



## Donald Trump: "Mitt Romney is ready to rebuild American success."

Page 10

## PLUS: Crossings Housing Development Opens

Page 11

# AMERICAN RIVER MESSENGER

Volume 7 • Issue 4

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

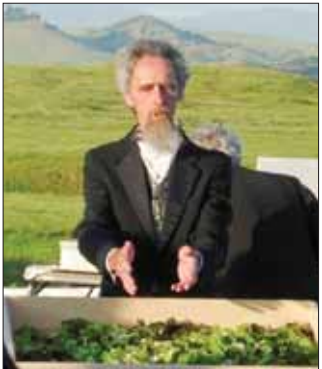
Second Edition for February 2012

### Raising Money for the Wounded



Page 2

### A Leisurely History of Sacramento County: 65 Million Years Per Hour



Page 10

### How to Build Your 2012 Herb Flower Veggie Garden



Page 11



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

PRESORTED STD.  
US POSTAGE  
PAID  
PERMIT 350  
Carmichael, CA  
Change Service Requested

## Dedicated to Giving Back



Customer Service Specialist Evelyn Richardson holds a photo of granddaughter Bevin who was diagnosed with Juvenile Rheumatoid Arthritis in November 2010. Photo Credit: Rancho Cordova.

RANCHO CORDOVA—Behind the scenes at Rancho Cordova City Hall, City employees champion fundraising activities to support the community they live, work, and play in. In the last year, City employees participated in over 40 community events and fundraising activities.

The focus of the current fundraiser is a smiling 3-year old child named Bevin. Her photo hangs in the employee break room. Bevin is the granddaughter of Customer Service Specialist Evelyn Richardson.

The child was diagnosed with Juvenile Rheumatoid Arthritis (JRA) in November 2010. JRA affects her hips, knees, and left ankle causing her to walk with a limp and requiring daily medication and weekly injections. Since diagnosis, the family has been working with the Arthritis Foundation. They have formed

a team called "Run Bubbas Run" to participate in this year's Arthritis Walk at the Capitol on Saturday, May 5, 2012.

"Bubbas" is Bevin's term of affection for her favorite stuffed animal. Throughout the day, City employees drop plastic bottles and soda cans into a collection bin beneath Bevin's photo. The family is collecting recyclables to raise money for Team Run Bubbas Run to support the Arthritis Foundation in finding a cure.

"My family has been so honored and appreciative of the support we've received from the city and my co-workers for the recycling drive," Richardson said. "It's only recyclables, but every little bit has helped Bevin's team."

To date, Team Run Bubbas Run has raised a total of \$1,260 and \$255.42 of this amount is from recycling. To learn more

about Bevin's journey, visit <http://bevinsadventureswith-jra.blogspot.com>. Many of the employee fundraisers are made possible because of the City's Employee Advisory Team (EAT).

The EAT Committee was created in 2004 through the suggestion of a City employee. EAT's purpose is to increase communication among employees and provide a forum for ideas and suggestions to enhance the unique workplace culture. "One component of the EAT Committee is to coordinate community fundraising activities," said Lisa Brown, Human Resources Analyst and EAT member. "City employees are dedicated to giving back to the community year round through donations and volunteering."

The EAT Committee is now fundraising to support a \$500 employee-sponsored Community

Public Responsible Innovative and Dedicated Employees (PRIDE) Scholarship awarded each year to a graduating high school student in Rancho Cordova.

The Community PRIDE Scholarship was started in 2008 by the EAT Committee to recognize the value of education and honor exceptional youth by helping them achieve their higher education goals. "Employees are honored to recognize local students who exhibit pride in their community," said Brown. An employee Spaghetti Feed and Talent Show will be held March 2 to raise funds for the scholarship.

For more information about the scholarship or to apply, visit [www.cityofranchocordova.org](http://www.cityofranchocordova.org). Each time the City of Rancho Cordova receives feedback from the community, employees are driven to find additional ways to make a difference.

This week, a letter and Certificate of Appreciation were received from Maria Barrs, President and General Manager at News 10, thanking the City for participating in the news organization's Coats for Kids drive. "Thanks to your generosity, we were able to meet and surpass our goal of collecting 25,000 coats," Barrs wrote. "Together with your help and the help of many schools and businesses throughout our region, we were able to make over 26,000 coats available to children and family in need this winter!"

Through a fundraising drive, the City collected 45 coats to support the winter coat drive.

The City has donated about 450 coats in the last six years.

For more information on the fundraising and charitable activities of City of Rancho Cordova employees, go to [www.cityofranchocordova.org](http://www.cityofranchocordova.org).

## Grange Supports GMO Labeling for November Ballot

Thousands of volunteers are now fanning out state-wide to launch a petition drive to get the California Right to Know Genetically Engineered Food Act on the ballot in November. In the thick of the grass-roots initiative is the California State Grange, one of the leading partners in the effort.

The California State Grange has long supported the idea that GMOs (genetically modified organisms) in the food supply should be adequately tested and that consumers are entitled to know what's in food they eat. The American people agree. Yet despite overwhelming support for GMO labeling, for over a decade regulators and legislators at the national and state level have largely ignored public concerns.

That's why the Committee for the Right to Know is taking the issue directly to the voters of California. Now, with petitions in hand, over 1,500 volunteers will be gathering signatures at stores and farmers markets up and down the state.

"The bottom line is Californians have a right to know what's in the food we eat and feed our children. It's time to send a strong, direct message to those who govern us, whether they be agency or elected, that we want genetically engineered foods labeled," says Pamm Larry, founder of the Committee For the Right to Know.

Check the website, [www.label-gmos.org](http://www.label-gmos.org) for more information on this issue.

**GOT MORE  
LOCAL NEWS?  
CALL 773-1111**

## Capitol Pops Concert Band Receives Grant



Capitol Pops Concert Band Director Jerry Lopes.

SACRAMENTO REGION – The Louise Hess Foundation of the Sacramento Region Com-

munity Foundation has awarded a \$1,500 grant to the Capitol Pops Concert Band, the Fair Oaks-

based community band celebrating its 15th year in 2012.

CPCB Director Jerry Lopes, who has served as the band's director since its first rehearsal on Feb. 6, 1997, announced the awarding of the grant.

The one-time grant will be used for the band's upcoming concert season, which will feature more than a dozen free-to-the-public performances throughout the greater Sacramento region. The band recently resumed rehearsals in preparation for this year's series of concerts.

The CPCB season will begin with

the band's 15th anniversary concert on April 21, 2012, in the gym at Rusch Park in Citrus Heights. Other performances include concerts in Roseville, Carmichael, Fair Oaks and other Sacramento-area locales.

Under the baton of Lopes, CPCB concerts feature Broadway show tunes, movie themes, marches and patriotic songs, as well as old/new popular standards. Through two decades, the band has performed at venues and events throughout the Sacramento area, including the Sacramento Jazz Jubilee and the annual Fourth of July celebration

in Royer Park in Roseville.

About 75 musicians in the self-supporting, nonprofit CPCB span a wide range of ages, from students to nonagenarians. Concerts also feature musician soloists and vocalists. The CPCB scholarship fund provides private music lessons for interested students.

For more information on the band, call (916) 967-1461, visit [www.capitolpops.org](http://www.capitolpops.org) or visit the band's Facebook page. Venues interested in booking the band should send e-mails to Lopes at [glopes@macnexus.org](mailto:glopes@macnexus.org).



National Pancake Day Benefits Children's Miracle Network Hospitals.

SACRAMENTO REGION – For the seventh consecutive year, IHOP restaurants nationwide will offer each guest a free short stack of its famous buttermilk pancakes on National Pancake Day in an effort to raise awareness and funds for Children's Miracle Network Hospitals.

## Free Flapjacks Fundraiser at IHOP

For every short stack of buttermilk pancakes served on National Pancake Day, IHOP guests are invited to make a voluntary donation to Children's Miracle Network Hospitals.

Donations made at IHOPs in the area will benefit the Children's Miracle Network Hospitals' program at UC Davis Children's Hospital. IHOP hopes to raise \$2.7 million this year, with a goal to bring the total amount of funds raised to more than \$10 million.

IHOP served four million free pancakes on National Pancake

Day 2011 and pancake lovers donated more than \$2.5 million to children's charities, exceeding the fundraising goal of \$2.3 million.

All of the free pancakes served on National Pancake Day 2011 would create a stack nearly 16 miles high. National Pancake Day at IHOP is TUESDAY, February 28, 2012, 7 a.m. – 10 p.m. (15 full hours)

Since the inception of National Pancake Day in 2006, IHOP has raised nearly \$8 million and given away more than 14 million pancakes to support charities in the communities in which it operates.

National Pancake Day 2011 was IHOP's largest one-day event in the company's 53-year history.

Pancake Day is a tradition that dates back several centuries to when the English prepped for fasting during Lent. Strict rules prohibited the eating of all dairy products during Lent, so pancakes were made to use up the supply of eggs, milk, butter and other dairy products...hence the name Pancake Tuesday, or Shrove Tuesday. This year, IHOP's National Pancake Day will be celebrated a week later, as the popular annual campaign

has evolved into a month-long celebration that takes place during the month of February. It will culminate with the free flapjack giveaway on February 28.

To find a local IHOP or to donate online, visit [www.ihop-pancakeday.com](http://www.ihop-pancakeday.com).





# Birds of a Feather Breakfast Together



Scouting for breakfast near the American River, a black crested night heron is among species likely to be spotted at the March 10 avian safari. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

EFFIE YEAW NATURE CENTER – The egret has landed. The aquatic hen has also mated, nested and is coddling chicks by March. In this otherwise bleak month, nature observes its own schedule; early bird moms are already serving worms. If you know where to look on the American River Parkway, you can see dazzling egrets guarding lofty nests; woodpecker babies hatching in sky scraper tree cavities. Above, migratory species

beat homeward passages in the winter sky. You hear unlovely squawks from elegant herons and the barely audible chip-chip of hummingbirds. It helps to have a guide. And that is how a 21 year tradition at the Effie Yeaw Nature Center assists. The non-profit’s annual “Bird and Breakfast” fundraiser on March 10 provides feasts for eyes, ears and (human) tummies. As the sun rises, Sacramento Audubon Society guides will lead explorers to view dozens of bird species during their most

industrious season. Few eyes could spot a nickel-sized hummingbird nest, constructed from grass and cobwebs. To view it bulging with microscopic chicks is a further revelation. Audubon people research Effie Yeaw’s 80 acres — and the adjacent riverside — in preparation for the pre-breakfast ramble. Small groups of guests are lead from habitat to habitat. A spring tradition for many wildlife fans, the avian safari is followed by a sumptuous breakfast served by American River Natural History Association board members. \$35 admission assists the survival of the Effie Yeaw Nature Center. “It’s a rare opportunity to experience animal lifecycles and study things you often pass without seeing,” promises center staffer Betty Cooper. “We sell out every year.” The event is not recommended for young children. Participants should wear comfortable shoes and bring binoculars. Attests Cooper: “Rain or shine, it will happen. Birders are an intrepid lot.” Bird and Breakfast begins at 8 a.m. Bookings are essential; numbers limited. To learn more about the fundraiser, call (916) 489-4918.

# Raising Money for the Wounded



John Schuessler: One Man, One Bike, 3,100 Miles.

SACRAMENTO REGION – Orangevale resident John Schuessler departed San Diego February 20th on a solo, self-supported bicycle trek across the United States. It is John’s hope that the burden of pedaling such a heavy load will diminish on the knowledge that funds raised will benefit our wounded soldiers returning from conflicts abroad.

The charities that John will be riding for are: The Wounded Warrior Project – Providing programs that are uniquely structured to nurture the mind and body, and encourage economic empowerment. Paralyzed Veterans of America – This organization champions for improvements in health care benefits, career placement, and

provides the path to adventure through adaptive sports. For 45 days, John will be traveling on an established cycling route known as “The Southern Tier.” At approximately 3,100 miles, this route plays hosts to an exciting mix of landscapes, featuring extremes in both elevation and temperature. A seven-map set from the American Cycling Association will guide him through California, Arizona, New Mexico, Texas, Louisiana, Mississippi, Alabama, and Florida. Along the way, John is sure to encounter a wide variety of wildlife, many of which would be quite content with trying to eat him! Follow John Schuessler’s daily journal w/photos at [www.johnridesforthewounded.com](http://www.johnridesforthewounded.com). There will be blogs on John’s web site where you can send a heartfelt “thank you” and other words of encouragement to our brave men and women returning from war. Additionally, there will be direct links to the aforementioned charities where your donations (even small ones) can make a difference in the lives of our heroes and their families.

# Singles Nite in Hollywood Dance

Christian Singles Network is hosting a Nite in Hollywood Dance for single adults Saturday, March 3, from 7 PM to 11:30 PM. At Carmichael Presbyterian Church, 5645 Marconi Ave., Carmichael. The evening features DJ John Maricich playing dance music 8-11:30, and dance teacher Dancing Dave teaching the Merengue 7-8 PM. Dress like a movie, tv, music or sports star, or come as the star that you are! Costume contest with prizes. Usually about 1/2 of the attendees dress with the theme so either way is acceptable. Christian Singles Network, Northern California’s largest inter-church singles group, has

over 7,500 singles on its roster and hosts dances every 3 to 4 weeks. Call the number below for directions or more information. The price also includes appetizers (including dessert) and complimentary non alcohol beverages. The dance music is a mix of rock and roll, ballroom, Latin, and Christian music. Tickets are \$15 pre-sale or \$20 at the door. Membership is not necessary to attend, and all ages and all denominations are welcome. CSN will be celebrating its 20th anniversary this year, drawing singles from the Sacramento, the foothills, and beyond to Reno and the Bay Area. A special ticket price of

\$10 at the door is available when people join CSN for a year. Pre-sale tickets are available at Berean Christian Bookstore, Sacramento; Jireh’s Bookstore in Placerville, and on line at [www.christiansinglesnet.com](http://www.christiansinglesnet.com), or by mail through CSN, P.O. Box 909, Meadow Vista, CA 95722. Volunteers receive a discount or attend free for helping. Call the office to volunteer. For more information call the 24 hour event line at (916) 658-0606 or the CSN office at (530) 878-8606. The website, [www.christiansinglesnet.com](http://www.christiansinglesnet.com), includes directions to the dance as well as information about upcoming events including seminars and parties.

## Fair Oaks Recreation and Park District Events Schedule

### Ladies Night Out

Saturday, March 3<sup>rd</sup> @ the Fair Oaks Community Clubhouse 8 p.m. - 9 p.m. Entertainment, shopping, pampering, raffle, and wine tasting (presented by the Active 20/30 Club of Greater Sacramento) \$10 presale/ \$15 at the door (cash only) Child care (ages 5-12) available from 6p.m.-9p.m. in the arts and crafts building. \$5 per child.

### Easter Eggstravaganza

Saturday, April 7th, 2012 8am – 1pm @ 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 @ 12:00pm, one hour before the event ends.

## Senior Homecare By Angels®

Select Your Caregiver.

Experienced Caregiver Thoroughly Screened.  
Providing Peace of Mind to thousands across America each and every day!



- Up to 24 Hour Care
- Meal Preparation
- Errands/Shopping
- Hygiene Assistance
- Medication Reminders
- Respite Care for Families
- Low Hourly Rates
- Temporary/Long Term

Schedule an appointment now for a FREE In-Home Assessment

# 916-971-9333

www.visitingangels.com/sacramento

Each Visiting Angels agency is independently owned and operated.



## HERNANDEZ LAW GROUP, INC

# Foreclosure Defense and Bankruptcy


## Kristy Hernandez

### Managing Attorney • Sacramento Area

### 7777 Greenback Lane, Suite 212


### Citrus Heights • 916.728.1500

## SavingCaliforniaHomes.com



## Publisher, Paul V. Scholl

American River Messenger is a member of Messenger Publishing Group



## AMERICAN RIVER MESSENGER

“Written by the people, for the people”

Publisher’s Statement: It is the intent of the *American River Messenger* to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors. *American River Messenger* is not responsible for unsolicited manuscripts or materials. The entire contents of the *American River Messenger* are copyrighted. Ownership of all advertising created and/

or composed by the *American River Messenger* is with the publishing company and written permission to reproduce the same must be obtained from the publisher. Subscriptions should be mailed to *American River Messenger*, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. *American River Messenger* is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: [Publisher@AmericanRiverMessenger.com](mailto:Publisher@AmericanRiverMessenger.com). Be sure to place in the subject field “Attention to Publisher”. If you do not have email access, please call us at 916-773-1111.

Advertising Sales Paul V. Scholl • Perry Hartline • Marion Solo Harry Sidhu • Allyse Weaver • Ken Pogue • Max H. Peters

Graphics & Layout Banerjee Designs • Stump Removal Graphics

Contributing Writers Susan Skinner • Mary Jane Popp • Marlys Johnson Norris • Tim Reilly David Dickstein • Dave Ramsey • Dr. E. Kirsten Peters • Kay Burton Dr. Bob Graykowski • Julie Parker Leslie Carrara • Pastor Rich Reimer • Pastor Cary Duckett • Ronnie McBrayer David Graulich • Perry Hartline • Gerry Scholl Gabriel Scholl

Distribution Assistant Nicholson & Olsen CPA

Accounting RJ at the site barn.com • JWS Promotions • Mikahn Design




Web Master

News Services Whiskey & Gunpowder • StatePoint Media • NewsUSA • PRWEB NewsWire North American Precip Syndicate • Blue Ridge Press • ARA Content Family Features • WorldNetDaily Amanda Morello • Susan Skinner

Photography

Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

We are proud members of these newspaper associations.





# A Tale of Two Tails



County Supervisor Susan Peters parades her new pooch, Ernie. The mini schnauzer succeeds Peters’ deceased Welsh terrier Bryn (right). Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

SACRAMENTO COUNTY – Sacramento County’s third supervisorial district has a new first dog. Filling paw-prints of Supervisor Susan Peters’ beloved Welsh terrier Bryn, a rambunctious bundle of white fur now scampers in tow.

“Bryn and I had been partners since my husband (Sacramento businessman Peter McCuen) died,” said Peters. We’d taken

many vacations together – Mexico, Wyoming, Oregon – she always flew with me. She attended my outdoor events and there was nothing better than her beautiful brown eyes meeting me at the end of a long day.”

The wooly companion slowed down at 12 years old. “She had kidney disease,” explained her mistress. “Medical interventions helped for a while. At last she couldn’t get around and she hurt. One day she just looked at me

with eyes that said: it’s time. We went to the vet together. It was tough.” At length, Peters decided to fill the space in home and heart. Relatives recommended eight-year-old mini schnauzer Ernie as a great dog from a broken home. “Bring him over,” suggested Peters.

Rapport was immediate. “Though I’d never had a boy dog, we got along fine,” said the adopter. “Ernie loves to go places. I put a high chair in the back of my car so he can look out. I catch myself calling Ernie ‘Bryn.’ And sometimes, his name comes out ‘Bernie.’”

Two gregarious hounds have demonstrated their value in politics. “Everybody loves dogs,” surmises Peters. “At park events, children run to Ernie. Parents usually follow. He’s a great conversation starter. Three kids knocked on my door last week, collecting for a food drive. They got so busy petting Ernie, they forgot what they’d come for.”

Approves his best friend: “When I come home, he’s jumping with all four feet off the ground. Gosh, my husband never did that.”

## SCC Music News “Gospel Mass”

SACRAMENTO – The Sacramento City College Choral Department will appear in concert, featuring Robert Ray’s “Gospel Mass”, along with other Gospel pieces and Spirituals.

As described by Ray, the Gospel Mass, presented entirely in English, “is my desire to

combine centuries of old traditions of Mass settings with sounds of the contemporary Black Church.”

The concert will be presented on the following two dates:

Friday, March 9th, at 8pm, at the Lutheran Church of the Master, 1900 Potrero Way,

Sacramento, 95822 Sunday, March 11th, at 8pm at St Luke’s Lutheran Church, 7595 Center Parkway, Sacramento 95823 Admission for each concert is \$5.00.

For more information, contact Doreen Irwin at 558-2496.



Call Lenka  
(916) 338-7156

## Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Stacy Flascher  
State Farm Agent

Insurance Lic#: OH06926  
4201 Sunrise Ave., Suite A  
Fair Oaks, CA 95628  
916.967.7764  
FLASHINSURANCE.COM

When “That will never happen to me” happens.

I’m ready to help.

There’s never a good time for an accident to happen. But when it does, you can count on me to be there quickly so you can get your life back to normal.

GET TO A BETTER STATE™  
CALL ME TODAY.



## Would you like to save money on next summer’s electricity bills?

You may be able to save if you can reduce your electricity use between 4 p.m. and 7 p.m.

SmartPricing Options are being offered to a small group of randomly selected SMUD customers for a limited time. If your home is selected to be part of this pilot, you’ll be among the first to take advantage of new pricing and tools that will let you take control of next summer’s electricity bills. You’ll also reduce the impact of electricity use during peak hours.

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



Powering forward. Together.

© SMUD 11/11



FREE LUNCHEON SEMINAR  
“The Privilege of Planning”

Choose One Of These Dates

Wednesday, February 29, 2012 – 11:30 a.m. to 12:30 p.m.

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.

Seating is limited to 30 attendees per seminar

St. Francis Community Hall,

6700 Verner Avenue, Sacramento, CA 95841

(I-80 @ Greenback)



Presenter: Josh Tuttle  
General Manager  
EAST LAWN MORTUARY &  
SIERRA HILLS MEMORIAL PARK  
Funeral Director License #3435



Please note – this is not a sales seminar. “The Privilege of Planning” will be a 30-minute presentation followed by a question and answer period. It will focus on the importance of getting your family involved in the entire process of advance planning and all of the options available. Done properly – at the right time and in the right way – pre-planning can become a privilege instead of a chore. Get valuable information on Veteran’s benefits, cremation and burial options and receive a FREE Emergency Planning Guide. Come and learn the steps you can take now to make sure those you care about are always cared for.

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





# POPPOFF!

with Mary Jane Popp

## MAKE EVERY MAN WANT YOU

Valentine’s Day has just passed, but how would you like to be sexy and irresistibly attractive to men all year long? Then forget about playing games. Those things don’t work in the long run. That comes from **Marie Forleo**, Fox News online life coach and relationship expert. Marie gave advice to Rachel Ray, ABC’s 20/20, even Kelly Ripa says she has the answers to unlock your inner magnet. Now Marie brings us **“Make Every Man Want You.”** According to Marie, most women have no idea that many of their normal and traditional ways of relating damage their ability to have satisfying relationships with men...and with themselves? She wants you to break free from old conditioning, dissolve habitual behaviors that wreak havoc on relationship bliss, and unleash your authentic irresistibility once and for all. When I interviewed Marie on

my POPPOFF Radio Show, she promised her advice will show you why and what you can do to turn things around right now. If you’re stuck in bad relationship patterns and want to stop the insanity, she will set you straight. And, if you’re already in a relationship, but can’t seem to hold his interest, she will reveal your personal path to keep him wanting more, more, more!!! It’s a one-stop shop for women who want to be truly irresistible...inside and out...and experience a life bursting with fun, self-confidence, and well-being.

Marie is quite frank in her advice like, “Trying to manipulate yourself, or someone you’re with, into a long term relationship using ‘rules’ or ‘techniques’ quite frankly, sucks.” And, “Eventually, any woman who’s interested in having true love needs to learn how to relate to herself, and others, in an honest, straightforward and compassionate way.” “Make Every Man Want You” encourages a spiritual solution that includes recognizing a relationship doesn’t fix or complete your life. Here are a few succinct hints at what you need to do.

1) Believing that you need a man to feel complete, secure and fulfilled is a surefire way to remain unhappy and unhitched.

2) Whining, complaining, and

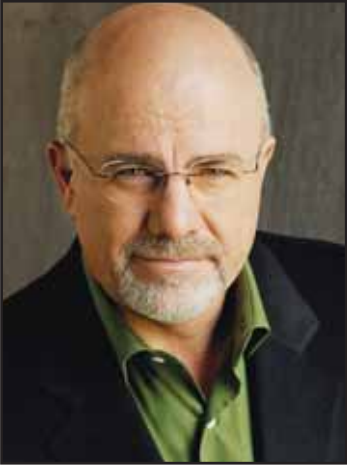
worrying are turnoffs, so drop the drama! A positive attitude is sexy.

3) Men are “as is” merchandise. Don’t try to “fix” or improve them. EVER!

4) Take charge of your life! Confidence will make you more sexy and appealing.

Marie goes on to say sexual mistakes women make turn men off, and this one might surprise you, why “knowing what you want “ in a man can actually prevent you from finding one. She also talks about the deadly effect talking about the past...especially if you don’t know the right way to talk about it. She also goes into how to upgrade your personal appearance without spending a ton of money to do it. Bottom line, Marie helps you to overcome the most self-defeating dating mindset. Ladies, she even gets into the biggest mistakes women make in bed that spark a man to stray. She is adamant that women must end the “war.” She takes to the battleground in **“Make Every Man Want You”**. You can also check out her website at [www.marieforleo.com](http://www.marieforleo.com). Good luck at IRRESISTIBLE!!!

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



# Dave Says

Dear Janine,

Someone who isn’t making any headway in getting out of debt while they’re single probably isn’t going to do a complete turnaround just because they get married. You can act as his accountability partner if you want, but you don’t have to get married to help him. In fact, dating is probably a better way to do this, because you can determine whether he’s really changing, or if he’s just trying to get you on board to help pay the bills!

Don’t misunderstand, Janine. Debt, in itself, doesn’t keep someone from being marriage material. But you’re definitely not marriage material if you don’t work, you’re irresponsible, you haven’t taken control of your life, have no character or can’t manage your own behaviors. These kinds of people are going to stay in debt and not be able to pay their bills for the rest of their lives.

I’d say date this guy a little longer, just to see if he’s serious about changing. But don’t get engaged yet, and don’t pay one penny of his bills for him!

- Dave

**What’s in a Name?**

Dear Dave,

My son is a sophomore at a local college, and he wants to transfer to a very prestigious

university. If he did this he would incur more than \$100,000 in student loan debt, and that’s with us picking up half of the cost. What do you think I should tell him?

- Will

Dear Will,

I’d have a hard time telling anybody that one school is \$100,000 more valuable than another one. The fact is unless he has \$100,000 lying around somewhere, he shouldn’t go to that other school for one very simple reason – he can’t afford it!

We hire people every week at my company, and where they attended college is a very minor deal. There will always be a few corporate types out there who play games and try to turn the office into some kind of snooty country club, but the fact is most employers don’t care where you went to college.

It’s what you learn and being able to use that knowledge in the marketplace that’s really valuable, Will. Knowledge is king, and we live in a knowledge-based economy. If you can’t retain and apply what they’re teaching, then the only thing more worthless than a college degree is a college pedigree!

- Dave

*\*For more financial help, please visit [daveramsey.com](http://daveramsey.com).*

Exclusive Extras!!

Cruise with Radio/TV Host Mary Jane Popp

March 3-10, 2012

7-Night Western Caribbean Cruise

from New Orleans to Cozumel - Cayman Islands - Jamaica

From \$599\*

pp/dbl \*cruise only

Add \$76 tax

Call CRUISES ETCETRA 916-721-9202

6921 Greenback Lane, Citrus Heights, CA

Limited Space!!

Call Today!!

Help people in need.

Donate your car, boat or RV

Free Towing • Tax Deductible

FREE 3 day vacation to over 80 destinations

Call Toll-Free 888-600-9846

POTOCKI FAMILY CHIROPRACTIC

4 YEAR ANNIVERSARY IN FAIR OAKS

THE NATURAL WAY TO GOOD HEALTH

To celebrate through the end of the year we will be offering a no cost consultation and examination.

If we need x-rays they will be taken at a cost of \$40 dollars. This will cover the first 2 visits in our office including the first treatment.

Excludes work comp and personal injury cases.

Potocki Family Chiropractic

5150 Sunrise Blvd. Suite F1

Fair Oaks, CA 95628

916-536-0400

www.drpotocki.com

THE TAX PREPARER WHO EARNS YOUR TRUST

☒ Ed Cook, an experienced CPA who prepares your returns at a reasonable price.

☒ My clients return to me year after year.

☒ We develop a preparer / client relationship.

☒ Preparation cost equal to or less than the national retail tax preparation companies.

CALL FOR AN APPOINTMENT

Working to keep your money in your pocket rather than the government's.

916•705•4713

TAK Food Market

9045 Fair Oaks Blvd.

(Corner of San Juan & Fair Oaks)

Call and Order Ahead of Time for Faster Service

944-3188

کباب چنجه \$10.99

Kabob Chenjeh

Juicy chunks of beef filet mignon marinated in our special sauce, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes. Free Persian Tea with this meal.



# Applications Now Accepted for City Scholarship Fund

RANCHO CORDOVA – Employees of the City of Rancho Cordova have exhibited their pride in the community in many ways, by supporting many activities and organizations throughout the year. They have formed the Community Public Responsible Innovative and Dedicated Employees (PRIDE) Scholarship to present to a graduating high school senior who is a resident of Rancho Cordova. “Recognizing the value of education and honoring exceptional youth are the best ways to demonstrate support for our community,” said Lisa Brown, a member of the City’s Employee Advisory Team.

Applications are due by 5:00 p.m. on March 30, 2012. Scholarship applicants must have a minimum 3.0 grade point average and have proof of acceptance at an accredited college, university, vocational, or technical college. Applicants must also write an essay about their student and community activities and academic plans. Essays should not exceed 700 words.

Applications for the 2012 Community PRIDE Scholarship are available at City Hall, 2729 Prospect Park Drive, Neighborhood Services, 2880 Gold Tailings Court, or online at [www.cityofranchocordova.org](http://www.cityofranchocordova.org), click on Community PRIDE Scholarship under “Latest News & Updates.” Application packets must be postmarked no later than March 30, 2012 or be delivered to City Hall by 5:00 p.m. on that date. Entries will be judged by a panel of City employees.

“We want to reward young people who have demonstrated attributes of good citizenship in our community by helping them achieve their higher education goals,” Brown concluded.

Source: City of Rancho Cordova

# Free Tax Preparation Programs Offered

RANCHO CORDOVA – Two agencies are offering free assistance with income tax preparation to those qualified at the Rancho Cordova City Hall, 2729 Prospect Park Drive.

**Volunteers in Tax Assistance (VITA)** The VITA site will be open from 9 a.m. to 1 p.m. on Saturday, February 25th; Saturday, March 3rd, Saturday, April 7th; and Saturday, April 14th on the second floor of City Hall. Appointments are not necessary but can be made by calling (916) 498-1000 or 2-1-1.

Part of the Sacramento Coalition for Working Families, VITA offers the free service to those with incomes under \$50,000. People can also get free help in determining their Earned Income Tax Credit (EITC) eligibility and then claiming the credit, if applicable. EITC can mean up to \$5,751 in credits.

**American Association of Retired Persons (AARP)** The AARP tax counseling and preparation service will be available from 10 a.m. to 3 p.m. on Fridays through April 13th in the Community Board Room on the first floor of City Hall. The free service is for taxpayers with low- and moderate-incomes, with preference to those who are 60 years and older. Walk-in’s are welcomed; no appointment is needed.


Participants should bring photo ID’s, their Social Security cards, income information and documentation, and a copy of their 2010 tax returns. If itemizing, they should also bring their DMV registration notice, property tax bill, charitable donations, and mortgage and medical statements. Last year at the Rancho Cordova sites, VITA prepared 108 returns and AARP assisted 247 taxpayers.


“The City is pleased to be part of this helpful program for qualified taxpayers,” said Rancho Cordova Mayor David Sander. “Both AARP and VITA commended the City site for its easy parking and access and for its spaciousness and inviting atmosphere. This is an example of a great partnership, and evidence of this City’s commitment to its residents to provide the best services and quality of life in our region.”

### 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/](http://www.senate.ca.gov/) GAINES, for up-to-date information as Community Coffee events are scheduled.





# END of the BENCH

by **Gerry Scholl**

## Of Rivalries and The Zone

Two of my favorite things in sports are rivalries and The Zone. With the limited number of hours in a day to tune into sports, I always prefer to zero in on the classic matchups — the rivalries. There have been a lot of rivalry games in college basketball lately. I really like the college game, and I don’t care what anybody else says. Many on-air personalities make a habit of ripping college hoops and the quality of play. Sure, it’s not up to professional standards, but I like following my favorite teams, St .Mary’s and Cal, and the rivalry games still make it an attraction for me. And, I’m often rewarded with some classic games.

St. Mary’s, back in the days when they were rarely good, it was all about beating USF and Santa Clara. Now, under coach Randy Bennett, the Gaels have been good and that has spawned a great rivalry with Gonzaga. I never felt the Gaels (23-5) were quite as good as their national ranking this year (as high No. 13), but they are in position to break Gonzaga’s string of eleven straight WCC titles, holding a one-game lead with two to play. The pair shared the crown last season. With two losses and two key injuries, though, St. Mary’s has slipped to No. 23 in the ESPN/ USA TODAY Coaches Poll.

Meanwhile, Cal (22-6, 12-3) leads the undervalued Pac-12 along with Washington and is on the verge of breaking into the rankings for the first time all season. I most closely follow the former Pac-10 because there are so many long-standing relationships among the teams. For Cal there is Stanford, of course, and UCLA and Arizona (all despicable foes), but the one I like is with Oregon. It seems every time I watch the two face off it’s a great game, including last Thursday’s 86-83 thrilling Cal victory.

I’ll scour the weekly listings for the best matchups and, I have to admit, I get a good charge out of the North Carolina/Duke feud. Duke won the last meeting a couple weeks ago, 85-84, with a late comeback and a buzzer-beater shot.

As for our area pros, the Sacramento Kings and Golden State Warriors are two lousy teams lost in the ozone again, but when they play each other it is usually pretty good. Or, take either playing against the L.A. Lakers and it could be good because our loveable losers usually raise their level of play, though they usually lose.

Raising the level is all about that over-used word in sports, focus. Focus is all about trying to get into The Zone. The Zone is tunnel-vision, total focus on the task at hand. Everything is clicking. The basketball is part of your hand and the hoop is as big as the ocean. Teammates are like siblings, you are familiar with their every move. You block out all distractions, but absorb the positive influences and vibes of teammates and fans osmotically.

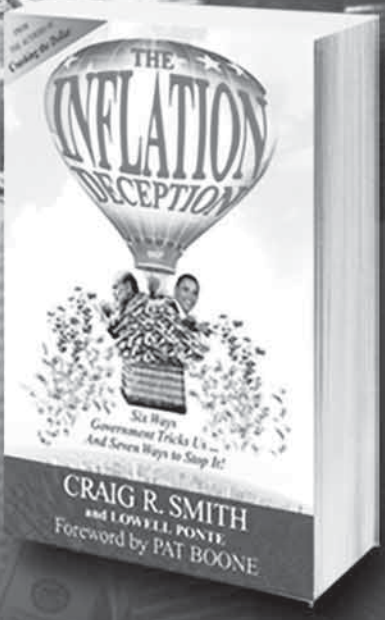

Jeremy Lin is in The Zone. The New York Knicks’ young point guard phenom has it all going (except for a few too many turnovers). Lin has broken through from the fringes of the NBA to create Linsanity throughout the basketball world. On the verge of being cut by a third team this season, he seized an opportunity for playing time and made a sensation out of it. His “game” has been compared to two-time league MVP Steve Nash. Don’t get too carried away too soon.

All the well-known rage these days, Lin has led the Knicks back from oblivion and to a 8-1 record since taking over his position, setting a number of records for a beginner along the way. Sunday it was The Kid versus Kidd, Hall of Fame-bound point guard of defending champion Dallas, Jason Kidd. After Lin went for 28 points and 14 assists in a 104-97 comeback victory, Kidd quickly made it over to the new kid on the block to offer a hug of congratulations and encouragement.

Lin, the Palo Alto High and Harvard grad, has gone from sleeping on couches to the tip of everyone’s tongue, Saturday Night Live and David Letterman’s Top Ten in a couple weeks. In a TV interview he said spending most of last year at the end of the bench for Golden State “brought me to tears.” That could do that to anybody. Now he’s all smiles on T-shirts everywhere.

It will be most interesting to see if it all continues when injured superstar Carmelo Anthony returns to the Knicks’ lineup and infiltrates The Zone — it can be a delicate thing. Regardless of what happens, it was terrific watching Lin light up Kobe Bryant and the Lakers for 38 points during his rise to fame. Linsational!!


# We the People can stop them!



Learn how by reading

## THE INFLATION DECEPTION

Call 888-595-6457 for a FREE COPY (\$20 value)



# SWISS AMERICA

## THE GOLD STANDARD







Accident Attorney

**Auto Accident Attorney** INJURED IN AN AUTO ACCIDENT? Call Jacoby & Meyers for a free case evaluation. Never a cost to you. Don't wait, call now, 888-375-9101 (MB 12-31-12)

Adoption

**PREGNANT? CONSIDERING ADOPTION?** Talk with caring adoption expert. You choose from families nationwide. **LIVING EXPENSES PAID.** Call 24/7 Abby's One True Gift Adoptions 866-413-6296 (NANI)

Antiques

**Antiques Wanted:** License plates and frames, pre-1969. Military emblems. 707-448-8942. Ask for Dave. (MPG 06-15-11)

**Old Railroad Items Wanted:** lanterns, locks, china, paper, etc. Call (916) 663-2463 (MPG 12-31-12)

**Old Porcelain Signs Wanted:** oil & gas, highway, RR, etc. Call (916) 663-2463 (MPG 12-31-12)

Auctions

**ADVERTISE YOUR AUCTION** in 240 California newspapers for one low cost of \$600. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

Audio Books

**READERS & MUSIC LOVERS.** 100 Greatest Novels (audio books) ONLY \$99.00 (plus s h.) Includes MP3 Player & Accessories. ONUS: 50 Classical Music Works & Money Back Guarantee. Call Today! 1-888-841-5761 (MPG 12-31-12)

Autos Wanted

**WE BUY CARS!** Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595 (SWAN)

**CARS/TRUCKS WANTED!** Top \$\$\$\$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We're Local! 7 Days/Week. Call Toll Free: 1-888-416-2330 (NANI)

**DONATE YOUR CAR to CANCER FUND OF AMERICA** to help SUPPORT CANCER PATIENTS. Tax Deductible. Next Day Towing. Receive Vacation Voucher! Call 7 Days 1-800-835-9372 (NANI)

**Donate Your Car!** Civilian Veterans & Soldiers Help Support Our U.S. Military Troops 100% Volunteer Free same Day Towing. Tax Deductible. Call and Donate Today! 1-800-471-0538 (NANI)

**DONATE YOUR CAR,** truck or boat to Heritage for the Blind. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-600-9846 (MB 12-31-12)

**SELL Your CAR, TRUCK or SUV Today!** All 50 states, fast pick-up and payment. Any condition, make or model. Call now 1-877-818-8848. www.MyCarforCash.net (Cal-SCAN)

**DONATE YOUR CAR, TRUCK OR BOAT to HERITAGE FOR THE BLIND.** Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 888-600-9846 (MB 12-31-12)

Business Opportunity

**START NOW!** Open Red Hot Dollar, Dollar Plus, Mailbox, Discount Party, Discount Clothing, Teen Store, Fitness Center from \$51,900 worldwide! www.DRS25.com. 1-800-518-3064. (Cal-SCAN)

**Good Money! Weekly! Home-workers needed NOW!** Details: Rush Long SASE: NHA, 28 E. Jackson, #F-458, Dept. NANI, Chicago, IL 60604-2263 WWW.EASYBABYCASH.COM (NANI)

**Start Earning Now!** \$1000's Weekly For Placing Free Online Classifieds Just Like This One. Get Paid Daily! Call 1-800-818-4395 www.987wow.com (NANI)

Business Services

**ADVERTISE a display BUSINESS CARD sized ad** in 140 California newspapers for one low cost of \$1,550. Your display 3.75x2" ad reaches over 3 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

**ADVERTISE Your Truck DRIVER JOBS** in 240 California newspapers for one low cost of \$550. Your 25 word classified ad reaches over 6 million+ Californians. Free brochure call Elizabeth (916) 288-6019. (Cal-SCAN)

**REACH CALIFORNIANS WITH A CLASSIFIED IN ALMOST EVERY COUNTY!** Experience the power of classified! Combo-California Daily and Weekly Networks. One order. One payment. Free Brochures... One payment. Free Brochures. elizabeth@cnpa.com or (916) 288-6019. (Cal-SCAN)

Cable/ Satellite TV

Dish Network lowest nationwide price \$19.99 a month. FREE HBO/ Cinemax/Starz FREE Blockbuster FREE HD-DVR and install. Next day install 1-800-908-0366. (Cal-SCAN)

Cable TV Offer

**SAVE on Cable TV** - Internet-Digital Phone. Packages start at \$89.99/mo (for 12 months.) Options from ALL major service providers. Call Acceller today to learn more! CALL 1-866-484-1940 (MB 12-31-12)

Career Training

**WORK ON JET ENGINES**—Train for Aviation Maintenance Career. FAA approved. Financial aid if qualified—Job placement assistance. CALL Aviation Institute of Maintenance (888) 242-3382 toll free. (Cal-SCAN)

Chimney Sweep

**CHIMNEY CLEANING SPECIAL** FAST • CLEAN • EFFICIENT Friendly Service

No Mess Guaranteed  
15 Years Running  
(916) 752-6762  
Bus Lic # 103881  
(MPG 3-31-12)

Computers

**YOUR LOCAL PC REPAIRER** Comes to your Home/Office. A+ Rating. (916) 443-1813 (MPG 02-29-12)

**Call-A-Geek Mobile Service.** Software, Spyware, Hardware Repair. Microsoft Certified. **879-3514.** (MPG 07-13-11)

Counseling

**Affordable sliding scale counseling.** Licensed staff. Cash only. Children, couples, families. (530) 888-7958 (MPG 06-01-11)

**Real solutions to your problems and issues** www.lifeadvisorforeveryone.com Dave (916) 821-5768 (MPG)

Credit Card Relief

**Buried in Credit Card Debt?** Over \$10,000? We can get you out of debt quickly and save you thousands of dollars! Call CREDIT CARD RELIEF for your free consultation 1-888-505-1183 (MB 12-31-12)

DISH Network Special

**DISH Network.** Starting at \$19.99/month PLUS 30 Premium Movie Channels 4023 FREE (MB 12-31-12)

Electrical Services

**RETIRED MASTER ELECTRICIAN** Expert troubleshooter, 30 years experience. Old panel repairs/upgrades. Lic.# 877532 Call **916-595-3052** (MPG 07-31-12)

**Visit & Estimate For Free.** 24 Hour, 7 Days. 916-213-7575 (MPGM)

Fencing

Cal State Fence and Construction Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks. Residential/ Commercial Free ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

Financial

**Ever Consider a Reverse Mortgage?** At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 888-698-3165 (Cal-SCAN)

**We buy structured settlement** and annuity payments. Get a \$1,000 cash advance for your payments. Call 877-536-3703 today! (NANI)

For Rent

**Room for rent in Antelope area.** Use of kitchen, laundry, BBQ, patio. Close to Winco, Walgreens. Call **Fran 916-410-1949.** (MPG 02-08-12)

Gardening Classes

**Veggie Garden Classes** in Feb. See [waynesherbs.com](http://waynesherbs.com) for class schedule and info. (MPG 02-28-12)

Health & Beauty

**IF YOU USED YAZ/YAZMIN/OCELLA BIRTH CONTROL PILLS or a NuvaRing VAGINAL RING** CONTRACEPTIVE between 2001 & present and developed blood clots, suffered a stroke, heart attack or required gall bladder removal you may be entitled to compensation. Call 1-800-535-5727 (SWAN)

**Feeling older? Men lose the ability to produce testosterone as they age.** Call 888-904-2372 for a FREE trial of Progene- All Natural Testosterone Supplement. (Cal-SCAN)

**Canada Drug Center** is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 90 percent on all your medication needs. Call Today 877-560-8637 for \$25.00 off your first prescription and free shipping. (MB 12-31-12)

**Diabetes/Cholesterol/Weight Loss** Bergamonte, a Natural Product for Cholesterol, Blood Sugar and weight. Physician recommended, backed by Human Clinical Studies with amazing results. Call today and save 15 off your first bottle! 877-855-5090 (MB 12-31-12)

**ATTENTION SLEEP APNEA SUFFERERS with Medicare.** Get FREE CPAP Replacement Supplies at NO COST, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-654-6310 (MB 12-31-12)

**ATTENTION DIABETICS with Medicare.** Get a FREE talking meter and diabetic testing supplies at NO COST, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-816-7716 (MB 12-31-12)

**Attention Joint & Muscle Pain Sufferers:** Clinically proven all-natural supplement helps reduce pain and enhance mobility. Call 888-577-8681 to try Hydroflexin RISK-FREE for 90 days (MB 12-31-12)

Heating & Air

AC Repair Low Prices 487-4609 (MPG)

Help Animals

SPCA Thrift Shop Helpless animals need your donations. The Real Non-Profit. Will pick up. Call 916-442-8118. 1517E Street for donations-10-4pm (MPG)

Help Wanted

**HAWAII BOUND!!** Play in Vegas, Hang in LA, Jet to New York!! Hiring 18-24 girls/guys.\$400-\$800 wkly. Paid expenses.Are you energetic & fun?Call 877-259-6983 (SWAN)

**ACTORS/MOVIE EXTRAS needed immediately!** \$150-\$300/day depending on job. No experience, all looks needed. 1-800-561-1762 Ext A-104 (NANI)

**Mystery Shoppers Needed.** Earn up to \$150 per day. Undercover Shoppers Needed to Judge Retail & Dining Establishments. Experience Not Required. Call Now 888-380-3513. (NANI)

**INTERNATIONAL CULTURAL EXCHANGE Representative:** Earn supplemental income placing and supervising high school exchange students. Volunteer host families also needed. Promote world peace! 1-866-GO-AFICE or [www.afice.org](http://www.afice.org) (Cal-SCAN)

**Caring Compassionate Seniors WANTED!** SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required.Call us today for more information.(916) 372 9640 (MPG)

Help Wanted Drivers

**Seniors Need Ride to St. Mel's** in Fair Oaks, 4:30 mass Saturdays. This is a paid position. **988-7391.** Call between 9am-7pm (MPG 02-28-12)

**DRIVERS: NO EXPERIENCE?** Class A Driver Training. We train and employ! New pay increases coming soon. Experienced Drivers also Needed! Central Refrigerated. 1-877-369-7126. [www.CentralTruckDrivingJobs.net](http://www.CentralTruckDrivingJobs.net) (Cal-SCAN)

**DRIVER - \$0 TUITION CDL (A) Training & Job!** Top Industry Pay, Quality Training, Stability & Miles. \*Short employment commitment required. 1-800-326-2778. [www.JoinCRST.com](http://www.JoinCRST.com) (Cal-SCAN)

**Driver - Hometime Choices:** Weekly, 7/ON-7/OFF, 14/ON-7/OFF. Daily or Weekly Pay. Late model trucks! CDL-A, 3 months recent experience required. Top Benefits! 800-414-9569. [www.driveknight.com](http://www.driveknight.com) (Cal-SCAN)

Help Wanted Medical

**Geriatric Home Care Specialists** is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted Sales

**AWESOME TRAVEL JOB!!!** \$500 Sign-on Bonus. Unique Sales team looking for 10 young minded guys/ gals to travel the US.Cash Daily. Shawn 1-800-716-0048. (Cal-SCAN)

Home Health Care

**In your home health care/ helper.** 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737(MPG 08-25)

Housecleaners

**HouseCleaners** Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making Customers Happy? If You Answered YES! We Want YOU! HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: [sachousecleaners@hotmail.com](mailto:sachousecleaners@hotmail.com). All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

Housekeeping

**Honest and Dependable.** Supplies Furnished. I work alone. Sandra. 961-7651. (MPG 01-18-12)

House Painting

**PAINTING,** sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Landscaping

**Affordable Landscape Service** Clean-ups & Makeovers! Main-tenance starting at \$60/ mo. Dependable family business. Lic. # 887351. 916-338-2001. [sacyards.com](http://sacyards.com) (MPG 09-08)

**LawnmowerService**Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG) **Tall Weed Cutting** Low Rates 916-524-7477 (MPG)

**Full Yard Maintenance, one time clean-ups & tree trimming.** See our website: [www.terrabellagarden.com](http://www.terrabellagarden.com) or c/c Randy for info at 415-3430 or 800-9897. (MPG)

**Lawn Service** – I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Laptop Repair

**Any laptop repaired just \$79.** Macs too. REALLY! FREE Fedex shipping! \$69 extra for screen or motherboard replacement. CALL Authorized Laptop Repair Specialists 888-773-5417 (MB 12-31-12)

Legal Services

**SOCIAL SECURITY** Disability Benefits. You Win or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 877-490-6596. (Cal-SCAN)

**SOCIAL SECURITY DISABILITY BENEFITS.** You WIN or Pay Us Nothing. Contact Disability Group, Inc. Today! BBB Accredited. Call For Your FREE Book & Consultation. 888-630-1757 (MB 12-31-12)

Medical Supplies / Equipment

**ATTENTION DIABETICS with Medicare.** Get a FREE Talking Meter and diabetic testing supplies at No Cost, plus FREE home delivery! Best of all, this meter eliminates painful finger pricking! Call 888-781-9376. (Cal-SCAN)

**Attention SLEEP APNEA SUFFERERS** with Medicare. Get FREE CPAP Replacement Supplies at No Cost, plus FREE home delivery! Best of all, prevent red skin sores and bacterial infection! Call 888-699-7660. (Cal-SCAN)

Wheelchairs, walkers, incontinence, bath safety, lift chairs, canes, stethoscopes, compression garments, diabetic care. Excellent service & quality at low prices from **AMD MEDICAL SUPPLY. 916-485-2500.** Now accepting **MEDICARE.** (MPG 02-28-12)

Miscellaneous

**Dish Network \$19.99/mo!** Free HBO+Showtime+Cinemax+Starz +Blockbuster! Free HD/DVR! Next Day Install! Ask About Internet/TV/ Phone Bundles! 800-732-0574 (NANI)

EnjoyBetterTV DISH Network Authorized Retailer Offers, FREE HD for Life, Packages from \$19.99/ mo. Includes locals, 3 HD receivers free. Restrictions Apply. Call NOW!! (877) 594-2251 (NANI)

**AT&T U-Verse** for just **\$29.99/mo!** SAVE when you bundle Internet +Phone+TV and get up to **\$300 BACK!** (select plans). Limited Time **Call NOW!** 877-276-3538 (NANI)

**CASH PAID-UP TO \$22/BOX** for unexpired, sealed DIABETIC TEST STRIPS! 2 DAY PAYMENT & PRE PAID shipping. SE HABLA ESPANOL. Emma 1-888-776-7771. [www.Cash4DiabeticSupplies.com](http://www.Cash4DiabeticSupplies.com) (NANI)

**DIRECTV \$29.99/mo \$0 Start Costs!** Free HBO CINEMAX SHOWTIME STARZ! FREE HD/ DVR!FreeInstallation!We're Local! Installers! 800-355-4203 (NANI)

**Low Testosterone?** FREE 30 Day Supply of Progenel! All Natural Supplement for More Power & Performance! Pay only \$&P 800-908-2214 (NANI)

**WORK ON JET ENGINES**—Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified – Job placement assistance. Call AIM (888) 854-6156. (NANI)

**CASH FOR CARS:** All Cars/ Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer. 1-800-864-5960 (NANI)

**\*\*OLD GUITARS WANTED!\*\*** Fender, Gibson, Martin, Gretsch, Prairie State, Euphonon, Larson, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjos. 1930's thru 1970's. TOP CASH PAID! 1-800-401-0440 (NANI)

**AIRLINES ARE HIRING** – Train for hands on Aviation Maintenance Career. FAA approved program. Financial aid if qualified – Housing available. Call AIM (888) 686-1704 (NANI)

**EARN COLLEGE DEGREE ONLINE** "Medical, "Business, "Criminal Justice. Job placement assistance. Computer available. SCHIEV certified. Call 800-510-0784 [www.CenturaOnline.com](http://www.CenturaOnline.com) (NANI)

**ATTEND COLLEGE ONLINE** from Home. "Medical, "Business, "Paralegal, "Accounting, "Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 [www.CenturaOnline.com](http://www.CenturaOnline.com) (NANI)

**Bundle & Save** on your CABLE, INTERNET PHONE, AND MORE. High Speed Internet starting at less than **\$20/mo. CALL NOW!** 800-314-9361 (NANI)

**Reach over 20 million homes nationwide with one easy buy!** Only \$2,795 per week! For more information, contact this publication or go to [www.naninetwork.com](http://www.naninetwork.com) (NANI)

Miscellaneous Items for Sale

**MEMORY FOAM THERAPEUTIC NASA MATTRESSES** T-\$299 F-\$349 Q-\$399 K-\$499 ADJUSTABLES-\$799 FREE DELIVERY LIFETIME WARRANTY 90 NIGHT TRIAL 1-800-ATSLEEP1-800-287-5337 [WWW.MATTRESSDR.COM](http://WWW.MATTRESSDR.COM) (NANI)

**MANTIS Deluxe Tiller. NEW!** FastStart engine. Ships FREE. One-Year Money-Back Guarantee when you buy DIRECT. Call for the DVD and FREE Good Soil book! 888-815-5176. (Cal-SCAN)

**100 Percent Guaranteed Omaha Steaks** - SAVE 65 percent on the Family Value Collection. NOW ONLY \$49.99 Plus 3 FREE GIFTS & right-to-the-door delivery in a reusable cooler. ORDER TODAY at 1-888-525-4620 or [www.OmahaSteaks.com/family16](http://www.OmahaSteaks.com/family16), use code 45069TVH. (Cal-SCAN)

Money To Lend

**LAWSUIT CASH** Auto Accident? All cases qualify! Get CASH before your case settles! Fast Approval. Low Fees. (866) 709-1100 [www.glofin.com](http://www.glofin.com) (NANI)

Omaha Steaks

**100 Percent Guaranteed Omaha Steaks**—SAVE 65 percent on the Family Value Collection. NOW ONLY \$49.99 Plus 3 FREE GIFTS & right-to-the-door delivery in a reusable cooler. ORDER TODAY at 1- 888-859-5502 or [www.OmahaSteaks.com/mb27](http://www.OmahaSteaks.com/mb27), use code 45069ZEJ. (MB 12-31-12)

Painting

**All Pro Painting Res/Com.** Quality work free est. sen disc lic 914715 Ph 607-0523 (MPG)

Personals

**A Country gentleman** would like to meet a lady to enjoy life together. Call William 530-227-7681. (MPG 11-30-11)

**Happy and healthy grandma** Seeks same in grandpa. "Old" not in my vocabulary. Let's talk. **530-626-8682** (MPG 10-19-11)

**Mature Guy seeking friendship of a mature lady** in the 60's and 70's. Call Jim **530-823-7765.** (MPG 10-19-11)

Pets

**Pet Sitting** Professional loving pet care. Established reputation. Kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (MPG)

Piano Lessons

**Piano Lessons** – Beginner, Classical. Adults and Children. Mr Parker. 505-9279 (MPG 02-28-12)

**Piano Lessons** – 25 years experience teaching all ages 916-723-8440 [www.pianobychris.com](http://www.pianobychris.com) (MPG 09-21-11)

**Piano Lessons** – All ages 1st lesson free. Rancho Cordova **916/858-1571** (MPG)

**Piano lessons for children and adults** by experienced, creative teacher. Citrus Heights. For more information, visit [www.anitraalexander.com](http://www.anitraalexander.com), or call (916) 725-1054 (MPG)

Pool Service

**Weekly Pool Service & Repair.** Licensed, Insured, Reliable—\$50 off 1st Service or Repair. **916-390-8488** (MPG 3-31-12)

Real Estate Commercial

**I BUY HOUSES "QUICK" CASH** No Equity No Problem. Need Repair OK. **916-715-4751.** (MPG 11-30-11)

Real Estate Out of State

**North Texas Land Bargains!!!** Gorgeous lakelront, lake view and access acreages in premier Texas location. All at bargain prices. Call 877-888-1636, x1569. (Cal-SCAN)

Reverse Mortgage

**Ever Consider a Reverse Mortgage?** At least 62 years old? Stay in your home & increase cash flow! Safe & Effective! Call Now for your FREE DVD! Call Now 866-982-4692 (MB 12-31-12)

Schools / Education

**AIRLINES ARE HIRING** – Train for hands on Aviation Career. FAA approved program. Financial aid if qualified – Job placement assistance. CALL Aviation Institute of Maintenance 888-889-1346 toll free (SWAN)

**ALLIED HEALTH CAREER training** - Attend college 100% online. Job placement assistance. Computer available. Financial Aid if

qualified. SCHEV certified. Call 800-481-9409. [www.CenturaOnline.com](http://www.CenturaOnline.com) (Cal-SCAN)

**ATTEND COLLEGE ONLINE from Home.** "Medical, "Business, "Criminal Justice, "Hospitality. Job placement assistance. Computer available. Financial Aid if qualified. SCHEV certified. Call 888-210-5162



# Meals on Wheels Awarded \$1,500 “Share The Love” Grant

SACRAMENTO – (February 22, 2012) – Meals on Wheels by ACC is proud to announce it has been awarded a \$1,500 grant from Meals On Wheels Association of America (MOWAA) in recognition of its participation in MOWAA’s “Share The Love” Most Meals Contest.

As part of Subaru of America, Inc.’s “Share The Love” Event, Meals on Wheels worked with Maita Subaru during the holiday season to highlight senior hunger and to learn what it takes to serve

2,000 meals a day. Senior hunger is growing throughout Sacramento County and Maita Subaru’s community involvement to help bring awareness and support to our program is significant” stated Rithy Thong, Program Manager. Thong further stated “We also appreciate and thank Maita Subaru’s choice of Meals on Wheels as their Charity of the Month for March.”

As one of the five Subaru “Share The Love” Event charitable partners, MOWAA created the Most Meals Contest to foster

partnerships between local Meals On Wheels programs and Subaru dealerships. MOWAA is awarding \$150,000 in Most Meals grants to the 48 Meals On Wheels programs across the country that recruited dealership employees to volunteer, deliver meals in Subaru vehicles and engage community members in the fight to end senior hunger.

Most Meals grants awarded by MOWAA range from \$250 to \$35,000. The nation’s economic downturn has made it more

difficult to raise money to provide meals to the community’s homebound seniors. Meals on Wheels by ACC will use the monies to help sustain our services throughout Sacramento County to help offset these tough economic times.

The Subaru “Share The Love” Event ran from November 19, 2011 to January 3, 2012. Subaru is donating \$250 for every new Subaru vehicle sold or leased during “Share The Love” to the customer’s choice of one of five

charities, including MOWAA. Over the past three years, proceeds from the Subaru “Share The Love” Event have provided funds to MOWAA to support its vision to end senior hunger by 2020.

“We are honored to be part of ‘Share The Love’ again this year,” said MOWAA President and CEO, Enid Borden. “Subaru is a corporation with a conscience. They understand that providing nutritious meals to hungry and homebound seniors in need is a moral imperative.” About Meals

on Wheels by ACCMeals on Wheels by ACC is a non-profit organization that provides nutritious meals and nutritional services that allows seniors throughout Sacramento County to live independently and to Eat Well and Age Well. We do this by serving approximately 10,000 meals each week through home delivered meals and at 22 locations called All Seasons Café. We are Meals on Wheels so no senior goes hungry. For more information, visit our website at [www.mowsac.org](http://www.mowsac.org).



A Film Review by Tim Riley

## JOURNEY 2: THE MYSTERIOUS ISLAND (Rated PG)

Only upon digesting the complete title of “Journey 2: The Mysterious Island” was my mind nudged ever so slightly by the thought of Jules Verne.

The problem, which remains for this film as well, is that the first film, titled “Journey to the Center of the Earth” and released in 2008, is entirely forgettable.

“Journey 1,” starring Brendan Fraser, now nowhere to be found and not even lost on a mysterious island, was a Jules Verne-type adventure, one that may have pleased kids.

The sequel is equally designed to satisfy the adolescent filmgoers, such that the teen hero remains Josh Hutcherson’s Sean, who’s been given permission by his mother (Kristin Davis) for another globe-trotting quest.

Dwayne “The Rock” Johnson, who flexes his pectorals as if he were hanging out at Venice Beach, plays the role of Hank, stepdad to the peripatetic Sean.

In what is expected to be a bonding experience, Hank takes Sean on a journey to a mysterious island, following secret clues that Sean believes Jules Verne left behind.

Curiosity runs in the family because it is apparent that Sean’s missing grandfather Alexander (Michael Caine) was so obsessed

# Riley Reviews

## FAMILY FUN IN “JOURNEY 2” RELIES TOO MUCH ON EFFECTS

with the writings of Jules Verne that he invented the familial craving for wanderlust.

Once in the South Pacific, Hank, in what appears to be a dubious idea, hires goofy, excitable helicopter pilot Gabato (Luis Guzman) to locate the island.

On the upside, at least for Sean, is that Gabato’s pretty daughter Kailani (Vanessa Hudgens) tags along for the ride. This, of course, sets up the film’s only love interest subplot.

Meanwhile, a crash landing on an island immediately brings to mind that “Journey 2” could detour into a missing episode of “Lost.”

Alas, that is not to be, for our intrepid travelers are exposed to the mystery of an upside-down world, where elephants are small and bees and lizards are giant prehistoric beasts.

Naturally, grandpa Alexander, who was busy sending out radio signals with his coordinates, is found on this exotic South Pacific island, which is notable for the fact that it is rapidly sinking into the sea like Atlantis.

The soon-to-be extinct tropical paradise is a wonder of special effects, none more thrilling than watching Sean riding bareback on a giant bee.

Since the story is family-friendly, “Journey 2” lacks the inherent menace of prehistoric threats found in “Jurassic Park,” though giant iguanas appear threatening.

To be sure, “Journey 2” is a formulaic adventure story relying heavily on special effects, which is as satisfying as a giant tub of

popcorn and a big cone of cotton candy. It’s fun in the moment for the adolescent crowd.

The pairing of Dwayne Johnson and Michael Caine is interesting for some of the back-and-forth dialogue. The film benefits from the presence of these two titans of natural charm.

One good reason not to be late to the screening of this film is that it should be preceded by a funny animated short called “Daffy’s Rhapsody,” an adventure with Daffy Duck and Elmer Fudd.

Oh, just one more thing, you should know that both the Warner Brothers cartoon and the feature film are in 3-D

## DVD RELEASE UPDATE

This column has often extolled the virtues of British television programs that may find their way to BBC America and eventually to a DVD release.

“Northern Lights: The Complete Collection,” featuring all 12 episodes and two movies of this comedy series, is being released on DVD by Acorn Media, to go-to outfit for British imports.

The series followed life-long friends and rivals Colin Armstrong (Robson Green) and Howard Scott (Mark Benton) on a hilarious series of misadventures – really classic British wackiness.

As schoolboys, Colin and Howard fought over girls, soccer teams and clothes. Now married men in their thirties, their competition has shifted to more important, if mundane, matters like jobs and cars.

The comedy comes from insane rivalry of one-upmanship, where they try to outdo each other, even with Christmas decorations. Meanwhile, their long-suffering wives endure the collateral damage.

“Northern Lights” is the kind of classic comedy that “The Guardian” rightfully called “warm and witty comedy drama.”

# Thinking of Changing Banks?

## ✓Check the El Dorado Advantage

- ✓ **FREE** VISA Debit Card
- ✓ **FREE** Senior Checking with Interest
- ✓ **FREE** Direct Payroll Deposit Checking
- ✓ **FREE** Internet Banking with Check Images
- ✓ **FREE** Online Bill Payment
- ✓ **FREE** Telephone Banking
- ✓ **VALUE** Checking
- ✓ Interest Checking
- ✓ Business Checking
- ✓ Investors Money Market Checking
- ✓ Gold Money Market Savings
- ✓ Purchase & Refinance Loans
- ✓ Fixed & Adjustable Home Equity Line of Credit Loans
- ✓ Friendly, Personal Service at No Extra Charge
- ✓ 35 ATMs at El Dorado Branches
- ✓ Consistently Awarded the Highest 5 Star Rating by Bauer Financial Reports as One of the **SAFEST** and **STRONGEST** Banks in the U.S. Since 1993



# EL DORADO SAVINGS BANK

Serving our local communities for over 54 years

Member  
**FDIC**

[www.eldoradosavingsbank.com](http://www.eldoradosavingsbank.com)

CITRUS HEIGHTS • 7895 Lichen Drive • 729-1100

EQUAL OPPORTUNITY  
LENDER

12-1



Rand K. Jacobs

# R.K. Jacobs Insurance Services

Home • Auto • Business

Office (916) 966-3733

Fax (916) 966-0177

4777 Sunrise Blvd., Ste. B

Fair Oaks, CA 95628

[rjacobs@pacbell.net](mailto:rjacobs@pacbell.net)

Lic. #0535940

CLEAN & SOBER  
LIVING  
CSTL, Inc.

HELPING PEOPLE AND THE COMMUNITY WITH  
THE ALCOHOL AND DRUG PROBLEM!  
18 YEARS IN BUSINESS!

DETOX (916) 965-3386

SOBER LIVING (916) 961-2691

Got News? Call 773-1111

# Business & Service Directory

MEDICAL SUPPLY AND EQUIPMENT

**AMD Medical Supply**  
*Sales • Rental • Installation • Delivery*

Now Accepting **MEDICARE**  
Tel/Fax: (916) 485-2500 [www.amdmedsupply.com](http://www.amdmedsupply.com)  
3108 Arden Way, Sacramento, CA 95825

HOME IMPROVEMENTS

- Hardwood Floors • Tiles
- Door & Window Installation
- Crown Moldings • Trimmings • Paintings
- Kitchen & Bath Renovations, etc.

**Victor D. Chauppette**  
Phone: (916) 862-7459  
E-mail: [v\\_chauppette@yahoo.com](mailto:v_chauppette@yahoo.com)  
*No jobs over \$500 accepted.*

PHOTO RESTORATION

**Restore Old Photographs**  
Share memories of special places and times with your family.  
(916) 483-6051  
Laws Studio, Crestview Center  
Manzanita at Winding Way in Carmichael

HANDYMAN

**QUALITY LABOR & MAINTENANCE**  
Yard Work, Hauling, Gutter Clean, Odd Jobs  
  
*You Name It!*  
(916) 613-8359

ALTERATIONS

**ALTERATIONS by Patina**  
SPECIALIZING IN BRIDAL & FORMAL  
11082 Coloma Rd., Suite 7  
Coloma Village Shopping Ctr. • Rancho Cordova  
(916) 853-1078  
[WWW.ALTERATIONSBYP.THENETMARK.COM](http://WWW.ALTERATIONSBYP.THENETMARK.COM)

PSYCHIC READINGS

**TAROT CARDS & PSYCHIC READINGS**  
*Past Present & Future*  
*Love, Marriage & Business*  
*Palm Readings*  
*Past Life Readings*  
  
40 Years Experience • Available for Events and Parties  
FOR APPTS. CALL 916-962-3822

FUNERAL SERVICE

**RUSS MONROE'S**  
FUNERALS & CREMATIONS  
FD 1404  
7960 WINDING WAY  
FAIR OAKS, CA 95628  
Tel (916) 9611265  
Fax (916) 9612430

PRE-SCHOOL

**MONTESSORI CHILDREN'S SCHOOL**  

5325 Engle Rd., Suite 170  
Carmichael, CA 95608  
Ages 2-6 • Open 7am-6pm M-F  
916-481-0100  
[www.MCSpreschool.com](http://www.MCSpreschool.com)

CEMETERY SERVICES

**Respectful, Affordable Burial**  
Endowment Care Facility  
Beautiful Park like setting  
Monuments allowed • Cremation Niches  
Commingle Scattering Garden  
Quality & Affordable Service  
**Fair Oaks Cemetery District**  
7780 Olive St., Fair Oaks, 95628  
916-966-1613

SPECIALTY CANDIES

**CandyStrike Emporium**  

398 “Historic” Main St.  
Placerville, CA 95667  
**530-295-1007**  
SO much FUN...  
**CandyStrike.com**  
*Online coupon at CarmichaelTimes.com*

PET SITTING SERVICE

**Professional, Loving PET CARE**  
Established Reputation  
Kennel Free Environment  
Lots of TLC  
**Call Madeline**  
(916) 723-1608

FINGERPRINTING SERVICES

**LIVESCAN FINGERPRINTING**  

- ★ Walk-in Service
- ★ Digital Inkless Process
- ★ Electronic Submission to DOJ & FBI
- ★ Copies & Faxing
- ★ Notary Services
- ★ UPS Next Day Air®
- ★ Shredding Services
- ★ Ship Heavy Freight

**916.725.1345**  
7405 GREENBACK LN. • CITRUS HEIGHTS, CA 95610  
**The UPS Store**



STATEPOINT CROSSWORD • THE OSCARS

CROSSWORD											
1	2	3	4	5		6	7	8		9	10
13						14				15	
16						17				18	
19						20			21	22	
			23				24				
25	26	27		28		29			30		31
35			36		37			38		39	
40					41				42		43
44				45		46					47
48					49		50			51	52
				53		54			55		56
	57	58	59					60			61
64						65	66			67	
68						69				70	
71						72				73	



© StatePoint Media

CLUES

- ACROSS

1. Type of eclipse

6. \*1941's "How Green \_\_\_\_ My Valley"

9. Drink too much

13. Being of service

14. Gilligan's home

15. Chicago's ORD

16. Smelling \_\_\_\_, pl.

17. In the past

18. Type of beam, also an acronym

19. "Best Picture nominee set in Jackson, MS

21. "Ripley's Believe It or Not" showpiece, e.g.

23. Accused by some of breaking up The Beatles

24. Obama to Harvard Law School, e.g.

25. Bud or chum

28. Cough syrup balsam

30. To mark with spots

35. \_\_\_\_ vera

37. \*Nominated for role in "Moneyball"

39. Like sound of pinched nose
40. Chess piece that looks like castle

41. Barges

43. Circus venue

44. Reason by deduction

46. "The Iliad," e.g.

47. \*Mechanically-inclined film orphan

48. Seaman or sailor

50. Bus \_\_\_\_

52. Room in a house

53. Like acne-prone skin

55. Charlotte's creation

57. Hotel meeting place

60. \*"The Descendants" nominee

64. Wavelike patterned silk

65. Make imperfect

67. Home to BYU

68. Curving outward

69. "\_\_\_\_ to Joy"

70. Pivoted about a fulcrum

71. It usually contains the altar in a church

72. Women's organization

73. Rub out
- DOWN

1. A deadly sin

2. Beehive State

3. World's longest river

4. Even though, arch.

5. Wish ill

6. Smack or sock

7. Leo month

8. It has no back and no arms

9. Bangkok inhabitant

10. Kiln for drying hops

11. The hunted

12. "Ever" to a poet

15. "He played Cold War spy

20. Grommets, e.g.

22. Milk \_\_\_\_, popular at the movies

24. Coroner's performance

25. "Place of Woody's mid-night magic

26. Unaccompanied

27. Used for washing

29. Often spread in the classroom

31. Beaten by walkers

32. Imposter

33. \*Best Actress winner in "Tootsie"

34. "Crocodile Rock" performer

36. Augmented

38. Foolish person

42. Frown with anger

45. \*"The Girl with the Dragon Tattoo"

49. Band event

51. "We the \_\_\_\_" in the Constitution

54. "30 Rock" character

56. Emerald Ash \_\_\_\_ pest

57. "Wolf" in French

58. Great masters' medium, pl.

59. Strong desire

60. "It works with the cast on films

61. Most luminous star

62. Day before, pl.

63. Yesteryear

64. Earned at Sloan or Wharton

66. "Much \_\_\_\_ About Nothing"
- For Solution  
See Page 7

Governor Brown Served with Summons in Second Amendment Lawsuit  
Motion for Preliminary Injunction to be heard in April



Governor Jerry Brown

From CaliforniaRightToCarry.org

SACRAMENTO – On Thursday, February 16th Governor Brown was formally served with a Federal Summons requiring him to explain to the Court why California's ban on openly carrying a loaded firearm in public places should not be overturned.

The Governor has 21 days to file his answer with the court, his deadline is March 9th.

The following week, a motion for a preliminary injunction will be filed by the Plaintiff in the lawsuit, Charles Nichols – President of California Right to Carry a Second Amendment Advocacy group.

The hearing on the motion for the preliminary injunction will take place in early April. If the injunction is granted, California's 1967 ban on openly carrying a loaded firearm can no longer be enforced until the Federal Court judge issues his final decision in the lawsuit.

California's recently enacted ban on openly carrying unloaded handguns would also be rendered unenforceable.

If the preliminary injunction is denied, Mr. Nichols will immediately appeal the denial of the injunction to the 9th Circuit Court of Appeals.

Senator Gaines Announces New Committee Assignments  
Gaines Assigned to Two Additional Committees, Serves on Six Total



Senator Ted Gaines

SACRAMENTO – Senator Ted Gaines (R-Rocklin) announced February 16th he has been appointed to serve as a member of both the Budget and Fiscal Review Committee and the Legislative Ethics Committee for the remainder of the 2011-12 legislative session.

"I am honored to have been given these additional committee assignments in critical areas that affect the lives of all Californians," said Gaines. "I will work hard to achieve bipartisan solutions to the

important issues facing our state and defend the interests of hard-working taxpayers."

The Budget and Fiscal Review Committee reviews legislation dealing with the state budget. The Committee breaks the budget into broad subject matters (such as Education, Resources, Health and Human Services, State Administration or Public Safety) and assigns committee members to these subcommittees. Senator Gaines will serve on the Education subcommittee.

"For years I have been calling for structural reform to California's budget process," said Gaines. "As a small business owner, I have to cut back when times are tight and find ways to save money while providing the same services more efficiently. Government should be taking that same approach. While on the Budget Committee, I will advocate for the needs and priorities of California taxpayers and bring discipline and responsibility to the budget process."

The Legislative Ethics Committee is responsible for governing members and employees of the Legislature with respect to all

ethics laws and works to maintain the public's trust by making sure the Legislature's business is done in a manner consistent with the standards laid out in the State Constitution.

"I take this responsibility very seriously and will work hard to make sure we are maintaining the people's trust in their government by holding the Legislature accountable," said Gaines. "Californians must be assured that their elected officials are conducting their business in a moral and ethical manner."

Senator Gaines will remain in his posts as vice chairman of the Senate Insurance Committee and the Transportation and Housing Committee. He is also a member of the Senate Elections and Constitutional Amendments Committee and the Public Employment and Retirement Committee.

Senator Ted Gaines represents the 1st Senate District, which includes all or parts of Alpine, Amador, Calaveras, El Dorado, Lassen, Modoc, Mono, Nevada, Placer, Plumas, Sacramento and Sierra counties.

LEGAL ADS FOR  
SACRAMENTO  
COUNTY?

We Can  
Do That!

Call to place your  
legal advertising

532-2113

MPG

All Legal Ads  
Published in the  
Carmichael Times

SUDOKU

PRESENTED BY

VolunteerMatch.org  
Where volunteering begins.

				3	6			
6		5	1			4		
	4							6
9	7			1			6	
	2		6		8		5	
	6			7			3	9
7							8	
		3			1	5		7
			5	2				

© StatePoint Media

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

Come back every week for Sudoku!

For Solution See Page 7.

Trends-n-Treats  
Pet Supply - Spa - Boutique

PREMIUM PET NUTRITION & GROOMING

8929 Madison Ave Ste. 200  
In Fair Oaks at Hazel & Madison  
(Near Safeway)

916-536-0000  
www.trendsntrtreats.com

\$5 OFF  
Grooming  
Dog or Cat  
New Clients only. Expires 3/31/12

Fair Oaks Blvd. Hotel Ave. Madison Ave.

dish  
AUTHORIZED RETAILER

Promotional prices start at  
\$19.99 a month for 12 mo. (Reg. price \$24.99/mo.)

1-800-372-6154 WWW.INFINITYDISH.COM

FREE 30 premium movie channels for 3 mo.

PLUS BLOCKBUSTER @HOME for 5 mo. Offer based on the discounted \$5 price for Blockbuster @Home. One disc at a time. (\$10/mo value.)

FREE 2 Room HD DVR Upgrade (1 HD DVR + 1 SD DVR) (\$50/mo DVR Service fee applies) Available with qualifying packages.

Go Painlessly™ with THERA-GESIC.

Maximum strength analgesic creme for temporary relief from:

- Back pain
- Muscle pain
- Arthritis pain
- Joint pain

Don't Shop, Adopt!

"I am Lucky Chucky Valentine, a crusader on behalf of all breeding mill puppies.

Read my story! Become a Friend of Lucky Chucky Valentine. Join me in my fight against evil puppy mills.

I hate those guys! -and so does Michael oo~."

learn more and/or order through:  
luckychuckyvalentine.com  
friendsofl.CV.com  
1-855-4-CHUCKY

Find us on Facebook!

The Life & Legend of  
Lucky Chucky Valentine  
Charles LeRoy Hall

100% of proceeds go to Friends of Lucky Valentine

Have you suffered a thigh bone/femur injury?  
Attention  
FOSAMAX® VICTIMS

Recent studies have indicated that use of the osteoporosis medicine Fosamax® can lead to fractures in the femur – the hip bone. These fractures can occur in low-impact situations, such as when stepping down stairs or even just falling from a standing height or less. This significant risk has been recently added to the Warnings and Precautions section of the label.

If you or your loved one has suffered a HIP fracture after taking Fosamax® it is your best interests to investigate your legal rights for possible compensation!

Weitz & Luxenberg can help you understand your legal options. We are one of America's largest trial law and products

WEITZ & LUXENBERG P.C.  
ASBESTOS DRUGS/MEDICAL DEVICES ENVIRONMENTAL NEGLIGENCE  
1880 CENTURY PARK EAST | SUITE 700 | LOS ANGELES, CA 90067  
700 BROADWAY | NEW YORK, NY 10003  
1.888.411.LAWS | www.weitzlux.com

We are also investigating  
ACTOS™  
BLADDER CANCER INJURIES

ATTENTION CALIFORNIA RESIDENTS

Are you suffering from a  
DEFECTIVE METAL ON METAL  
HIP REPLACEMENT?

Have you experienced failure of your hip implant, resulting in pain and disability that may have required revision surgery to replace the failed component? Common symptoms include groin pain, dislocations, instability, and pain associated with loosening of the device and the release of metal particles into the joint.

We are accepting cases for injuries caused by certain products manuf-

tured by the following two companies:

ZIMMER, INC.  
• Durom® Acetabular Cup

DEPUY ORTHOPAEDICS  
• ASR™ XL Acetabular System  
• ASR™ Hip Resurfacing System  
• Pinnacle® (Metal on Metal only)

Weitz & Luxenberg can help you understand your legal options. For a free and discrete consultation please call us today at 1-888-411-LAWS (5297), or e-mail us at ClientRelations@weitzlux.com.

WEITZ & LUXENBERG P.C.  
ASBESTOS DRUGS/MEDICAL DEVICES ENVIRONMENTAL NEGLIGENCE  
1880 CENTURY PARK EAST | SUITE 700 | LOS ANGELES, CA 90067  
700 BROADWAY | NEW YORK, NY 10003  
1.888.411.LAWS | www.weitzlux.com

Prior results do not guarantee a future outcome. We may associate with local firms in states wherein we do not maintain an office. If no recovery, no fees or costs are charged, unless prohibited by State Law or Rule. Weitz & Luxenberg, P.C. is a registered Law Corporation with the California State Bar, cert.#18529

We are also investigating injuries resulting from  
• DEFECTIVE KNEE REPLACEMENTS  
• ACTOS™ BLADDER CANCER  
• FOSAMAX® FEMUR FRACTURES







# Crossings Housing Development Opens



Mayor David Sander, Neighborhood Services Manager Kerry Simpson, and Code Enforcement Officer Michael Rodriguez are all smiles on the new playground at the Crossings. . Photo courtesy of City of Rancho Cordova.

RANCHO CORDOVA – A grand opening event was held at the Crossings at New Rancho on February 9 to introduce the first new-construction affordable community-driven housing since Cityhood. Rancho Cordova City officials participated in the ribbon cutting ceremony.

Replacing a dilapidated motel that had been vacant for nearly a decade, the Crossings blends family housing with on-site supportive services to provide a safe, healthy and friendly environment.

The project is the result of collaboration among the City of Rancho Cordova and its Community Redevelopment Agency, developer Urban Housing Communities, and the California Department of Housing and Community Development and Neighborhood Stabilization Program.

# How to Build your 2012 Herb Flower Veggie Garden

By Wayne Turrell, Master Gardener, Certified California Grower and Owner of Wayne’s Herbs Flowers and Veggies

SACRAMENTO REGION – Let’s talk about planning and preparing for a successful year of growing herbs and vegetables in your yard.

*Step 1:* What do you want to grow? Make a list. Keep a log. Any planting strategy requires a good basis garden plan and a simple record of each year’s crops. Keeping track of the garden on paper enables the gardener to practice crop rotation more effectively, to determine the success of different varieties, to better control pest problems, to calculate the best planning schedules, and to anticipate harvest times. Keep the entries short, but personal.

*Step 2:* Where do you want to grow them. You need a southern exposure and need a minimum of six (6) hours of sunlight. The Sacramento area averages 300 days of growing season. Chart out the garden space. This may be a sunny porch/deck using containers. Use 8 ½ inch by 11 inch paper or graph paper and make several copies of the master diagram to use in subsequent seasons. This visual representation will help you picture a reasonable spacing scheme. For each planting you make, note the date and fill in the diagram. Use a calendar to note times.

*Step 3:* Soil Preparation. Sacramento has a lot of clay soil. CLAY soil will prevent air and water movement so you need to add compost, peat moss, and perlite. SANDY soil will not retain



Pick your ripe vegetables early in the day and pick them often. Photo courtesy of Wayne Turrell

water so you need to add humus, aged manure, or peat moss. If you have LOAM you should be happy, just add a little compost now and then. Herbs and vegetables can be planted directly in the soil in rows, in raised beds, and in containers. Remember to amend your soil with good organic compost at least twice a year.

*Step 4:* How to plant your garden. Plant your garden in a north south orientation. Tallest plants like corn or trellised tomatoes at the edge of the north side and the lowest plants at the south end of the garden. The next question is whether you are starting your plants from seed or buying transplants. Seeds can be started in a green house months before going into the ground. Wait to plant your transplants until after the last frost.

*Step 5:* Water. Too much is just as bad as too little and erratic watering is even worse. A soaker hose or low spray is the best

watering method. Some vegetables need to be watered every day, some every other day. I recommend keeping the whole garden lightly moist.

*Step 6:* Weeds choke the life out of plants. Practice weeding early in the morning and weed often. Use landscape fabric or mulch.

*Step 7:* Insect/fungus control. Disperse Marigolds throughout the garden. They are pretty and beneficial. Organic Neem Oil is an insecticide, fungicide, and a miticide can be used. You can spray on an edible product, wash it off and eat it.

*Step 8:* Harvest. Pick your ripe vegetables early in the day and pick them often. Most vegetables reach peak flavor before they’re fully ripe. It is better to pick early in the day rather than late in the day.

Check out my website at [www.waynesherbs.com](http://www.waynesherbs.com) for additional information and classes.

# The Cat’s Meow



BiColor Persians Dancer, Giuseppi, Flashy. Photo courtesy of Kay Burton.

By Kay Burton

Gentle, quiet and sweet-natured, the Persian cat is one of the most placid breeds. These also seem to be one of the least vocal breeds, although some owners describe their voices as melodious.

Terri Lynn Anderson is the owner of these beautiful cats. They all live in Citrus Heights.

They are bathed, groomed and fussed over at the age of six weeks

old. They are accustomed to getting their nails clipped, bathed and faces washed daily.

They eat baby food and drink goat’s milk until they are 4 months of age. They eat high protein food that has no grains. They all have great personalities, each one different even though they are raised and loved the same way.

The Persians are a high maintenance cat and an owner needs to

be willing to groom their cat daily if they decide to keep their pets in full coats. The only Persians that will retain the blue eyes are the Colored Painted Persians (also known as Himalayans) and the white Persian cats. All other Persians will have either copper eyes or green eyes In rare cases some Persians can have aqua eyes or contrasting eyes, meaning one blue and one green or copper eye.

The Persians are laid back, loving, very affectionate and want to be with their owner all the time. They get along well with dogs and even like water. Watch out when you take a shower, they will join you.

*Never allow your cat to play with string, Christmas tree tinsel, or other linear objects, which are potentially fatal if swallowed.*

Kay Burton is a longtime columnist and supporter of the SSPCA and other rescue groups. To share your family pet story with our readers, email: [Kayburton1@comcast.net](mailto:Kayburton1@comcast.net)

To Advertise Call 773-1111

[www.AmericanRiverMessenger.com](http://www.AmericanRiverMessenger.com)

BUNDLE & SAVE!

ON DIGITAL SERVICES FOR YOUR HOME

DIGITAL TV

HIGH-SPEED INTERNET

DIGITAL PHONE

Offers may be available now in your area from Acceller, Inc. for these top service providers:

AUTHORIZED RETAILER

Authorized Retailer

Authorized Retailer

Authorized Retailer

BUNDLES STARTING AS LOW AS

\*\$89/mo.

For first 12 months

FIND OUT MORE BY CALLING TOLL-FREE

1-866-484-1940

By Acceller, Inc., an authorized retailer.

\*Geographic and service restrictions apply to all services. Call to see if you qualify.

[www.AmericanRiverMessenger.com](http://www.AmericanRiverMessenger.com)



**Sacramento Choral Society & Orchestra**  
Donald Kendrick, Music Director

2011 | 2012 Season

**16<sup>th</sup>**  
SEASON


**SACRAMENTO COMMUNITY CENTER THEATER**  
*English Grandeur*  
Saturday, April 14, 2012 at 8:00 PM | Pre-talk at 7:00 PM

***Belshazzar's Feast* | William Walton**  
*An epic work of enormous passion, sensitivity and unparalleled drama, vividly recounting the fall of Babylon and Jewish repatriation.*  
Based on the books of Daniel, Isaiah, Revelations & Psalm 137  
Come discover why *Belshazzar's Feast* is considered Sir William Walton's most powerful work.

Metropolitan Opera Star  
**Clayton Brainerd**, Bass Baritone

Special Guests:  
Sacramento State University Chorus

Performed in English with projected supertitles



***Song of Thanksgiving* | Vaughan Williams**  
Carrie Hennessey, Soprano  
Sacramento Children's Chorus, Lynn Stevens, Director

***Five Mystical Songs* | Vaughan Williams**

***Let the People Praise Thee, O God* (Psalm 67) | William Mathias**  
(Lady Diana's Royal Wedding Anthem)

Community Center Box Office | 916 808-5181 | SCSO office | 916 536-9065  
**SACRAMENTOCHORAL.COM**



**Nicole** went back to basics and saved \$312!

**John** got in the game with a wide range of sports, movies and more & saved up to \$750!





**Packages start at just**  
**\$19<sup>99</sup>mo**  
**FOR 12 MONTHS**  
 Everyday Price \$24.99/mo

**Join Nicole and John and start saving today!**

# SIX PACKAGES UNDER \$50

Prices valid for 12 months. Requires 24-Month agreement



**INCLUDED FOR 3 MONTHS**  
with qualifying packages. Offer based on the discounted \$3 price for the Blockbuster @Home One disc at a time, \$10/mo. value.

**FREE**  
 30 MOVIE CHANNELS  
**HBO CINEMAX**  
**SHOWTIME starz**  
 For 3 months.

**FREE**  
 SAME DAY  
 INSTALLATION  
 IN UP TO 6 ROOMS  
Where available.  
**CALL TODAY -  
 INSTALLED TODAY!**

**NO ONE CAN COMPARE TO DISH Network!**

THE COMPETITION DOESN'T STACK UP	dish		LARGEST CABLE PROVIDERS
<b>BLOCKBUSTER @ HOME</b> included for 3 months <small>Get over 100,000 movies, shows and games by mail, plus thousands of titles streamed to your TV or PC</small>	<b>YES</b>	NO	NO
The most HD channels	<b>YES</b>	NO	NO
Lowest All-Digital Prices Nationwide	<b>YES</b>	NO	NO
Award-Winning HD DVR	<b>YES</b>	NO	NO
FREE Installation in up to 6 rooms	<b>YES</b>	NO	NO

**Call Now and save over \$750 this year on TV!**

**1-888-582-4023**

Call 7 days a week 8am - 11pm EST Promo Code: MB0112



AUTHORIZED RETAILER



Blockbuster @Home (1 disc at a time). Only available with new qualifying DISH Network service activated between 10/1/12 and 5/31/13. For the first 3 months of your subscription, you receive a bundle of Blockbuster @Home for \$3/mo (regularly \$10/mo) and your programming package at a promotional bundle price. Promotional price continues for 3 months, provided you subscribe to both components of the bundle and do not downgrade. After 3 months, then current prices apply to each component (unless a separate promotional price still applies to your programming package). Regularly online DISH Network account for \$3/mo by mail, available to stream content. NO DVD to pass to TV. Exchange online rental for free for 30-day movie rental. Participating Blockbuster stores. Offer not available in Puerto Rico or U.S. Virgin Islands. Streaming to TV and online channels not available with select packages. Digital Home Advantage plan requires 24-month agreement and credit qualification. Cancellation fee of \$150/30 days remaining applies if service is terminated before end of agreement. With qualifying package, Define bonus credit requires online information no later than 45 days from service activation. After applicable promotional period, then current price will apply. DISH HD DVR not for sale for 90 days of service activation. Requires 24-month agreement, continuous payment of bill, and no late payment. 12-month premium movie offer value is up to \$112 after 3 months then current price applies upon downgrade. Free Standard Professional Installation only. Dishbox and monthly fee may apply. Prices, packages, programming and offers subject to change without notice. Additional restrictions may apply. Offer available for new and qualified former customers and ends 5/31/13. HBO, Cinemax and related channels and service marks are the property of Home Box Office, Inc., SHOWTIME and related marks are registered trademarks of Viacom Networks Inc., a CBS Company. STARZ and related channels and service marks are property of Starz Entertainment, LLC. All customers are subject to a one-time, non-refundable processing fee.

# Implant Center in Carmichael!

Single Implant

Multiple Implants

Combination Implants and Dentures

Mini Implant

## Carmichael Dental Group

8329 Fair Oaks Blvd., Ste B  
Carmichael, CA 95608  
(916) 944-7700

FREE

Consultation & X-Ray

A \$220 Value!

Please present coupon. Expires 3/06/12

[www.carmichaelCAdentist.com](http://www.carmichaelCAdentist.com)