.

As co-founder of *The Make a Difference Project*, a non-profit organization committed to ending domestic violence, Gary has dedicated his life to assisting others. With a life goal to donate 90% of his earnings to charity, he also volunteers his time to many charitable and spiritual organizations.

Gary is happily married to his wife Jenene and is a proud father of five daughters. He considers his family his most successful achievement in life.

Gary can be contacted through BusinessCoach.com or email him at gary@businesscoach.com





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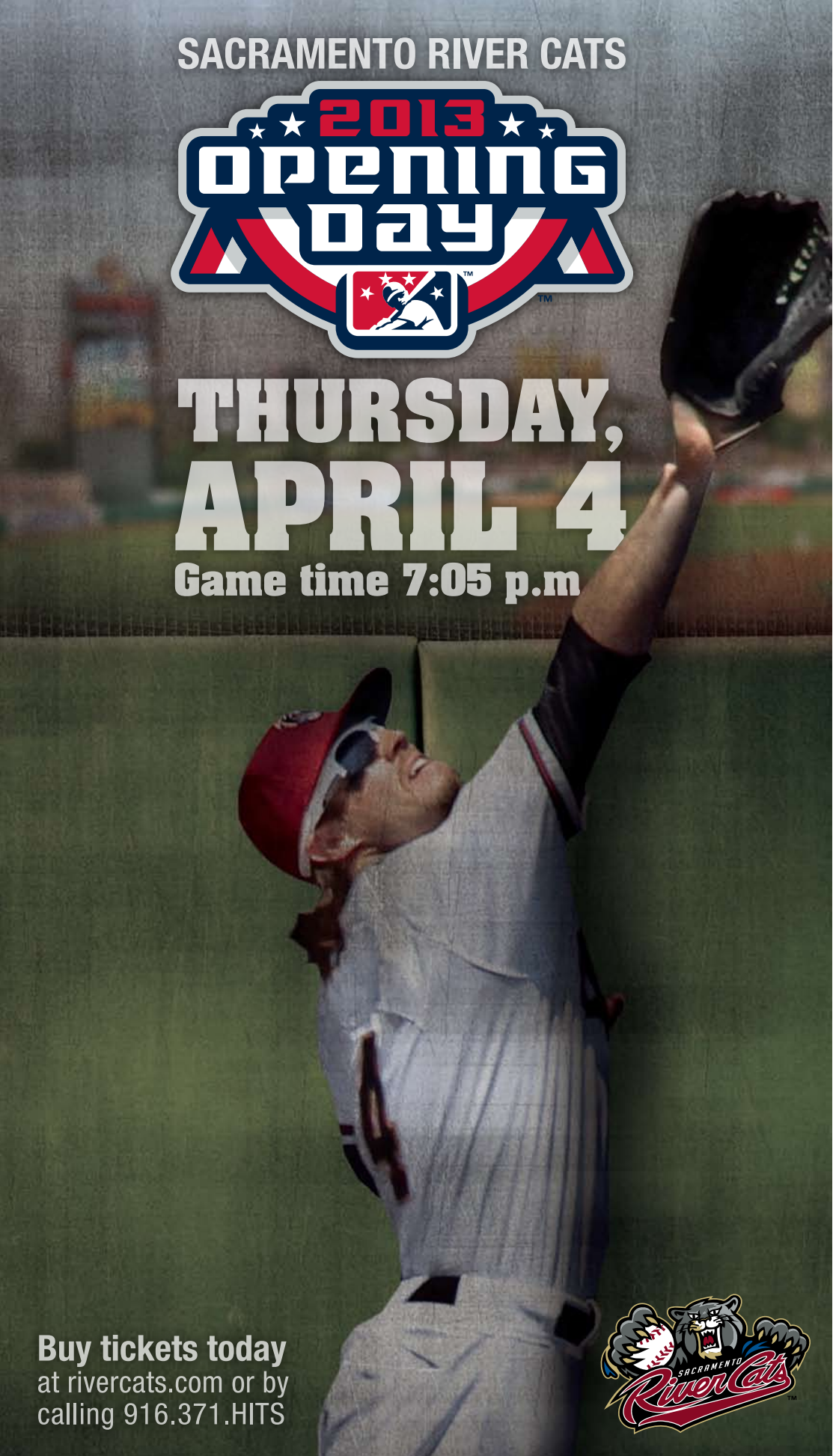


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