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AMERICAN RIVER MESSENGER

Volume 7 • Issue 5

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

First Edition for March 2012

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Help Kids Become Star Readers



United Way, Barnes & Noble to hold Starry Night reading event in March.

SACRAMENTO REGION – Local residents can help kids reach for the stars by participating in United Way California Capital Region’s STAR Readers Book Drive through March 23. The drive benefits the group’s STAR Readers project that is helping children read at grade level by fourth grade, a key indicator of high school graduation rates. “Through third grade, children are learning to read; in fourth grade, they’re reading to learn,” said Steve Heath, president and CEO, United Way California Capital Region. “Children reading at grade level entering fourth grade are far more likely to

graduate high school. This book drive will help 615 kids have access to books that will set them on a path for success.” The online book drive includes four books, three of which were written by local authors, for children in kindergarten through third grade. The goal is to collect 615 books, one for each child in the STAR Readers project. To purchase books, visit www.your-localunitedway.org. As part of the STAR Readers Book Drive, United Way is teaming up with Barnes & Noble in Citrus Heights for a children’s reading event. Families are invited to A Starry Night from 7-8

p.m. on March 14 at 6111 Sunrise Boulevard. Three of the authors participating in the book drive will read from their books, which will be available to purchase that night for the book drive. The event will include refreshments, and children are encouraged to wear pajamas. For more information, visit www.yourlocalunitedway.org. United Way is the region’s leading provider of innovative solutions on the community’s most pressing issues, including high school graduation rates, household financial stability and obesity. United Way’s team of nonprofits, businesses, donors and volunteers work together

to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.your-localunitedway.org. Source: Kristin Thébaud Communications

Gasoline Prices Soar – Here Comes \$6 per Gallon!

Gasoline tops \$5 per gallon in Los Angeles and San Francisco



SACRAMENTO REGION – Average retail gasoline prices in

Sacramento have risen 3.5 cents per gallon in the past week, (as of March 5th) averaging \$4.24/g yesterday. This compares with the national average that has increased 5.2 cents per gallon in the last week to \$3.71/g, according to gasoline price website SactoGasPrices.com. Including the change in gas prices in Sacramento during the past week, prices yesterday were 41.3 cents per gallon higher than the same day one year ago and are 56.6 cents per gallon higher than a month ago. The national average has increased 27.8 cents

per gallon during the last month and stands 24.1 cents per gallon higher than this day one year ago. “Gasoline prices have spiked considerably higher in virtually every area over the last two weeks, and while I don’t expect the pace of the recent rise in prices to continue for the entire month, a similar jump may again occur closer to April Fools Day, and it won’t be a funny joke, it’ll be disgusting reality,” said GasBuddy.com Senior Petroleum Analyst Patrick DeHaan. “The rise in price is so unbelievable that we may have to revise upward our previous

gasoline forecast that had called for a national average of between \$3.75 to \$4.15 by mid-May, as the national average already stands at nearly \$3.72/gallon,” DeHaan said. Source: GasBuddy operates SactoGasPrices.com and over 250 similar websites that track gasoline prices at over 140,000 gasoline stations in the United States and Canada. In addition, GasBuddy offers a free smartphone app which has been downloaded over 20 million times to help motorists find gasoline prices in their area.

Organic Farmer Gives Fun and Healthy Eating Program at Children’s Museum



Sharon Stone Smith, Sacramento Children’s Museum (SCM) Executive Director, puts information into Chef Leo’s “tray dishes”, that will hold healthy and kid-friendly recipes that are being specially developed for SCM by Farm Fresh for You.

RANCHO CORDOVA–Farmer Thaddeus Barsotti brought a bounty of produce with him as the special guest speaker at the Sacramento Children’s Museum on Saturday, March 3rd. “Happy Heart, Healthy Eating” was the topic of Farmer Thaddeus’ message to his young audience and their families. He talked about how food grows, the different growing seasons, and what is in season now. Farmer Thaddeus and his two brothers are the owners of Farm Fresh to You, a 300-acre organic farm that is about 30 miles northwest of Davis. The farm grows 85 varieties of fruits and vegetables. “I was lucky to grow up on a farm and know from an early age the importance of not only eating healthy but also connecting with where my food was grown,” said Farmer Thaddeus. “I love talking to kids about fruits and veggies and ensuring they know more about the food system than what they see in the grocery store.”

Designed for children who are eight years and younger, the Children’s Museum has seven exhibit and play areas that include water, airways and raceways, and cultural themes. Farmer Thaddeus will be featured at Leo’s Market, the Museum’s popular grocery store play area. For more information about the Museum and the program, please call (916) 638-7225. The Museum is located at 2701 Prospect Park Drive, next door to the Rancho Cordova City Hall. Source: Public Information Office, City of Rancho Cordova

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DA Report: Investment Fraud Results in Prison Sentence

SACRAMENTO COUNTY – District Attorney Jan Scully announced March 1st that the Honorable John Winn sentenced 57-year-old Rodney Andrews of Elk Grove to four years in prison. Last month, Andrews pled no contest to two felony violations of embezzlement, two felony violations of theft by false pretenses, one felony violation of diversion of construction funds, and one felony violation of unlawful use of personal identifying information.

At the time he committed these offenses, Andrews operated a company known as Andrews Investment Group, which offered loan modification services. He was also a pastor at the Comeback Christian Church, where he solicited parishioners and low income property owners to refinance their homes, lower their mortgages, or stall out their foreclosures. He collected up front fees in violation of a statute passed by the California Legislature to prevent individuals such as Andrews from preying on

vulnerable home owners facing foreclosure or unaffordable mortgage payments. He also failed to provide proper notifications as required by law, did not provide the services he promised he would do, and did not use the funds he obtained for the represented purposes. Additionally, Andrews obtained money from one home owner that was supposed to be used on a project to improve her home. Andrews represented to the victim that he had a business known as Low Cost Construction, which

is in fact a real company owned by another contractor. He hired a subcontractor to remodel the property, but paid him with insufficient funds checks. The subcontractor stopped working before the project was completed. Andrews never finished the remodel and the victim’s home was left in an uninhabitable condition. Andrews spent the money and did not use it on the project. At the sentencing hearing, one of the victims stated that Andrews was an untrustworthy liar who

took advantage of distressed homeowners seeking assistance in these tough times by making them fake promises and taking their hard earned money. This matter was investigated and prosecuted by the Sacramento County District Attorney’s Office Real Estate Fraud Unit. **CASE: Rodney Andrews (03/01/12)** **PROSECUTOR: Deputy District Attorney Lani Biafore, Real Estate Fraud Unit**



By Supervisor Susan Peters

Through the generosity of *The American River Messenger* this column serves to provide an update periodically about matters affecting the Third District, which includes the unincorporated community of Fair Oaks. This is my second report to you since Fair Oaks became part of the Third District following redistricting.

Community Briefing on Old Village Streetscape Plan

The public is invited to a community briefing about plans to improve the streetscape of old Fair Oaks Village to be held on Thursday, March 8, at 6 pm at the Fair Oaks Water District’s conference room, 10326 Fair Oaks Boulevard, near Winding Way.

Sacramento County’s Department of Transportation is partnering with the Fair Oaks Village Enhancements Committee (FOVEC) to provide a “complete street” along the portion of Fair Oaks Boulevard that runs through the Village with sidewalks, new pedestrian curb extensions at the intersection of Fair Oaks Boulevard and Bridge Street, a mid-block crossing, enhanced bike routes, added decorative street lighting, and landscape amenities.

The goal is to create a small town appeal that results in less dependence on cars and encourages people to live, work and shop in Fair Oaks Village. Construction startup is anticipated for 2012 with costs being covered through grant funding.

Bringing Maximum Speed Enforcement to Fair Oaks

In 2005 at my urging the Sacramento County’s Department of Transportation in cooperation with the California Highway Patrol started a rotating targeted monthly speed enforcement program for the unincorporated communities of Arden Arcade and Carmichael – and now this innovative approach is coming to Fair Oaks.

Madison Avenue between Fair Oaks Boulevard and Hazel Avenue will be the first roadway in the Fair Oaks community to be added to the rotation. The program consists

Fair Oaks Community Update

of a two step approach – first, to educate motorists about speeding on County roadways and, second, to provide increased speed enforcement.

The education component includes use of two different types of portable trailers – a changeable message sign and a radar speed trailer. SACTDOT will place these trailers at strategic locations on the targeted roadway to announce upcoming and on-going CHP enforcement efforts as well as general messages about speeding. Drivers who see the signs will view messages asking them to observe speed limits as well as be made aware of their own speed and reminded to comply with legal speed limits. These trailers will be placed out for a five-day period preceding CHP targeted enforcement.

CHP officers will perform targeted and visible speed limit enforcement within the pilot area for a 7-day period after the trailers are removed. Citations will be issued to motorists who exceed the speed limit.

The goal is to make our streets safer by encouraging motorists to take their time, observe road conditions and pay more attention to speed limits.

Visiting with Neighbors

On Thursday, March 15, I will have the honor of addressing the Fair Oaks Chamber of Commerce at its monthly luncheon meeting. I look forward to the gathering and having the opportunity to share with you an update on County activities. For more information about attending the luncheon, please contact the chamber at 967-2903.

I also want to extend the invitation to all residents to attend my regular community coffee meetings in Fair Oaks at Dianda’s Italian Bakery and Café. The next meeting will be on Wednesday, March 21, at 7:30 am. These meetings are an on-going tradition dating back to when the late Dave Cox was on the Board of Supervisors. The complete schedule for 2012 is available via my webpage under “News” at bos.sac-county.net.

Learn First-Hand about the Criminal Justice System

Applications are now being accepted for the 2012 Citizens Academy, a 10-week course designed to provide an overview of the criminal justice system. The program is sponsored by District Attorney Jan Scully, Sheriff Scott

Jones and Sacramento Police Chief Rick Braziel with the aim to improved relations and communication with diverse communities and members of the criminal justice system.

The program involves weekly evening classes at the Sacramento Police Department Headquarters that run from April 10 through June 12. In addition, there will be field trips to the District Attorney’s Office, the jail, and the courts as well as the Public Defender’s Office.

Participants must be at least 18 years old and either live or work in Sacramento County. The deadline to submit an application is March 23.

Interested persons can apply online or contact Stephanie Hofer for more information. She can be reached via email at hoferst@sacda.org or by telephone 874-7428. More details are available at sacda.org.

Local Arts Award Recipients

The Sacramento Metropolitan Arts Commission recently announced it will be awarding a grant of \$4,550 to the Fair Oaks Theatre Festival.

The theater festival was founded in 1982 by a group of local business leaders and people active in community theatre. They produce a variety of summer musicals at Veterans Memorial Amphitheatre in Plaza Park located in Old Fair Oaks Village. The group’s website is fairoakstheatrefestival.com.

To receive the award, the theater festival had to meet high standards of artistic quality, show evidence of community involvement and outreach, and exhibit sound managerial and fiscal accountability. And for the first time in the grant program’s history, the grant funding was supplemented by private dollars. For more information about the arts commission, please visit sacmetroarts.org.

Facebook Fan Page

Check out my Facebook fan page. I invite you to like my page so you can be notified of my postings. I put information on my page about events, activities and constituents from the Third District. Search for Supervisor Susan Peters or access via my website [bos.sac-county.net/district 3](http://bos.sac-county.net/district%203) and click on the Facebook logo.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net.

SMUD Lures Anglers to Trout Derby



Rancho Seco Recreational Area to host fishing derby. Official SMUD photo.

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

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

Specifics

Date: Saturday, March 31 and Sunday, April 1

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

Location: Rancho Seco Recrea-

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

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

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

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

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

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 \$0.50 each. Cash only. No refunds, no exceptions! All ticket sales will end @ 12:00pm, 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, an art show, and food vendors. The goal is to introduce children to various art forms in hopes that they may open their minds to new experiences. 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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New State Farm Agent Opens Doors



Stacy Flascher cuts the Grand Opening ribbon during the celebration. Photo courtesy of State Farm agency.

FAIR OAKS – Stacy Flascher embraced family, friends and fellow businesspeople at her February 16th Grand Opening of her new State Farm agency in Fair Oaks. The Fair Oaks Chamber of Commerce celebrated with a ribbon cutting ceremony which was

attended by a large number of attendees. Stacy’s parents were even able to make the event, travelling from out of town. There was a live broadcast with Mix 96.1 FM, free giveaways and prizes, and a great Bar-B-Que meal. Infant and baby car seat safety checks were provided by Safe Kids Sacramento. The location of the agency is 4201 Sunrise Blvd., Suite A in Fair Oaks. Her staff of Brent Samodurov, Manager of Business Operations, Hawk Denno, Manager of Business Development and MacKenzie Mills, Manager of Insurance Operations all welcome you to come by and compare rates and service. Welcome to the neighborhood Stacy!

Volunteer for Creek Week



Volunteers Bonnie and Sarah Ross. Photo courtesy of Jamie Cameron-Harley.

SACRAMENTO REGION – The 22nd Annual Creek Week splashes

off this year from April 6 to 14. During Creek Week young and old will enjoy, explore, learn about and work to protect our local creeks and aquatic life. For information on activities, clean up locations, volunteer opportunities and E-Waste collection, go to www.creekweek.net. Clean Up and Celebration: Volunteers are needed April 14, from 9 am to 12:00 pm for the 22nd Annual Creek Week Clean Up. The area-wide volunteer creek clean up effort improves and enhances our urban waterways by cleaning trash and debris as well as removing invasive exotic plants. A celebration follows at Carmichael Park with food, music and entertainment provided by

Radio Disney Rocklin Road Show, environmental exhibits, and a Creek Week T-Shirt. Clean up locations are throughout Sacramento County. For more information and to sign up, go to www.creekweek.net. California Electronic Asset Recovery (CEAR) E-Waste Collection: April 14, 9 a.m. - 1 p.m. Creek Week participants and the community can bring their E-Waste to the Celebration site to be recycled. Go to www.creekweek.net to see what items are accepted. Creek Week Activities: April 7 – 15. A variety of activities will be available to explore and learn about our local creeks and aquatic life. Times and locations vary. Go to www.creekweek.net for more information.



Chamber Moves

The Fair Oaks Chamber of Commerce celebrated their move into a new and larger office space on the corner of Sunrise and Fair Oaks Blvd. Plenty of parking, fewer chickens.

Jan Bass-Otto, Executive Director (second from right) welcomed a large crowd of supporters at the monthly mixer event on February 29th.

Free Seminar Shows Veterans How to Claim Benefits for Long-Term Care

Local wartime veterans can learn how to claim up to \$24,228.00 a year in benefits to cover costs associated with long-term care during one of 3 upcoming seminars by attorney Heather Chubb called, “The VA’s Best Kept Secret: Veterans Benefits The Government Doesn’t Want You To Know About”.

FAIR OAKS (2/16/12) – For older veterans and their families struggling to cover costs associated with long-term care, tax-free benefits may be available through the Veterans Administration to offset mounting costs. Elder law attorney Heather Chubb will host a free seminar, “The VA’s Best Kept Secret: Veteran’s Benefits The Government Doesn’t Want You To Know About” to teach wartime veterans and their families how to claim benefits necessary to cover nursing home,

assisted living, or home-health care. According to Chubb, such benefits may pay up to \$24,228.00 per year in tax-free income and do not require a service connected disability to qualify. “Many veterans are going without the care they need when benefits are available through the VA to cover many of the costs. The VA is simply not required to tell veterans about these benefits, which is why so many veterans and their spouses are in the dark,” says Chubb. Veterans age 65 and older (or the surviving spouse of a veteran) who

served at least one day during a period of war and now need assistance with activities of daily living such as dressing, bathing, feeding, etc. are invited to attend one of Chubb’s upcoming seminars on the subject. All family members are welcome. The seminars will take place on March 6th and 10th at The Chubb Law Firm, 8920 Sunset Avenue, Suite E, Fair Oaks, CA 95628 or March 13th at 7:00 pm via telephone. For more information or to register for free, visit <http://sacramentoveteranaid.com/> or call 916.241.9661.

From Jamie Cameron-Harley

SACRAMENTO REGION – Skycrest Elementary 5th grade student was one of three Sacramento area children who won honors today in the 2012 Creek Week T-Shirt Art Contest: “Why We Care For Creeks.” As the first prize art winner the student-artist will see her art as this year’s Creek Week t-shirt art, in addition she receives \$50 and will be interviewed on Radio Disney. The first prize classroom teacher also receives \$100 for educational materials. Second and third prize student-artists will receive \$25 and \$20 respectively. The Sacramento Area Creeks Council (SACC) designed the contest in association with San Juan Unified School District Visual and Performing Arts program to educate, raise awareness,

and encourage exploration and enjoyment of Sacramento area creeks and aquatic life. SACC received from about 200 students (grades 4 -6) attending Grand Oaks, Arlington, Skycrest, Cambridge Heights, Lichen, Kingswood K-8, Citrus Heights and Woodside. After students learned more about creek systems and aquatic life they created their 8 x 8 pieces of art illustrating the importance of creeks and why we should care for them. SACC’s contest was “We are thrilled to see children being creative and learning about our local creeks and the environment,” said Alta Tura, Creek Week Committee Chair and SACC Board President. “This partnership with the San Juan Unified School District staff gave us a unique opportunity to educate children about the environment and how we can

work together to preserve natural resources.” The Sacramento Area Creeks Council is a nonprofit organization dedicated to protecting and sharing the abundant natural treasures that make up the extensive creek systems of our region. The 22nd Annual Creek Week splashes off this year from April 6 to 14, 2012. During Creek Week young and old will enjoy, explore, learn about and work to protect our local creeks and aquatic life. For information on activities, clean up locations, volunteer opportunities and E-Waste collection, go to www.creekweek.net. The top three entries can be seen on the Creek Week Facebook page. The top ten entries will be on display in late April at Kidz Art along with other art displayed by the SJUSD Visual and Performing Arts program.

Rancho Cordova Invites Public to Arbor Day Celebration

RANCHO CORDOVA – A Willow Oak tree will be planted at the conclusion of the City of Rancho Cordova Arbor Day Ceremony on Wednesday, March 7th, the first day of Arbor Week. The public is invited to attend the program that will take place at 10:30 a.m. at the northeast corner of City Hall, 2729 Prospect Park Drive. The celebratory Willow Oak tree is a gift from the Sacramento Tree

Foundation and replaces a tree that died after being damaged in a storm last year. Rancho Cordova was one of the first cities to participate in the Sacramento Tree Foundation’s goal to plant 5 million trees throughout the Greenprint Region which includes 22 cities, Sacramento County, and the five surrounding counties by 2025. Since incorporation in 2003, the City has planted more than 30 trees

on City properties and has promoted tree plantings and education through Eagle Scout projects and public relations. SMUD energy saving trees are available free-of-charge by contacting the Sacramento Tree Foundation at (916) 514-4540 x121. For more information, please contact Laurel Bane, the City’s Facilities Services Representative, at (916) 851-8953.



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HEALTHY IN THE FAST LANE

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

POPPOFF!

with Mary Jane Popp

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

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

I TRIAD DIET PROGRAM:

- 1) Eat whole unprocessed foods (90% or more as plant food, if not all plant food).
- 2) Eat at least half your food intake as vegetables.
- 3) Eliminate All Dairy Products or eat from the Basic Elimination Diet (BED) for at least once month.

II TRIAD EXERCISE PROGRAM:

- 4) Do a half hour minimum of daily aerobic exercise.
- 5) Do Strength Training (circuit training) fifteen to thirty minutes, three to four days per week.

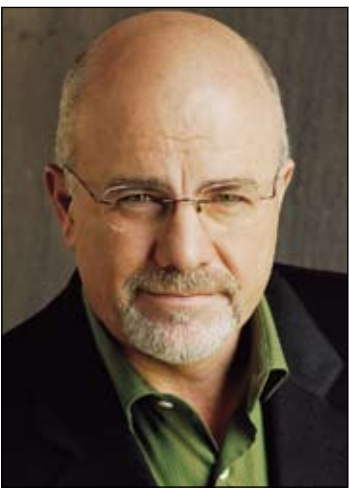
6) Do flexibility Training (tai chi, yoga, Pilates, stretching) ten to sixty minutes daily.

III TRIAD MIND-BODY

- 7) Be Thankful for five minutes, morning and evening.
- 8) Sit Quietly for fifteen to sixty minutes daily.
- 9) Imagine your ideal health and life daily for five to fifteen minutes. Think about what you want, not about what you don’t want. Write it down. Picture it!

Kirk explains how it’s imperative to the health and vitality of the nation that we implement a paradigm shift where eating and living well becomes the norm through science and common sense and not the reliance on insurance coverage for treatment for chronic diseases that are ultimately preventable. You can join Kirk’s free health letter “Staying Healthy Today with Kirk Hamilton at www.Prescription2000.com. He aims to make America healthy in *“Staying Healthy in the Fast Lane.”* Time to take your life into your own hands!

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



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.

Get your Priorities Straight

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

Dave Says

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

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

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

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

- Dave

Leave the 401(k) Alone!

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

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

Dear Will,

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

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

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

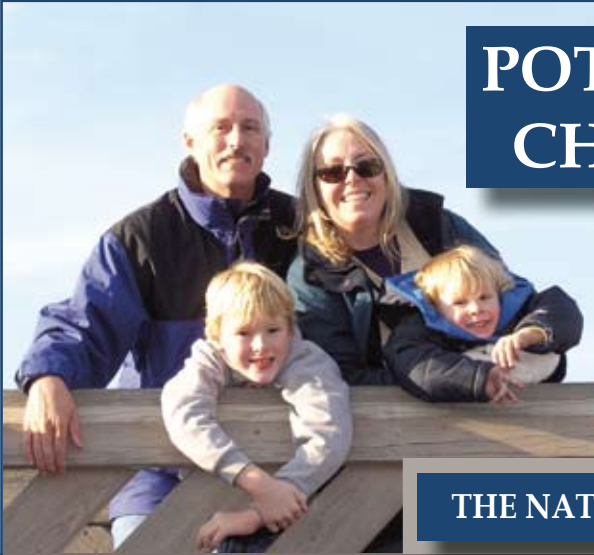
- Dave

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

Sacramento County DA Reports
Recent cases of interest

CASE: Tom Daniels (03/03/12)
PROSECUTOR: Deputy District Attorney Kimberly Macy
District Attorney Jan Scully announced today that the Honorable Trena H. Burger-Plavan sentenced Rio Linda First Baptist Church Pastor Tom Daniels 158 years to life in prison. In December, Daniels was convicted by jury of 11 counts of molestation. Daniels molested five different girls between December 2002 and August 2007. One child was at his house for daycare and the other four were there for respite care. The ages of the girls ranged from 5 to 8 years old at the time of the assaults.

CASE: Timothy Lowder (02/29/12)
PROSECUTOR: Deputy District Attorney Carlton Davis
District Attorney Jan Scully announced today that Timothy Lowder was convicted by jury of child molest. On Christmas evening 2008, Lowder was alone with the victim watching television. While they were alone, he molested the victim twice. He had been previously convicted of molesting his niece. Deputy District Attorney Carlton Davis states, “I want to thank District Attorney Victim Advocate Rafaela Perez for providing critical support and assisting the victim and her family during the entire court process.” Lowder faces a sentence of 28 years to life in prison. Sentencing is set for April 6, 2012 in Department 12 of the Sacramento Superior Court.



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Riley Reviews

**REAL HEROES AND
GREAT ACTION DELIVER
“ACT OF VALOR”**

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

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

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

As Agent Morales (Roselyn Sanchez) is held in the jungle and brutally tortured by the henchmen of drug kingpin Christo (Alex Veadov), Chief Dave and Lt. Rorke are forced by circumstances to stage a daring and explosive rescue operation.

One of the many exciting, action-packed and adrenaline-pumping moments involve a pair of heavily armed American gunboats sweeping in behind the SEALs to blast the villains to smithereens.

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

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

But to get to the target cities,

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

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

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

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

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

DVD RELEASE UPDATE

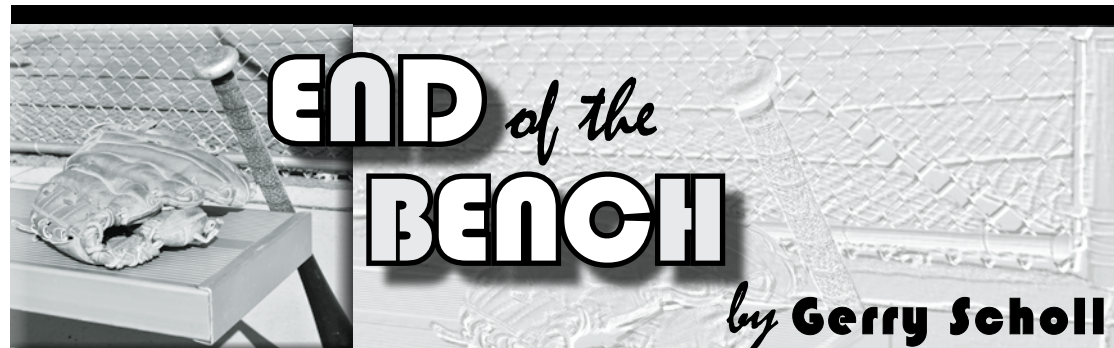
This is another shameless plug for one of my favorite TV series, “Mission: Impossible,” starring Peter Graves as IMF team leader Jim Phelps.

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

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

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

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



Much Ado About Nothing

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

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

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

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

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

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

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

That led me to feeling nostalgic about my early days following the Warriors and Wilt's two-plus

years here after they moved to San Francisco for the '62-63 season. I remembered nights laying on my bed listening to the great Bill King call the games on the radio and picturing Wilt's finger-roll, Guy Rodgers' wrap-around pass (he had 20 assists in the famous game), St. Mary's own Tom Meschery, and Al Attles, The Destroyer. I could keep score from King's classic detailed accounts and check the paper the next day for a near-perfect match in the box scores. I still have a box score I cut out of a Warriors-Lakers game I went to at Civic Auditorium (with the massive overhead chandelier) with the likes of Rick Barry, Nate Thurmond, Jerry West and Elgin Baylor in the lineups.

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

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

Enough of that talk can turn me into a disgruntled fan and sarcasm will begin to spew forth. Sarcasm is so easy. I might say how Kobe Bryant's broken nose by way of Dwayne Wade's hard foul in the All-Star Game couldn't

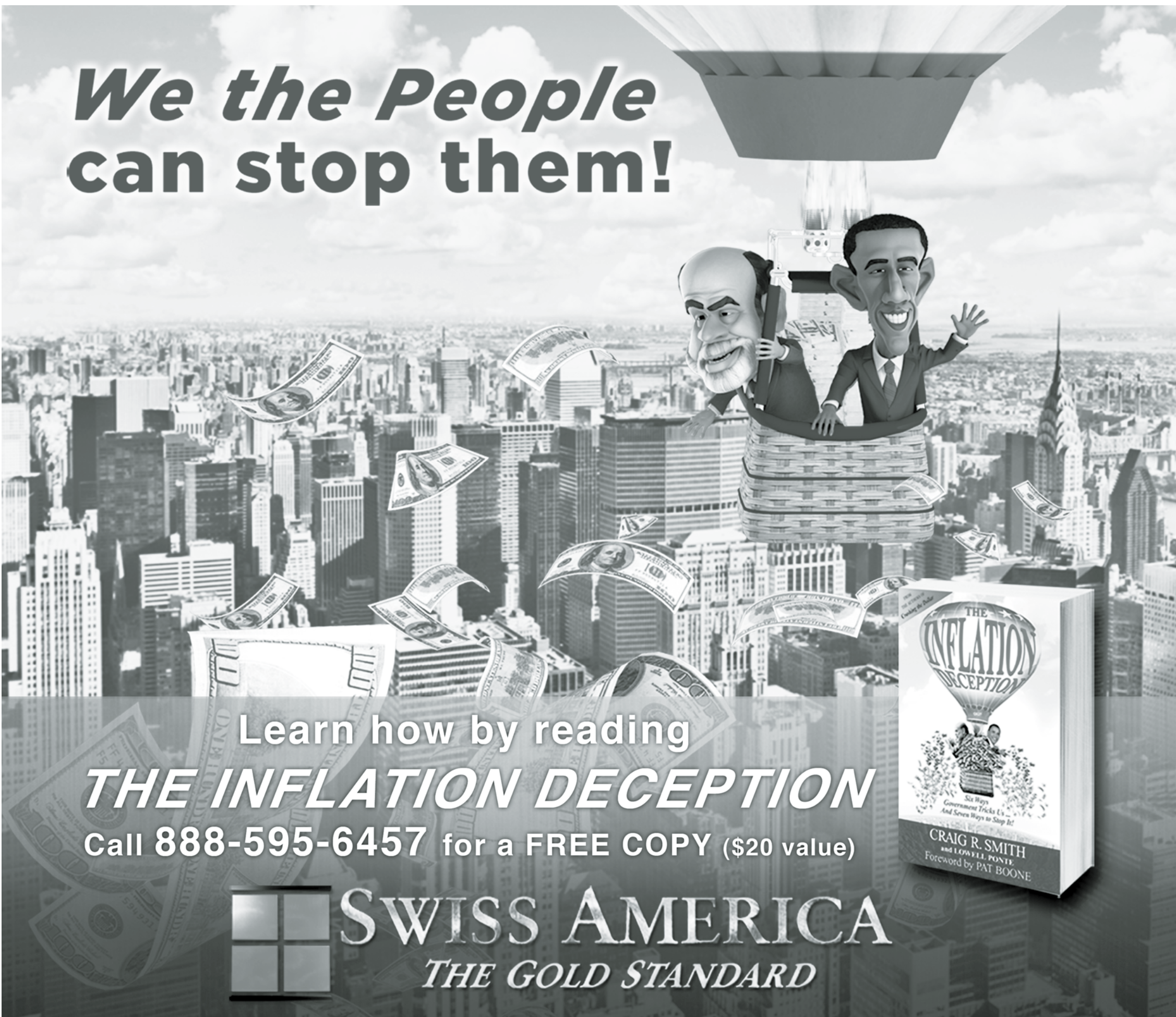
have happened to a nicer guy. Or, maybe, how Milwaukee Brewer Brian Braun, avoiding a suspension (on a ridiculous technicality) for use of performance-enhancing drugs during his MVP season last year, is all brawn, no brains and not half the man he appeared to be. Or, I could wonder why the New Orleans Saints players had to be inspired with added monetary bounties for knocking the opponents' key players out of games when that's what their million-dollar salaries and potential future contracts are supposed to do.

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

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

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

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





By Ronnie McBrayer

When my wife and I carried our newborn child through the sliding glass doors of the maternity unit, we were not given an instructional manual. No type of handbook accompanied the second or the third child either. Like all parents, we were directed to the exit sign clutching our new wrapped-in-blue bundle, with little more than a slap on the rear end, like a coach sending in his second-string substitutions.

We were those kids with plenty of eagerness to play the game, but not a lot of knowledge about the playbook. We simply were not prepared for or coached up on every possible situation that would arise in our family-build-ing career.

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

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

A Dog’s Life

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

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

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

Toby doesn’t understand this, but he doesn’t have to; he simply lives a dog’s life in the loving arms of those who always look out for him. Sometimes I per-ceive God working the same way. I sense him hanging in the atmosphere around us; ethereal, intangible, but very real just the

same.

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

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

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

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

Ronnie McBrayer is a syndi-cated columnist, speaker, and author. His books include “Leaving Religion, Following Jesus” and “The Jesus Tribe.” Visit his web-site at www.ronniemcbrayer.net.

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

By Rev. James L. Snyder

Whenever somebody men-tions the word “free” in my presence my right eye turns a vivid jaundice. It is not that I have anything against the word free; just the person who is try-ing to use it to gain some kind of an advantage over me. I know anybody employing this mono-verbiage, is hiding some very long strings.

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

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

When I use the word “free,” I am insinuating that there is abso-lutely no cost associated with this product whatsoever.

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

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

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

Then the telephone rang.

When I answered the phone, it turned out to be someone offer-ing me, absolutely free, with

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

“No thank you, sir,” I said as politely as I could. “I’m not really interested.”

I assure you I have no PhD or DD attached to my name what-soever and yet as simple as I am, I understood what the phrase “I’m not really interested” was all about. Not so my affable tele-phone caller.

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

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

“But I have my own security system, thank you.”

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

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

“My home security system is called, Napoleon-two-Claws, and furthermore I’m quite satis-fied with it.”

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

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

thingamajig.

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

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

“I’d send flowers to the funeral.”

“The funeral? Who’s funeral?”

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

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

At that moment, I heard a dis-tinctive “click” and I realized our conversation was over. I guess whatever he had that was free did not measure up to good old ‘Napoleon-two-Claws’.

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

What Jesus gives is absolutely free.

The Rev. James L. Snyder is pastor of the Family of God Fellowship, PO Box 831313, Ocala, FL 34483. He lives with his wife, Martha, in Silver Springs Shores. Call him at (352) 687-4240 or e-mail jamesnsnyder2@att.net. The church web site is www.whatafellowship.com.



By Pastor Ray Dare

Show God’s Mercy to Others

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

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

How do you break the habit of playing God?

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

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

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

Pastor Ray



By Marlys Norris, Christian Author

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

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

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

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

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

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

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

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CLUES

ACROSS

1. Frosting on a cake, e.g.
6. Heat or energy unit
9. "School with most championships
13. Love intensely
14. Dr. Cornelius in sci-fi movie classic, e.g.
15. Like dragon after knight's conquest
16. Copperfield's domain
17. Eating of forbidden fruit, e.g.
18. Total amount
19. "Game tracker
21. In an open way
23. Not vertical, abbr.
24. Be sick
25. Emergency responders
28. Home to Stags Leap and Wild Horse
30. Superlative of "yare"
35. Reluctant, usually followed by "to"
37. A tall one is not true
39. The present occasion
40. U.N. civil aviation agency
41. Rossini's opus, e.g.

43. It travels through air
44. Pulsating pain
46. At a great distance
47. "Final ____
48. Some give this when upset
50. Drug abuser
52. Dry, as in humor
53. Eagerness
55. Clinton ____ Rodham
57. Famous for its coffee
60. "Goes with March
64. NBC's "The ____"
65. "____ to Joy" by Friedrich Schiller
67. Become one
68. On the move
69. Julie Andrews in "The Sound of Music"
70. Holy See's administering body
71. "Ranking
72. Apollo to ancient Greeks
73. Levels

DOWN

1. Its fleece was white as snow?

2. Sixth month of civil year
3. Downward and upward dogs are part of this
4. ____ Maria Riemarque
5. Suppose
6. "Georgetown's conference, "The Big ____"
7. "Ranking based on strength of schedule
8. Major Italian seaport
9. ____ Bator, Mongolia
10. Collect telephone ____
11. Monet's water flower
12. "____ day now"
15. Novelist ____ Zweig
20. Muse of love poetry
22. Be nosey
24. Deadly or sinister
25. "Like last eight
26. Sweet coffee drink
27. A Beatle
29. Daddy
31. Over your head?
32. To give an income or property
33. Scrub or purge
34. Towel cloth
36. Ungulate's foot

38. Victorian or Elizabethan ones, e.g.
42. "Kentucky's Rupp ____
45. "____ beater
49. "Big Island" flower necklace
51. Simplify
54. Movie "____ Came Polly"
56. Boredom
57. Speaker type
58. Baptism, e.g.
59. Important battery component
60. "Cobbler, cobbler, ____ my shoe"
61. Republic of Ireland
62. Done in a pot
63. Ligurian one and Adriatic one
64. Military hospitals
66. Simon & Garfunkel, e.g.

For Solution
See Page 7

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Silver Sombrero Awards Highlight Chevys Event



Chevys Fresh Mex honors six outstanding Sacramento-area citizens with its “Silver Sombrero” award. (From left to right) Chevys Fresh Mex President Brian Wright, honorees include: Guy Anderson, John McCasey, Vincene Jones, Brian Seifert, Preston Singleton and Charles Baldwin.

SACRAMENTO Region – Chevys Fresh Mex hosted Sacramento business and community leaders at its Riverfront location on February 29th, to honor six outstanding community members with “Silver Sombrero” awards and celebrate the launch of the new Chevys Fresh Mex, first in Sacramento. Chevys President Brian Wright presented each of the honorees with a \$1,000 donation to the charity of their choice, free Chevys Fresh Mex for a year, and a “Silver Sombrero” plaque for permanent display at their local Chevys restaurant.

Chevys selected the six recipients for the inaugural “Silver Sombrero” awards based on their commitment to making a difference in the lives of Sacramento youth through mentorship, sports and education. The 2012 Sacramento honorees include:

Guy Anderson (Gold River, Calif.) – As head baseball coach at Cordova High School, Anderson has led the varsity team to more than 840 victories over the last 40 years, earning him recognition as the nation’s “winningest” baseball coach. In addition to building a successful baseball program, he plays an important role in the development of the young men he coaches, molding young players into quality citizens in addition to great baseball players. Charity: Youth for Christ

Charles Baldwin (El Dorado Hills, Calif.) – As CEO and president of Sac Area Sports, Baldwin leads the non-profit sports program he founded more than 15 years ago to provide basketball and other sports tournaments for inner city youth. Through his passion and the program, he creates a positive environment and encourages youth to follow a path of morals and integrity. Charity: Sac Area Sports

Vincene Jones (Sacramento, Calif.) – As head of the City of Sacramento’s Neighborhood Services Division and the

Sacramento Youth Commission, Jones has helped launch several afterschool programs at local community centers and youth initiatives throughout the city, such as a teen night on Friday at the George Sims community center. Charity: Gifts to Share, Inc.

John McCasey (Sacramento, Calif.) – McCasey leads the Sacramento Sports Education Foundation, which supports and develops amateur sports within the region through clinics, education and fitness promotion programs. He also helps promote fitness and healthy lifestyles among youth in Sacramento through the Sports Commission’s community outreach program. Charity: Sacramento Sports Education Foundation

Brian Seifert (Elk Grove, Calif.) – As a fifth-grade teacher at Carroll Elementary School in Elk Grove and director of the Academy Program at Sacramento United Soccer Club, Seifert has a passion for soccer and realizes that many kids cannot afford to pay for soccer training. Last summer he launched no-cost weekly training days for underprivileged kids aged six to 18. The program began with about 40 kids and now averages more than 200 kids per session. Charity: Sacramento United Soccer Club

Preston Singleton (Marysville, Calif.) – Singleton is an exemplary Big Brother and mentor for Big Brothers Big Sisters of Greater Sacramento, where he serves as a role model and positive influence for his Little Brother. He has been instrumental in recruiting other volunteers and adult mentors from Beale Air Force Base, opening many doors for Big Brother Big Sisters and expanding its ability to positively impact youth through mentorship. Charity: Big Brothers Big Sisters of Greater Sacramento

“Chevys is renewing our commitment to community, and we are pleased to honor those who make our world a little – or a lot

– better every day,” said Brian Wright, president of Chevys Fresh Mex. “As we launch our revitalization pilot program in Sacramento, there was no better time to create the Silver Sombrero awards to recognize outstanding community members who share our passion for enriching the lives of kids through mentorship, sports and education. We thank this year’s honorees for their continued commitment to youth development in Sacramento.”

Chevys Fresh Mex, which first set the standard for “fresh” border cantina cuisine 26 years ago, is revitalizing its brand from the inside out by rebuilding the fun culture, reconnecting with local communities and focusing all sights on the guest experience. Starting with a nine-restaurant pilot in Sacramento, Chevys is retooling its entire restaurant experience and re-establishing freshness standards that gave the brand its heritage as the freshest in the country. In the pilot locations, Chevys introduced all-new lunch and dinner menus, “La Cocina Fresca” (a new exhibition fresh prep kitchen), happy hour and cantina beverages, uniforms, music, marketing and promotions, as well as an increased focus on hospitality – all designed to infuse more fun and engagement for guests.

Vice Mayor Angelique Ashby officially proclaimed February 29th as “Fresh Mex Day” in the City of Sacramento at the event, commemorating the city’s Hispanic roots as well as uniting the community through high-quality foods and the dedication to local youth. VIP business and community members in attendance tasted the newest menu items, enjoyed free-flowing margaritas and other drinks, and experienced the fun Chevys cantina atmosphere.

For more information and a full list of locations, visit www.chevys.com.



by David Dickstein

Family Films



“Tornado Alley 3D”
Now playing, rated G
tornadoalleymovie.com

If you’re looking for flying cows, drive-in theaters destroyed in seconds and heroes literally caught in the middle of a monster F5 tornado, rent “Twister.” More realistic, albeit less exciting cyclone cinema is found in this documentary now showing at the Sacramento IMAX. Filmmaker Sean Casey spent 8 years chasing tornadoes, and the best he was able to get for the money shot – high-def documentation of a direct hit – was an F3. Cool, sure, but as the climax for a film called “Tornado Alley 3D” and measured against IMAX’s other films starring Mother Nature, this one lacks “wow factor.” That said, after learning about the constraints Casey was under to get what he got, the shortcomings are much more understandable. Bill Paxton, star of the aforementioned “Twister,” is an appropriate choice to narrate the documentary. *Grade: B-*

“The Lorax”
Opens March 2, rated G
theloraxmovie.com

The stars come out for the fourth movie adaptation of a Dr. Seuss book, this one animated like 2008’s winning “Horton Hears a Who!” The journey of a 12-year-old who searches for the one thing that will enable him to win the heart of the girl of his

Movies and DVDs for the Whole Family

dreams features a voice cast led by Zac Efron, Danny DeVito, Taylor Swift, Betty White, Ed Helms and Rob Riggle. This is

beast with a fancy for White meat hungrily awaits.

Family DVDs

“Fred 2: Night of the Living Fred” (ages 5-13, now available, not rated): Lucas Cruikshank isn’t as famous as Justin Bieber, but like the Biebs, this dude got his start on YouTube. A huge Web following led to guest appearances on Nickelodeon’s “iCarly” and two made-for-Nick movies. That’s since spawned a comedy series that debuts later this year on Nick. This is the second of those movies, a Halloween-themed treat, and it’s good, silly fun – like everything that is Cruikshank’s high-pitched alter ego, Fred Fiddlehorn. *Grade: A-*

“Happy Feet Two” (ages 3 and up, available March 17, rated PG). Lighter in tone and less political than its 2006 predecessor, this affable sequel follows Mumble’s son, who, unlike his tap-dancing dad, would rather learn to fly than fiddle in fancy footwork. Plenty of laughs for all ages, unlike the other big nature friend home video release of the month, “Alvin and the Chipmunks: Chipwrecked” (March 27, grade: D). *Grade: B+*

“Tom & Jerry: In the Dog House” (ages 2-10, available March 6, not rated): Compilation DVDs of this classic interspecies pairing are abundant, but this cat-and-mouse collection of 22 cartoons is different, offering shorts from the vintage years to the latest, sometimes mediocre reincarnations. Includes “Quiet Please!,” which won the Best Short Subject Oscar in 1945 and features a rarity in that Tom speaks, albeit just one hilarious line. *Grade: B*



“Mirror Mirror”
Opens March 16, rated PG
mirrormirrorfilm.com

Snow White still is beautiful and fancied by a prince, but in this twist on the classic fairy tale, the dwarves who rescue the true fairest one of all are a band of diminutive highway robbers. The live-action, light-hearted spin stars Julia Roberts as the Queen, Armie Hammer (“The Social Network”) as Prince Alcott and Lily Collins (“The Blind Side”) as the pale-faced pretty who is banished to the forest where a



“Sacramento Steps Forward” Forms Advisory Board Community advocate Joan Burke to lead effort



Joan Burke

responsible for ensuring \$15 million in federal funding continues to come to Sacramento each year, as well as the development of strategic recommendations and policy related to homelessness. Joan Burke, Director of Advocacy with Loaves and Fishes, has been tapped to lead this important community effort. Ms. Burke is a longtime community advocate and an expert on the issues of homelessness and poverty.

For more information about Burke and the Continuum of Care Advisory Board members, visit www.sacramentostepsforward.org/gov/continuum-care/continuum-care-board.php.

“This new Board is comprised of community leaders and represents the culmination of over two years of active planning involving community leadership

at both the County and City levels, with the vision of ensuring a unified voice for funding and coordination of services,” said Ben Burton, Sacramento Steps Forward Executive Director.

Sacramento’s homeless programs have a long history of providing quality services, which can be both fragmented and at-risk due to serious budget shortfalls at all levels of government.

In response to these challenges, local efforts are being implemented to redesign housing and services for the homeless in our communities. For more information please contact John Johnson, Director of Programs with Sacramento Steps Forward, at (916) 596-4167 or visit the Sacramento Step Forward website at www.sacramentostepsforward.org.

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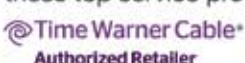
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The IRISH

in America

Celebrating St. Patrick’s Day

FAMILY FEATURES

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

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

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

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

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

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

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

Cottage Pie with Garlic Butter

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

- Serves 6
- 3 tablespoons olive oil
 - 2 garlic cloves, mashed
 - 1 small onion, chopped
 - 1 pound beef, freshly ground
 - 1 teaspoon fresh thyme leaves
 - 1/2 cup dry white or red wine
 - 1 cup beef stock
 - 1 teaspoon Worcestershire sauce
 - 1 tablespoon tomato paste
 - Roux (recipe follows)
 - Salt and freshly ground pepper

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

- To Serve
- Garlic Butter (recipe follows)
 - Green salad

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

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

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

Preheat the oven to 350°F.

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

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

Roux

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

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

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

Garlic Butter

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

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

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



Irish Apple Cake

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

- Serves about 6
- 2 cups all-purpose flour
 - 1/2 teaspoon baking powder
 - 8 tablespoons Kerrygold Irish butter
 - 1/2 cup superfine sugar, divided
 - 1 egg
 - About 1/4 to 1/2 cup whole milk
 - 1 to 2 cooking apples
 - 2 to 3 cloves, optional
 - Egg wash
 - 10-inch ovenproof plate
- Preheat the oven to 350°F.

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

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



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

American River GOP Women Present Jennifer Fry at March Luncheon

SACRAMENTO REGION – Jennifer M. Fry is a Fellow in the College of Public Interest Law of the Pacific Legal Foundation (PLF) working primarily in Property Rights and Environmental Regulations. In 2009 she was a law clerk at PLF.

At its Saturday, March 10 luncheon lecture, the American River Republican Women Federated (ARRWF) will present Jennifer M. Fry who will speak on Public Domain.

Jennifer attended Chapman University School of Law in Orange County, CA where she served as the Senior Symposium Editor of the Chapman Law Review and graduated in the top 2% of her class. Jennifer interned at the Cato Institute's Center for Constitutional Studies in



Jennifer M. Fry, Fellow in the College of Public Interest Law. Photo courtesy of ARRWF.

Washington, D. C. She also holds a Bachelor's degree in Cultural and Art History from Gordon College in Wenham, MA and a Master's degree in Byzantine Art

and History from the University of Oxford.

Jennifer's focus is on private property rights especially articulating their importance both in and out of the courtroom.

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) 482-6069 or email president@americanriverrwf.org no later than 1:00 p.m. on Thursday, March 8. Additional information on membership and club activities is available atwww.americanriverrwf.org.

Guests are encouraged to attend the luncheon and join other like-minded Republican women.

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