

AMERICAN RIVER

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Volume 4 Issue 4

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for February 2009

The Power of a Little Yellow Flower

Meg Whitman Announces Gubernatorial Campaign



The American Cancer Society is providing area residents with an easy and fun way to make a difference in their community and in the fight against cancer through their annual Daffodil Days fundraising and volunteer program.

Daffodil Days is about more than just a pretty flower. For more than 35 years, Daffodil Days has empowered the community to join the fight against cancer by raising funds and sharing hope for all people facing the disease. Funds raised through Daffodil

Days help the American Cancer Society fund ground-breaking cancer research, provide up-to-date cancer information and education and advocate for public policies that benefit the community. Additionally, dollars raised enable the American Cancer Society to offer free programs and services to cancer patients and their families, including: transportation assistance to and from treatments, lodging for those having to travel long distances for treatment, educational classes for people with cancer

and their loved ones and free and confidential assistance in helping locate cancer clinical trials based on individual needs. Over the past 14 years, more than \$250 million has been raised through Daffodil Days. This year, organizers hope to raise more than \$300,000 locally.

The American Cancer Society Daffodil Days program consists of a three-month campaign. Volunteers take orders for daffodils from January through early March and the daffodils are delivered on March 16, coinciding with the beginning

of spring. "Daffodils are the first flower of spring", said Jennifer Farr, special events director with the American Cancer Society. "This beautiful yellow bloom has come to symbolize hope for renewed life and a cancer-free world."

You can share hope for a world free from cancer by making a donation or volunteering for Daffodil Days. For a suggested donation of \$25, the American Cancer Society will deliver a bouquet of daffodils anonymously to a local cancer patient. "Sending a Gift of Hope lets cancer patients know that the community cares about them and their fight against cancer," says Farr. Have some time to give? Volunteer to assemble daffodils and get them ready for delivery on Saturday, March 14 from 9:00 a.m. – 1:00 p.m. at the Red Lion Inn across from Arden Fair Mall. You can also volunteer to deliver daffodils to hospitals, cancer treatment centers and local businesses on Monday, March 16; various shifts are available. Those wishing to participate online can do so by sending Daffodil Days e-cards to friends and family members. Three different e-cards are available at www.cancer.org/daffodils.

For more information about Daffodil Days, call 1-800-ACS-2345.



Sacramento – (Business Wire) - Republican Meg Whitman, former President and CEO of eBay, today announced the formation of an Exploratory Committee to seek the nomination for Governor in 2010. Former California Governor Pete Wilson will serve as Campaign Chairman joining Exploratory Committee Co-Chairs House Chief Deputy Republican Whip Congressman Kevin McCarthy, Congresswoman Mary Bono Mack, State Senator Tony Strickland, Assembly Republican Whip Nathan Fletcher and former State Assemblywoman Sharon Runner. In the coming weeks, through speeches in Silicon Valley, Orange County and at the California Republican Party Convention in Sacramento, Whitman will offer a vision for the Golden State. "After careful consideration and with tremendous loyalty to our Golden State, I have formed an Exploratory Committee, the first step in the process of running for Governor in 2010," Whitman said. "California faces challenges unlike any other time in its history – a weak and faltering economy, massive job losses, and an exploding state budget deficit. California is better than this, and I refuse to stand by and watch it fail. Now is the time for people across the state to join in a cause for change, excellence and a new California." Whitman, 52, retired from

eBay in March 2008 following a decade with the company. Under her leadership, eBay grew from a startup with 30 employees, \$4.7 million in revenues, and 300,000 users to a global ecommerce leader with operations in 38 countries, more than 15,000 employees, almost \$8 billion in revenues, and more than 300 million registered users. "Meg Whitman is a tremendous leader and team-builder," Jeff Randle, President and CEO of Randle Communications and Whitman's senior advisor, said. "California today has serious problems, but Meg is committed to working to restore the state's greatness. With new leadership and a new direction, Meg will forge a new California, which will once again be the number one state in economic growth, job creation and quality of life."

Railroad Museum To Showcase Dramatic Call of Trains Photo Exhibit

Special Photo Exhibit on Display through August 16



The Call of Trains: Railroad Photographs by Jim Shaughnessy is coming soon to the California State Railroad Museum, located in Old Sacramento State Historic Park. With nearly 30 stunning locomotive-related photographs on display, the exhibit artfully showcases remarkable night photography and dramatic images of railroad workers, shops and roundhouses taken by the highly respected rail photographer Jim Shaughnessy. With a focus on images from the northeastern United States and Canada, the moving exhibit documents early steam locomotives and those from the visually intense steam-to-diesel transition.

Revered among his colleagues, Shaughnessy started out in the late 1940s photographing steam locomotives in his hometown of Troy, New York and, amazingly, is still taking photographs today. In 1987, Shaughnessy was honored with a "Lifetime Achievement

Award for Photography" by the prestigious Railway & Locomotive Historical Society. Along with rail authority and photo historian Jeff Brouws, Shaughnessy went on to collaborate on a recently-released book of the same name that was published in November 2008.

As an exciting activity to coincide with the photograph exhibit, the esteemed photographer will be on-site at the California State Railroad Museum on Sunday, March 15 where he will give a special presentation and sign copies of his book *The Call of Trains: Railroad Photographs* by Jim Shaughnessy which are also available for purchase in the Museum Store.

The Call of Trains photography exhibit was produced in collaboration with the Center for Railroad Photography and Art (<http://www.railphoto-art.org/>) and will be on display at the California State Railroad Museum through August 16, 2009.

More information about The Call of Trains and other museum related events, exhibits and activities is available at www.californiastaterailroadmuseum.org.

Operated by California State Parks with assistance from the nonprofit CSRM Foundation, the California State Railroad Museum is open daily from 10 a.m. to 5 p.m. except Thanksgiving, Christmas, and New Year's Day. Widely regarded as North America's finest and most-visited railroad museum, the complex of facilities includes the 100,000-sq. ft. Railroad History Museum plus the reconstructed Central Pacific Railroad Passenger Station and Freight Depot, 1849 Eagle Theatre, and Big Four and Dingley Spice Mill buildings in Old Sacramento. 24-hour info: (916) 445-6645 or www.californiastaterailroadmuseum.org

The Center for Railroad Photography & Art (<http://www.railphoto-art.org/>) is a nonprofit arts organization dedicated to the preservation and presentation of significant images of railroading. It publishes a journal, Railroad Heritage, hosts a web portal for railroad images, (<http://www.railroadheritage.org/>), as well as hosts conferences on the subject. The Center collaborates with other institutions and scholars to produce public programs information about SMUD and its green programs, visit smud.org and ourgreencommunity.org.

Sacramento Area Sewer District Proposes Sewer Rate Increases

Sacramento – In order to comply with increasing State of California regulations, the Sacramento Area Sewer District (SASD) is proposing a two-year phased sewer rate increase for its customers.

SASD builds and maintains the sewer pipes that collect wastewater from residences and businesses in the unincorporated areas of Sacramento County, the cities of Citrus Heights, Rancho Cordova and Elk Grove, and portions of the cities of Folsom and Sacramento. SASD's proposed two-step sewer rate increase plans a \$2.50 per month

increase in July 2009, and a \$2.75 per month increase taking effect July 2010. The increase will help pay for needed sewer projects and maintenance programs aimed at reducing Sanitary Sewer Overflows (SSOs) in compliance with State regulations.

"A number of challenges lay ahead of us, both in increased responsibility of the system that we must maintain and the State mandate requiring us to reduce sewer overflows in our service area," explained Christoph Dobson, SASD's Collection System Chief. "There are also several important construction projects needed to maintain the capacity and reliability of our sewer system. We don't like rate increases and know they're challenging for our customers, but at this time we must raise our rates to meet these obligations."

Increased State regulations, such as the new California State Waste Discharge Requirement, have imposed a need for increased maintenance on all pipes owned by SASD. To comply, SASD must initiate new maintenance activities on 1,250 miles of smaller pipelines that were previously not maintained in the same manner as larger main lines. This equates to a 42 percent increase in the miles of pipe SASD must maintain.

"It's important to note that while we are mandated to initiate new programs, we're also going back and re-evaluating our work practices and activities in the effort to cut costs District-wide. This year, we've been successful in identifying savings of \$78

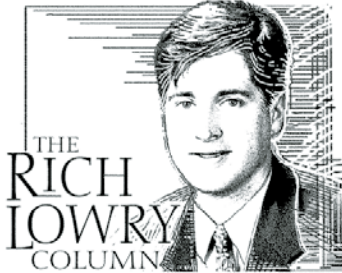
million in eliminated or delayed capital projects, \$58,000 in one-time savings and \$380,000 in annual savings," added Dobson.

In addition to increased maintenance activities, several SASD construction projects are in process to rehabilitate and relieve SASD's aging sewer system, aiming to reduce SSOs. These projects include the Northeast Area Relief Projects 1 & 2; the Courtland and Walnut Grove Sewer Projects; and the Central Trunk Sewer Rehabilitation Project. Together, these projects will provide increasingly reliable sewer service for existing SASD customers – as the rates do not fund new development. SASD has also nearly completed a "green" centralized headquarters building and corporation yard. The facility will allow SASD to more efficiently serve customers from one central location, and eliminate the need for several leased facilities. These projects will be funded using bonds issued by the District to spread the costs out over 30 years.

SASD's Board of Directors will hold a public hearing about the proposed sewer rate increases at 9:30 a.m. on Wednesday, April 8, in the Board Chambers at the Sacramento County Administration Center. Each customer will receive a mailed notice explaining more about the proposed rate increase.

For more information, visit www.sacsewer.com.

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Why Regulators Always Lose

With \$7 trillion in wealth disappearing in the U.S. in the past year, it hasn't been a banner time for anyone involved in the financial markets. But it may be the Securities and Exchange Commission that has taken the biggest bath. The storied investment banks that it oversaw have basically disappeared -- out of business or transformed into bank holding companies. And on top of that comes the Bernard Madoff scandal, in which the Wall Street figure operated a \$50 billion Ponzi scheme under the SEC's nose despite repeated warnings that he must be defrauding investors.

The 2005 letter from investment maven Harry Markopolos to the SEC arguing that Madoff had to be a scammer has become justly famous. Titled "The World's Largest Hedge Fund is a Fraud," Markopolos outlined no fewer than 29 red flags raised by Madoff's operation. According to The Wall Street Journal, the SEC and other regulators examined Madoff at least eight times in the course of 16 years and found nothing more than technical violations.

An egregious failing, of course. But Peter Van Doren of the free-market Cato Institute points out the difficulties inherent in the SEC's task. The average SEC examiner's inbox must be flooded with complaints and leads, many of which have no merit, in a chaotic environment characterized by trillions of dollars of trades a day. The SEC is in the position of the old British Foreign Service official who after a career spanning 1903-1950 recalled, "Year after year the worriers and fretters would come to me with awful predictions of the outbreak of war. I denied it each time. I was only wrong twice."

Except the SEC makes a practice of being wrong.

It missed the Enron and WorldCom debacles. In response, it successfully petitioned for a massive heap of new financial regulations in the form of Sarbanes-Oxley, which didn't make a whit of difference as the SEC missed the impending implosion of the investment banks and one of the most notorious financial frauds in U.S. history.

Part of the problem is that the SEC has to try to outfox people paid very well, and with every incentive, to outfox it. As David Smick writes in "The World Is Curved": "A well-intentioned government bureaucrat is no match for the kind of creative and clever market wizards, and their lawyers, who begin searching for legal means around any regulatory constraint the instant the regulations are put in place. Today a senior Securities and Exchange Commission (SEC) officer earns between \$143,000 and \$216,000 per year. Even junior executive decision-makers at Goldman Sachs garner annual compensation packages in the millions of dollars."

When it comes to Madoff, as one wag observed, he ran afoul of one of the oldest regulations on the books, "Thou Shalt Not Steal." What the market needs now is not regulatory overkill, but reforms to make sure that incentives are properly aligned -- e.g., bond rating agencies shouldn't be paid by the firms issuing the bonds -- and that the system is as transparent as possible.

Even the shrewdest rules won't avoid the next bubble and bust, after which the SEC or some other regulatory agency will again inevitably be found wanting.

Rich Lowry is editor of the National Review.

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From Freeman to Taxpayer to Slave in 60 Years



by Robert L. Hale

Why, with a federal debt of \$14 trillion to \$20 trillion, does the U.S. dollar remain the strongest of world currencies? Whether from a perspective of financial analysis or common sense, this makes no sense. So why is it the case

The U.S. dollar, like the currencies of all major nations, is a fiat currency -- it has no intrinsic value. Nothing underlies its value other than the government's decree that it must be accepted in exchange for tangible goods and services.

One would think the euro, the mark, the frank, or the pound would be right up there with the dollar in terms of strength. None of these

currencies is tied to a national debt anywhere near that of the U.S. The U.S. debt, after the almost \$8 trillion added in the past six months, amounts to approximately \$60,000 for every man, woman, and child in the nation. Annual interest on the debt adds \$3,000 for every man woman and child. This should make markets shun the dollar, yet they don't. Why?

The answer is really quite simple. It is based on two well-known but rarely related facts. Those who control our financial system -- the U.S. Treasury, the Federal Reserve, and the Internal Revenue Service -- pretend, and actively work to make us believe, that the dollar is strong because the world believes in the dollar. This is partially true. What is left unsaid is why the world believes in the dollar.

The first fact underlying the dollar's strength is that the U.S. is the most productive country in the world. Its citizens, through their freedom to innovate and profit from their hard work, have created prosperity unmatched in history. We have increased the standard of living not only for ourselves but for the world. In short, no country comes close to matching U.S. innovation and productivity.

The second fact underlying the dollar's strength is that the U.S. has the most efficient and efficient tax



collection system the world has known.

The value of the dollar is based on the belief that the federal government has access to a productive work force and can confiscate as much of our work effort as is necessary to sustain the value of the dollar. In short, the American worker no longer works for himself or his family but for the government. Historically, those in such a relationship were considered indentured servants or slaves. Today, we are simply called taxpayers.

It is difficult for people who pride themselves on the belief they are free to accept that this is true. However, it is true. Those who would like to believe it is not should ask themselves if there is any limit on what government can take of what they earn? Is there any limit on how much the government can take from the estate of a deceased person? The answer is no.

The federal government has been on a spending binge for the past 50 years. It has amassed unprecedented debt and has guaranteed that debt with our future productivity and a confiscation (tax) system more efficient than any in history.

At the same time that our government has engaged in uncontrolled spending, it has imposed hundreds of thousands of pages of rules, regulations, and mandates on business and industry.

The consequence has been to reduce efficiency, impede productivity, and add costs to everything we buy. A huge part of those costs provides no benefit to consumers. In short, government is destroying American productivity. Intentionally or not, it is killing the goose that lays the golden egg.

Today, government is the largest employer in our country. On January 3, 2009, President-Elect Obama announced that he intended to increase federal employment by 600,000. The cost to maintain the payroll and benefits of this behemoth consumes more than one-third of our entire gross national product. This cannot be sustained. The party is coming to an end. Soon we will learn we are no longer simply citizens but indentured taxpayers -- more accurately stated, we are slaves.

Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations. This column is copyright by Robert L. Hale and the Fitzgerald Griffin Foundation, www.fgfBooks.com. All rights reserved.

Assemblyman Roger Niello's Statement Regarding the Budget Agreement



California's budget problems have been well documented. A tragically weakened economy combined with ongoing spending commitments means that we are now looking down the barrel of a record \$42 billion budget deficit.

As I stated during the budget negotiations, this budget agreement for me was never a choice between spending cuts and taxes. My overriding interest has always been to reform the way we do things. Throughout last year's budget debate I was opposed to raising taxes. The majority party, however, was not just opposed, but largely ignored prudent reform proposals that could have taken California down a different path. The good news is that, through the efforts of Republicans and Governor Schwarzenegger, Democrats have finally been willing to discuss reforms. The bad news is that what was merely an on-going structural deficit has now become an unprecedented budget disaster fueled by an economic calamity of historic proportions.

After seeing the size and scope of the problem, it became apparent that both spending cuts and taxes would end up being a necessity. It remained my goal, however, to gain concessions through negotiations for major reforms; fundamental changes that will keep our state from this disastrous scenario happening again. It was also important to lesson the blow of tax increases on the economy as much as possible by getting support for legislation that will help our economy recover as quickly as possible.

And let's be clear; the changes that Senate and Assembly Republican leadership was able to negotiate in this agreement are significant. Republicans put forth a budget proposal in December that included a variety of reforms that we thought were necessary to solving the problem and initiating economic recovery. That list included:

- A spending limit and a rainy day fund.
- Increased flexibility for education including categorical reform that allows local school districts to spend resources as needed.
- Environmental flexibility that would allow for the streamlining of

transportation projects.

- An extension on the implementation of new Air Resources Board diesel regulations that require engine retrofit and an expansion existing state programs that assist with costs of diesel retrofit.
- Expansion of public-private partnerships that will leverage private sector resources to rebuild our aging roads, bridges, water systems, and schools.
- No early release or direct discharge of prisoners
- New tax credits for businesses that hire new employees and tax credits for business investment in California.
- Eliminating the incentive for businesses to locate manufacturing facilities out of state
- A privatization of the lottery and a redirection to the general fund of monies from Proposition 10 and Proposition 63.
- 15.6 billion in spending cuts
- No COLA increases
- State employee compensation changes that include the end of overtime abuse.

And now, as a result of Republican demands at the negotiating table, all of these reforms have either been enacted or will be placed before the voters as a result of this budget agreement.

The state's budgetary condition provided Republicans with an opportunity to change the way we do things in Sacramento - in a manner that under normal circumstances were never considered by the Democratic majority. For me, the anchor of these reforms is the spending cap, which is a measure I

have authored. This proposal will limit the size of government, ensure that we never again face a budget crisis of this magnitude, and set aside money in a rainy day fund during the good times to ensure that we can weather the bad.

In negotiation, there are gives and there are takes. In order for Democrats to support or even consider reforms of this magnitude it was necessary for Republicans to agree to temporary tax increases. For Republicans, this is painful, and therefore it became a priority for Republican negotiators to minimize the economic impact of the taxes; making sure that they are temporary, and linking them to the spending cap to ensure that the taxpayer is at the front of the line in the event that the spending cap fails and the state cannot keep spending in check. With this package, I believe these priorities were met.

Finally, the consequences of not agreeing to a budget now were too severe and simply not an option. Unlike the federal government, the State of California cannot print money to pay bills. As California continued to face a severe cash shortage, having more bills to pay than money to pay them, the bus that is California's state government would have continued to go over the cliff to the point that the resulting negative impact on businesses who contract with the state, local governments, schools, and programs that provide critical care to those who are disabled would have affected all taxpayers.

The most disastrous scenario would require IOU's to be issued for payroll

and tax refunds, small counties would go bankrupt, resulting in the complete stoppage of many county services. There would likely be health clinic and hospital closures statewide. Unemployment could skyrocket. At some point, the state's ability to issue bonds would completely stop and road construction and public works projects would grind to a halt.

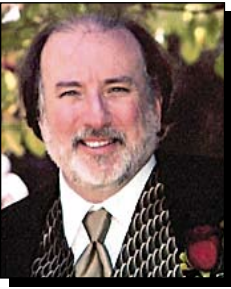
Some have said that by agreeing to this budget, Republicans aren't protecting the taxpayers. But I believe that the unfortunate circumstance we find ourselves in is one in which the taxpayer will pay one way or the other. Either now, in the form of temporary new taxes that are combined with significant reforms, or later, when the state's economy is devastated because the state can no longer pay its bills.

When I was elected to the Legislature, I could not have imagined that our fiscal condition would ever be this bad, but the reality is that the perfect storm has come together and produced a budget deficit of historical proportions. It is now time for us to exhibit leadership to help right our fiscal ship as I believe we were elected to do.

I commend the work that Assembly Republican Leader Mike Villines and former Senate Republican Leader Dave Cogdill have done in negotiating this budget solution and I am confident that this package will help our state's economy recover quickly while inflicting as little damage as possible and placing us in a better position longer term that will protect our children and grandchildren.

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Citrus Heights Police Department Volunteers



By Carolyn Harrison

When you think of helping in your community, most people don't consider the opportunity to serve the Police Department. Yet, in Citrus Heights there are many retired volunteers who are doing just that. Several men and women work 8 to 20 hours a week within the department. These volunteers love their jobs, look forward to going to work, and are very passionate about each job they do. Last year the department had 15 volunteers, this year the number jumped to 36 as word continues to spread about this wonderful opportunity.

The satisfaction each volunteer feels definitely contributes to the overall spirit within the department. One common thread among all volunteers is the warmth they feel from the Chief of Police Christopher Boyd who always has something nice to say with a smile

for each of them. Sherry and Carol are a mother and daughter team who have been with the department since 2001, both of which love what they do. In addition to other job duties, most volunteers love participating in the Salvation Army effort at Christmas to give to needy families. Last year the volunteers worked hard to prepare over 200 Christmas packages for over 200 families in the area delivering meals, toys, and whatever they needed directly to the family homes with the Chief.

One volunteer Betty has been with the department 13 years starting out in Property & Evidence. Betty now does many various jobs, everything from data entry, writing reports, to checking in prisoners. Each volunteer feels they are contributing to their community in a special way by contributing their time to the Police Department. They appreciate police protection

and love to know what is going on the community. Some of the various duties include shuttling cars for maintenance, working on missing person follow-ups, running errands for the administration, working at crime prevention booths, helping at DUI checkpoints, processing mail, filing reports,laundering uniforms, and working to prevent identity theft.

Each volunteer is interviewed and placed according to their individual interests. All volunteers receive special rewards and gifts for their contributions and performance. The volunteer program has it's own account for funding, so they often enjoy fun activities and meals together. In addition to the Volunteer program, the Police Department also offers The Citizen's Academy as a way for citizen's to just gain information about what is going on within the community. Another great volunteer program for teens is the Cadet Program providing teens ages 14-20 with training for a future with law enforcement. If you are interested in becoming a volunteer or Cadet please don't hesitate to contact Lisa Gresham at 916-727-5540 or simply stop by the Citrus Heights Police Department at the Fountain Square in Citrus Heights.

Carolyn Harrison is a Sacramento freelance writer; has 5 children, and resides in Carmichael. Her passion is to write inspirational stories which motivate citizen's within the community.

Military Graduates - Hometown Heroes



Army Pvt. Sutton M. Gunn has graduated from Basic Combat Training at Fort Knox, Ky. During the nine-week training period, the trainee received instruction in drill and ceremony, weapons, rifle marksmanship and bayonet training, chemical warfare, field training and tactical exercises, armed and unarmed combat, military courtesy, military justice, physical fitness, first aid, and Army history, traditions, and core values.

He is the son of Kimberly A. Marshall of Navion Drive, Citrus Heights, Calif. The private is a 2007 graduate of Visions in Education, Citrus Heights.



Air Force Airman Robert A. Cabral has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. During the six weeks of training, the airman studied the Air Force mission, organization, core values, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree relating through the Community College of the Air Force.

Cabral is the son of Scott Stuhr and Agnes Cabral of Schuyler Drive, Carmichael, Calif. The airman graduated in 2007 from Del Campo High School, Fair Oaks, Calif.

Army National Guard Pvt. Richard M. Robinson has graduated from basic combat training at Fort Jackson, Columbia, S.C. During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of Kathy Bowman of Laurel Oak Way, Fair Oaks, Calif., and Mark Robinson of South 400 East, Salt Lake City, Utah. Robinson is a 2006 graduate of San Juan High School, Citrus Heights, Calif.

Wal Mart Supports Navy League



Caption-From left to right – Mike O'Docharty, SNLC, John Meyers, PNLC, Joe Fraccola, PAONLC, George Rodriguez, Manager, Tal Norwood, SVPNLC, Blinda Vaughn, Personnel Manager

On January 30, 2009 Wal Mart, 10655 Folsom Blvd., George Rodriguez, Wal Mart Manager & Belinda Vaughn, Personnel Manager, presented a Grant check for \$1,000 to Navy League Sacramento Council President, John Meyers in support

of the Council's Monthly Award Programs. John Meyers, on behalf of the Navy League Sacramento Council presented a Certificate of Appreciation to Wal Mart Manager, George Rodriguez for their generous grant. This ceremony took place

among several Wal Mart Associates who applauded the grant contribution. This Grant will be used in our community to help the Navy League build America's future through successful youth programs like the Naval Sea Cadet Corps and the Navy League Foundation Scholarship Program. The Sacramento Council, chartered in 1956, is in involved in supporting and promoting youth-oriented organizations and activities in Sacramento such as the Sea Cadets, the Young Marines, and the Navy JROTC program at Luther Burbank, and the Marine Corps JROTC program at J.F. Kennedy High Schools. The grant will also be used to purchase equipment, awards, administrative supplies, maintenance and repair of equipments as needed.

For more information call Joe Fraccola, Public Affairs Officer, 916-638-8720.



LIONS Project for Canine Companions for Independence is a District 4-C5 Lions Clubs effort to help raise funds for the Canine Companions for Independence. Canine Companions for Independence (CCI) pioneered the concept of training specially bred dogs to help people with disabilities other than blindness. Founded in 1975, CCI was the first in-depth program of its kind. Not only does CCI teach dogs the skills to bring independence to people with disabilities, they teach people with disabilities the skills needed to master an exceptional dog resulting in an exceptional assistance team.

Canine Companions

Types of Assistance Teams:

- Service Teams - Adults and adolescents with physical disabilities who work with a Canine Companion to extend their abilities and utilize the dog to perform physical tasks such as pulling a wheelchair and retrieving dropped items.
- Skilled Companion Teams – Three-part team comprised of child or adult with physical, developmental or emotional disabilities, a primary caretaker, and a Canine Companion who helps with physical tasks and creates a bond of companionship, affection and love.
- Facility Teams - Adults who work as rehabilitation professionals, caregivers or educators and utilize a Canine Companion to improve the mental, physical or emotional health of those in their care.

-- Hearing Teams - Adults who are hard of hearing or deaf who use a Canine Companion to alert them to everyday sounds such as doorbells, alarm clocks and smoke alarms.

You could help! Please come to a fun-filled Family Style Crab Feast on Saturday, March 14th. It will be held at the Placer County Fairgrounds (Jones Hall) in Roseville at 6:00 pm. A donation (in advance) of \$40 per person will help the cause and parking is free.

For tickets and more information, please contact Phil Olavarri at 916-726-9597 or send an email to: lpcci@comcast.net.

Limited seating, so hurry and contact Phil today! Thank you for caring!!



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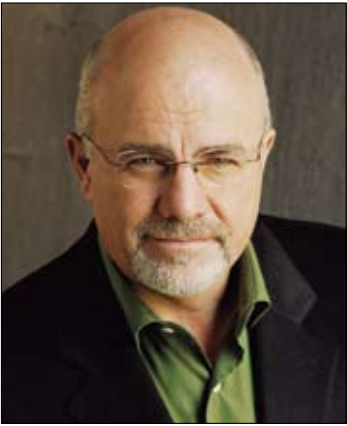
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Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide. Ramsey earned his Bachelor of Science degree in Finance and Real Estate from the University of Tennessee. A frequent speaker around the country at large-scale live events, Ramsey is a passionate and inspiring presenter who is at ease on both sides of the mic. More than 500,000 people have attended Ramsey's live events. He resides with his wife

The Car Owns You!

Dear Dave,
I'm 22-years old, in the military,

and our yearly household income is about \$20,000. We're trying to get out of debt, but we owe \$13,000 on a car that we financed at 14.5 percent. We both got \$500 limit credit cards to help rebuild our credit rating, so we could refinance the car at a lower rate. Can you give us any other advice?
- Josiah

Dear Josiah,
I can definitely help you with the interest rate problem. Sell the car! No, I'm not kidding. I'm not trying to beat you up, but you've got no business with a \$13,000 car when you're only making \$20,000 a year. Even if you'd paid cash for it, that's way too much money tied up in something that's going down in value. You don't own the car, dude, it owns you! Right now your entire life revolves around finding a way to keep a car you can't afford. That's ridiculous! If I were you, I'd sell the car, go get a little beater to drive, and give my wife a big hug. This thing is putting unbelievable stress on your marriage, dictating your direction in life, and it's just a stupid car! Forget the idea of building your credit, too! That's one of the biggest myths around. Credit hasn't been much of a blessing to you so far, has it? Here's the deal. If you can't pay cash for something, you can't afford it. When you pay cash, you don't have any payments. Then, you have control of your most powerful wealth-building tool—your income! Now that's a formula for success!
- Dave

Maintenance Agreement Worth It?

Dear Dave,
I'm interested in your opinion regarding buying a five-year maintenance agreement on a new treadmill. It covers repairs, and an annual visit to check and

lubricate all moving parts. Is a maintenance agreement ever worth the money, especially if you're not the handyman type?
- Anonymous

Dear Anonymous,
You know why they sell those agreements? Because they're huge moneymakers! No, I wouldn't do that. We have exercise equipment in our home, and we don't have any maintenance agreements. Lots of folks make resolutions to start working out and get into shape, but very few see it through to the end. A high percentage of expensive workout equipment turns into very expensive coat hangers in a short amount of time. I don't ever recommend maintenance agreements, or extended warranties. I self-insure by having money saved up, and buying quality items!
- Dave

Did China Bail Us Out?

Dear Dave,
Where did the government get all of that bailout money? Did they print it, or did they borrow it from China?
- Carl

Dear Carl,
It's none of the above. When the government runs a deficit, which means it spends more than it makes (that, of course, happens every moment of every day) it borrows money by selling U.S. government bonds, or treasury bonds, on the open market. China owns some of these bonds, but they certainly don't own them all. Treasury bonds are sold to lots of investors. Corporations buy them, as do individual investors, because these bonds are theoretically some of the safest on the planet. So don't worry about the China angle, Carl. They didn't make us a direct loan of hundreds of billions of dollars to handle the bailout. That's just another bunch of conspiracy theory bull.
- Dave

POPPOFF!

with Mary Jane Popp

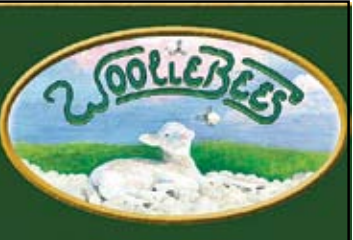
TRUSTING YOURSELF

Have you tried everyone else's ideas to make yourself over? From Dr. Phil to Dr. Laura...you know...all the gurus and psychos, I mean psychologists? Well, M.J. Ryan says you need to look to your self. She lays out the steps in her book "Trusting Yourself". M.J. is the anti-expert's expert! M.J. has fifteen simple ways to increase trust in yourself.
1) If you have an inner critic, why can't you have an inner booster? M.J. recently overheard her six year old saying out loud, "Good job, Ana, way to go!" Why can't we support and encourage ourselves in this manner?
2) When you are stuck on making a choice or decision and think, I don't know what to do, ask yourself: If I did know, what would be the answer?
3) If you are stuck on making a choice, bring to mind the wisest person you know personally... like your father, grandmother, or historical figure. What would they do in this situation?
4) If you always blame yourself when things go wrong, use the psychological technique of re-attribution to expand your thinking. Ask yourself, what other factors contributed to this situation besides me?
5) How do you get over overwhelmed? For M.J.'s husband, it's writing a list of everything on his plate so he can make a plan. For Jesse, it's getting up from the desk to work out. How about you? Write yourself a reminder and put it in your computer screen or car seat. Then, when you begin to swirl, the way out is right in front of you.

- 6) Can't remember a fact or name? Relax your mind and let it go. The answer will likely pop right into your head.
7) Have trouble saying no? Get in the habit of saying, "I'll get back to you," instead.
8) Be like Julia Child. When things go wrong on her cooking show, and they did, she took it in stride.
9) When confronted by an overwhelming problem, ask yourself, if I didn't have this problem, what would I be doing?
10) Outlaw media that increases your self doubt, and tune in to those that help...like my "POPPOFF" Radio Show.
11) Is envy eroding your ability to trust yourself? Slovakian women teach their daughters to give a sincere compliment to the person who has stirred you up, and the good feelings restore faith in yourself.
12) Ask yourself: If I didn't worry about anyone else's approval, what would I do now?
13) Do an airplane view of your week at week's end.
14) Ask for support. It is empowering.
15) What will you regret not having in your life? Then ask, what do I need to know to make sure I don't have those regrets?

These are the shortened version of what M.J. covers in her book. "Trusting Yourself" helps you find more peaceful, saner lives every day. It's a start, but from the desk of Mary Jane Popp, always remember you are the best judge of you. Bottom line is...Trust and then Go For It !!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAH10 AM - Noon for provocative fast-paced informational and entertaining radio listening!



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Filling the Boots For Burns



Sacramento – (Business Wire)- Despite the dismal weather, Firefighters from 90 agencies in 18 Northern California counties joined together at the Sunrise Mall in

Citrus Heights over Presidents Day weekend, for the 15th annual "Fill the Boot for Burns" Drive to benefit the Firefighters Burn Institute. Burn Institute Executive Director,

Peggy Neifer, was happy to report that despite the troubled economy, this year's drive is right on track with last year's record breaking year for donations. Fire Captains Michael Daw and Forrest Rowell spent the entire 4 days in the basket of display fire truck. Donations from the drive have made it possible for the Firefighter Burn Institute to pledge one million dollars towards the construction of the new Regional Burn Center at UCD Medical Center scheduled to open in 2010.

To learn more about the Firefighters Burn Institute go to www.ffburn.org.

Photo and credit by Amanda Morello

Doctor with a Heart Food Drive

Doctor Potocki is pleased to announce that his Chiropractic office will have a food drive for local charities. From March 1st to March 14th for the donation of at least two food items (boxed or canned) any new patient will have a full work-up consisting of a consultation, examination, x-rays (if necessary), report of findings, and treatment if indicated. Call (916) 536-0400 now to make an appointment. If you would like to drop off a donation the address is: Affordable Back Care Chiropractic Center 5150 Sunrise Blvd. Suite: F1 Fair Oaks, Ca, 95628

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by Pastor Ray Dare

The greatest thing you could do today is to tell somebody how much God loves them. Jesus said, “Preach the Good News to everybody everywhere.” I want to challenge you today to share good news with everyone you meet, every day.

God is counting on you. Don’t make the mistake of waiting around until everything gets perfectly straightened out in your life before you begin to reach out to people in need. Too often we say, “God, as soon as you get me out of all my problems, then I’m going to witness to my family and friends.” But friend, if you’re waiting for every single detail in your life to be perfectly in order before you step out in faith and reach out to people in need, then you’re going to spend your whole life just waiting around. May God forgive us and help us if we get so caught up in our own affairs that we allow our own friends and family members to

The Greatest Thing You Can Do

go into eternity without knowing the Lord.

Some people think the only way to reach people is to point out all their faults and shame them into feeling like such a no-good, rotten loser that they repent and turn to God. But friends, I believe just the opposite is true! The Bible says “It is the goodness of God that leads people to repentance.” Romans 2:4. If people ever really see how good our God is, they’ll come running to Him. If they ever really see how awesome His love is, they will want to serve a God like that.

People are sick and tired of the same old dead religion that condemns you and tells you what a lousy, rotten person you are. Nobody wants to be in bondage like that. Religion tells you that if you make any kind of mistake or go through any kind of failure that you might as well just go to the back of the line. Forget it. God’s through with you. You are all washed up. See, religion tears you down, but Jesus builds you up.

We’ve got to make sure we share the Good News. People already feel enough guilt, condemnation and shame. They know what they’re doing wrong. You don’t have to tell them. See,

God never called us to point out each other’s mistakes. Jesus said in Luke 3:37, “Judge not so that you will not be judged; and condemn not so that you will not be condemned.” One of the few times God tells us to judge He says, “Judge yourself” (Matthew 7:3).

Friends, what we do for God, we must do now. The hour is too late for any of us to live with an inward focus, where we’re only concerned about our own needs. There’s a whole world out there that has never even felt the life-changing power of Jesus Christ. There are people all around you who are hurting, they’re lonely and they’re in pain. They don’t even know what real love is.

God has no arms to love and hug except your arms. God has no voice to encourage and uplift except your voice. The only smile that God has here on this earth is your smile. You’ve got to be responsible for your family and your friends. Make sure that they know what it’s really all about. Are you doing everything you can possibly do? You’ve got to make that phone call. Visit that neighbor. Pass out that invitation. Invite that person to church.

See you Sunday, Pastor Ray
New Community Christian Church www.YourNewChurch.org



by Marlys Johnsen Norris

Everyone one of us has had days when we would like to escape our problems. We want our lives to be less complicated and free from worry or pain. Running away however is not the best solution. Life is full of choices we must make and each choice renders some kind of responsibility and/or circumstance we must face.

Questions rise in the mind. Should one change a job; risk a change in your stock portfolio; end your marriage; make a new purchase; change your location; seek medical or physiological help; and/or seek the help of God. Whatever is the FOCUS of a person’s life will determine the stuff they are made

Choice or Chance – Change Your Focus

of and ultimately the end result.

Many years ago this too was my dilemma when problems in our marriage seemed to be without hope. I was a new Christian and felt trapped in an unhappy marriage so I sought the help of a marriage counselor who sent me to a Christian lawyer who explained what ultimately would be more problems for me in years to come, if I choose to separate. We were both Christians at the time.

This wonderful lawyer and man of God challenged me to honor the vow I had made before God and trust Him to help me work this out. I felt even more trapped, but my desire to please and honor God with my life--was even more important and so I prayed and prayed for God to reveal to me ways I could cooperate with Him to change and heal our marriage. Many opportunities presented themselves.

The pivoting message that seemed to change everything was when I heard Charles Stanley’s message. He said, God loves my husband

and I needed to love him as he was with no changes. I was to accept my husband the way he was and I prayed and agreed with God to do it.

My focus changed to be on what God wanted me to do allowing the Holy Spirit to teach and correct many of my own faults. Listening to the to the voice of God through His Holy Word—and carefully examining myself as the Scripture instructs, hearing sermons of many good pastors and other peoples testimonies, plus listening closely to the wonderful still small voice within, little by little our marriage was transformed and completely healed. It was all about trusting and cooperating with God to create the kind of marriage that did bless our lives.

February 2010 we will be married fifty (50) wonderful years and we are more in love today than the day we married because God is our focus in all our decisions. Read our story in - Recipes for a Happier Marriage – available through me or Pleasant Word Publishing.

Marlys Johnsen Norris
Award Winning Christian Author
Contact me at:
Marlys@sbcbglobal.net

Can You Hear God Yet?



by Pastor Cary Duckett

AT&T says they have the “most bars” and Verizon promises you “the network,” but what help do people have when it comes to hearing God’s voice? Life is filled with all kinds of circumstances. People have to go through all kinds of highs and lows.

God has promised that His presence would never leave a person no matter what kind of situation they are in, but many have a hard time hearing Him.

God has hard wired humans to hear Him, but sometimes people get their hearts into a “dead zone.” Have you ever lost communication with someone on your cell phone while they were talking to you? You know—one second you are listening and the next there is only silence? They are still talking, but you can’t hear them. The connection has been lost. Right now, God is speaking to people, but many have lost the connection.

Just like it is with a cell phone, to regain a lost connection a person must move to a place where the connection can be maintained. Hearing God’s

voice is not dependent upon being a good person or attending a church. Hearing God’s voice is dependent upon the position of the heart. If a person’s heart is proud or bitter or cold towards God, then the likelihood of hearing God’s voice (even though He is speaking) is slim. However, if a person allows their heart to be vulnerable or honest or humble, well then, that heart is in the “God zone”—the place where one can hear God’s voice.

At Cypress Avenue Baptist Church, we are on a journey to hear God’s voice. You are welcome to join us.

If you would like more information about Cypress Avenue Baptist Church or if you would like to email Pastor Cary, visit www.cypressavenue.org.

The Recession is Not the Only Thing Hitting Seniors Hard



Christian Newswire --

Tightening budgets in states across the nation and drops in charitable giving are leaving American seniors particularly vulnerable in this economic crisis. In recent years, caregivers for the elderly have experienced a greater demand for services. Hospitals are experiencing longer wait times in the ER and an increased number of medical visits by those over the age of 65. As more elderly Americans face these increasing fears and challenges, tending to their Spiritual needs can bring hope and encouragement and help them to rediscover God's purpose in their lives.

Promises for our Beloved Seniors, is a one of a kind program that grew out of a need to bring encouragement to the seniors who are not able to participate in traditional bible study programs. It is available on DVD and is a convenient way to bring a Spiritual program to those who could benefit from some encouragement and a sense of continued purpose during these difficult times. Because of the unique recorded format, the program can be utilized for those seniors that may be living alone, in the hospital, in assisted living or in a nursing home. The program is adaptable to group study sessions within these settings or it can be used individually with personal DVD players.

Throughout the DVD, Sandy Dunbar, educator and Christian retreat leader from Hickory, NC speaks from her heart and shares her passion for the Word

of God. Mature Hearts combines Dunbar's excellent teaching with Scripture, uplifting music and heartwarming imagery to share four lessons entitled: Hope, Grace, Assurance in Christ and Jesus Loves Me. Each is filled with encouragement, comfort and hope to Seniors everywhere. Mature Hearts is truly a timeless message worth sharing.

For additional information or to schedule an interview with Sandy Dunbar, please visit www.maturehearts.com or call (828) 465-4446.

About Sandy Dunbar and Mature Hearts: Sandy Dunbar is a former Speech Pathologist and Christian retreat leader in Hickory, NC. She serves as a board member of the Cooperative Christian Ministries and the Safe Harbor Rescue Mission for Women. Mature Hearts: Scriptural Promises for our Beloved Seniors was released by Casscom Media on November 19, 2008. It has a total run time of 76 minutes but can also be viewed in four shorter lessons. It is available for purchase at Amazon.com, Target.com and other retailers.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Simon in the Old or New Testament or neither?
2. From 1 Samuel 3, whose voice did Samuel think it was when he first heard God calling him? Jonathan, Saul, Ahiah, Eli
3. How many chosen men of Israel did Saul take with him to the wilderness of Ziph to search for David? 12, 100, 200, 3,000
4. The word of God is quick, and powerful, and sharper than any ...? Tongue, Knife, Two-edged sword, Wit
5. From Genesis 26, where did Isaac stay when there was a famine in the land? Gerar, Endor, Sychar, Lydda
6. What insect was a plague on the Egyptians? Wasp, Locust, Flea, Cockroach
ANSWERS: 1) Neither; 2) Eli; 3) 3,000; 4) Two-edged sword; 5) Gerar; 6) Locust

For more trivia, log on to www.TriviaGuy.com.
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Notice of Public Workshops Regarding the Proposed Veterans Memorial Amphitheatre Renovation Project

Notice is hereby given to all interested persons that the Fair Oaks Recreation and Park District will be holding two Public Workshops on Wednesday, February 25th, 2009 and Wednesday, March 25th, 2009. Both workshops will begin at 6:00 p.m., which will be held at the Fair Oaks Community Clubhouse. These Public Workshops are being held to discuss the Proposed Veterans Memorial Amphitheatre Renovation Project. The public is encouraged and welcome to attend.

Workshop #2

Date: Wednesday, March 25th, 2009 • Time: 6:00 p.m.

Location: The Fair Oaks Community Clubhouse Auditorium (upper level)
7997 California Avenue, Unit #1 Fair Oaks, CA 95628

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Wednesday Evening 7:00 pm

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Need an Attorney? Have a legal situation? Looking for extra income? Contact Eicka Mitchell at 916-729-7364 or ericamitchell@prepaidlegal.com (MPG)

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Men's Suits Men's 42 Jacket, 36-38 Waist Assorted used men's suits in very good condition. \$25-\$35 each. Buy one or all. Call 773-7337 (MPG)

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THE VIDEO PHONE See the ones you Love by Video Phone Show off the new baby! Keep in touch with friends and family around the country! ASK HOW ITS FREE! 916-612-8941 (MPG)

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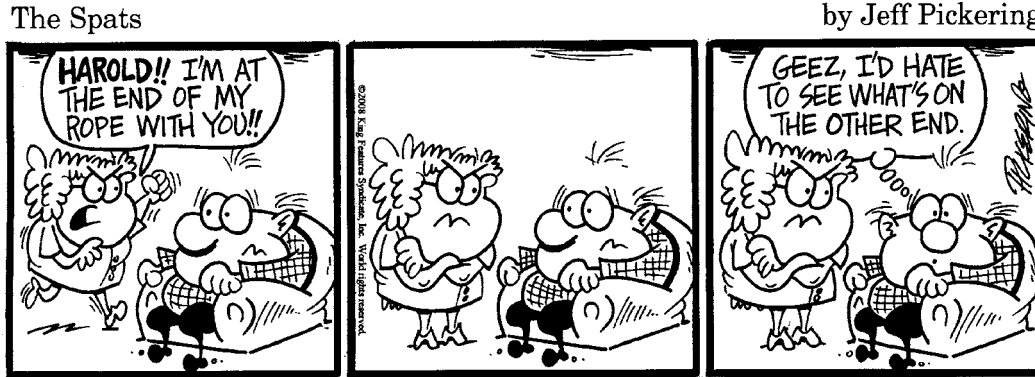
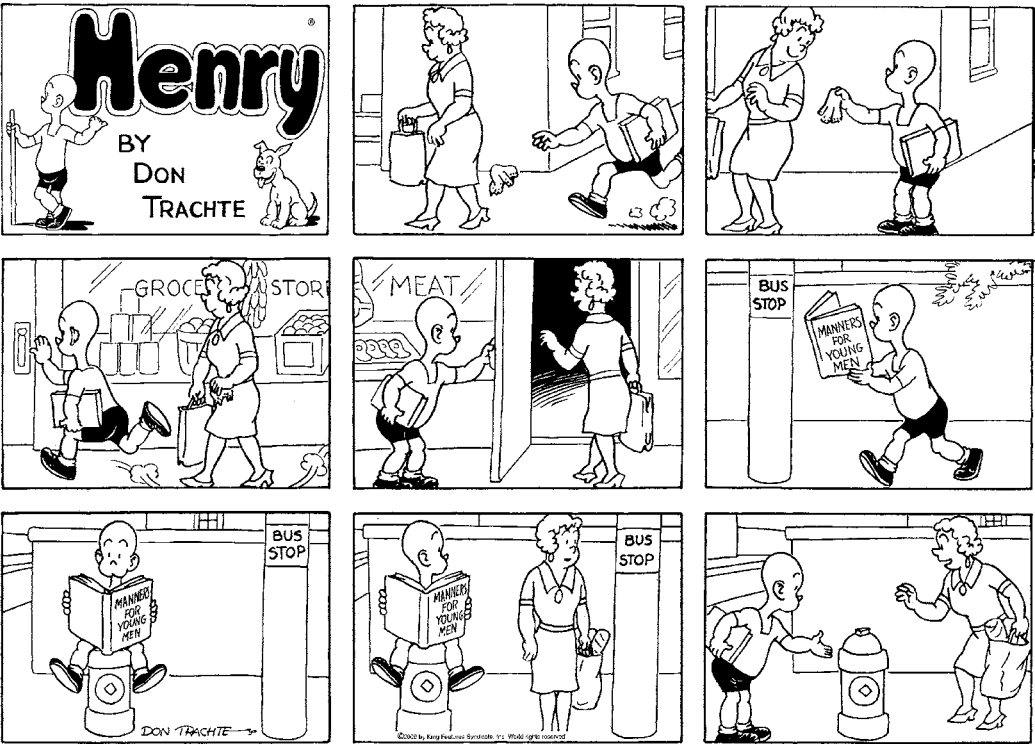
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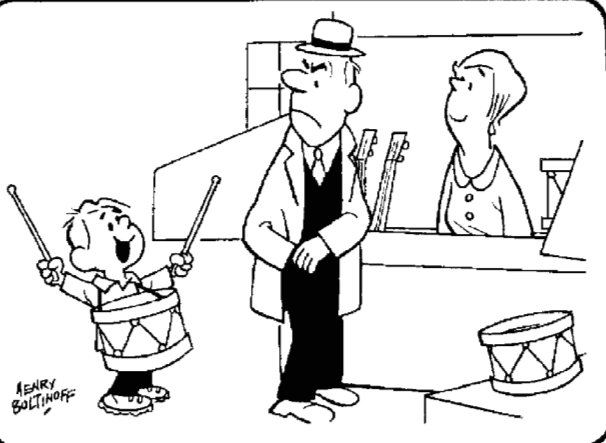
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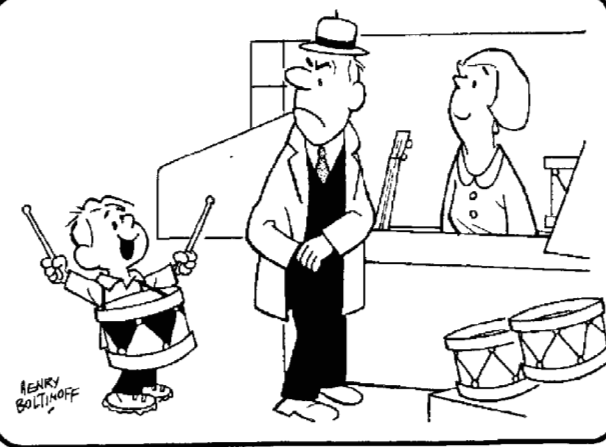
Steel Buildings. 20 x 20, 30 x 40, 50 x 100, 100 x 100 Up to 50% off on erected completed projects. www.scg-grp.com Source #2DL Phone: 916-248-4416 (MPG)



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Woman's hair is different. 2. Drum has been added. 3. Boy's drum is different. 4. Drums are shorter. 5. Man's tie is different. 6. Guitar is missing.

Trivia test by Fifi Rodriguez

- 1. GEOGRAPHY: What U.S. state does the Kennebec River flow through?
- 2. FAMOUS QUOTATIONS: Who once said, "There's no trick to being a humorist when you have the whole government working for you"?
- 3. MOVIES: In which movie was the following line uttered and by which character? "Fat, drunk and stupid is no way to go through life, son."
- 4. ANATOMY: What human gland produces growth hormones?
- 5. MUSIC: In musical notation, what does the direction "mezzo" mean?
- 6. GENERAL KNOWLEDGE: Of the seven deadly sins, which one is missing from this list - avarice, envy, gluttony, lust, sloth and wrath?
- 7. ENTERTAINERS: What was comedian Jackie Gleason's famous parting line?
- 8. LANGUAGE: How would you describe someone who is "garrulous"?
- 9. TELEVISION: Cult favorite "Twin Peaks" was set and filmed in which U.S. state?
- 10. TRANSPORTATION: Where might you ride a "vaporetto"?

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE — BAY : PLACES

B N K I F C Z W U R P C G M J
H E C Z X U A S Q N S R L J G
E C Z X V T R P P N A U L M J
H E E C A Y W S M N I Z O V T
R P N N L K I N D A N N D R G
E C B Z R R E X W R T R E W U
S R (S H E E P S H E A D) P A O
M L N O R T H A G L N H J L I
G E D G B S A O L U N Y C V X
W U T S Q Y P A H M S O N I L
K J H G F O M T S E W D C S R

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

Cruz	Montego	Richards	Thunder
Grand	North	Saint Ann's	Walvis
Herne	Oyster	Sheepshead	West
Mallard	Palm	Tampa	

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All Answers on Page 8

Contract Bridge

AUTHOR ANONYMOUS

North dealer.
North-South vulnerable.

NORTH		EAST	
♠ Q 6 2		♠ K 10 9 5 3	
♥ J 7		♥ K	
♦ A J 2		♦ 9 7 6 5	
♣ A K 7 6 2		♣ Q 5 3	
WEST		SOUTH	
♠ 8 4		♠ A J 7	
♥ A Q 10 9 6 2		♥ 8 5 4 3	
♦ 8 3		♦ K Q 10 4	
♣ J 8 4		♣ 10 9	

The bidding:
North 1 ♣ East 2 ♣ South 2 NT West 3 ♥
3 NT
Opening lead — eight of spades.

History does not record the declarer of this hand played many years ago, so South, unfortunately, will have to be remembered only by the name of Author Anonymous.

East-West were playing weak jump-overcalls, and East's two-spade bid was designed only to harass his vulnerable opponents. West's three-heart bid was more of the same. However, the East-West tactics were successful because they jockeyed North-South into a poor three-notrump contract.

West led a spade, and South won East's nine with the jack. Declarer could see only eight tricks and little

hope of developing a ninth. He knew that if he attempted to give up a club trick early in the play in order to establish the suit, the defense would then run five or six heart tricks.

But South considered the matter carefully and, in due course, came up with an ingenious scheme to steal the contract. At trick two, he led the three of hearts!

This apparently suicidal play worked out just as declarer had hoped. West did not go up with the ace of hearts, which would have settled South's hash immediately, but made the normal play of the queen. East, forced to win with the king, returned a diamond.

Declarer won in his hand, led the nine of clubs and ducked it to East's queen. The party was now over. East returned another diamond, and declarer finished with 10 tricks consisting of two spades, four diamonds and four clubs.

South had realized that West's heart holding could not very well include the A-K-Q, or he would have led the suit originally. Since West had introduced his hearts at the three-level, South placed him with a six-card suit and East with a singleton honor. And if the honor was the ace or king, the low heart lead was almost sure to succeed.

West could have saved the day, of course, but how many players do you know who would have gone up with the ace of hearts?

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by Steve Becker

Friends of the Folsom Library hold their Spring Book Sale

Shop for incredible bargains in 1000's of gently used books, DVDs, videos, CDs and much more in both children's and adult's materials. All proceeds directly benefit the Friends of the Folsom Library, a 100% non-profit association.

- Winner of the Silent Auction will take home a rare and valuable book.
- Feeling lucky? Raffle prizes for beautiful gift baskets worth over \$100; tickets only 3 for \$2.00.

Folsom Public Library's Meeting Room at 411 Stafford Street
March 13 - 15, 2009 (Friday - Sunday) - Special Preview Sale:
Friday, March 13 held 5-8:00 pm, admission \$5.00- General Sale:
Saturday & Sunday, March 14 & 15 from 9-4:00 pm, admission FREE.

For More Information:
Write at Friends@
FriendsoftheFolsomLibrary.org or
call (916) 608-8743
or 355-7374

Workshop at the Horticulture Center

Event: Victory Garden 2009 Part III: It All Begins with the Soil

Understand what makes healthy soil. Evaluate your soil, improve soil structure, and feed the soil for healthier plants. Start your summer garden: seed starting basics. Plant and care for citrus.

Day and Date:
Saturday, March 21, 2009
Time: 9:00 a.m.

Location: Fair Oaks Horticulture Center, 11549 Fair Oaks Blvd, Fair Oaks
(South of Madison, on Fair Oaks Blvd., in Fair Oaks Park, next to the Library)
Cost: Free

For more info:
UC Cooperative Extension,
(916) 875-6913
In case of rain, call (916) 875-6818 to hear a recorded message.

Should Your Career Options Include Business Ownership?

With local economy shedding jobs at a record pace, are you considering business ownership as one of your career options? Not sure you if you could afford to buy an existing business, buy the rights to a local franchise or start your own business? Not sure where to start? Andrew Rogerson of Murphy Business & Financial is offering a free 2 hour workshop that explains the options and costs involved. Business ownership can provide you with a career where you can't be fired, laid off, transferred or demoted. It also allows tax and other wealth creation benefits working for a boss or corporate America doesn't provide. If you have thought about owning your own business and want to make a safe, well informed decision, please call and reserve your seat today. We will provide you with the education you need to make the right decision for you. The workshop is free.

Date: February 26, 2009
6.30-8.30pm
Location: The Business Growth Connection Office and Training Center, 11300 Coloma Road, Suite A-9, Gold River, CA 95670

KING Crossword

Answers on Page 8

ACROSS

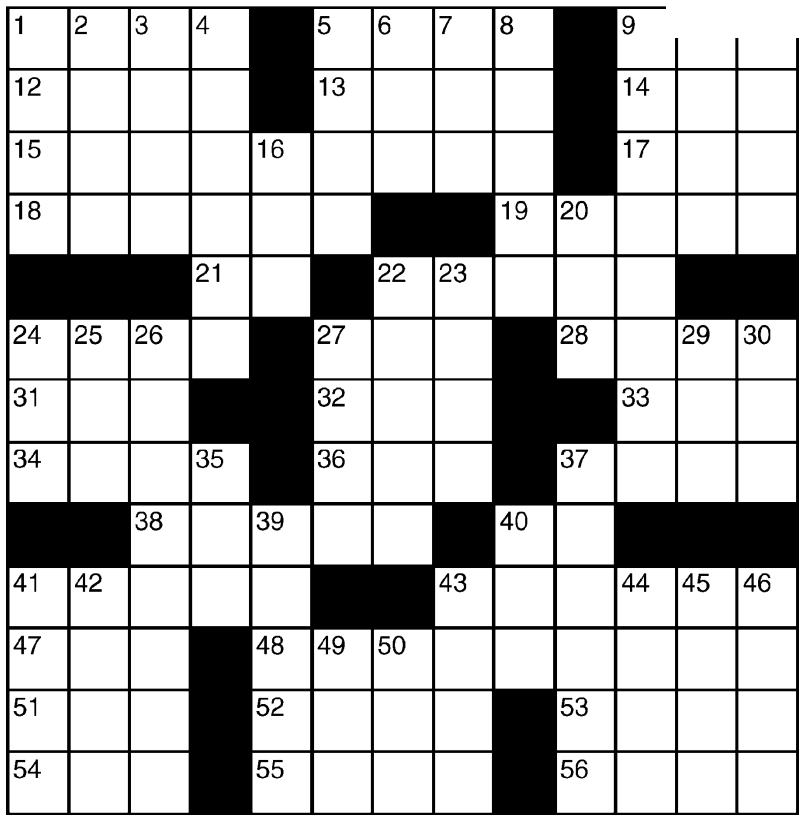
- 1 Pocket bread
- 5 Gentle soul
- 9 Force
- 12 Tel —
- 13 Winglike
- 14 Performance
- 15 Sheik
- 17 Grazing area
- 18 Main course
- 19 Indigent
- 21 "Why should I care?"
- 22 One of Santa's team
- 24 Donated
- 27 Wrestling surface
- 28 Mounties' org.

- 31 Mideast potentate
- 32 Hearty brew
- 33 Savings-plan acronym
- 34 Unescorted
- 36 Wrigley product
- 37 History
- 38 Singer
- 40 "That's a laugh!"
- 41 Fashion
- 43 Glum
- 47 Melody
- 48 Ratified
- 51 Oahu souvenir

- 52 Satan's field
- 53 Conked out
- 54 Prior to
- 55 Welsh veggie
- 56 Catch sight of
- DOWN
- 1 Macadamize
- 2 Terrible guy?
- 3 Pinball no-no
- 4 Loath (to)
- 5 Tardy
- 6 Will Smith biopic
- 7 Isle of —
- 8 Cheery

- place?
- 9 Orange variety
- 10 On the rocks
- 11 Obedience-school lesson
- 16 Ultra-modernist
- 20 Alway
- 22 Price
- 23 Particular
- 24 Petrol
- 25 Way back when
- 26 Maiden of Odin
- 27 Creche trio

- 29 "— Doubtfire
- 30 Vanna's colleague
- 35 Olive —
- 37 Procession
- 39 Not bumpy
- 40 Coal carrier
- 41 Garage ever
- 42 Layer
- 43 "Got —?"
- 44 Elevator name
- 45 Leak slowly
- 46 Vortex
- 49 St.
- 50 Whopper



Navy League Council at Sacto Chamber’s 2009 “METRO EXPO”

The Sacramento Council, California’s Capitol City Navy League Council, continues its activities with the Chamber of Commerce in 2009. It will be educating the public about our sea services mission and our extensive youth activities at the trade show. Corporate, community affiliate, and individual memberships in the Navy League will be encouraged.

The Navy League Hiring Center is a partner in this endeavor. In addition to ongoing work with the California Department of Veteran Affairs, the California Department of Employment Development, and others, it will communicate its message that it is an outstanding resource to locate former active duty military personnel to fill challenging positions.

All are invited to attend the 2009 Sacramento Metro Chamber Expo the afternoon of Tuesday, March 10, at the Sacramento Convention Center, 1400 J Street. A list of the participants is attached. *For additional information contact Phelps Hobart, Sacramento Council Vice President, (916) 739-6949.*

Sacramento County Reduces Building Permit Fees for Projects with High Equipment Valuations

Sacramento, Calif. – Sacramento County has lowered building permits fees on projects with equipment valued at over \$5 million. “This fee reduction will help attract manufacturing and industrial projects to the County,” said Steve Pedretti, Deputy Administrator of Development Services. “We’re providing a progressively reduced scale of fees as the

equipment value goes up; so the fee increase is moderated.” As industry changes, including advancements in technology, manufacturing, computer and electronics, it is not uncommon for manufacturing plants and facilities to house equipment far exceeding the cost of the structure. Examples include the Opti-Solar manufacturing facility in McClellan Park and medical facilities who might

install equipment costing significantly more than the building housing the equipment. For the occasional situation where building costs and the value of the equipment contained within are disproportional, fees will be reduced. This reduction would apply only to equipment valuations and not structural valuations. The new fee structure is:

Actual Equipment Value	Valuation for Fee Calculation Purposes
Up to \$5,000,000	100% of actual equipment value used
From \$5,000,001 to \$10,000,000	75% of actual equipment value used
From \$10,000,001 to \$20,000,000	50% of actual equipment value used
Over \$20,000,000	25% of actual equipment value used

El Dorado Savings Bank Reports Strong Earnings, No Foreclosures

El Dorado Savings Bank reported earnings of \$9,519,355 for 2008 compared to \$11.3 million in the prior year. Earnings were reduced by a one time \$2.9 million tax expense related to El Dorado’s repurchase of approximately 16.5% of the outstanding shares of common stock in the bank. Without the additional tax expense net operating profits would have totaled \$12,428,486. “We are pleased with the bank’s strong earnings in 2008 especially considering the difficult economic environment and continued weakness in our local real estate markets”, said Chairman and Chief Executive Officer, Thomas C. Meuser. El Dorado ended the year with \$1,619,862,884 in assets, which

represented 9% growth during 2008. Savings deposits rose by \$65 million, or 5%. The bank ended 2008 with \$146.6 million in capital representing 9.05% of assets, considerably above the 6% regulatory requirement for a “Well Capitalized” financial institution. Meuser said, “In 2008, El Dorado completed its 20th consecutive year without any foreclosed properties on our books. Considering the significant drop in real estate values over the last several years, management is very pleased with that record.” Real estate lending increased by 21% in 2008, as much of the competition dropped out of the market. El Dorado Savings Bank is a portfolio lender that retains and services each loan it originates.

In 2008 El Dorado opened its 35th branch, located in Sheldon, just east of Elk Grove, California. The bank now operates 32 branches in California and 3 branches in Northern Nevada. When asked about the reason for El Dorado’s consistent success, Meuser said, “During our 51 years of operation we have always focused on maintaining top quality assets and providing excellent service to all existing and prospective customers. This strategy worked when we opened for business in 1958 and it is still the basis for our successful operations today.” El Dorado Savings Bank operates branches at 4701 Manzanita Ave., Carmichael, and 7895 Lichen Dr., Citrus Heights.

FREE Fight the Bite Teacher Workshop

The Sacramento-Yolo Mosquito & Vector Control District would like to invite local educators to attend their Fight the Bite Teacher Workshop. The workshop is a great opportunity to learn more about mosquitoes, West Nile virus and more, and then to transition this knowledge into the classroom through fun activities teaching kids about the life cycle

and physiology of mosquitoes as well as protective measures against vector-borne diseases. The workshop is scheduled for Saturday, March 14, 2009 at the Esquire IMAX Theatre in Sacramento. The workshop will help educators to inform students about what to look for, how to protect themselves and who to contact for

mosquito and vector control issues. Activities, which correlate with state content standards, will engage students through innovative word searches, vocabulary exercises, tests, mazes, and much more. *To register for this FREE Teacher Workshop, please visit www.FIGHTtheBITE.net.*

AFA Chapter 116 Annual Teacher of the Year Award

Sacramento, ca: Each year the Air Force Association’s Claude Farinha, Gold Rush Chapter 116, recognizes an outstanding teacher from the Sacramento area. The deadline for submitting applications for the 2009 TEACHER OF THE YEAR award (TOY) is March 27, 2009. The Chapter TOY award, which includes \$500 cash, is given to an outstanding K-12 teacher who has demonstrated accomplishments instructing science, technology engineering, mathematics and/or aerospace educational courses in grades K-12. Parents and students can assist school Principles, other school administrators and colleagues in

identifying deserving teachers and encouraging them to submit an application for this prestigious recognition. The Chapter’s outstanding teacher is automatically entered to compete for the Northern California area and State awards, with the potential to receive a total of \$2,000. Teachers should adhere to the following guidelines to apply:

1. Submit a letter of recommendation/support from a school official (principal or higher).
2. Submit a one to five page maximum narrative of the teacher’s accomplishments and achievements in support of science, technology, engineering,

mathematics and/or aerospace education and the impact of these activities on the students. Pictures showing teacher and student activities are allowed within the five page maximum. 3. Submit applications to Air Force Association, Chapter 116, and Attn: TOY, P.O. Box 2326, Citrus Heights, CA 95610. 4. Applications must be postmarked by March 27, 2009.

Questions should be directed to Rich Taubinger at (916) 771-3639 or E-mail, richardtaubinger@comcast.net For information regarding Air Force Association Chapter 116, log onto www.afa-sacto.org.

Supervisor Susan Peters to Hold “Office Hours” at Gibbons Park Craft Faire

County Supervisor Susan Peters will be holding her first “Office Hours” for 2009 on Saturday, March 7, for residents to discuss issues at Gibbons Park during the Mission Oaks Recreation and Park District’s Spring Craft Faire. Continuing a tradition started in 2005, Peters will set up a table at the event for residents who wish to drop by and talk with her about items of interest. No appointment is necessary but visits will be handled on a first come first served basis. She will be at the Craft Faire from 10 to 11:30 a.m. “Establishing ‘Office Hours’

provides the opportunity to mix business with pleasure,” says Peters. “I’ll be available to talk about county matters while neighbors can shop for unique craft items.” Last year Peters held her “Office Hours” at different locations in conjunction with scheduled community events that included the Carmichael egg hunt, Carmichael dog show, and the “Screen on the Green” movie night in East Sacramento. The Craft Faire will be at the Mission Oaks Community Center at 4701 Gibbons Drive. Admission is free and the event

will run from 9 a.m. to 3 p.m. For more information, call the Mission Oaks Recreation and Park District at 972-0336 or visit morpd.com. Next month Peters will move her “office” to Carmichael Park for the annual Egg Hunt that will be held on Saturday, April 11. That fun starts at 10 a.m. sharp rain or shine and she will be holding “Office Hours” there between 9:30-11 a.m. *For more information about the egg hunt, call the Carmichael Recreation and Park District at 485-5322 or visit carmichaelpark.com.*

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

Magic maze

Answers

BAY : PLACES



Puzzles are on Page 7

Trivia Answers

1. Maine

2. Will Rogers

3. “Animal House” (Dean Wormer)

4. Pituitary

5. Middle or moderate

6. Pride

7. “And away we go ...”

8. Talkative or chatty

9. Washington

10. Venice, Italy. A vaporetto is a motorboat used for transport in the canals.

King Crossword

Answers

Solution time: 25 mins.

P	I	T	A		L	A	M	B		V	I	S
A	V	I	V		A	L	A	R		A	C	T
V	A	L	E	N	T	I	N	O		L	E	A
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G	A	V	E		M	A	T		R	C	M	P
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S	O	L	O		G	U	M		P	A	S	T
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More Lawsuit Abuse Was Not A Change Anyone Voted For

By John Kabateck and John Merchant

Whatever change voters were seeking last November, there is no record of any mass of them calling for greater rights for lawyers to sue. Sensing a new political mood afoot in the nation, however, personal-injury attorneys are girding their loins for another charge at changing state laws to enrich themselves through artificially-aggrieved clients and billable hours—and nowhere is that more evident than in California.

The trial attorneys’ lobby is a powerful one in Sacramento. Its success can be measured in the Golden State’s dismal ranking of 44th out of 50 in a Harris survey, Lawsuit Climate 2008, and in California’s inclusion in Forbes magazine’s rating of the 10 Worst States to Do Business.

The one pebble in the shoe of the legislative lobbying giant has been Gov. Arnold Schwarzenegger. In 2004, the Governor scored one of his most popular victories when he campaigned for the successful passage of Proposition 64, which ended the insidious practice of shakedown lawsuits, whereby any attorney could sue on behalf of the people of California, even though no injured party could be found. These shakedown lawsuits included such ridiculous things as punishing an auto dealer for using “APR”, instead of spelling out “Annual Percentage Rate” in newspaper ads. More often than not, defendants would simply settle out of court—something lawyers had planned on --rather than incurring the cost of a trial.

After Proposition 64 passed, lawyers had to produce an actual

injured party and could no longer sue on behalf of the people of California, who never saw a dime of the settlements anyway. But the initiative’s passage only took the lawyers’ foot off of the gas pedal for a second. Every year since, they have succeeded in getting a pliable legislature to put some bill or another on the Governor’s desk that would open up new revenue streams for them at the expense of business owners.

New penalties for misclassifying employees as independent contractors, new penalties for a perceived breach of customer data – even if no damage occurred – and new opportunities for exploiting the workers’ compensation system were all measures that landed on the Governor’s desk in the past few years but were, thankfully, met with his veto.

That last attempt is perhaps the most egregious, since the workers’ compensation system was established a century ago for the purpose of eliminating the need for lawyers from the whole equation.

On a national level, Personal injury lawyers are calling on the Obama administration to repeal regulations that have been put in place during the past eight years that protect employers against unreasonable lawsuits and would greatly expand liability—all in the name, of course, of “consumer protection.” They believe the wind blowing against “big business” is to their backs, pushing them faster toward treasure chests of jury awards and out-of-court settlements.

Yet in California, an estimated 90 percent of businesses employ 10 or

fewer employees. Nationally, small businesses employ 50 million people, compared with approximately 19 million who work at large companies. These are the businesses that will be hurt if personal injury lawyers succeed in their effort to repeal sensible reforms and further erode the foundation that drives California’s and the nation’s economy.

Nearly 95 percent of California small business owners believe current law favors those who sue and 98 percent of respondents believe new laws are needed to protect businesses against lawsuit abuse, according to a joint poll conducted by the National Federation of Independent Businesses and California Citizens Against Lawsuit Abuse.

An Associated Press national poll taken on inauguration day indicates that 53 percent of Americans feel optimistic. Yet at this time of hope and optimism, California is on the brink of insolvency. In the face of such a paradox, Californian’s need to be more vigilant than ever about the efforts of the trial bar that undoubtedly will result in more businesses closing their doors, leaving the state and adding to the millions of jobless Californians. That kind of change is one we simply can’t shoulder.

John Kabateck is California executive director for the National Federation of Independent Business. John Merchant is co-Chairman of California Citizens Against Lawsuit Abuse, owner of Indian Springs Resort and Spa in Calistoga and member of NFIB.

Hometown Hero - Rancho Cordova



Air Force Capt. Theodosia F. Hill was a member of the 2009 Armed Forces Inaugural Committee, which supported the 56th Presidential Inauguration on Jan. 20.

The joint-service committee was charged with coordinating all military ceremonial support for the inauguration. As a joint committee, it included members from all branches of the U.S. armed forces, including Reserve

and National Guard components.

The military members have participated in the inauguration of the American president since April 30, 1789, when members of the Army, local militia units and Revolutionary War veterans escorted George Washington to his first inaugural ceremony at Federal Hall in New York City. Almost 225 years later, the military continues to honor the commander-in-chief.

Participation by the armed forces included musical units, marching bands, color guards, salute batteries, and honor cordons. Soldiers, Marines, Sailors, Airmen, and Coast Guard members assigned to the committee also provide invaluable assistance to the Presidential Inaugural Committee, a not-for-profit, partisan organization representing the president-elect, and the Joint Congressional Committee on Inauguration Ceremonies.

The Secretary of Defense authorized more than 700 servicemembers to be assigned to the inaugural committee by Inauguration Day to help coordinate Department of Defense support in and around the District of Columbia. More than 5,000 servicemembers participated in the celebration, both in view of the public and behind the scenes.

Hill is a health services administration officer with three years of military service. She is regularly assigned to the 579th Medical Group, Bolling Air Force Base, Washington, D.C.

She is the daughter of Floris and Theodora F. Hill of Calle del Sol Way, Rancho Cordova, Calif.

Her grandmother, Eura Lawson, resides on Noonan Drive, Sacramento, Calif.

The captain graduated in 1996 from Mira Loma High School, and received a bachelor’s degree in 2001 from California State University, both of Sacramento. She earned a master’s degree in 2004 from Capella University, Minneapolis, Minn.

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Young mother worries about raising kids in today’s world

by Lauren Forcella

Dear Straight Talk: Why do I feel so overwhelmed? I am 20, engaged to be married, and pregnant with our first child. The problem is I’m worried about raising children in today’s “raunch” culture. My fiancé’s nephews (ages 6 to 13) are constantly pointing at girls on the street, calling them fat or prostitutes, and accusing each other of having sex with them. A 12-year-old in the nearby school is pregnant by an 11-year-old boy. Everywhere I look, I am appalled at how children are acting. Do I risk putting my children in school only to have them corrupted by this influence? A parent can only do so much at home teaching manners and right from wrong. I want them to have sports, band, dances, friends, but is public school worth the price, or should I home school? — Lori, Rocklin CA

Katie, 15, Auburn CA: If you instill good values in children at an early age, there is no need to “shelter them from the evil world”. Your kids will be exposed no matter what. It’s your job to make what they encounter a learning experience.

Liva, 20, Hudson NY: A wise friend gave me this basic tenet of parenting: If you want children to behave a certain way, set clear expectations and never stray from enforcing those expectations. In addition, seriously limiting TV and Internet is an easy way to protect them from premature violence and

sex. Babies and young children pick up everything — including your language. Give them natural toys, read lots of books, don’t use TV as a babysitter. Can you afford private school? Is a charter school nearby? I was home schooled awhile and it’s very socially limiting.

Graham, 15, Fair Oaks CA: The fact that you are concerned now puts you ahead of the game. Teach your children good manners. Never allow them to say anything at home that you wouldn’t want them saying elsewhere. I advise against isolating them socially. Home school often teaches immaturity, as children don’t learn what is acceptable in a real social environment. Let them play sports, make friends, play music.

Lennon, 22, Fair Oaks CA: Look into private school. They tend to be more sheltered. Many offer financial aid.

Johannes, 21, Springfield MO: You can never truly protect your child from bad influences. But you can be lovingly present for your child and be the one he comes to for advice. By answering questions honestly, your child will learn to depend on you and his values will be shaped through your answers. By withholding information, or not accepting your child and trying to force him to be someone else, he will look to his peers for help and possibly be pointed in a poor direction. I don’t recommend home schooling. Let your child have the

life his friends will have.

Dear Lori: The panel is sour on home school, but excellent programs do exist with social opportunities. Check with your state department of education for availability in your area. To add to the panel’s wisdom, I observe that humans have largely lost the instinct to shelter their young. Babies, tots, and small children are parked in front of TV sets, encouraged to use computers, and conditioned to be consumers from day one. As you’ve lamented, the latest commodity in consumer culture is “raunch.” The best defense is to shelter children from commercial media and consumer environments until they are old enough to not absorb things like a sponge — that being their first 7 to 10 years. (Like musician, Jack Johnson says, “Turn that thing off.”) At the same time, be a role model, get them in nature, find them playmates with like-minded parents, continually present your values on how to be in life. This moral foundation will last a lifetime. It’s a fact that kids sheltered from commercialism in infancy and early childhood make better decisions later on.

Write to Straight Talk at www.StraightTalkForTeens.com or PO Box 963, Fair Oaks CA 95628



ROCK DOC

By Dr. E. Kirsten Peters

On Saturdays, when the snow isn’t too deep in my backyard, I split a bit of wood for my woodstove. It’s hard work, made doubly challenging by my arthritis. But as I address the woodpile, I like to dream of the day we may be able to set aside our axes and mauls and get energy from splitting water, rather than wood.

If I live to be an old lady, my dream may well become concrete reality. It depends simply on some clever work by chemists and on the abundant energy we get from the sun each day.

The sun bathes the Earth with more power than we humans will ever need. The challenge about solar power isn’t that we don’t have enough, it’s just how to fully use what we are given.

One route for throwing a harness over sunbeams is to learn to produce hydrogen fuel by “breaking apart” water. Splitting wood is hard work. Splitting water could be easy.

Water is made of hydrogen and oxygen. If we can split apart those two ingredients, we’d have a lot of hydrogen on our hands. Hydrogen gas burns well. We could use hydrogen as our basic fuel to accomplish everyday tasks ranging from heating the house to driving to work. And burning hydrogen rather than traditional

Gaining Energy from Splitting Water

fuels means we wouldn’t be creating carbon dioxide – a real positive for climate concerns.

Scientific investigations into splitting water molecules and making hydrogen fuel are known under the phrase “artificial photosynthesis.” That’s not so formidable as it sounds. Indeed, it’s mostly a matter of being as smart as vegetation.

When plants do their work of converting sunlight into chemical energy – the process of natural photosynthesis - part of what they accomplish involves taking water and breaking it apart. In plants, the hydrogen bits end up in sugars. Plants perform this trick via a complex organic molecule that contains manganese in its center.

It may be possible to create a man-made molecule that will do something similar. Research chemists like Jim Hurst at Washington State University are looking for ways to use sunlight to split water into hydrogen and oxygen in the presence of the special molecule.

Chemists have been able to create molecules that basically do what we’re hoping for – but the molecules so far discovered in this arena are built around rare trace metals with names like ruthenium. The hope is to build molecules that can do all the work required and that will be created around common and cheap metals, like iron.

If chemists are successful, our world would change. We would have a source of hydrogen gas made directly by sunlight. We could use that hydrogen as a fuel, burning it in a flame or in a fuel-cell – a device that creates electricity by combining hydrogen and oxygen gas in a controlled reaction.

Energy might become cheaper than dirt. There are some practical challenges, like storing hydrogen and shipping it. Because it’s so flammable, we’d need a lot of safety systems around our hydrogen tanks and pipelines. But if we can address those concerns, and if Professor Hurst and his colleagues around the world are successful, we could run the machinery of our lives on hydrogen.

We could heat our homes, power our vehicles, and do everything else to which we’ve become accustomed, all with the energy we would harvest from hydrogen, created for us by sunlight. And because we’d be producing only pure water as the output from our tailpipes or chimneys, air quality would improve tremendously over what we’ve known burning fossil fuels.

In short, there’s a lot to like about the possibility of abundant and economical hydrogen.

Some cautious souls will say that the chance of harnessing sunbeams by splitting water is only that – a chance. That’s true, but it’s also true that chemists require only a tiny amount of funding to work in their labs, looking for possible molecules that could transform water and sunlight into hydrogen fuel.

And the payoff could transform our world.

Perhaps I’d miss heavy labor in the backyard with my ax and maul. But splitting water rather than wood looks better and better as I grow older.

Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to epeters@wsu.edu. This column is a service of the College of Sciences at Washington State University.

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Fair Oaks Broncos Registrations 2009



The Fair Oaks Junior Broncos are accepting registrations for the 2009 season. The Jr Broncos are a community based youth football and cheer program for kids ages 6 to 14. You don't have to live in Fair Oaks to join the Jr Broncos.

We have families from Orangevale, Citrus Heights, Fair Oaks and beyond. Our mission is simple, we exist to provide local youth the opportunity to participate in an organized football and cheer program in a wholesome

environment where we aim to promote self-awareness, teamwork, community activism and pride in achievement. Register by March 7th and save \$60 per participant, plus we always offer a \$20 sibling discount. We will be offering online registration this year, giving families greater flexibility in challenging economic times. You can still pay by check or cash, or use your debit or credit card. For more information check our website at www.fojrbronzos.com or you can call 916-962-6405. If you prefer to talk to us in person, we will be at Earl LeGette elementary school (4623 Kenneth Ave just south of Sunset) each Saturday morning through March 7th. Additional in-person registration events will be coming soon. If you would like to receive email notifications and updates from the Jr Broncos, you can create a free account at www.mykidscalendar.com. Then use the "add team schedule" tool to find the Jr Broncos. We're looking forward to a great 2009 season and hope you will join us.

Emily Cheng of Gold River Brought Home the Gold Medal

Ohio State freshmen – women's sabreist Emily Cheng of Gold River brought home the Gold Medal at the Junior Olympics in Albuquerque, New Mexico on February 13th. There were 105 women competing for the Gold. Emily is a highly nationally ranked Junior and Senior women's saber fencer and is coached by Vladimir Nazlymov at Ohio State. Prior to Ohio State, Emily fenced at Hristov Fencing Club(now Hristov-Csikany Fencers) and was coached by Kristiyan Hristov & Hristo Hristov. Emily is a 2008 graduate from Rio Americano High School. John Hallsten(13) from Sacramento, who took 20th place out of 161 competitors in the Cadet Men Saber event. For more information on where to fence: Hristov-Csikany Fencers, in Citrus Heights, call 916-723-1686, in Carmichael, call 916-514-1150 , or visit www.hristovcsikanyfencers.com



Eppie's Great Race Foundation and County of Sacramento Improve Cyclist Safety



Eppie Johnson, founder of The Great Race®, Janet Baker, Director of the County Regional Parks Department, and Frank Cirill, The Great Race® Director Emeritus, demonstrate how new bollards along the American River Parkway can be removed for increased safety to cyclists. Sacramento County Regional Parks recently installed a dozen safer bollards along the American River Parkway with

funding provided by Eppie's Great Race Foundation. Bollards are posts located at trail crossings to prevent the entrance of unauthorized vehicles. Since they could not be removed, the original bollards posed a safety concern for events such as The Great Race®, a run-cycle-paddle triathlon benefiting Sacramento County Therapeutic Recreation Services. The bollards were left upright during The Great Race® because they were more hazardous when turned down-- leaving a three-inch piece of metal protruding above the ground. This could have resulted in injury if not seen by a cyclist or runner. "The new bollards are completely removable," said Eppie Johnson, founder of The Great Race®. "The safety of our

event's participants is always our primary concern. We are grateful to the Sacramento County Regional Parks for working with us to address this issue." The 12 new bollards cost a total of \$2,500. They were installed at six locations where the American River Parkway trail crosses roads on The Great Race® course, including River Bend Park (formerly Goethe Park), the entrance and exit roads to Sunrise parking lot, El Manto Drive, Rossmore Drive, and Harrington Drive. For more information about The Great Race®, scheduled for July 18, visit www.thegreatrace.org. Photo and story courtesy Anita Fitzhugh, The Great Race® Public Relations

Overnight Camping fees, Certain Picnicking Fees to Increase; Two New Facilities Now Available for Rental

New Fee Schedule to be Implemented at Regional Parks

Sacramento, Calif. – On February 10, the Sacramento County Board of Supervisors approved Regional Parks request to increase group camping and picnicking fees and implement a fee schedule for the rental of two additional indoor facilities. The fees will go into effect immediately for summer 2009 activities. "Periodically, we have to increase fees to continue to meet our operational and maintenance needs, and our last fee increases in 2007 did not include rate increases from these services," said Jill Ritzman, Deputy Director of Regional Parks.

"While these fees are nominal increases, in these tough budget times, it is important that we ensure that we have adequate funds to continue our services." A new Bounce House fee is being established to monitor the number of bounce houses in a regional park at one time. The number of bounce houses has grown substantially in the last few years, and there is a need for Regional Parks staff to regulate the size and number of bounce houses to ensure a pleasant experience for all park users. An oversized penalty fee will also be assessed to permit holders if their event exceeds the group

and event size as specified in the permit. This will help ensure Parks recoups the costs of extra staff for making sure the event does not affect other parks users. Regional Parks will be offering two new facilities available for renting: the Gibson Ranch House and the Florin East Grammar School. The fees charged for these facilities are consistent with the other fees charged within Regional Parks for indoor facilities. If a non-profit is having trouble paying the fees, a 25 percent discount is available in trade for a volunteer and/or service projects within the park system.

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Fairness Doctrine Petition Opposes 'un-American' speech limits!

Sign petition opposing so-called 'Fairness Doctrine' at WND.com

Posted: February 03, 2009
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WND is announcing the launch of an online petition to oppose the "un-American" speech limits that Rush Limbaugh and other commentators could face should some interests in Congress succeed in re-adopting the so-called "Fairness Doctrine." The petition calls on all three branches of government to protect the speech freedoms guaranteed by the First Amendment. It urges Congress to "immediately drop all legislative efforts to re-impose the so-called 'Fairness Doctrine' and that the president of the United States veto any so-called 'Fairness Doctrine' legislation approved by Congress and that the U.S. Supreme Court overturn as unconstitutional any so-called 'Fairness Doctrine' legislation approved by Congress and signed by the president." "The notion of a so-called 'Fairness Doctrine' for the media, mandated by government and policed by a system devised by government, should be anathema to every American who understands liberty and the First Amendment," said Joseph Farah, founder, editor and chief executive officer of the leading independent online news source. "This is not just a threat to broadcasters. It's a threat

to the Constitution and every American. This should not even be a matter of controversy – but, unfortunately, it is. We've lived through shameful period in which government regulated broadcast content. When it ended in 1987, we witnessed an explosion of new voices and lively debate. It's time for the American people to show we don't want to go backward." But Farah says he was inspired to cross the divide on this issue because the clear and simple meaning of the Constitution is at stake. The effort is addressed to Congress, the president and the high court: The petition states: Whereas, the First Amendment of the U.S. Constitution clearly states: "Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances"; Whereas, members of Congress are recently on record saying they want to re-impose the so-called "Fairness Doctrine" on U.S. broadcasters, or else accomplish the same goal of censoring talk radio by other means, and thereby establish government and quasi-government watchdogs as the arbiters of "fairness" rather than the free and open marketplace of ideas; Whereas, the U.S.


experimented with the so-called "Fairness Doctrine" for 38 years - from 1949 through 1987 - during which time it was repeatedly used by presidents and other political leaders to muzzle dissent and criticism; Whereas, the abandonment of the so-called "Fairness Doctrine" in 1987, thanks to President Ronald Reagan, resulted in an unprecedented explosion of new and diverse voices and political speech - starting with Rush Limbaugh - that revitalized the AM radio band and provided Americans with a multitude of alternative viewpoints; Whereas, talk radio is one of the most crucial components of the free press in America, and is single-handedly responsible for informing tens of millions of Americans about what their government leaders are doing; Whereas, it is a wholly un-American idea that government

should be the watchdog of the press and a policeman of speech, as opposed to the uniquely American ideal of a free people and a free press being the vigilant watchdogs of government; Whereas, the so-called "Fairness Doctrine" - either under that name, or using a new name and even more devious methods - represents a frontal assault on the First Amendment, and its re-imposition would constitute nothing more nor less than the crippling of America's robust, unfettered, free press: We, the undersigned, assert our rights as citizens of the United States in demanding that Congress immediately drop all legislative efforts to re-impose the so-called "Fairness Doctrine" and that the president of the United States veto any so-called "Fairness Doctrine" legislation approved by Congress and that the U.S.

Supreme Court overturn as unconstitutional any so-called "Fairness Doctrine" legislation approved by Congress and signed by the president. Sign the petition at WND.com WND just days ago reported on plans by President Obama's White House to "review" broadcasters across the nation. The plans were announced just as Obama warned congressional Republicans that "you can't just listen to Rush Limbaugh and get things done." On Obama's agenda, according to his White House website, is the goal to "encourage diversity in media ownership." Obama elaborates on the site that his aim is to "encourage diversity in the ownership of broadcast media, promote the development of new media outlets for expression of diverse viewpoints, and clarify the public interest obligations of broadcasters who occupy the nation's spectrum." The plan apparently aligns with longstanding Democratic suggestions to resurrect the "Fairness Doctrine." The policy was abandoned in 1987 under President Reagan when there were 75 radio talk shows in the U.S. Reagan opposed the policy because it required broadcast TV and radio programs to air "opposing views" on political issues, which had the practical effect of virtually eliminating opinion programs. Since abandonment of the policy, the number of radio talk shows has risen to more than 3,000.

Farah long has warned about Democrats' plans to revive restrictions on the airwaves. "If the Democrats and their me-too Republican allies are successful at sacking talk radio, there will be no stopping them," Farah warned. "Broadcast will be first. Then they will go after the Internet with taxes and new regulations and hate-crimes laws. And when they succeed at muzzling dissenting voices there, they will even turn to print. Remember, we are dealing with a neo-fascist mentality here." Many fear the Fairness Doctrine would drive talk radio hosts – like Rush Limbaugh, Sean Hannity and Michael Savage – out of business because it could require stations that carry their programs to offer those with an opposing view the same amount of time. Given the repeated failures of liberal talk shows and related networks, it would create a situation that isn't financially tenable for stations. House Speaker Nancy Pelosi, D-Calif., affirmed her support to Human Events reporter John Gizzi for a "Fairness" policy, and Sen. Jeff Bingaman, D-N.M., told radio host Jim Villanucci, "I would want this station and all stations to have to present a balanced perspective and different points of view, instead of always hammering away at one side of the political [spectrum]."





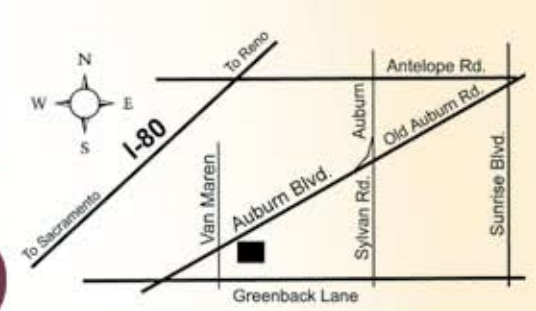
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