



MPG WISHES EVERYONE
A HAPPY EASTER!

PLUS:
*It's My Body; I'll Exercise
It If I Have To*

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AMERICAN RIVER MESSENGER

Volume 7 • Issue 7 Serving Fair Oaks, Gold River, Rancho Cordova & Sacramento County First Edition for April 2012

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Job Demand and Hiring Looking Up



Survey says it's a good time to start looking for a new job.

SACRAMENTO REGION – Hiring motivated by the need to grow workforces in Sacramento will rise above hiring only for replacements for the first time in several years in the Second Quarter of 2012.

In direct contacts by phone with Sacramento's top regional companies, Pacific Staffing has

discovered significant indications of economic improvement as seventy-one percent (71%) of employers say they are hiring in April, May and June 2012. For the first time in years, forty-two percent (42%) of planned hiring was motivated by the need to grow existing workforces. While just thirty-eight percent (38%) of

Sacramento regional employers, polled directly between February 27th and March 17th, attributed hiring needs to attrition, or replacements within their existing workforces. Hiring attributed to growth demands has trended up for three Quarters in a row among Sacramento employers surveyed.

Warmer temperatures are also heating up hiring demand as Sacramento's regional agriculture, recreation and hospitality companies begin seasonal hiring. Ten percent of hiring demand in the second quarter is attributed to seasonal change. While most of the regional economy is improving, some of those involved in residential construction, property development and some peripheral industries remain slow. Three percent of those surveyed report they will consider reducing workforces in the next three months as business remains slow for their individual companies.

Sacramento's employment marketplace is warming back to life but recent strong spikes in gasoline costs were of great concern to those polled. In anecdotal conversations with company contacts, higher transportation costs for employees; and increased company transportation and petroleum related products costs could throw cold water on hiring plans quickly forcing a renewed slowdown.

While companies are getting a large number of applicants, many are noting the first problems in selecting specific qualifications. Finding applicants with specific skills are among first concerns as companies seek customer service, sales, technical, general office, manufacturing and warehouse workers in the next three months.

How does this Quarter compare to last Quarter, or last year? For more information, employment blogs & market surveys go to www.pacificstaffing.com.

Source: Pacific Trends Quarterly

Senate Bill Not Businessman's Best Friend



Commentary by
John Kabateck
NFIB/CA Exec. Director

Welcome to California, the land of fruits, nuts and over-regulation. In this state, we regulate everything from water and air quality to veterinarians and doctors. Now, we aren't saying all regulations are bad, but what we are saying is that some thought needs to be given to the long-term consequences of any regulations that are imposed.

Take, for example, a recent bill that was introduced in the Senate that would regulate and license pet groomers in California. Senate Bill 969 (Vargas) would mandate any entrepreneur considering opening a pet grooming to pass a state test, and require groomers to pay up to \$350 to be licensed by the Veterinary Medical Board. The legislation would also regulate everything from lighting in facilities to how they maintain records.

Proponents claim that the industry needs to be regulated because of a few out-of-the-ordinary incidents that have occurred. While even one incident is too many, is it really necessary to regulate the entire industry? The reality is that this bill has the potential to regulate small business owners who provide these services right out of business due to the cost of compliance, training, and other associated expenses. And those expenses will likely be passed on to the customer who brings their pet in for regular grooming.

Unlike larger businesses with more abundant resources, your average small business owner wears all or most hats in the workplace-accountant, human resources officer, and main employee of the business. Piling on extra compliance burdens means that they won't be able to focus on growing their business.

So maybe it's time for the folks in the Capitol to take a step back and let the marketplace weed out the bad businesses. Small business owners largely rely on word-of-mouth advertising and recommendations in order to get and keep business. They know that-unlike government-if they don't provide good customer service, their business will suffer. That is why it is in their best interest to make sure that they provide good service for a fair price and take care of their customers.

And as they grow their businesses they can hire more employees and support their communities as well. And that is a win-win for everyone.

Our politicians need to stop hamstringing our entrepreneurs with the short, strangling leash of Nanny Government, and instead give them the support and encouragement to do what they do best: create jobs and feed the economy.

More information is available online at www.NFIB.com/newsroom.

The End of Another Great Upwards Season

By Will and Karri Eggers

FAIR OAKS – March 3rd came and went with the last of the Upward basketball games and cheerleading performances. Boys and girls ranging from kindergarten through 6th grade learned teamwork, sportsmanship, discipline, formed new friendships, and most of all, had fun over the 3 month season held at Fair Oaks Presbyterian Church.

The number of players expanded so much this year that FOPC had to ask for additional space to hold games. As they say..."the game must go on..." so thankfully, another Fair Oaks church, Faith Lutheran, kindly volunteered space for Friday night games.

This has really been a great

experience for kids from all over the community. They are recognized for behavior on and off the court. To reinforce positive behavior, stars are given out for learning bible verses (green), best defense (red), best offense (grey), best sportsmanship (gold), best effort (blue) and most Christlike (white). These are ironed onto the jerseys and worn like badges of honor on Saturdays during games. It is so rewarding to ask a 6 year old how many stars they have and what they mean. It is pretty funny to watch them try to count each other's stars while jumping all around as only kids can do.

One mother from the area who had both a son and a daughter playing basketball this season said, "this is such a great program. It gives the kids something



Photo courtesy Upwards

to look forward to and it is such a positive environment. Whenever I need the kids to settle down, I just remind them of what they are taught at Upward – 'be respectful, listen, and everyone get's a turn'. Quiets them right down."

Coordinating almost 400 kids does not just happen "like magic".

Metro Fire Responds to Hotel Fire at The First Value Inn



RANCHO CORDOVA – Sacramento Firefighters responded to a structure fire at an abandoned hotel located at 10271 Folsom Blvd. Units arrived and found four units engulfed with fire.

Metro Fire crews searched the remaining units finding three squatters throughout the complex. Firefighters were able to stop the lateral spread of the fire by using elevated hose streams off two truck companies. Arson investigators determined the

fire to have started in a downstairs unit on the back side of the complex. Investigators believe a squatter was staying in the unit of origin, and likely caused the fire.

This complex has no power or gas utilities, and has been abandoned for nearly two years with other fires occurring. This fire was held to a single alarm of 30 firefighters. No injuries were reported.

Sertoma Club Celebrates 100 Years of Service



Joan Osborn, President of the Sacramento Valley SERTOMA Club, presents a check for \$1000.00 to Kristin Haas of the Folsom Lake College Foundation to “name a seat” at the Three Stages Performing Arts Center. The donation is to honor the 100th anniversary of the SERTOMA International, founded April 11, 1912. Accompanying Joan are SERTOMA members Hal Scott and Bill Hupp. Photo provided by The Sacramento Valley Sertoma Club.

The name SERTOMA is derived from the words “SERvice TO MAnkind”. SERTOMA International has the primary project of assisting the more than 50 million people with speech and hearing disorders. Sertomans also sponsor community projects to promote freedom and democracy, to assist youth, and to benefit a verity of other local community needs.

Locally, the Sacramento Valley Sertoma Club has been serving the Sacramento Area since May 1980 with a current membership of 50 dedicated men and women.

Some of the many organizations sponsored are: the deaf and hard of hearing programs of Dewey Elementary School, the David Lubin Elementary School,

and The Del Oro High School. The CCHAT Center(Children’s Choice For Hearing and Talking), Mustard Seed School for homeless children, Camp SignShine and Camp Grizzly for deaf and hard of hearing children, Sacramento CASA(Court Appointed Special Advocate) for foster children, Ski-For- Light (cross country skiing for blind children), Christmas Promise, Clean and Sober programs, and many other programs.

In addition, two scholarships of \$500.00 each are provided each year to students at Sacramento State University pursuing the Audiolory field of study.

To achieve 100 years by any service club is a rare and commendable accomplishment. SERTOMA Club members take pride in a century of Service to Mankind.

The Sacramento Valley Sertoma Club is looking for new additional members that are serious about giving back to the community. They meet every Thursday, 7:00am, at CoCo’s Restaurant , Madison and Sunrise Blvd. Visitors welcome.

Contact Bill at 916-966-1361 or Hal at 916-966-3629.

Sacramento Zoo Hosts Annual Run



WHAT: Sacramento Zoo will host the 32nd annual ZooZoom; a 5K walk/run, 10K run, and kids’ fun run. The whole family can try to run as fast as a road-runner while raising funds for the Sacramento Zoological Society.

WHEN: **Sunday, April 15th, from 7:00 am to noon.**
WHERE: **Sacramento Zoo, 3930 West Land Park Drive, in William Land Park.**

Sacramento Zoo – Celebrating 85 years!

Open since 1927, the Sacramento Zoo is home to more than 500 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, general admission is \$11.25; children ages 2-11 are \$7.25 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call 916-808-5888 or visit saczoo.org.

SACRAMENTO REGION – You and your family can experience one of the most unique runs through William Land Park, at the 32nd annual ZooZoom, Sunday, April 15th from 7:00am until noon. Sponsored by Fleet Feet and Coca Cola, the event will include a 5K walk/run, 10K run or kids’ fun runs. Lace up your running shoes and prepare for a scenic tree-lined course that begins in front of the Sacramento Zoo and finishes inside the Zoo.

For 32 years, ZooZoom has been a favorite of area runners, walkers and their families. Kids ages 3 to 12 can participate in the Saucony “Run for Good” in the Saucony “Run for Good” fun runs; from the 220 yard dash to the one-mile run, there is an event for every age group. With

support from Saucony, Fleet Feet will award at least \$2,000 in grants to schools that have the greatest number of participants and the highest percentage of kids entering the event. Contact Fleet Feet for more information about the “Run for Good” grant opportunities.

For registration and information, please visit sacramento-zoo-zoom.com. Participation includes a ZooZoom t-shirt, refreshments for runners, plus free admission to the Zoo on race day for the runners and their immediate family (limit 4 people). All proceeds from the event benefit the Sacramento Zoological Society. Bring your entire family to ZooZoom!

Rancho Cordova Accountant Becomes a GFOA Reviewer

RANCHO CORDOVA – Patricia Lohse, Senior Accountant at the City of Rancho Cordova, has been selected by the Government Finance Officers Association’s (GFOA) to become a reviewer for GFOA’s prestigious Certificate of Achievement for Excellence in Financial Reporting Program. For over half a century, the Certificate of Achievement Program has been a major force in improving the quality of financial reporting for state and local governments.

The Certificate Program’s success is due in large part to the professionalism and dedication of individuals like Ms. Lohse, who have been willing to serve as volunteer Special Review Committee (SRC) reviewers.

Lohse has worked for the City for four years and is responsible for the annual financial statement audit and a variety of other financial functions. Lohse’s participation in the program will include reviewing Comprehensive Annual Financial Reports (CAFRs) from out-of-state local governments for compliance with the GFOA’s



Patricia Lohse, Senior Accountant at the City of Rancho Cordova, is to serve as a GFOA reviewer.

requirements for excellence in financial reporting.

The Certificate for Achievement can only be awarded if the SRC determines that an agency’s CAFR substantially complies with the certification requirements. “My participation as a GFOA reviewer is important to me professionally, as well as the City of Rancho Cordova, because it will give me better insight into the best practices required by the

GFOA. The process will also give me exposure to how other governments present their financial information.” Lohse comes with expertise GFOA awards.

The City of Rancho Cordova received the GFOA Distinguished Budget Presentation Award for its current budget. This award is the highest form of recognition in governmental budgeting.

Source: City of Rancho Cordova

SMUD and SRCSD Team Up to Develop Region’s First Co-digestion Facility

SACRAMENTO REGION– The Sacramento Municipal Utility District (SMUD) and the Sacramento Regional County Sanitation District (SRCSD) have begun construction of a co-digestion facility as part of the region’s renewable energy efforts. The facility will provide a new local disposal option for wastes such as fats, oils, grease (FOG) and liquid food processing waste.

SMUD and SRCSD received approximately \$1.45 million in American Recovery and Reinvestment Act funding from the United States Department of Energy and \$100,000 in matching funds from the California Energy Commission to help construct the facility at the Sacramento Regional Wastewater Treatment Plant (SRWTP) in Elk Grove.

The remainder of the project will be funded by SRCSD. The construction cost of the FOG receiving station is approximately \$2.1 million.

The project will increase the production of biogas already being produced at SRWTP by injecting waste materials directly into the digestion system, bypassing initial steps that are currently depleting the energy value of the waste. The additional biogas captured will be used by SMUD to generate renewable energy at SMUD’s Cosumnes Power Plant located in southern Sacramento County.

Benefits of the project include:

- Saving local businesses money by providing an advanced, local disposal option for wastes that will eliminate fuel and fleet costs associated with trucking

the waste to distant locations.

- Increasing the production of biogas which will be used to generate renewable electricity for up to 2,000 homes in the region.
- Utilizing existing waste processing and power generation infrastructure to minimize capital costs.
- Eliminating greenhouse gas emissions associated with organic waste in landfills and its transportation to disposal sites outside the region.
- Reducing the amount of wastes that enter the local sewer system. The project is expected to be complete by December 2012 and is the culmination of years of study and a successful pilot test in 2009.

Source: SMUD

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Fair Oaks Recreation and
Park District Events Schedule

Easter Eggstravaganza

Saturday, April 7th, 2012

8am – 1pm 8 Fair Oaks Park

The Fair Oaks Recreation & Park District presents an “Eggciting” Easter adventure for the entire family. Please join us for a FREE egg hunt for children 0-13 years old, or hop on over and purchase entry into the morning breakfast and a *\$10 wristband for unlimited carnival games and inflatables, one (1) choo-choo ride, and one (1) face painting. Attention adults: Don’t get left out of the fun, purchase your \$3 admission ticket for the Fair Oaks Youth Advisory Board’s “Adult Egg Hunt” for a chance to hunt around for giftcards and prizes!

*Carnival tickets are also available for purchase for 50¢ each. Cash only. No refunds, no exceptions! All ticket sales will end @ 12 pm, one hour before the event ends.

Kids Art Festival “A Festival to Create and Learn”

Saturday, April 28th, 2012 • 10am – 3pm

The Fair Oaks Recreation and Park District in partnership with the San Juan Unified School District, the Fair Oaks Presbyterian Church and the Fair Oaks Library are happy to organize the 9th Annual “Kids Art Festival: Community Focus on the Arts”. This event will feature hands on workshops taught by professional artists and teachers (art, music, theatre and dance), performing art exhibits, music and dance performances, art show, and food. Art brings people together and encourages a strong work ethic, setting goals, dreaming, creativity, imagination, and hard work. Workshops will be geared toward children of all ages.

Location: Fair Oaks Presbyterian Church
11427 Fair Oaks Blvd., Fair Oaks, CA.
For directions to the church call 967-4784.



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Thursday, March 29, 2012 – 11:30 a.m. to 12:30 p.m.

Thursday, April 26, 2012 – 11:30 a.m. to 12:30 p.m.

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We Could All Use Someone in Our Corner

By Julie Parker

When is a salesman not a salesman?

When he’s Mitch Clouse, an Endorsed Local Provider to the Dave Ramsey Group.

“There are certain ethics to follow,” says Clouse. “Don’t sell the wrong products just to make a commission.”

Clouse grew up in Fair Oaks, attending Dewey, Will Rogers and Del Campo. Being the youngest child of the family had its advantages. “It was great, because the older kids made the mistakes, so by the time I was coming up, well, I had a lot of freedom.”

He inherited his first car, a 1965 Mustang, from his older brother. “It was a great first car. It needed work, but I didn’t do too much to it, except rims and an expensive stereo that was later stolen.”

His first job was “hydroceramic engineer” (dishwasher) in a Mexican restaurant. When his father offered him 50 cents more an hour to work in his office



Mitch Clouse

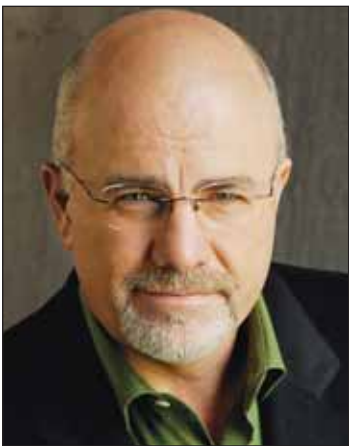
for filing, Clouse jumped on it. “That was the start of my insurance career. Most of my siblings worked there at some point, but I’m the one who stuck.”

The family often camped for a week at a time with families of his sister’s Del Campo baseball team in the Jones Creek area off of Highway 50. He has particularly fond memories of adult brothers Lee and George Dupray. “Lee did nothing small. He’d cook pancakes on an almost commercial-sized griddle with big

steel framework. We used to call his brother Uncle George, who was a bigger than life guy; retired Air Force. He had a bigger heart than all outdoors. Those guys enriched my life. They would do whatever they could to help people out.”

That influence reflects in Clouse’s approach to his business services. “I work with a team of people — CPAs, attorneys, business coaches. Our goal is to help our clients out in any capacity they need so they can survive and thrive, whether personally or in business. A lot of insurance agents or other professionals don’t do that. They’re singularly focused. I’m here to be an advisor to help you. If I can’t help you, it’s okay. Maybe I can connect you with somebody who can.”

We could all use someone in our corner. Contact Mitch Clouse at Bob Clouse Insurance, 9267 Greenback Lane in Orangevale, (916) 988-3457, or visit the company’s website at www.clouseins.com.



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – The Total Money Makeover, Financial Peace Revisited and More Than Enough. In them, Ramsey exemplifies his life’s work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Asking for Trouble

Dear Dave,

I want to keep one of our credit cards open and use the bill-pay option for utilities and other monthly bills. I want to do this so we can continue earning rewards points, and the way I look at it, we’d just be re-routing the money and paying it off every month. My husband doesn’t like this idea and thinks we should get rid of them all. Am I just asking for trouble by wanting to keep the rewards card open?

- Cheryl

Dave Says

Dear Cheryl,

Yes, you are. Life never works out exactly the way you think it will. You can make all the well-reasoned and best-intentioned plans you want, but sooner or later that snake is going to bite you.

The only thing I’d consider in a situation like this is a debit card that has a rewards system attached. Lots of debit card programs offer the same kinds of rewards programs offered by credit card companies, with one big exception—you don’t have to go into debt!

You need to stop chasing these stupid brownie points, Cheryl. According to *Consumer Reports*, 78 percent of credit card airline miles are never redeemed. Studies also show that people spend more when using credit cards as opposed to cash. That extra money you spend on things you don’t need is money you could have been saving and investing. So, where’s the reward?

Cut up the card and close the account, Cheryl. You don’t build wealth by using credit cards!

- Dave

Pension? Invest Anyway!

Dear Dave,

My wife and I are both active duty Marines. She’s planning to get out in a few months, but I’m staying in for the long haul.

You recommend saving 15 percent for retirement, but how does that apply in my case when I’ll be getting a good pension after 20 years?

- James

Dear James,

I’d like to see you do both. Just imagine the money you guys would have for retirement with your military pension and a big pile of cash from having saved 15 percent of your income over the years.

Having options is a great thing. Think about all the things you could do down the road if you save for retirement and have your pension in place. You could pay cash for a home, or even open a business when you retire from the military. And these are things you probably wouldn’t be able to do working with just your service pension.

You’ve got a great future if you’ll just keep plugging along and saving, James. Let the military do its thing, and you guys keep pumping 15 percent of your income into Roth IRAs and other pre-tax retirement plans. It’s going to be pretty cool!

- Dave

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

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A Film Review by Tim Riley

THE RAID: REDEMPTION
(Rated R)

I know the big movie of the week is “The Hunger Games,” but the studio did not screen it widely in advance, probably because it is a genre movie like “Harry Potter” and “Twilight.”

With a built-in audience eagerly in waiting, “The Hunger Games” is one of those bullet-proof films that will likely do amazing business at the box office regardless of what critics have to say.

As an alternative, “The Raid: Redemption” is an Indonesian film that made its North American debut at last year’s Toronto International Film Festival, where it gained a lot of buzz from an apparently blood-thirsty audience.

To call “The Raid” a mixed martial arts movie requires redefinition of that physical art to include machetes and machine guns along with a barrage of fists and feet causing maximum damage.

Directed by Welsh-born Gareth Evans, “The Raid” works from a deceptively simple premise, as practically the entire plot revolves around a police assault on a tenement building controlled by drug lord Tama (Ray Sahetapy).

First and foremost, this Indonesian action film is like an extended violent video game, almost entirely lacking in humanity. Don’t expect much beyond jaw-dropping, bloody brutality.

However, the one character with a compelling personal story is expectant father Rama (Iko Uwais), an honest cop with killer

Riley
Reviews

RELENTLESSLY VIOLENT
“RAID” IS ALL ABOUT
THE ACTION

fighting instincts who has the primary role to play in the police raid.

The audience instinctively knows that Rama is the good guy when the film opens with him in a tender moment with his pregnant wife as he prepares for his big mission.

Within minutes, the focus of “The Raid” turns to Rama and his crew in a police van on their way to Tama’s 15-story tenement building, where the drug lord is holed up on the top floor.

Under the command of a mysterious police lieutenant, the tactical squad, armed with knives, pistols and automatic weapons, has an objective to secure one floor at a time in order to take down Tama.

This mission is incredibly dangerous and suicidal, as even the bravest cops have never been able to breach Tama’s fortress in the past. Not surprisingly, the stealth mission is quickly compromised.

Tama is a vicious criminal kingpin who uses his building to shelter his army of loyal dealers and many customers, all of whom are more than willing to take up arms against any invaders.

It takes only a matter of minutes for the police undercover operation to be blown, resulting in about half of the team being shredded in a barrage of gunfire and machetes.

Still, some of the cops manage to survive, including the valiant Rama, and they realize the only way out of their predicament is a determination to complete the mission and take out Tama for good.

The end result is a non-stop bloodbath that unleashes violence so brutal and unrelenting that “The Raid” might as well be marketed as a video game unsuitable for impressionable

adolescents.

A serious drawback is the deficiency of character development which might give viewers a greater rooting interest in the heroic exploits of Rama and his dwindling crew.

Nevertheless, it’s very impressive to see Rama almost singlehandedly continue his explosive march through a seemingly endless parade of henchmen and drug-addled crazies.

Though not in wide release, “The Raid: Redemption” will find its audience looking for vicarious thrills in bloody action that makes audiences gasp.

TELEVISION UPDATE

Few television shows get more press coverage and less viewers than “Mad Men,” and that’s unlikely to change any time soon.

Anyone who has not been watching “Mad Men” on the AMC Network all along could not be expected to pick up on the storylines and intrigues of a Madison Avenue advertising agency.

It’s bad enough that the show has been on a long hiatus, and now the fifth season picks up somewhere in the mid-Sixties, when New York City loses its glamour as urban decay begins to set in.

The new season picks up where Jon Hamm’s debonair ad man Don Draper is making a go of his impulsive decision in the last season to propose to his secretary.

Those who were curious about Don’s rash engagement to Megan (Jessica Pare) will learn some interesting things in the season premiere.

Over at the Reelz Channel, Steven Seagal, who apparently has run out of opportunities for martial arts films, brings his crime fighting style to the new TV series “True Justice.”

Seagal leads a hardcore undercover team of Seattle cops who take on the local criminal element with the high-octane style that marked so many of his films.

One problem for “True Justice” may be the inability of the target audience to locate the Reelz Channel.

Women Partners
of Asperger Men

A free education
and support group

SACRAMENTO REGION - On Tuesday April 10, 2012 from 7:00 to 9:00 p.m., and continuing on the second Tuesday of each month, a free education and support group will be held for women partners of men with Aspergers Syndrome. The meeting will be held at the U.C. Davis M.I.N.D. Institute at 2825 50th Street, Sacramento and led by Sally B. Watkins L.C.S.W., a psychotherapist. Call Sally at 916-939-8249 or email her at sbw9@mindspring.com for more information.

A formal diagnosis is not required to attend the group. Aspergers is a form of high functioning autism and is characterized by difficulty expressing emotion, reading behavioral and non-verbal cues, and the inability to recognize differing perceptions and feelings in others.

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CLUES

ACROSS

1. One who pretends to be something he is not
6. Cruise or Hanks, e.g.
9. A tropical South American monkey
13. Far beyond norm
14. Bleat
15. Floor covering
16. Slanted or listed
17. Bow shape
18. Tripod
19. *Pinching crustacean
21. *Underwater flower
23. Make lacework
24. Go cold turkey
25. International Monetary Fund
28. Holier than who?
30. A hand tool for drawing angles, pl.
35. "Yes, ____!"
37. "Layla" singer-songwriter
39. Roman king's abode
40. A fit of shivering
41. On fishing pole, pl.
43. "Coal Miner's Daughter"

44. Whatchamacallit
46. Relating to the ear
47. Caricatured
48. *Octopuses
50. On top of
52. Put to the test
53. Duds or threads
55. Wound fluid
57. Ancient wind instrument
61. *Daryl Hannah in "Splash"
65. Archeologist's find
66. Maiden name indicator
68. ____ Domingo
69. Kiwanis and Elks groups, e.g.
70. Even (poetic)
71. ____ Park, CO
72. Contributions to the poor
73. H1N1, e.g.
74. Crevice stuffers

DOWN

1. Door sign
2. Margarine
3. Back wound?
4. German surrealist Max
5. Knocks on the door, e.g.

6. Ski lift
7. *Rowboat propeller
8. Reverted to China in '99
9. Now Thailand
10. In addition
11. Type of eye?
12. ____ of Man
15. Move unsteadily
20. Olden days anesthetic
22. Writing point of pen
24. Eternal sleep
25. Idealized image
26. Ex-Laker Johnson
27. He sold his soul to Mephistopheles
29. Popular dunking cookie
31. A sails-shaped constellation
32. It borders Mediterranean and Red seas
33. *The Titanic was one of these
34. *Spongebob's air-breathing friend
36. Office communique
38. Paper holder
42. *A peri ____ lets a submariner see above water
45. Light studies
49. Charged particle
51. Florence Nightingale and the like
54. Thief, Yiddish
56. New show with Debra Messing
57. *Black and white killer?
58. Independent unit of life
59. Obama to Harvard Law School, e.g.
60. Barbequed anatomy
61. Carte du jour
62. Not in favor
63. Individual unit
64. Sleep in a convenient place
67. *It can be electric

For Solution
See Page 7

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Governor Brown Announces \$120 Million Settlement to Fund Electric Car Charging Stations

Issues Executive Order to Help Bring 1.5 Million Zero-Emission Vehicles Onto California's Roads

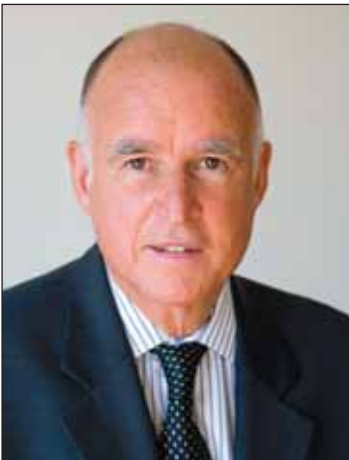
SACRAMENTO – Governor Edmund G. Brown Jr. joined with the California Public Utilities Commission on March 23rd to announce a \$120 million dollar settlement with NRG Energy Inc. that will fund the construction of a statewide network of charging stations for zero-emission vehicles (ZEVs), including at least 200 public fast-charging stations and another 10,000 plug-in units at 1,000 locations across the state. The settlement stems from California's energy crisis.

The Governor also announced that he has signed an executive order laying the foundation for 1.5 million zero-emission vehicles on California's roadways by 2025.

"This executive order strengthens California's position as a national leader in zero-emission vehicles," said Governor Brown, "and the settlement will dramatically expand California's electric vehicle infrastructure, helping to clean our air and reduce our dependence on foreign oil."

The settlement announced today resolves ten-year-old claims against Dynegey, the predecessor company to NRG Energy Inc., for costs of long-term power contracts signed in March 2001. One hundred million dollars from the settlement will fund the fast-charging stations and the installation of the plug-in units and electrical upgrades, at no cost to taxpayers. The remaining twenty million dollars will be directed to ratepayer relief. For more information on the settlement, please contact the CPUC.

The network of charging stations funded by the settlement will be installed in the San Francisco Bay Area, the San Joaquin Valley, the Los Angeles Basin and San Diego County. This new infrastructure network is a breakthrough in encouraging consumer adoption of



Governor Edmund G. Brown Jr.

electric vehicles and will contribute significantly to achieving California's clean car goals.

"The settlement will launch a virtuous circle in which ever more Californians will feel comfortable driving EVs, and growing EV sales will in turn attract ever more investment in charging infrastructure to our state," said CPUC President Michael R. Peevey. "It will create jobs in California, help clean our air, and support attainment of our greenhouse gas reduction goals."

Added CPUC Commissioner Mike Florio: "This is a truly creative deal that offers tremendous value for California utility customers. In one stroke it closes out an unfortunate chapter in our history and propels us down the road to a clean transportation future. Through the settlement, EVs will become a viable transportation option for many Californians who do not have the option to have a charging station at their residence."

Mary Nichols, Chair of the California Air Resources Board Chair (CARB), lauded the settlement agreement. "California has the most aggressive clean transportation goals in the nation," said Nichols. "The automakers are already building clean electric cars. This infrastructure

infusion will give consumers the confidence to go out and buy them, which is what needs to happen for us to clean our air, lower greenhouse gas emissions and reduce our dependence on imported oil."

In January, CARB voted to require the largest automakers to derive 15 percent, or about 1.4 million, of their annual California sales from electric vehicles and other zero or near-zero emissions vehicles by 2025.

The Executive Order issued today by the Governor sets the following targets:

- By 2015, all major cities in California will have adequate infrastructure and be "zero-emission vehicle ready";
- By 2020, the state will have established adequate infrastructure to support 1 million zero-emission vehicles in California;
- By 2025, there will be 1.5 million zero-emission vehicles on the road in California; and
- By 2050, virtually all personal transportation in the State will be based on zero-emission vehicles, and greenhouse gas emissions from the transportation sector will be reduced by 80 percent below 1990 levels.

AB 32, the 2006 Global Warming Solutions Act, calls for a 30 percent reduction of greenhouse gas emissions by 2020. The goal of 80 percent below 1990 levels by 2050 was set by an executive order signed by former Governor Arnold Schwarzenegger.

Last year, Governor Brown signed SB X1-2, which directed the California Air Resources Board to adopt regulations setting a 33 percent renewable energy target.

Source:
Gov. Brown's Press Office

2nd Annual

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POPPOFF!

with Mary Jane Popp

WILD NEW WORLD

Do you sometimes feel like you're living in a wild new world...one in which you don't know how to cope? Relax! Enter **Martha Beck**, author of *“Finding Your Way in a Wild New World.”* It's a handbook for learning how to surf the tsunami of change we see all around us. Martha is a celebrated life coach. She writes a monthly column for O, The Oprah Magazine and she's been featured on Good Morning America, The Oprah Winfrey Show, and The Talk. Now that we have established some credentials, let's get to the nitty gritty on how to deal with this wild new world! First, let's admit that we are living in a wild new world. It's an ever changing rapidly dissolving and reforming financial, economic, and cultural system. The speed and scope is so enormous that we can't track it fully. We really can no longer accurately predict what our personal and collective futures will be. That being said, let's get to what Martha has to give us

some help. Here's what she says.

- 1) The way to navigate this Wild New World is to mend your own life...and that process means you will also mend other people and situations.** As the world around us becomes less predictable and systems dissolve, **we must let go of our familiar, rigid ways of thinking and behaving to embrace the fluidity of our true nature... the essential characteristics that makes each of us unique.** Helping our true nature allows us to surf the change tsunami while helping others in the process.
- 2) In order to restore the nature of ourselves and the earth, we must learn from ancient wisdom.** Martha has traveled the world, studying ancient wisdom traditions created and used by the wisdom teachers of many cultures. Our Western culture has lost or put these practices aside for mending the self. Martha believes these traditions are now the key to healing ourselves and the earth.
- 3) There is a gathering of “wayfinders” mobilizing in every part of the world.** In her ravels, Martha increasingly encounters people who share an urgent drive to connect with their own true natures, and consequently help restore the earth's balance. This team of “wayfinders” expressed a remarkably consistent internal

desire to forgo fixed and traditional careers or choices in favor of more fluid and unconventional ones.

4) Everything you need for your journey is already in you. In *“Finding Your Way in a wild New World,”* Martha provides simple yet powerful ideas and techniques to help you connect with your true nature's incredible gifts, leverage your own innate genius, and thrive joyfully as you find your way through our wild new world.

So, there are ways to unlock your potential for deep transformation with Martha Beck, and come home to your true, purposeful, and unafraid self. Martha brings together ancient wisdom and modern science to help us embrace our skills and create the life we really want. If you want to hear more about life, please tune in the POPPOFF Monday thru Friday, or check out on-demand for POPPOFF 24 hours a day at www.kahi.com Check out the life you want at www.marthabeck.com and *“Finding Your Way in a Wild New World.”* It might be the wild wild west out there, but challenge is what makes for greatness. That's what Mary Jane Popp says!!!

Join Mary Jane for the KAH! Noon News Monday–Friday and then again for POPOFF 10 PM–Midnight.

Going Above and Beyond in the Line of Duty



Three Public Safety Officers Recognized for Heroic Events: Officer Randy Van Dusen, Paramedics Brandon Lynch and Steven Arnett. Photo courtesy of Priscilla Enriquez, Chief Giving Officer.

SACRAMENTO REGION - March 22, 2012 - *The Sally and Hubert Mee Fund* of the Sacramento Region Community Foundation awards its annual grants to deserving police officers, firefighters and paramedics. This year, one police officer and two paramedics were honored for saving lives while on duty. Since 1995, more than 50 police and fire department officials have been recognized by this annual award.

On April 30, 2011, Officer Randy Van Dusen watched a runner at a half marathon event collapse. Without hesitation, Officer Van Dusen went to check on the runner, thinking he had just tripped or stumbled. Instead, the runner was found unconscious with no pulse. Officer Van Dusen called for Code 3 fire and medical response and began chest compressions on the runner. As other runners arrived, some medically trained, Officer Van Dusen continued chest compressions.

Despite several medically trained people on the scene advising Officer Van Dusen to discontinue compressions when the victim did not respond, he did not stop. Several minutes later, prior to medical aid arriving, the victim's heart started to beat. The victim was transported to the hospital where he began his recovery. Paramedics Brandon Lynch and Steven Arnett had just wrapped up a routine call on October 22, 2011 when they heard gunshots coming from around the corner. “When you hear shots fired, you usually go the other way,” said Station 17 Capt. Kurt Dittig. Firefighters are generally instructed to wait a safe distance from a crime scene for additional police units to arrive before rendering medical aid. Instead, Lynch and Arnett drove straight to the scene of the shooting on Branch Street and encountered a group of people running away in panic. The Medic 17 crew found a

25-year-old police officer suffering from multiple gunshot wounds, including one to his lower abdomen. They notified the fire dispatch center before dispatchers were even aware there had been a shooting. The paramedics spent six minutes on the ground with the officer to stop the bleeding before transporting him at high speed nine miles to the UC Davis Medical Center. It was estimated that it would have taken at least six minutes longer to reach the fallen officer if Medic 17 had been dispatched from the fire station, 1.5 miles away. “(The officer) would have bled out,” Dittig said.

Sacramento residents Hubert and Sally Mee established their fund with the Sacramento Region Community Foundation in 1994 to provide public recognition to members of the city's Police and Fire Departments for heroic and meritorious acts. Though the Mees are now gone, their award lives on.

The Sacramento Region Community Foundation is an advocate for quality of life, dedicated to connecting people who care with charitable causes. An effective steward of the region's charitable assets since 1983, the Foundation's mission is to serve as a leader and trusted partner in expanding philanthropy and enhancing its impact in our community. From charitable funds established by individuals, families, businesses and organizations, the Sacramento Region Community Foundation awards grants and engages in leadership activities to address a wide variety of current and long term community issues. For more information, visit www.sacregecf.org.

April 16th is National Health Care Decisions Day Tell Someone Your Most Personal Wishes for Medical Care

By Heather Chubb

FAIR OAKS – April 16th is National Health Care Decisions Day, which encourages local residents to have tough conversations with their loved ones about their most personal wishes for medical care.

These conversations include wishes and preferences about life support, feeding tubes, organ donation and what you consider to be “quality of life” in the event of a long-term incapacity.

According to Heather Chubb, an estate planning and elder law attorney in Fair Oaks, these conversations may be hard to have, but it's the only way to make sure your wishes are honored and that your loved ones stay together in a medical emergency.

“I’ve seen many families torn apart trying to figure out what their loved one ‘would have wanted’ during a medical crisis,” says Chubb. “In some cases, families even spend years battling in court for control, much like Terri Schiavo’s family did,” she adds.

Chubb says strife over health care decisions can be avoided by letting someone know your wishes and clearly documenting them. She says that legal tools such as a Power of Attorney, Advance Health Care Directive and HIPAA forms are easy ways to let doctors and family members know how to manage your care if the unthinkable happens.

“Medical crises can be emotional, and the only way to guarantee your wishes are

honored and that your family stays together is to let everyone know exactly what you want and who you trust to make those decisions. It will make life easier for everyone in a true emergency,” says Chubb.

For more information on documenting your personal health care wishes or about National Health Care Decisions Day, please visit Chubb's website or www.nhdd.org.

Heather Chubb is the founder and CEO of Chubb Law Firm, a local law firm specializing in helping families fully protect their assets, wishes and people they love. For more information on Heather Chubb, please visit www.chubblawfirm.com

Job Forecast Bright for Sacramento's HIREvent



SACRAMENTO REGION – Rain or shine, experts predict a 100-percent chance of jobs at Sacramento's HIREvent on Tuesday, April 10th, from noon to 4pm at the Masonic Temple downtown, 1123 J Street (12th and J). This exceptional employment event

will feature private organizations and public agencies from around the region, with a variety of immediate staffing needs ranging from entry-level to management positions.

First impressions will be very important, as all the employers will

be eager to hire. Jobseekers should dress to impress and be prepared to pitch their qualifications to company recruiters. Attendees who want to polish their resumes can consult with employment experts offering free one-on-one evaluations.

Admission is free to Sacramento's HIREvent, which is sponsored by Telemundo 33, Entercom Communications and Job Journal. For more information, visit JobJournal.com or call 888-THE-JOBS (843-5627).



by David Dickstein

Family Films

“Chimpanzee”
Opens April 20, rated G
disney.go.com/disneynature/chimpanzee

Set in the Ivory Coast and Ugandan rainforests, this documentary from Disneynature follows a baby chimp whose playful and curious world is turned upside down when a rival band of chimps takes on his family. Orphaned, Oscar fends for himself until a surprising adoption by an alpha male. The film, the fourth from Disneynature (“African Cats,” “Oceans” and “Earth,” all available on home video), is intentionally being released on Earth Day. During the first week of release some of the ticket proceeds will benefit the Jane Goodall Institute.



“The Three Stooges”
Opens April 13, rated PG
threestooges.com/movie

A new generation gets introduced to the trio's classic slapstick stylings with Will Sasso, Sean Hayes and Chris Diamantopoulos as Curly, Larry and Moe, respectively. The farcical fun begins on a sad note – they get dumped as newborns at the door of an orphanage – but all it takes is one eye poke to the unfortunate nun who makes the discovery to lighten the mood. The plot involves the stooges being taken advantage of by socialites, but story always come secondary to zaniness when watching these working-class wackos.

“To the Arctic”
Opens April 20, rated G
imax.com/totheartctic

Meryl Streep narrates the journey of a mother polar bear who navigates the challenging Arctic wilderness with two cubs in tow. The 40-minute film, debuting

Movies and DVDs for the Whole Family

first on IMAX screens, also shows caribou, walruses and other wildlife struggling to survive in a frigid environment that rapidly changes and where natural predators lurk around every frozen corner. Sharing a release



date with “Chimpanzee,” this might be the first time polar bears and primates battle for superiority.

Family DVDs

“Dougie in Disguise” Volumes 1 and 2 (*ages 2-5, released April 10, not rated*): Sold separately, these two discs out of Spain (dubbed in English) teach preschoolers about different jobs, animals and parts of the world. Dougie and his dog Tim, both with heavy British accents in the English version, move from vignette to vignette with the help of young viewers who “choose” stickers from an album. Cute graphics and simple, yet fun stories make these a winner. *Grade: A-*

“Adventures in Lalaloopsy Land: The Search for Pillow” (*ages 3-8, now available, not rated*): The first movie based on the successful toy line for girls deals with the tragic news that Pillow Featherbed has gone missing. Because the Lalaloopsy dolls can't cry in their pillow, because it's disappeared, of course, they set out on a cheaply

animated adventure where creativity and teamwork do magical things. *Grade: B-*

“Scooby-Doo! Music of the Vampire” (*ages 4-10, now available, not rated*): Big shock that when Scooby-Doo and the Mystery Inc. gang travel to the Deep South for the Vampire-Palooza Festival, things go south, and deeply. This continuation of the vampire craze in movies and TV is entertaining for the target audience, and there's some cool tunes in the franchise's first-ever original animated musical movie. *Grade: B*

“Space Dogs in 3D” (*ages 4-10, released April 10, rated G*): Before they were stuffed and exhibited in Russia as two national heroes, Belka and Strelka were among several astrodogs chosen to prove that a human being can go into space and returned safely. In 1960 these two became the first, and their tale, made into a Russian animated feature in 2010, now wags for English-speaking homes. Nice change of pace from the usual red, white and blue-blood space race flick. *Grade: B+*

“We Bought a Zoo” (*ages 5-15, released April 3, PG*): Corny and sappy work splendidly around Christmastime, so we cut this dramedy some slack when theatrically released last December. On video in April, however, the tale of a widowed father who buys a dilapidated zoo in hopes of making a fresh start for his family probably won't go down so easily with the hard-edged. Matt Damon and Scarlett Johansson star. *Grade: B-*





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By George Valverde – Director, California Department of Motor Vehicles

Q: I have decided that I want to be an organ and tissue donor. My license doesn't expire for another three years and I want to change my organ donor status now. How can I do this?

A: You do not have to wait until your license expires to update your organ and tissue donor status! Simply visit www.DMV.ca.gov and click the Donate Life California link. From there you can become a registered donor, read answers to frequently asked questions and real life organ donor and recipient stories. Congratulations on your decision to become an organ and tissue donor! Save Time. Go Online!

Q: My brother recently purchased a motorcycle and although he has a motorcycle license, I do not. Am I allowed to drive his bike?

A: No. Driving any motor vehicle without the proper license is against the law. If you are interested in legally driving your brother's motorcycle you should obtain your motorcycle (M1 or M2) license. The procedure for acquiring a motorcycle license varies based on age, but all applicants must pass a written test first. For a checklist of what is required, visit www.DMV.ca.gov. This page will also provide a link to online services, where you can make an appointment for your DMV office visit. This will make your trip much easier. Save Time. Go Online!

Q: If you rear end someone, does the law always consider the collision to be your fault?

A: Though it is often the case, there is no law that determines which driver will be at fault in all cases. Still, it is very important that you know how to be a good defensive driver. To avoid a rear end collision, remember to:

- Plan ahead. Look down the road 10 to 15 seconds ahead of your vehicle so you can see hazards early.
- Scan. Look beyond the car ahead of you. Look at the movement of cars around you. Don't develop a "fixed stare".
- Don't tailgate. Many drivers don't see as far ahead as they should because they follow too closely and as a result, the vehicle immediately ahead blocks their view. Tailgating also gives you insufficient time to brake quickly.
- Adjust your speed. Slow down in poor weather. Rain and snow can cause vehicles to slip on the roadway. It also impairs your vision, affecting your ability to drive safely.

For more information on safe driving practices, visit <http://www.DMV.ca.gov/pubs/hdbk/scanning.htm>. Save Time. Go Online!

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.DMV.ca.gov.



END of the BENCH

by **Gerry Scholl**

Together, We're Not Who We Used to Be

The San Francisco Giants will have their final roster decisions for 2012 sorted out by the time they take the field Friday at Arizona for the season opener, but, for sure, they will have quite a different look compared to who they were seventeen months ago when they won the World Series.

Only three of the nine players, including starting pitcher Tim Lincecum, who ran out on the diamond for Game One of that Series are still with the team. Catcher Buster Posey will be back, trying to return to form after missing most of 2011 due to his horrific ankle injuries. First baseman Aubrey Huff is back after a poor 2011 season and in the final year of his contract, trying to retain his position ahead of youngsters Brandon Belt and Brett Pill.

I was flipping through a little book I have on the Giants' 2010 postseason run called "Giant Surprise." There are a lot of pretty cool pictures in there from those forever memorable games.

There's a picture of Cody Ross and Edgar Renteria chest-bumping — both gone now. There's one of Ross, the NLCS MVP, making contact on one of his five postseason home runs, and one of Renteria connecting on his famous homer in Game Five of the Series which provided the clinching margin.

So many of those grinning Giants heroes who paraded triumphantly through the streets of The City are gone now. Loveable Andres Torres and handsome Pat Burrell, particular favorites of female Giants fans, — traded to the Mets and retired, respectively. Juan Uribe and his classic home run pose at the plate in Game One — gone. Overpaid outfielder Aaron Rowand was released and may be found somewhere in the minor leagues, and infielder Mike Fontenot was recently let go. Clutch-hitting, but fragile, second baseman Freddy Sanchez is back on the disabled list again. Starter Jonathan Sanchez — off to Kansas City.

Possibly only four of the fourteen position players on that World Series roster will be with the team this year. But for a team that turned in an astonishingly abysmal offensive performance in 2011, that might be a good thing. Changes for the better had to be made and, hopefully, "Together, We're Giant."

Three new outfielders, Angel Pagan, Melky Cabrera and Gregor Blanco, along with returnee Nate Schierholtz, and young infielders Brandon Crawford and Emmanuel Burriss will provide upgrades in speed and defense. Their power numbers will be a big question, however. That department will be the specialty of a more healthy and more committed third baseman Pablo Sandoval. It would be hard to imagine the new group could do any worse than last season's offense, one of the worst in Giants history.

The best news is that the Giants have retained the services of eight of the eleven pitchers from the World Series team and may still have the best overall staff in the majors, anchored by Lincecum and Matt Cain, who just re-signed with the team on a long-term deal.

Across the bay in Oakland, the Athletics are, and then again they aren't, who they used to be. There are in the sense that the player turnstiles are fully operational — most of their better players are, once again, gone after ultra-short tenures with the team. They aren't in that there are, once again, a lot of new faces around. The "A" on the cap could stand for "Anonymous."

At least they have decided to start building a regular lineup around young burgeoning stars. Second baseman Jenile Weeks was somewhat of a revelation through late last season and newly signed Cuban star center fielder Yoenis Cespedes has a bit of a Bo Jackson look about him. First baseman Brandon Allen has impressive power and may be the "sleeper" in the lineup. Young versatile outfielder Collin Cowgill could be a big help off the bench.

The A's have improved the offense and will add suspended veteran star Manny Ramirez to the mix as a designated hitter fifty games in, but that may be too late because of the gutted pitching staff.

Can you name the A's starting rotation? Can manager Bob Melvin name the A's starting rotation? Maybe he could, and maybe he would cringe doing so. And then when he calls for his closer he'll say, "Grant Balfour." And that's the last thing you want your closer to do.

And now I have to go see if the Kentucky Wildcats can go close their deal in the NCAA Championship Game, and wait and see if their drunken fans burn down the whole city of Lexington, win or lose. What's the deal with all these sports celebrations? What spirit!


Coach John Calipari is a hard one to root for with his checkered past of indiscretions at Massachusetts and Memphis. It wouldn't be a surprise to see him leave Kentucky with a probation to face as well, as he moves on again for another bigger payday elsewhere. Go Kansas, I guess.

It has been a relatively uninspiring tournament, but the one lasting impression will be the highlight play against Louisville in the semi-final by Kentucky's freshman sensation Anthony Davis, taking a tipped lob pass with a long reach and slamming it emphatically through the rim. Game Over.

COMMUNITY COFFEE CALENDAR

Senator Ted Gaines has several "Community Coffee" sessions scheduled to give everyone an opportunity to meet with him and discuss individual and community issues.

He is continuing to add them to his calendar every week, so please check his web site at www.senate.ca.gov/GAINES, for up-to-date information as Community Coffee events are scheduled.



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