

AMERICAN RIVER

M E S S E N G E R



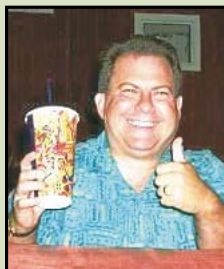
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Volume 4 Issue 5

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

First Edition for March 2009

“Tea Party” Invites Everyone



The Sacramento Tea Party holds first event at the Capital - Photo by Amanda Morello

Sacramento – On Friday, February 27th at noon at the California State Capitol, almost two hundred people gathered in a spontaneous citizens’ protest called the Sacramento Tea Party. The aim of the group was a non-partisan, reaching out to citizens from across the political spectrum.

According to Mark Meckler, creator of the Facebook group called Sacramento Tea Party, “We believe in the common sense of Americans of all political persuasions. While we may disagree on a multitude of policy issues, most of us seem to agree that the current explosion in the size and cost of the Federal government is an outrage. Most of us agree that our Senators and Representatives should actually read, understand and be able to fully explain bills before they sign them. Most of us agree that we don’t want today’s children paying for someone else’s mortgage when they grow up. Most of us are

disgusted by the open corruption of politicians in Washington, D.C. These thoughts and feelings are not limited by party or overall political outlook.”

Many people echoed the thoughts of one well-dressed Sacramento woman who stated, “I’ve never been to a protest before. I’m a bit uncomfortable being here in the middle of this. But I’m so frustrated by what’s going on in Washington that when I heard about this, I just had to show up.”

The event was covered by television, radio and news media outlets, and was considered a great success for an event that was only a few days in the planning. The Tea Party was a part of a broader nationwide protest, which took place last weekend in at least forty cities around the nation. The Sacramento Tea Party group has plans for a much larger Sacramento Tea Party protest on Wednesday, April 15th at noon.

“Americans of all political affiliations are getting tired of the behavior of our government. While the government bails out the irresponsible parties, they have pushed productive, hard working Americans to the brink of another revolution. With the rise of a new American Tea Party, we’re witnessing citizens across the country beginning to protest bloated pork projects and huge government programs disguised as economic stimulus.” Meckler said via email.

The time has come to stand up and be counted. Join the movement by joining this group and helping us work towards holding the nation’s largest tea party protest, at the California capitol on Wednesday, April 15th at Noon. Bring signs!

For more information about the Sacramento Tea Party you can reach Mark Meckler @ mark.grassroots@gmail.com.

Crime In Rancho Cordova Continues Steady Downward Trend

from Sergeant Tim Curran

The Rancho Cordova Police Department (RCPD) is pleased to announce a significant decline in crime despite a substantial increase in population. When compared to 2007, 2008 crime

data indicates a reduction in violent crimes by almost 14% and a decrease in property crimes by 25%. This drop in crime continues a downward trend. From 2006 to 2007, violent crimes in Rancho Cordova decreased 6.7% and property crimes decreased 12%. During the past two years the population in the City of Rancho Cordova has seen an 8% increase.

Rancho Cordova Police Chief Reuben Meeks credits his department’s Crime Suppression Unit (CSU), Problem Oriented Policing (POP) team and aggressive detective follow up for the dramatic decrease in crimes. The CSU was recently honored by the Rancho Cordova Elks Lodge for their outstanding contributions to the City of Rancho Cordova. During 2008, the CSU team made almost 1,100 suspicious person contacts and more than 1,500 vehicle stops. This activity resulted in more than 600 arrests and the confiscation of over 200 grams of methamphetamine,

50 grams of cocaine, and 20 guns. The POP team works in partnership with the community and local agencies to solve long-term problems and has proven to be a powerful tool to reduce crime. RCPD detectives target repeat offenders and maintain a close working relationship with the community prosecutor and the district attorney’s office to ensure successful prosecutions.

“Even though crime is going down, we need to remain vigilant and continue working just as hard,” said Chief Meeks. “With this difficult economy, there may be some that will resort to committing crimes and we want to prevent that. We are reenergizing our emphasis on the Neighborhood Watch Program and maintaining our focus on youth mentoring with our Police Activities League Program.” Visit the Rancho Cordova Police Department’s website at www.ranchocordovapd.com for more information.

Singer/Songwriter Luke Bryan to Perform in Orangevale

Orangevale - Georgia native Luke Bryan will be performing at The Boardwalk in Orangevale on March 20, 2009. Luke will perform at 10:30pm. Tickets are \$20 in advance and \$25 day of show and may be purchased at tickets.com.

Even before Capitol Records Nashville released his debut single, “All My Friends Say,” to radio in early 2007, Bryan was already earning significant media attention, including being named one of Billboard magazine’s new faces to watch in 2007. He was the only country music performer selected for the honor. Bryan was also included in Country Weekly’s “Who’s Hot in 2007” feature and the single was chosen as an iTunes “Discovery Download” of the week. He made his debut on the world famous Grand Ole Opry early last year which Luke says was “truly a dream come true.”

Described as a talented triple threat vocalist, songwriter and musician – Bryan, who moved to Nashville in 2001 quickly, landed a publishing deal with top independent publisher Murrah Music. There, Bryan found his voice as a writer by sticking close to the life experiences he knows best, as evidenced on such album cuts as “Country Man” and his signature song, “We Rode In Trucks,” a favorite among his Georgia fans. He not only wrote songs for himself but he also



had songs cut by other artists like fellow Georgian Travis Tritt and he wrote the 3 week #1 song “Good Directions” for Billy Currington.

“I’ll Stay Me” – Bryan’s debut album – released last summer - is a fresh and contemporary-sounding album that’s just country enough to represent Bryan’s rural Georgia upbringing, but rocking enough to reflect the years he spent honing his live chops at bars and fraternity houses in his home state, where he is already a

bona fide star.

Luke has opened shows for country superstars Kenny Chesney, Brooks & Dunn, Sugarland and label-mate Dierks Bentley to name a few. “I don’t consider one thing I’ve done since I’ve been in Nashville work,” says Bryan.

“I still get shocked all the time when I meet random people and they say ‘You’re Luke Bryan.’ That’s still pretty neat,” the singer says of his home state fan base.

Trade in Your Gas Mower and Go Electric



Want to do your part for a cleaner Sacramento? You can help by going electric when mowing your lawn, with a new, cordless electric mower.

In cooperation with the Sacramento Air Quality Management District, the Yolo-Solano Air Quality Management District, Placer County Air Pollution Control District, El Dorado County Air Quality Management District and the Sacramento County Department of Waste Management and Recycling, SMUD is again helping Sacramento-area residents

trade in their gas-powered lawnmowers for a discounted electric rechargeable model.

This year, the first-come, first served registration for the limited supplies of new Neuton cordless mowers takes place on March 18, beginning at 11 a.m. You can register by either entering your information at www.smud.org or by calling 1-888-742-SMUD (7683).

The popular annual event is part of a community-wide effort to remove old mowers

and the pollution they produce and replace them with electric models that help to keep the air cleaner in the Sacramento area.

Those who register will be given specific times to exchange their mower on Saturday, March 28, at California State University, Sacramento Parking Lot #10. The appointment-system will minimize waiting in line and will guarantee all registered customers will be able to purchase a new lawn mower. Customers who

register successfully for the event will receive e-mail or mail confirmations with complete instructions. If you registered and did not receive a Release Form, click here to print one out. Complete the form and bring it to the event on March 28 with your old mower.

The lawn mower exchange will take place rain or shine. Customers will be able to drop off their old gas mower and purchase a new electric mower without leaving their cars. The event will be set up for customers to drive through each step of the exchange process.

With the trade-in of an old gasoline-powered mower (which must be drained of fluids prior to being accepted), the price for the new rechargeable mower is \$189 (tax included) for the 14” mower and \$289 (tax included) for the larger 19” model. These prices reflect a savings of over \$200 off the regular retail price. For information on the mowers technical specifications, visit www.neutonpower.com/smud.

If you live in Sacramento, Yolo, Solano, El Dorado or Placer Counties you are eligible to register for this event. For more information on the Mow Down event call 916-732-6227.

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Caution: Zombie Economy Ahead

Computer hackers managed to hijack a digital road sign in Austin, Texas, a few weeks ago and change its message to “Zombies Ahead.”

It was a whimsical warning for that stretch of Texas road, but could have served as a deadly earnest statement about the U.S. economy. “Zombie banks” was the term for Japanese financial institutions propped up by government in the 1990s despite their basic insolvency after a real-estate bubble. These unprofitable banks, in a financial revenge of the living dead, cast a decade-long pall over Japan.

At the time, American officials like President Barack Obama’s economic guru Larry Summers urged the Japanese to give up on failed institutions. Instead, Japan pumped 12 percent of its gross domestic product into saving the banks and got a “lost decade” of economic stagnation in return. Economic analysts across the board agree that the Japanese example must not be repeated, even as our lawmakers stumble into repeating it.

Members of the House Financial Services Committee flogged eight banking chief executive officers the other week, apparently without considering that some of them were already dead men walking. The CEOs were grilled about their lending practices and bonuses, when they should have been asked, “Why does your company still exist?”

The awful truth is that the financial system has at least another \$1 trillion hole in it. Either the U.S. government has to continue to try to patch it over with massive -- and perhaps ever-escalating -- injections of money à la the Japanese in the 1990s, or it has to take the painful, risky step of letting some of the big, irreparably wounded financial players go down. Neither choice is appealing, which is why Treasury Secretary Timothy

Geithner trotted out his muddle-through, we’ll-get-back-to-you-on-details rescue plan.

As it stands now, the U.S. government is keeping alive banks that would otherwise go bust at the same time it is hectoring them about lending more money -- in other words, Japan redux. Tokyo short-circuited the natural churning of the capitalist system that is the only way to clear out failed companies and unproductive uses of capital. If the U.S. government keeps alive Chrysler and General Motors or Citigroup and Bank of America when they are no longer viable -- and have rendered themselves such through poor business choices and foolish risk-taking -- it will create a zombie economy without the capacity for self-renewal.

The financial system, of course, is fragile. We have learned that the uncontrolled collapse of an institution like Lehman Brothers is dangerous. Bankrupt banks that are truly “too big to fail” need to be taken over by the government, broken up until they are small enough to fail and sold off, with government eating their toxic assets for now. This kind of seminationization can clear the decks for new, healthy banks that won’t be long-term wards of the government or long-term drags on growth.

During the stimulus debate, Obama often cited Japan’s cautionary example. But Japan tried a big stimulus, too, even as it left in place its zombie banks. Will Obama heed his own admonitions?

Rich Lowry is editor of the National Review.

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Certificate of Need An Opportunity for Greed

The Governor Blagojevich story provides insight into how seemingly well-intended legislation paves the way for corruption, payoffs, and extortion by government officials.

and facilities the government deems unnecessary. Rather, it is used to extort concessions from individuals and businesses as a condition of doing legitimate business. This process is widely used around the country at the city, county, and state levels.

The CON is a classic example of good intentions gone awry. It highlights the lack of common sense and critical thinking that fills the minds of far too many elected officials trying to “do good” while demonstrating their lack of understanding of how to manage and govern. The CON illustrates how sly, slick, and greedy public officials cloak tools of extortion in the mantle of public care, concern, and altruism.

In its simplest form, the CON is a tool to ration goods and/or services on the theory that doing so will lower the cost of goods and services. For example, limiting the provision of goods or services like hospitals, nursing home beds, or MRI machines will somehow make these services less costly. In practice, the only thing the CON does is increase the cost of goods and services and make them less available.

Economics 101 teaches that limiting supply increases cost. Politics 101 teaches that being able

to condition a business’s ability to engage in legitimate activities creates a wonderful mechanism to extort concessions, including money, unrelated to legitimate governmental interests. While this sounds cynical, it is simply the reality of how government in America has evolved.

The CON is a favorite tool of existing businesses. They encourage elected officials to enact the process and then use it to limit competition. The result is higher prices and fewer options.

In Illinois, the government controls whether hospitals can be built through its CON process. As the Blagojevich indictment demonstrated, this process was not used to decide if there was need; it was used to extort money as a condition of permitting the hospital to be built.

Those who wonder why medical services are so costly need look no further than the CON process. It does not do anything but make medical services less available and more costly. On paper the process may sound viable, but in practice it simply does not work.

Not all jurisdictions use the CON to extort political payoffs in the classic sense. More often, the process is used to force those wishing to build, obtain equipment,

or provide services to throw in other concessions as a condition of obtaining government permission to move forward with a project. The cost of these “throw-ins” is passed on to an unsuspecting public in the form of higher prices.

These other concessions are often things that a particular elected official or special interest pressure group want, but that they are unable to obtain without forcing a legitimate business entity to do something in exchange for being permitted to engage in otherwise legitimate business activity.

If we want to begin cleaning up corrupt government, a sure way to start is to abolish the CON process everywhere. Of course, if we do, we must be prepared to listen to the cries of special interest groups and officials who seek illegitimate concessions and ill-gotten campaign contributions and graft.

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.

How About a California Constitutional Convention?



by Fred Foldvary

There is something seriously wrong with California’s government. In part it is a result of decades of initiatives that have created an unwieldy mix of taxes, subsidies, and restrictions. Our government is like an old car that constantly requires expensive repairs. The long-run solution is not to keep wasting resources with futile repairs, but to get a new vehicle.

California’s broken government seems unable to reform itself, so the people may have to do it. As stated in Article II, Section I of California’s constitution, “All political power is inherent in the people . . . and they have the right to alter or reform it when the public good may require.”

A constitutional convention could fundamentally restructure the government. It could examine the whole structure of voting, taxation, borrowing, and spending, rather than just patch up random pieces. The convention could also replace California’s lengthy constitution with one that is brief and elegant, like the U.S. Constitution.

California’s original constitution of 1849 was replaced by a new one in 1879. Since then several hundred amendments have been added to the Constitution. Many programs and policies that would have better been statute law have instead been put into the state constitution. A California Constitution Revision Commission led to revisions in the 1960s and 1970s, but did not fundamentally alter the Constitution.

There is now a movement for a third constitutional convention. The Bay Area Council will hold a California Constitutional Convention Summit today in Sacramento. The BAC is a business-sponsored, public policy advocacy organization in the San Francisco Bay Area.

The California Legislature can authorize a convention with a two-thirds vote, or there can be a “citizen’s constitutional convention.” An

initiative could be put on the ballot to authorize the citizens to organize a convention, and the new constitution would be put on the ballot for adoption.

One problem with a constitutional convention is that it could enact policies that would make it easier for the legislature to increase taxes, such as changing the requirement to raise taxes from two-thirds to half of the legislature or the voters. California is already a high-tax state, and although budget problems might be solved in the short run with higher income and sales taxes, in the long run such taxes will only further damage California’s economy.

If the constitutional convention had a libertarian perspective, it would limit the government’s power by decentralizing and privatizing many state functions. Education, for example, would be decentralized to the school boards, and state funding would go to the parents as vouchers rather than to the schools. The parents would then be able to use the vouchers for private and home schooling as well as for the government’s schools.

A freedom-minded convention would enact a liberty amendment,

which would state that the legislature shall make no law restricting any peaceful and honest adult human action not involving force or fraud, any state interest to the contrary notwithstanding. Such a provision would decriminalize drugs and victimless acts generally, reducing crime and saving the state billions of dollars.

In a libertarian constitution, the state’s income and sales taxes would be abolished. (New Hampshire is an example of a state that thrives without these taxes.) Smog tests and other environmental mandates would be replaced by pollution taxes that would compensate society for damage caused by emissions. Streets and highways would have tolls high enough to eliminate congestion. The state’s property tax would exempt buildings, tapping only the land value. Public works and civic services generate land value, and a levy on the land value equitably repays the rent and site value generated by beneficial services.

Freed of taxes on profits, labor, and sales, enterprise would thrive, employment would soar, and poverty would greatly diminish. There would

be plenty of revenue to balance California’s government budget.

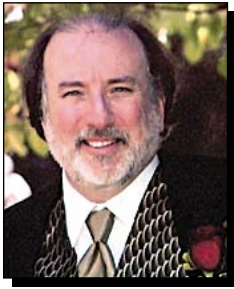
There is a large amount of literature that explains how free markets can replace many of the programs now financed by government. Organizations such as the Reason Foundation have long been publishing policy proposals that show how services can be provided more efficiently through privatization by other solutions.

A new constitutional convention would benefit from input by free-market environmentalists, economists, and other reformers. A convention would not resolve the current budget imbalance between revenue and spending, but while we work on reducing public outlays, we also should work towards long-run solutions. But we should not just wait for the economy to recover; we need to restructure California’s government and policies, and a constitutional convention that frees citizens from the shackles of its incompetent government may well be the best way.

Fred E. Foldvary teaches economics at Santa Clara University, where he is also an associate of the Civil Society Institute. His main areas of research include public finance, public choice, social ethics, and the economics of real estate.

AMERICAN RIVER MESSENGER

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- If you have a Prom or formal gown that is two years or newer
- Would like a little extra money in your wallet from selling that gown
- Or save some money on purchasing a gown

Then...bring your “cleaned”, two-year or newer gowns to Casa Roble High School on March 11th, 12th or 13th between 3:00 and 7:00

p.m. Upon arrival, simply complete a form about the dress; our PTSA gown-intake staff will set the gown price. Casa Roble PTSA retains \$10 on every dress sale to help offset cost, and you keep the rest...the dresses are handled on consignment.

Shop at the Second Time’s A Charm sale on Saturday, March 14th from 10:00 a.m. to 3:00 p.m. to purchase a gown for yourself and visit our prom-related vendors...hair stylists, makeup artists, jewelry and more...for accessories that will match your newly purchased gown. There will also be a free drawing throughout the day for lots of great prizes....free dinners, free coupons & discounts, jewelry, and more.

If you have any questions about the event, please call Linda Valtman at 916-709-2428 or email at lindavaltman@sbcglobal.net. Our event is sponsored by the Casa Roble PTSA.

Roni Deutch Tax Centers Lend A Helping Hand

Offers Free Tax Returns to Sacramento-Area
Emergency Service Workers & Military Veterans!

Roni Deutch Tax Centers is aiming to help the community through turbulent economic times.

By offering emergency service workers and military veterans free Federal Tax Return preparation through Wednesday, April 15, 2009.

Because Sacramento Mayor Kevin Johnson stressed the importance of police and safety during his State of the City Address on Wednesday, February 25, Scott Juceam, the local owner of the Roni Deutch Tax Center of Fair Oaks and Carmichael, took his words to heart. In an effort to help the community get through these turbulent times, Juceam will offer free Federal Tax Return preparation to all laid off emergency service workers and military veterans. Juceam will also offer a deep

discount for currently employed emergency service workers. A few of the many groups that he will provide returns for are Citrus Heights Police, Sheriff's Department, California Highway Patrol, Citrus Heights Fire Dept., American Medical Response and Military Veterans.

Juceam said “The Roni Deutch Tax Center is committed to preparing the most thorough and accurate tax returns possible. Our staff of dedicated and knowledgeable tax professionals embodies this commitment to quality and individualized attention. Our tax professionals are able to identify all appropriate deductions and tax credits. We will always work hard to reduce your tax obligation and get you the biggest tax refund possible.”

Roni Deutch has built her reputation as one of the most successful tax lawyers through hard work and dedication to the needs of taxpayers. Her competitive spirit and insatiable work ethic have made her a household name with one out of three American adults knowing the name Roni Deutch. Through her years of practice, she saw that many of her clients’ tax problems were caused by sloppy and unprofessional tax return preparation. Ms. Deutch decided it was time to put her experience to work for taxpayers across the country. Roni Deutch Tax Center is now filling the need for competent tax return preparation.

For more information, please visit www.rdtc.com.

Molly’s Revenge Performs Fundraiser to Support Ugandan Orphans



Kabale, Uganda, is in the Kigezi district, known as the “Switzerland of Africa.” The scenery is breathtaking, the soil is fertile and Lake Bunyoni is one of the few sources of clean water in the region. However, under all that beauty, a huge percentage of the people still live in grinding poverty. The average income of an adult is less than \$1.00 per day. Homes are mud with thatch roofs, dirt floors and no power or water. And amidst all this, there lurks the specter of the AIDS epidemic.

There are about 30 million people in the country, half of them under 18 years old. A large part of a whole generation has been decimated by the epidemic. One of every five children under 18 is an orphan. There are over 2.5 million orphans in the country with 1 million living on the streets. Every family has lost someone to AIDS. Whenever possible, other family members take in the orphans of the deceased. But the numbers are just too overwhelming now. Many of these children get by eating from garbage dumps, sleeping in ditches, and hiring themselves out for menial labor or prostitution. They live with worms & malaria.

In 2006, Rick and April Dobbs from Citrus Heights, CA went to Kabale, Uganda as part of a “sister church” program—a cultural exchange program partnering a congregation from the U.S. with a congregation in a third-world country. The original intent was a return visit after their parish in Roseville had hosted the Pastor from their sister church in Uganda. The result was Rick and April falling in love with the people of Kabale, especially the children. They met so many orphans! So many children who had no hope for a better life. When they came home and shared the stories with friends, some of the people asked what they could do to help. This led to a school fee sponsorship program at their church, St. John’s Parish. After several more trips to Kabale, the idea of the orphanage was born, a non-profit, Shepherd’s Love was organized, fund raising begun, and

the orphanage built. The orphanage is called Twinomujuni (twin-OHM-zhoonee), which means “we have a Savior.” It has running water, electricity and the capacity for up to 64 children and 10 infants. The Director has started a school at the orphanage, and school fees from non-resident children will help fund the education for the resident orphans. The children receive medical care, education, nutrition and, most important, love from the staff at Twinomujuni.

On March 13, 2009, there will be a benefit concert by Molly’s Revenge, a Celtic music group, at St. John’s in Roseville. The group is fabulous! In addition to the wonderful Celtic music, there will also be a trio of Irish dancers. A portion of the proceeds will go to Shepherd’s Love for the orphanage. Tickets are \$20.00 in advance, \$25.00 at the door.

To purchase tickets, go to the website (www.shepherdslove.com) or call 916-784-0241.

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Dave Says



three children, Denise, Rachel, and Daniel, in Nashville, Tennessee.

The House Will Take You

Dear Dave,
My brother is 30-years old, and he just lost his job. He doesn't have any debt, but he's started gambling in order to make money. He's won a few times, and when he does he's very generous with the winnings. Still, how can I make him see this is a disaster waiting to happen
- Emily

Dear Emily,

You say he's "started" gambling. Is this new behavior? Is he an addict, or just desperate? That will affect how willing he's going to be to listen to you.

Either way, what he's doing is really dumb. Sure, you can have a loving, heart-to-heart, sit-down conversation with him, and let him know how much you're worried. In fact, this is something you should do very soon. But the question remains, is he mature enough and rational enough that it will make a difference?

The movies and cable networks have glamorized poker and the world of gambling. But there's one sure way to tell whether the house will win or you will win in the long run. Look at your place, and then look at theirs. You may pick up a few dollars here and there by sheer luck, but they throw down millions just to re-decorate a lobby. Where do you think they got that money? From dummies who thought they could beat the system!

Really, what he needs is a job!

- Dave

Starting Off

Dear Dave,

My husband and I want to open our own franchise health club business. Currently, we have

no debt and live in an apartment. We've also got about \$70,000 in savings. Is a small business loan the best way to get things started?
- Kelly

Dear Kelly,

No! Never go into debt to open a business. This is especially true in the health club industry. Health clubs and gyms come and go like the wind. Besides, you can easily open one of these businesses without borrowing money or tossing it into a franchise deal.

A gym or health club is really like any other business. Start small, even if it means only a few pieces of equipment and a handful of programs in the beginning. If you go all out and finance dozens of the latest and greatest exercise machines, the debt will be like an anchor around your neck, and it will pull you under. Do you get what I'm saying here? It is absolutely vital that you do not borrow money to make this business happen! Besides, you just told me you guys have \$70,000 saved up. There's your seed money for the business! If you don't believe in your business idea enough to put your own money into it, then it's probably not what you should be doing!

I'm not against franchises, Kelly. I'm against people going tens of thousands of dollars into debt to open something that's supposed to be a magic pill. A franchise doesn't guarantee success any more than a rabbit's foot guarantees good luck. To make any business work you've still got to be smart, have a good idea and a head for business, and you still have to work your tail off every day!

- Dave

**Please visit www.davesays.org for more financial advice.*

POPPOFF!

with Mary Jane Popp

DATING SECRETS

Ahhhh sweet mystery of love. The days are longer. The bloom is spicy and aromas fill the air. But how spicy is your dating life? How would you like a thousand tips to spice up your dating life? No problem! Enter best selling author Cyndi Haynes with her latest endeavor **"1000 Best Dating Secrets"** to give you a hand with your love life. After all, more than 90% of the American population eventually gets married. In the meantime, they're dating! Cyndi has checked out our love lives with twelve self-help books from "2002 Things To Do On A Date" to "2002 Romantic Ideas", and "Keeping Love Alive." She has been written about in Cosmo, Glamour, and Redbook. But now she has advice to give love a chance.

Cyndi makes the game of love exciting to play. She wants it to be an adventure, not a chore. Dating should be fun-filled until you settle down. So her book includes networking ideas for dating success, tips to double the size of your dating pool, advice on surviving a break up, and she told me on my Radio Show "POPPOFF" there are times that the decision to break must be made. Then it's get right back into the dating game.

This is a "how to" of practical information like becoming your partner's dream date, how to start conversations easily, ask out your secret crush, even avoid dating disasters. There are 68 different categories of dating tips like:

DATING SECRET 70: Learn to accept people for who they really are. Take off your rose-colored glasses to see who your date is in the real world. If you feel hesitant about him or her, move on.

DATING SECRET 213: When you're on vacation, send a postcard to someone you'd like to get to know better. Suggest getting together when you get back to share your vacation stories with them. Make it a fun interesting read.

DATING SECRET 760: Never turn a date into a job interview.

You are looking for a soul mate, and it takes time to get to learn about one another. Let things unfold naturally.

It really doesn't matter whether you're looking for love or maybe just a good time, you need to learn the warning signs that your date might be a loser. And don't forget that some big gestures can get big responses. Cyndi even helps you to find the hidden places singles gather. And no, they are not the typical club hangouts. By the way, she even identifies nine people you should NEVER date!

Always looking for love to blossom, but having all the right tools is the best way to begin. It can't hurt to have "1000 Best Dating Secrets" by Cyndi Haynes before you begin the search. Have fun!!!

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Park District Seeks Nominations for Wall of Honor



Last year the Carmichael Recreation and Park District opened its newest park.... Patriots Park at 6827 Palm Avenue off Dewey Drive. Patriots Park offers the latest in park design features. Included in the park is a "Wall of Honor" to provide a lasting monument to residents of the District who gave their life while serving their country or community. The District is seeking

nominations for Patriots Park Wall of Honor. Candidates must meet the following criteria:

- The individual gave their life for their Country or Community
- The individual was a resident of the CRPD or the town of Carmichael or worked or served the community of Carmichael
- The individual must not have

been convicted of a felony

Candidates for nomination must be submitted by July 31, 2009

Go to www.carmichaelpark.com and click on the navigation bar "Wall of Honor" for an application and the list of our current heroes.

Call (916) 485-5322 x23 for more information.

Horseless Carriage Club of America Fair Oaks



by Sue Hill, Board Member NCRG HCCA

On Sunday, March 15, the Group of the Horseless Carriage Northern California Regional Club of America will have a

driving tour from Fair Oaks through Carmichael to the home of Pete and Suzi Kneedler on Garfield Avenue. The tour will start from the old hardware store in the center of Fair Oaks and traverse on toward Carmichael. The event is to commemorate St. Patrick's Day with a corned beef and cabbage dinner at the Kneedler's

Some of the antique cars on tour will include a 1915 Hudson Touring, 1928 Franklin, 1915 Model T Speedster and others from the 60 year old car club.

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Curves Supports Communities Nationwide

With 11th Annual Food Drive

Citrus Heights, CA (Grassroots Newswire) March 4, 2009 -- During the month of March, Curves of Citrus Heights will participate in the 11th Annual Curves Food Drive to benefit local food banks. Collectively, over the past five years, nearly 50 million pounds of food were distributed to local communities all over the world through the Curves Food Drive.

Curves of Citrus Heights is also giving back to the community by waiving its normal service fee for any new member who brings in a bag of non-perishable groceries and joins between March 9th and March 28th. This promotion will help the women of Citrus Heights manage their weight and their wallets by joining Curves for free, while also helping feed hungry people in the community.

“The Curves Food Drive is always exciting,” said Helen Gutch, the owner of the Citrus Heights club, located at 8071 Greenback Lane, Citrus Heights. “We have a chance to help so many people at a time when the food banks are lowest. Especially during these uncertain times, this food is needed more than ever. It’s a win-win situation for everyone, and we’re very proud to participate.”

Others wishing to donate may drop off non-perishable food items at Curves Monday through Friday during business hours through the month of March. For more information, please call Curves Citrus Heights at 729-2878.

About Curves
Curves works every major muscle group with a complete 30-minute workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its groundbreaking, scientifically proven method that ends the need for perpetual dieting. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to around 4 million women globally, many of whom are in the gym for the first time. With nearly 10,000 locations worldwide, Curves is the world’s largest fitness franchise. For more information, please visit: www.curves.com.

First Church of Christ the Scientist

Finding Certainty in Uncertain Times

A free public lecture to be given on this topic

People everywhere are searching for freedom from anxiety and fear – to retain or gain peace in the midst of distress. The speaker, David F. Stevens, C.S.B., says, “I’ve found that the spirituality Christ Jesus taught and demonstrated illustrates God’s laws of good, and when glimpsed, brings freedom, the recovery of confidence and worth, restores peace, and enables you to help others.” Stevens will present the lecture titled “Finding Certainty in Uncertain Times”, on Sunday, March 15 at 3pm at La Sierra Community Center’s John Smith Hall on 5325 Engle Road in Carmichael. The public is welcome. (Childcare will not be available.) He’ll explore how a spiritual understanding of God provides the foundation needed to claim one’s secure status as a child of God. He’ll also share practical examples gained by applying these ideas.

Mr. Stevens lectures throughout the United States and in Canada about spiritual problem-solving, prayer, and healing. He has spoken in classrooms, hospitals, correctional facilities, and for conferences, civic and church groups. He is a member of the Christian Science Board of Lectureship. His talk is being sponsored by First Church of Christ, Scientist, in Carmichael.

Emeritus at Hazel Creek In Conjunction with Mercy General Hospital Will Host An Advance Health Care Planning Seminar

Orangevale California – Emeritus at Hazel Creek assisted living will be holding an Advance Health Care Planning Seminar on March 26th, 2009, from 7pm to 8:30 pm. Chris Evans, RN, MSN, from Catholic Healthcare West will do a presentation entitled Medical Decisions When They Count Most. The location of the seminar is Emeritus at Hazel Creek, 6125 Hazel Ave., Orangevale, Ca. 95662. For more information and RSVP please contact Patricia Neil (916) 988-7901. RCFE Lic#347003914

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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High-Speed Train Board Gets Federal Stimulus Update

Board Members to Brief Federal Officials Next Week in Bid for Funding

Business Wire - Groundwork laid over the past decade puts California in a strong position to win a sizeable share of \$8 billion in federal stimulus funding for its high-speed train system, according to a top consultant to the California High-Speed Rail Authority.

States across the country are expected to vie for a share of the bullet train money included in the \$787 billion stimulus plan recently signed by President Obama intended to invigorate the economy, according to Sasha Page of Maryland-based Infrastructure Management Group. But California’s high-speed train system has a distinct advantage because it is the only one with billions of dollars in voter-approved state funding committed to the project, with the first round environmental clearances already completed and with the construction planning under way, the latter key criteria for winning a share of the funds, Page said.

An Authority Board team led by Chairman Quentin Kopp will travel to Washington next week to meet with Obama Administration officials and Congressional leaders as the details of the high-speed train funding are being worked out.

“We want to have input on the strategic plan for high-speed rail that is being developed in Washington and to give the secretary of transportation guidance on what we believe should be included in the grant-making criteria that will direct the distribution of those critical federal funds,” said Board Chairman Kopp.

“California is farthest along in building one of the few true high-speed train projects in the nation, one delivering 220-mile-an-hour service between the state’s major cities,” said Kopp. “And we’re the only state that already has invested \$100 million in the critical work needed to get the system up and running. We’re far ahead of any other state in the nation.”

Page also reported to the Board on another key element of the train’s long-term financial foundation – private investment in the system. Page said that while the world economic crisis has put a chill on the level and extent of private participation at this time, major investors and companies remain interested in or committed to participation in a public-private partnership that is expected to play a key role in the development and operation of the system. This expected private involvement will complement funding approved by California voters in the passage of Proposition 1A, providing \$9 billion

in initial public bond funding for the Anaheim/Los Angeles-to-San Francisco backbone of the state’s 800-mile system. Importantly, Page said, this didn’t affect the project’s timeline since the Authority anticipates pursuing private partnerships in two to three years, following completion of the remaining environmental and engineering studies.

The California High-Speed Rail Authority is responsible for building high-speed train service covering 800 miles at speeds over 220 MPH. Voters approved Proposition 1A on the November 2008 ballot putting a down payment on what will be America’s first high-speed train system. By linking all major cities in California with a state of the art new transportation option, California’s high-speed train system will increase mobility while cutting air pollution and reducing the greenhouse gas emissions that cause global warming. Building the high-speed train system will cost less than half the cost of freeway and aviation alternatives. Operating the system will create an annual surplus of more than \$1 billion. For route information, visual simulations and more, please visit www.cahighspeedrail.ca.gov

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Mr. Stevens is a member of the Christian Science Board of Lectureship.

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Sunday, March 15, 2009, at 3 P.M.

La Sierra Community Center
John Smith Hall
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(Childcare is not available)

Sponsored by First Church of Christ, Scientist, Carmichael

Proposition 1A:
Keeping Taxpayers in the Dark

Monthly Update from Roberta McGlashen



By Jon Coupal

All those who favor putting the breaks on Sacramento’s ability to overspend, please raise your hands. I see that is most of you. Those against? I see a couple of public employee union bosses over in the corner are opposed. Well those Sacramento politicians who made a “deal” last month to resolve the budget process with a tax increase that will cost the typical California family over \$1,100, are offering another deal they hope will appeal to the majority of you. What they are offering is Proposition 1A on the May 19 Special Election ballot. 1A is being promoted as a spending limit that will compel those under the Capitol dome to behave responsibly. If taxpayers are wary of any offer of reform coming from those who have behaved so irresponsibly that they have run up a \$42 billion

deficit, their suspicions are justified. Masked behind a weak spending limit - the limit goes up with each and every tax increase - is a two year extension of the massive tax increase that was supposed to expire in two years, doubling the damage to California taxpayers. So anxious is Senate leader, and number one tax cheerleader, Darrell Steinberg to see that this measure passes, he selected a pro-tax colleague, Sen. Loni Hancock to draft the official ballot argument against a measure that extends taxes. What’s wrong with this picture? To select Hancock, Steinberg rejected an argument submitted by anti-tax lawmakers, Senator Bob Dutton and Assemblyman Chuck DeVore along with the president of the Howard Jarvis Taxpayers Association, Jon Coupal (that’s me). Here is what makes this process a farce, and a scary one at that. As a result of Steinberg’s selection of Hancock as the author of the argument against, the word “taxes” will not appear anywhere in the official arguments for or against Proposition 1A. So in the interest of full disclosure, and to confound those who would like to keep adult citizens in the dark, like mushrooms, and feed them fertilizer, here is the accurate ballot argument against Proposition 1A that was submitted by Senator Dutton, Assemblyman DeVore and me: WARNING TO VOTERS: THIS IS A TAX INCREASE! A two-thirds vote of the Legislature and the signature of the governor have made California the

highest taxed state in the nation -- at least for the next two years. Proposition 1A will extend these taxes for an additional two years costing taxpayers another \$20 billion. The already approved tax increase will cost a typical California family more than \$1,100 annually. We will be paying higher sales taxes, which hits low income residents the hardest. We will be paying a higher car tax, which hits everyone who must drive to work. We will be paying higher income taxes which hurt everyone. We will see a reduction in the tax credit for dependents, costing California families \$200 per child. Proposition 1A extends all these taxes well into the future in return for meaningless “budget reform.” Meaningless? Yes, Meaningless. Under Proposition 1A, every time taxes are raised, the so-called spending cap can be adjusted upward. Where’s the spending discipline in that? Proposition 1A is not budget reform; it is a massive \$20 billion tax increase! Vote NO! Senator Bob Dutton 31st Senate District Assembly Member Chuck DeVore 70th Assembly District Jon Coupal, President Howard Jarvis Taxpayers Association. Jon Coupal is President of the Howard Jarvis Taxpayers Association -- California’s largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers’ rights.

Lawsuit seeks to Expose Phony
Budget Reform

Taxpayers deserve nothing less than fair, impartial ballot information

Today (2) the Howard Jarvis Taxpayers Association (HJTA) joined with Health Access California to file a lawsuit in California Superior Court on the grounds that voters are being misled regarding the ballot materials for Proposition 1A on the May 19th special election ballot. The lawsuit challenges the ballot title and summary drafted by the Legislature as not being fair and impartial because they fail to mention that passage of Proposition 1A will lead to \$16 billion in new taxes.

Last month as part of the budget agreement, legislators placed six measures on the ballot. Although state law generally entrusts to the Attorney General the task of preparing an impartial ballot title and summary for each ballot measure, for this election the Legislature suspended the Attorney General’s role and wrote its own titles and summaries. Election law dictates that these summaries must be impartial and include each measure’s “chief points.” The Proposition 1A title and summary are not impartial because they include highly charged “advocacy” language meant to inappropriately sway the

electorate. Nor do they cover the measure’s chief points because they completely omit any mention of the \$16 billion tax increase. “Proposition 1A represents a deliberate attempt by the Legislature and its special interest allies to confuse and trick California voters into approving a continuation for another two years of one of the most regressive tax increase packages in state history,” stated HJTA President Jon Coupal. “This lawsuit attempts to shine a bright light on the smoke and mirrors tactics offered up by tax and spend politicians,” Coupal said.

County must make difficult decisions. In 1996 Sacramento County staff estimated the cost of health care services for undocumented immigrants at \$295,884. In 2009, staff estimates the cost to be \$2.4 million a year. This is an astounding increase. The Board’s decision makes sense – common sense. California law requires basic health care for “lawfully resident” indigents in the County. Federal welfare reform, passed in 1996 and signed by President Clinton, prohibits public assistance to people who are not legal residents of the United States. I have opposed this expenditure since first learning of it in 2006. Some claim it is cheaper to just provide the services anyway, arguing that private hospitals will likely treat these individuals and pass the costs on to other users. However, I can only influence how the County spends taxpayer dollars and to whom it provides services. The County cannot solve the issue of health care for the State of California. This change in County policy does not affect treatment and immunization for communicable diseases. Programs to treat such health conditions are mandated. MediCal covers treatment for emergency medical conditions.



The growth in program costs alone causes great concern. Doing nothing and pretending that the problem will go away is simply unrealistic. We must protect the resources of Sacramento County taxpayers and ensure that services for legal residents, especially public safety, are provided at the highest possible level without increasing taxes. If you have questions about the County budget, or other County issues, please feel free to attend my monthly Community Cabinet Meetings. Every month, a guest speaker attends to discuss various County programs and departments. In Fair Oaks, we meet the third Wednesday of each month at 7:30am in Dianda’s in the Old Fair Oaks Village. I hope to see you there.

Department of Consumer Affairs Launches New Awareness
Initiative to Help consumers Struggling with Bad Economy

“Take Charge, California!” Urges Californians to Be Smart, Be Safe, Be Heard

Sacramento - Governor Arnold Schwarzenegger this week issued a proclamation declaring March 1-7, 2009 as part of “California Consumer Protection Week” and the California Department of Consumer Affairs (DCA) is heeding his call. On March 3, DCA gathered government officials, consumer advocates and community partners at the California Department of Consumer Affairs’ Consumer Information Center to launch a new consumer-awareness initiative called “Take Charge, California!” A Southern California kick-off event was held today in Los Angeles at the Evans Consumer Information Fair. The initiative urges consumers to “Be Smart, Be Safe and Be Heard,” and is intended to empower consumers by providing easy access to the information and resources needed to make smart choices when shopping or securing the services of a professional or tradesperson during this economic downturn. “Governor Arnold Schwarzenegger has led the way in making California a model in consumer protection by promoting policies and initiatives that set us apart from others,” said State and Consumer Services Secretary Rosario Marin. “It is very fitting

that we launched this initiative from DCA’s Consumer Information Center because this call center represents the frontline when it comes to helping and empowering consumers.” “The department’s consumer awareness campaign comes at a time when consumers need economic relief and we want to help them navigate through the maze of programs and complaint processes,” said DCA Director Carrie Lopez. “Tough economic times are times of increased criminal activity. Being smart and informed are the best defenses against scams. We want to make sure consumers have the information they need to make good decisions.” “This campaign couldn’t come at a better time,” said Pastor Herrera, Jr., Director of the Los Angeles County Department of Consumer Affairs, which organized the Evans Consumer Information Fair. “As the economy continues to squeeze family resources, the information this campaign will provide could make a huge difference for consumers and help them weather this recession.” “The old adage that ‘knowledge is power’ really is true for consumers,” said Barry Goggin, president of the Better Business Bureau of Northeast

California. “Consumers who know how to ‘Take Charge’ are much better able to protect themselves. That’s important in good economic times, and even more important in difficult times like we’re in now.” “Take Charge, California!” encompasses community outreach, strategic partnerships with government and community organizations, and publications in several languages. A centerpiece of the initiative is a new website, www.takechargeca.ca.gov, which provides one-stop service to consumers who are searching for tips on how to get the most for their money in the marketplace, alerts on the latest consumer scams and frauds, easy license look-up to ensure they are dealing with licensed professionals, and information about where and how to complain if they are dissatisfied with a product or service. “We are committed to a more consumer-centric approach to making information available,” said DCA Director Lopez. “Take Charge, California!” helps us meet that commitment and, more importantly, will help us empower consumers to survive and thrive in the marketplace.”

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Weekly SUDOKU

Answer

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

Magic maze

Answers

RE-WORDS

Puzzles are on Page 10

Trivia Answers

1. Hair (baldness)

2. “The Tempest”

3. Kentucky, Massachusetts, Pennsylvania and Virginia.

4. An ornamental screen or wall behind an altar

5. Cybernetic organism

6. Thunderbird

7. Michel

8. The Millennium Falcon

9. Australia

10. Jonathan Winters

Answers

Solution time: 25 mins.

	L	A	D		M	E	N					
T	O	U	R		L	A	D	E	S			
W	A	R	E		U	N	I	T	E	D		
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S	S		S	E	E	R	S		T	I	E	
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H	O	R			F	O	W	L				
R	R		M	A	I	N	E		T	A	U	
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		S	Y	S				E	Y	E		

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Electra Price to Provide Keynote Speech for Heritage Seminar

By Lisa West



Sacramento - Black families find strength and unity by searching for their roots and they will come together again for the 4th Annual African-American Family History Seminar on Saturday, March 14, 2009 in conjunction with Black History Month. The seminar is FREE (there is a nominal charge if participants wish to obtain printed materials and lunch). It is sponsored by the California Black Chamber of Commerce, Councilwoman Lauren Hammond, Councilwoman Bonnie Pannell, and The Church of Jesus Christ of Latter-day Saints. The Sacramento Regional Family History Center, 2745 Eastern Avenue, Sacramento, California is hosting the seminar. The center has been providing free services to Sacramento's metropolitan genealogists and the public since 1962 and is one of only 13 centers in the entire world. The facility provides access to records from the largest family history archives in the world, located in Salt Lake City, Utah. Extensive British, Canadian and U.S. Census records, book and family history collections, numerous computer stations, Social Security Indexes and Pedigree Catalogues are just a few of the items contained at the center. The theme of the African-American Family History Seminar is **"Families Are Our Strength"**. Roots Author, Alex Haley once said, "In all of us there is a hunger, marrow deep, to know our heritage – to know who we are and where we came from. Without this enriching knowledge

there is a hollow yearning. No matter what our attainment in life, there is still a vacuum, an emptiness, and the most disquieting loneliness." There are countless reasons to search out ancestors. Many people simply wish to learn and gain an appreciation for their heritage. Others want to satisfy their curiosity about their roots or preserve family, cultural and ethnic traditions. Still others hope to assemble and pass down a family history book and provide themselves and their children with a sense of who they are and where they came from. Electra Kimbal Price, a life long resident and native of California with paternal and maternal roots in Arkansas and Georgia, became active in genealogy research in 1988 when she first started documenting her own family history gathered from oral interviews with her mother. As the 2009 Keynote Speaker for the African American Family History Seminar, Price comes with an impressive resume including a Distinguished Service Award from the Genealogical Society of Utah. She is the 1995 founder and charter member of the African American Genealogical Society of Northern California. *"Genealogy is one of the worlds most popular hobbies"*, noted S. Dennis Holland, Sacramento's LDS Regional Director of Public Affairs. *"The Church has been gathering genealogical records worldwide for more than a century to promote family history research. Those in the African-American community previously experienced significant difficulties in researching their ancestors prior to the Civil War – due in part to slavery. Databases are being updated on a regular basis and we are excited to provide these resources to help anyone who is anxious to search out their ancestry"*. The Church of Jesus Christ of Latter-day Saints participated in an 11-year project to document the 'Freedman Bank' records which dramatically improves the ability of African-Americans to move forward in continuing to research their heritage.

The Freedman's Savings & Trust Company was created in March 1865 to enable soldiers of the United States Colored Troops and other newly freed slaves to deposit their savings and military pay at the close of the Civil War. The Church produced a CD-Rom listing 72,000 Freedman's Bank depositors alphabetically, with cross-references to spouses, children, parents and other kin – 480,000 names in all. It is a remarkable resource for African-American genealogists. In past years, family history enthusiasts and genealogists used to search through rolls and rolls of microfilm with varying degrees of success. *"Now with just a few keystrokes, people all over the world can search through millions of records by connecting to the internet, and in particular www.FamilySearch.org"*, concluded Holland. The Church launched this website in May 1999 and in the first year alone the free website had received over 3 billion hits. The seminar will provide a variety of beginning, intermediate and advanced classes on African-American genealogy presented by Jackie Chauhan, Eric Thomas, Barbara Tyson, Linda Bradley, Karen Burney and others - none of which are members of the LDS faith - but all have generously donated their time and are well-qualified in African-American genealogy and research. Directors of the Sacramento LDS Regional Family History Seminar, Ronald and Lynette McDowell will offer tours and instruction on how to use the center. The seminar will be from 8:30 a.m. to 4:00 p.m. and there is no charge to attend. However, if participants wish to receive workshop materials, pre-registration is encouraged and there is a \$20 fee for the materials with lunch. Materials for the workshops without lunch will cost \$14. The cost increases \$5 after March 1, 2009. Priority seating is reserved for those who have pre-registered. For pre-registration or further information, please call (916) 487-2090 or (916) 966-3460.

Fair Oaks Village Directional Sign Program Open House, March 18th

The Fair Oaks Village Enhancement Committee invites you to an Open House to learn about plans for placing directional signs throughout the Fair Oaks Village. This effort will be the first step in implementing the Fair Oaks Village Enhancement Vision, a vision described in

a 40 page report published August, 2008. Future efforts to develop village business directory signs and, eventually, village gateway signs also will be discussed. **The Open House will be held:**
When March 18, 2009 from 6-8 pm
Where - Old Fair Oaks Library (south

of the intersection of Temescal and Main Streets across from the Village Park) Refreshments will be served. More information and a copy of the Fair Oaks Vision is available at: www.FOVEC.net.



ROCK DOC

By Dr. E. Kirsten Peters

On a windless night recently I arose before the sun. I flipped on the lights and plugged in my coffee pot, the old fashion kind that actually clears its throat to make a steaming pot of Joe. While waiting for the coffee to percolate, I may have felt like an old rag and looked worse. But one thing is certain: I didn't spare a passing thought for the demands I was placing on the electrical grid. In Detroit they speak of the Big Three automakers. But we have a much more essential Big Three in this country, namely the three sources of electrical power that always work, 24-7, no matter what. Alternative energy sources have some great applications. But as a nation, we can gain only small amounts of electricity from burning wood chips and other material we can grow. And we can build just a few more hydroelectric dams in the West, because the best sites have already been used. On the upside, thousands of wind turbines are springing up all around the West and researchers are working hard to improve solar-electric power possibilities. But even when it's dark and calm outside – when solar and wind cannot help us – we want lights, coffee and all the equipment in the ER to spring

Guaranteed to Make the Lights Come On

to life at the flick of a switch. Those "must have" functions are part of what the folks who run the grid call baseload power, the electricity we always need. We need it on standard workdays, on major holidays and on every day in-between. That brings us to the Big Three, the three viable sources of energy that are large enough to keep the power grid running across the nation no matter the weather. The Big Three are coal, natural gas and nuclear power. Coal is a favorite of us geologists. The U.S. has a great deal of coal, and we could generate enormous amounts of electricity from it if we choose. We have more coal in the ground, by far, than the Saudis have petroleum remaining under their sands. But coal is pretty dirty and dangerous stuff. Burning coal creates air pollution bad enough to contribute to the deaths of what the government estimates to be a couple of thousand Americans each year. And some of the pollution created by coal doesn't go into the air. It is ash that's left over from burning coal that created the sludge that inundated a Tennessee river earlier this winter. And, as we all know, underground coalmining accidents grab headlines on occasion when miners are trapped or killed. On top of that, burning coal creates substantial carbon dioxide, a greenhouse gas. The downsides of coal led us in recent years to build many natural gas power plants. But natural gas is an expensive fuel compared to King Coal. And natural gas, geologist T. Boone Pickens argues, should be saved for transportation, because it's a

clean-burning fluid that can easily power cars and trucks. That's a good point, and we'll see if it gets traction in the American mind. Our third option is nuclear power. Nuclear reactors make one fifth of the electricity we use each day. They've been helping to keep the grid up and running since the 1950s. The accident at the Three Mile Island nuclear plant in the late 1970s clearly spooked us. The events resulted in no significant release of radiation, and no injuries or deaths, but fear of a catastrophe was intense at the time. Still, when President Carter walked into the TMI reactor building, Americans realized the situation was under control. And from that day to this one, scores of nuclear reactors have been supporting the grid, everyday and every night, no matter the weather. We don't have ideal choices for energy. Our national baseload electrical options come down in practical terms to the Big Three. In the coming months, the new administration and Congress will be shaping our grid's future by choosing among more coal, natural gas or nuclear power plants. If you want your voice to be heard, now is the time to speak. Just remember, some of us desperately need our percolators to fire up – even on calm midwinter nights.

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.

Arden Hills Resort Club & Spa Promotes Courtney CaJacob to Director of Marketing

Region's Only Wellness Resort is Currently Accepting Applications for a Variety of Positions

Locally owned and operated, Arden Hills Resort & Spa recently promoted Courtney CaJacob to the expanded role of Director of Marketing for the wellness resort, the only one of its kind in the region. CaJacob's new position and added responsibilities are effective immediately. Courtney CaJacob was promoted from Marketing Manager to Director of Marketing. In her new role, she

is responsible for all efforts related to the overall brand positioning for Arden Hills Resort Club & Spa. In addition, she manages a staff of twelve and supervises all advertising, marketing, graphic design, community relations, public relations and event coordination for the wellness resort. CaJacob joined Arden Hills in July 2008 from the Westfield group where she worked as a marketing manager.

Committed to providing ongoing staff training and a thriving work environment, Arden Hills is currently accepting applications and resumes for a variety of open positions. Anyone interested in learning more about career opportunities at Arden Hills Resort Club & Spa is encouraged to visit www.ardenhills.net for more information.

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An ‘Angel’ of a Volunteer



Susan Taylor of Fair Oaks

By Jeannie Condon

Susan Taylor of Fair Oaks is a woman with a huge heart. She is a volunteer with Visiting Angels, a nationwide non-profit, non-medical in home care organization, providing service to individuals

of all ages. From housekeeping to driving to appointments to active, loving listening, Visiting Angels spend a few hours with their clients, often becoming quick friends. The staff of Visiting Angels try to meet their client’s needs where they are. According to Susan, they “work with,

not take over.” To Susan she brings “Christ’s love to another person. So it’s an even exchange. I give of myself but get 100 fold back.” Visiting Angels is not the only organization that this energetic woman is a part of. Belonging to Divine Savior Catholic Church in Orangevale with her husband of 41 years, they help direct Liturgy and Worship. Susan is also a lector, reading from Sacred Scripture, and a Eucharistic Minister, bringing Holy Communion to the homebound. Susan describes herself as the “creative lover” while her husband Mike is the “problem solver”. Before being a superstar volunteer, Susan was a switchboard operator and taught special education for 4th graders. Susan’s desire is “to serve with humility and justice; to always find the greatest gift.” Currently, Susan is working with the Peace Group, which promotes inner peace. This non political, ecumenical group meets 4 times a year for prayer and activities. One of their projects is the Peace Pole, a carved, upright, wooden beam inscribed with a peaceful verse in 8 languages. They also worked with children to make a Peace Quilt, which Susan assembled. What’s next for Susan? She is contemplating getting involved with a marriage preparation program for engaged couples. With her track record, she will only find success and Susan’s definition of JOY: Jesus, Others, Yourself.

CH Community Marching Band Announces Scheudule

The Citrus Heights Community Marching Band (CHCMB), sponsored by the City of Citrus Heights and the Sunrise Recreation and Park District, is on the move for the 2009 season. For its fifth season, the band’s rehearsal site has been moved to the Citrus Heights City Hall complex at 6237 Fountain Square, along Greenback Lane. The band will assemble weekly in Kroeger Hall in the same complex. Rehearsals will begin on Monday, March 16, 2009, at 7 p.m. Registration materials will be available at 6:30 p.m., and practice will commence at 7 p.m. Adam Sartain is the director for the season. The marching instructor is Kody Tickner, and the drum instructor is Tony

Russi. Musicians ages 12 and older who can read music, own and play an instrument are invited to participate. It is not necessary to be a Citrus Heights resident to belong to the band. Prior to March 16, participants may register for the no-fee marching band class through the Sunrise Recreation and Park District at its Rusch Park office, 7801 Auburn Blvd., Citrus Heights. Participants also may register at any rehearsal. For more details, call CHCMB Co-Founders Kathy Cook (916-725-0198) or Linda Glover (916-725-5214). More information on the band can be found at the “What’s New” link on the City of Citrus Heights Web site – www.ci.citrus-heights.ca.us.

The CHCMB has scheduled several events on the 2009 calendar. They include Orangevale Pow-Wow Days Parade on May 16, the Citrus Heights Relay for Life at San Juan High School on June 6, the Citrus Heights Red, White & Parade on June 27 and the Roseville 4th of July Parade. Other events planned this year include the VFW Post 4647 43rd annual Memorial Day Parade on May 25, the Citrus Heights Sunday Funday at Rusch Park on Sept. 27 and the Roseville Holiday Parade on Nov. 21. The band looks forward to a busy, exciting year and welcomes all interested musicians who would like to be part of the group.

Rancho Cordova Distributes Free Pharmacy Discount Card

The City of Rancho Cordova is partnering with the National League of Cities (NLC) to distribute medical prescription discount cards to those who are either uninsured or underinsured. According to City officials, users can save an average of 20% off the regular retail price of prescription drugs with the card and even more on select medications. The card covers all family members - there are no age or income requirements. And it can be used for veterinary prescriptions for pets. “There are no restrictions or limits on how many times you may use the discount card,” said Rancho Cordova City Council Member Robert McGarvey, who was instrumental in bringing the national program to the community. “After learning about the card at an NLC conference and

doing some investigative work, we are pleased to offer this discount option to our residents and people in our neighboring communities,” said McGarvey. “Other cities who have been distributing the discount card report that it has been a very successful project and a win-win for their residents.” Most major retail pharmacy chains such as Walgreens, CVS, Wal-Mart, and Rite Aid honor the card. “Within just five miles of City Hall, 34 pharmacies are accepting the discount card,” McGarvey said. What is the cost of the card – it’s FREE! And you don’t have to be a resident of Rancho Cordova to obtain one. The discount cards are available at eight Rancho Cordova locations: • City Hall, 2729 Prospect Park Drive • Rancho Cordova Chamber of

Commerce, 2729 Prospect Park Drive, Suite 117 • Rancho Cordova Neighborhood Center, 10665 Coloma Road • Rancho Cordova Police Station, 10361 Rockingham Drive • Rancho Cordova Branch Library, 9845 Folsom Boulevard • Cordova Recreation and Park District Administration Office, 2197 Chase Drive • Cordova Senior Center, 3480 Routier Road • Grapevine Independent Office, 3338 Mather Field Road A complete list of participating retail pharmacies and covered drugs can be obtained by calling (800) 516-1873 or going to www.caremark.com/nlc. For additional information about the program or local distribution sites, please call (916) 851-8700.

Review of Empirical Studies Finds Vouchers Improve Public Schools

The report, written by Foundation Senior Fellow Greg Forster, collects the results of all available empirical studies on how vouchers affect academic achievement in public schools. “Contrary to the widespread claim that vouchers hurt public schools, the empirical evidence concludes that in fact, vouchers improve public schools,” Forster says. “No empirical study has ever found that vouchers had a negative impact on public schools.” “Some say vouchers can’t be improving public schools because, look, there are still lots of problems in Milwaukee,” says Forster. “But the empirical evidence consistently shows

vouchers are having a positive impact. Just because things aren’t perfect yet doesn’t mean that nothing’s helping.” A total of 24 school choice programs now exist in 14 states and the District of Columbia, serving over 160,000 students. Forster looked at 17 empirical studies which examined the impact of vouchers on academic achievement in public schools. All but one found that vouchers improved public schools and none found that vouchers harm public schools. “Every empirical study ever conducted in Milwaukee, Florida, Ohio, Texas, Maine and Vermont finds that voucher programs in those places

improved public schools,” he said. Called “the nation’s leading voucher advocates” by the Wall Street Journal, the Friedman Foundation was founded by Milton Friedman and his wife, economist Rose D. Friedman. The Foundation’s operations are based on the principle that the best way to improve the quality of elementary and secondary education is to give all parents the freedom to choose the schools that work best for their children. The full report can be accessed here: www.friedmanfoundation.org

Family, Friends and Fun!

Everybody Loves Orangevale’s Pow Wow Days!

Mark Your Calendar! Each year the Orangevale Chamber of Commerce hosts an exciting local 4 day event at Filbert Park called “Pow Wow Days”. Loaded with festivities for the young and old, it’s a whole lot of old fashioned fun. The theme for this year’s celebration is “Family, Friends and Fun!” Held this year from Thursday, May 14th, through Sunday, May 17th, Pow Wow Days is a historic, calendar-packed event complete with a parade down Greenback Lane, a special “Kids Korner” day with fun-filled activities, craft booths, live music, the fair food we all love, and a carnival full of rides.

The 46th Annual Pow Wow Days activities will be held locally at Filbert Park, 7145 Filbert Avenue just south of Oak Avenue behind Green Oaks Elementary School. The parade will be on May 16th starting at 10:00 am. Anyone can enter and if you would like to enter your group, company, or club in the parade just complete an application form. The cost is only \$15.00 to enter a group or club with less than 20 people, over 20 is \$30.00. The parade entry deadline is May 1, so sign up your group today! If you want some great exposure for your company, have a booth at the event or become a sponsor! To get

your Pow Wow Days vendor, sponsor and parade applications, or to request information on how your organization can sell the unlimited ride wristbands as a fundraiser, go online to www.OrangevaleChamber.com/applications, call the Chamber office at 916-988-0175 or stop by the Chamber office at 9267 Greenback Lane, Suite B-91, Orangevale. This is a wonderful community event and it takes a whole team. Get involved! We need volunteers! If you’d like to pitch in and volunteer your time and services to help with the event, please call the Chamber office at 988-0175. See you there!

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Like Father, Like Son: Author Stresses the Importance of Leaving Behind a Spiritual Inheritance

ENUMCLAW, Wash., Feb. 25, *Christian Newswire*: Born and raised in Korea and transplanted to the United States in 1982, New York resident Daniel Kyuyong Lee recognizes the importance of words between a father and son--in any language. Lee's new book, "Letters from a Father to His Beloved Son" (Pleasant Word, 2009), offers spiritual wisdom and guidance for young men embarking on the journey to adulthood. Written as a series of letters to his son Kevin, Lee shares seeds of wisdom, knowing they will take root and eventually flower into adulthood. Lee openly discusses personal failures in light of his Christian faith and suggests ways to incorporate

those lessons into daily life. "I have seen many parents work hard their entire lives to pass on their financial fortunes to their children. But it is far better to give your children a spiritual inheritance rather than material wealth--a spiritual inheritance of knowing God, the God who watches over our lives and who has counted the very hairs of our heads." In his Solomon-like missive, Lee grapples with the question, "How does a father prepare his son for life on his own in the world?" Among other things, he encourages his son to: Avoid negative attitudes, Discipline your mind, Cultivate good habits, Train your intellect, Spend time with God, Always give thanks. A small business owner for more

than twenty years in the Manhattan area and a former high school teacher, Lee holds degrees from the College of Education, Chonbuk National University in South Korea, as well as an MBA from Barrington University in the United States. Lee and his wife have been married for 26 years and have one adult son. Lee's previous books include "Manhattan: Land of Opportunity" (Hangook Moonhwa Sa, 1996), and "A Loving Father's Bequest to His Child" (Joy Works Books, 2007). To purchase a copy of Letters from a "Father to His Beloved Son," visit www.winepressbooks.com or call 877-421-7323. To schedule an interview contact Abigail Davidson at 360-802-9758 or abigail@winepressgroup.com.

Dr. James Dobson Steps Down as Focus on the Family Chairman

Latest development in natural transition alleviates more administrative burden; will continue to appear on daily radio program

COLORADO SPRINGS, Colo., Feb. 27 *Christian Newswire*: Focus on the Family's James C. Dobson, Ph.D., has stepped down as board chairman of the ministry he founded 32 years ago, it was announced today. His wife, National Day of Prayer Chairman Shirley Dobson, has also left the Focus on the Family Board of Directors. They have been elected to the positions of Founder and Chairman Emeritus and Director Emerita, respectively, for the nonprofit ministry they started in 1977. The Dobsons' decision represents the next step in a transition plan begun six years ago, when he stepped down as president in order to lessen his administrative burden. Executive leadership was handed to Don Hodel in 2003, and then to Jim Daly in 2005. Dr. Dobson had been board chairman until today. The board of directors issued this statement: "One of Dr. Dobson's objectives during the last decade has been to help identify the next generation of leadership for the ministry, and to see it established securely before he stepped away from administrative oversight. That purpose has now been fulfilled, and we applaud Dr. Dobson for this concern for the future of the ministry."

Dr. Dobson's other responsibilities at the ministry will not change significantly. He will continue the "Focus on the Family" radio broadcast, and handle other duties as in the past. He will also continue to write the newsletter, sent to 1.6 million people per month. He and Mrs. Dobson are anxious to devote themselves to the joys of grandparenting. "One of the common errors of founder-presidents," Dr. Dobson said, "is to hold to the reins of leadership too long, thereby preventing the next generation from being prepared for executive authority. I have wanted not to make that mistake with Focus on the Family, which is why I stepped back, first from the presidential duties six years ago, and now, from board chairmanship. Though letting go is difficult after three decades of intensive labor, it is the wise thing to do." Jim Daly, Focus' president and CEO, said the ministry will "forever be committed to the fulfillment of the mission so definitively served by both Dr. and Mrs. Dobson - helping families thrive." "The Dobsons have dedicated their lives to Focus on the Family," Daly said. "He is my mentor and friend - and an inspiration and role

model to millions of Americans." Dr. Dobson called Daly a "great leader." "We at Focus are blessed to have someone with Jim's passion and skills, as well as a wonderfully experienced and intelligent board of directors. That fact gave me the courage to let them run the ministry. With God's help, they will do it superbly." Assuming the chairmanship of the Focus board is Lt. Gen. Patrick P. Caruana (USAF, Retired), a board member since 1996 and vice chairman since 2006. Gen. Caruana, who served 36 years in the military, was Vice President of Northrop Grumman Space Technology from 2002 to 2005 and also served as Vice President and Program Manager for TRW Space & Electronics from August 1999 until the company was acquired by Northrop Grumman in 2002. *About Focus on the Family* Reaching more than 220 million people in 155 nations, Focus on the Family is a Christian nonprofit organization dedicated to serving, strengthening and defending families worldwide. Founded in 1977, Focus on the Family provides practical tools, spiritual resources and emotional support to families at every stage of life. Focus on the Family is online at www.FocusOnTheFamily.com.



by Pastor Ray Dare

In the Sermon on the Mount, Jesus talks about worry at one point and He gives us six reasons why we shouldn't worry. Then He summarizes it. I love what The Message paraphrase says of Matthew 6:31, "What I'm trying to do here is get you to relax. To not be so preoccupied with getting so you can respond to God's giving." What is God's giving? It's grace. What is He saying here? He's saying that sometimes you've got your focus on the wrong thing. You need to focus not so much on what you can do for God as focus on what God has already done for you. Everything in your life you have because God loves you. Everything you have in your life you have because of God's grace. Everything you have in your life you have because God has been merciful to you.

How God's Mercy Helps You Relax

That's where Paul starts. He says if you want to make it to the finish line, if you don't want to flame out or burn out in the faith before you get to the end of your life, you've got to have this foundation of understanding that God loves you unconditionally. It's called grace. "Since through God's mercy we have this ministry, we do not lose heart." 2 Corinthians 4:1. He says since we know that everything God does in our lives is by mercy and grace, because of His love we don't give up. Why is that important? Because so much of the time Satan is whispering in your ear, "Not good enough." He says it to you over and over and over. "Not good enough!" You get this idea that God is some unpleasable parent and that God is ticked off at you because you just don't measure up. Friends, if you have accepted the grace of God, that idea is not coming from God. It's coming from the devil. Grace is the fact that God knows every dumb thing you're going to do in your life and He still chose you. He still loves you. He still wants you in His family. You're never going to last in the Christian life or in ministry if you don't understand that His love for you is unconditional. God made

you to love you. He's not waiting for you to change before He starts loving you. Not only does He love you -- He likes you. Did you know that God likes me? Actually He's quite fond of me. Did you know this? He's quite fond of you. You may have never realized that. Some of you have never really thought about that. You think God is mad at you all the time. But if you have accepted His Son, Jesus Christ, all your sins have been paid for. They're wiped out. They're gone away. God says 'I'm doing it all because of grace'. When you understand two really cool factors, you can relax -- not just believe but relax -- in God's grace. You can enjoy it. First, you don't have to prove your worth any more. If God likes you and other people don't like you -- who's got the problem? They do! Your worth and value has nothing to do with what others think of you. That's important. Second, you don't have to wallow in your failures, because you're serving Christ through His Mercy. Don't just believe in God's Grace, learn to relax in it. See you Sunday, Pastor Ray

New Community Christian Church www.YourNewChurch.org

Hospice Consortium Seeks Volunteers to Care for Terminally Ill Patients Throughout the Sacramento Region

Sacramento -- Life prepares few of us for death. That is why hospice volunteers as members of a Team of trained professionals play an important role in providing care, companionship and support to terminally ill patients and their families. The Sacramento Hospice Consortium is offering training classes beginning March 6 and April 3 in

Sacramento for people interested in becoming hospice volunteers. More than 300 volunteers currently work with seven hospice programs serving the Greater Sacramento area, but more help is needed. Volunteers take a series of classes including History and Philosophy of Hospice Care, Concepts of Death and Dying, Communications Skills, and Grief

and Bereavement. Training is designed for both those wishing to become hospice volunteers and those caring for and supporting a dying family member or friend. For more information or to register, call the Sacramento Hospice Consortium Volunteer Response Line at (916) 388-6288. The cost for 24 hours of training is \$35.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Isaiah in the Old or New Testament or neither?
 2. From Genesis 3, who made clothes for Adam and Eve out of skins? *Adam, Eve, The Lord, Serpent*
 3. What did Jesus say His followers would never walk in? *Fear, Solitude, Darkness, Shame*
 4. Lamentations 3 speaks of the wormwood and the what? *Serpent, Gall, Fence, Fig*
 5. Who had a vision of a lion that had eagle's wings? *John the Baptist, Peter, Herod, Daniel*
 6. From 2 Samuel 20, who killed Amasa? *Joab, Sheba, Abishai, Bichri*
- ANSWERS: 1) Old; 2) The Lord; 3) Darkness; 4) Gall; 5) Daniel; 6) Joab
- For more trivia, log on to www.TriviaGuy.com.
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Stroll through the stations of the cross or visit a labyrinth.

Weekend programs available. Community Mass Thursdays.
Meeting rooms available to rent.
Open Houses 9 a.m.— 4 p.m. Feb. 9, 13, 20, 24, and 27
Hospitality is our gift. Come visit us.

. . . and rediscover your center.

(916) 725-4720

FREE!!

LOAN MODIFICATION COUNSELING

Saturday March 21, 10:00 AM - 12:00 Noon

American River Community Church

3300 Walnut Ave., Carmichael

RSVP: www.info@arconline.org or (916) 483-3465

CALL NOW - SEATS ARE LIMITED!

NID HOUSING COUNSELING AGENCY

A HUD APPROVED ORGANIZATION

NID Housing Counseling Agency is offering FREE Housing and Legal Counseling for Homeowners having difficulty in refinancing their monthly mortgage payments.

Oak Avenue Free Methodist Church

8970 Oak Avenue, Orangevale, CA 95662 Corner of Oak and Beech

(916) 988-8815 • Pastors Andrew Webb & Robert Price

Office Hours: 9 am to Noon - Tuesday - Friday

Wednesdays: Senior's Bible Study: 1st & 3rd, 10 am - 11am

Evening Adult Study: 7 pm - 8:30 pm

Sunday School - 11 am For All Ages • Sundays Worship - 9:30 am

www.avefmc.org

Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628

Pastor Charles Carter (916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung.

Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am

Sunday Worship 11:00 am

Sunday Evening 6:00 pm

Wednesday Evening 7:00 pm

Come and Experience God's Amazing Grace

(Located south of Madison; just east of Dewey)

Call for More Information

Divine Savior Catholic Church

will be having an

ALL you can eat Crab Feed

on March 14th.

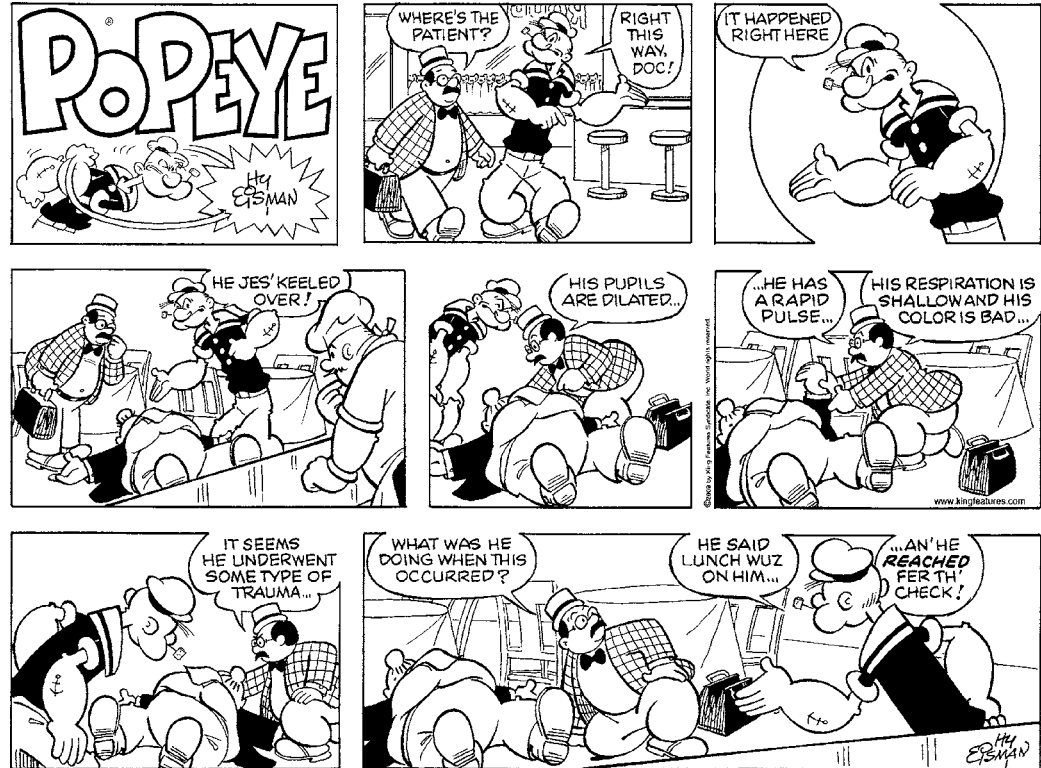
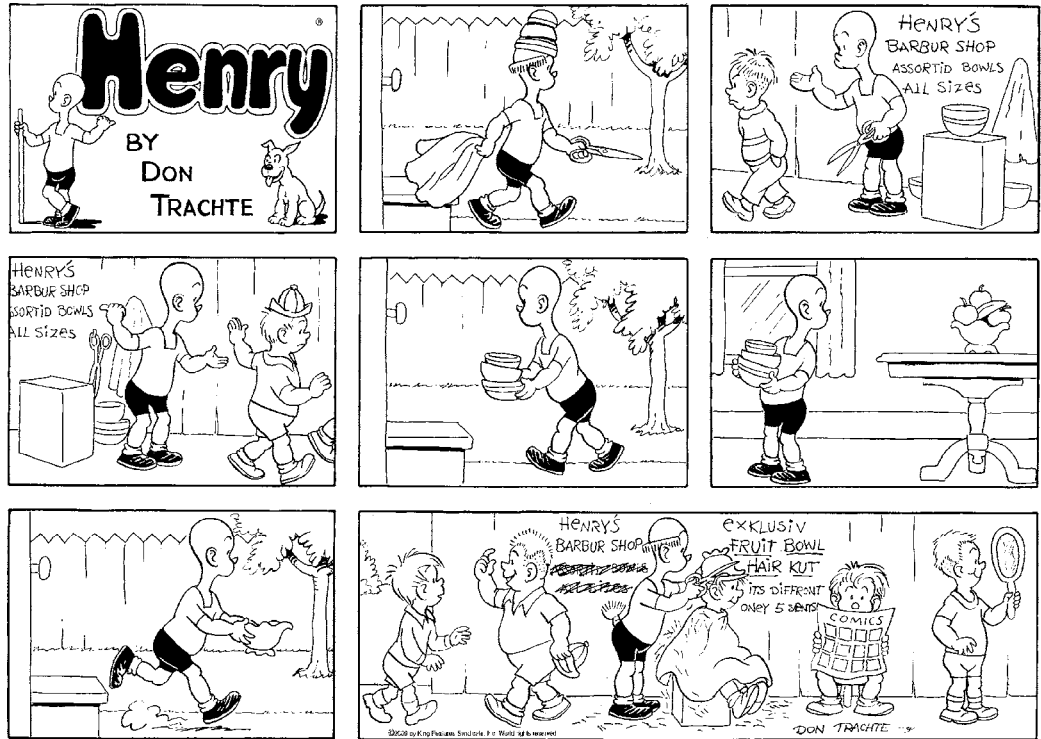
Doors open at 5:30. Tickets can be purchased for ONLY \$35.00 per person (\$40.00 after 2/28/09) at 9079 Greenback Lane, Orangevale.

They will be offering a No host bar, raffle and silent auction.

For more information or questions please call

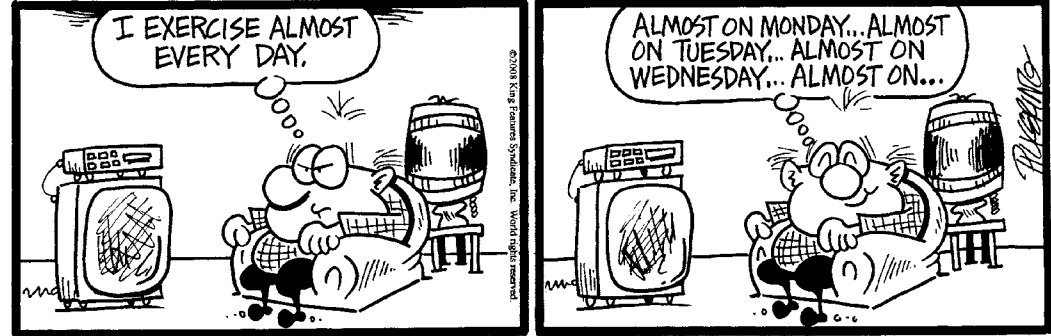
989-7400

You can also purchase tickets online at www.divineSavior.com



Out on a Limb

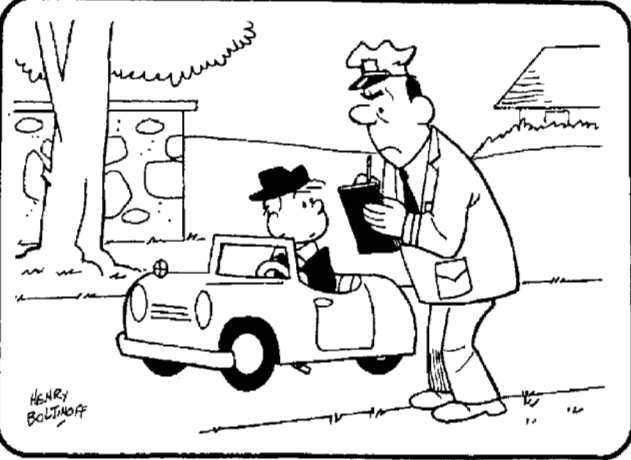
by Gary Kopervas



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Tires are black. 2. Tree limb is missing. 3. Pocket has been moved. 4. Wall is higher. 5. Back bumper is missing. 6. House is lower.

Trivia test by Fifi Rodriguez

1. MEDICAL TERMS: What would a patient with alopecia be lacking?
2. LITERATURE: Which of Shakespeare's plays featured a character named Caliban?
3. U.S. STATES: Which four states within the United States are referred to as commonwealths?
4. ARCHITECTURE: Where would a reredos be found?
5. LANGUAGE: From which two words is the term "cyborg" derived?
6. MYTHOLOGY: In American Indian mythology, which creature can cause thunder and lightning?
7. TELEVISION: What was the name of the concierge in "Gilmore Girls"?
8. MOVIES: What was the name of Harrison Ford's spacecraft in "Star Wars"?
9. ENTERTAINERS: Singer Olivia Newton-John came to the United States from which country?
10. FAMOUS QUOTATIONS: Who once said, "I couldn't wait for success, so I went ahead without it."

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Weekly SUDOKU

by Linda Thistle

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

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 ● RE-WORDS

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

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

Rededicate	Relive	Resolved	Restore
Relabeled	Reload	Resolve	Retaken
Relearn	Rematch	Restart	Rethink
Reline	Remix	Restate	

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All Answers on Page 8

Contract Bridge

DOING WHAT COMES NATU-
RALLY

North dealer.

Both sides vulnerable.

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

The bidding:

North	East	South	West
1 ♥	Pass	2 ♦	Pass
4 ♦	Pass	4 NT	Pass
5 ♥	Pass	6 ♦	

Opening lead — queen of spades.

The opening lead is instrumental in determining the outcome of many hands. For example, look at this deal where the opening lead proved fatal to the defense. North-South bid aggressively to a slam, and West led the queen of spades.

The lead was certainly "normal" and natural, and would be made by most players holding the West cards. Declarer saw immediately that he was in trouble, as he apparently had to lose

a heart and a club.

But South did not give up. He also saw that he had a legitimate chance to make the slam if the adverse cards were favorably divided. He knew West couldn't have the A-K of clubs, since he surely would have led a club with that holding. This meant there was an increased chance that East had both top club honors. And if East also had the king of hearts, the slam could be made.

So South proceeded on this basis. He won the ace of spades, led a low diamond to the ten, cashed the king of spades, discarding a heart from dummy, then ruffed the nine of spades. Next he led a low club from dummy.

East took the club with the ace, catching South's jack, and then did as well as he could by returning a low club. But South was not fooled. He discarded a heart and so made the contract.

The same result would have accrued if East had returned a heart from the king or had attempted to cash the king of clubs. All roads were sure to lead to Rome once declarer decided to play East for all the key cards.

Of course, if West's opening lead had been a heart or a club, the contract would have failed. But it would be wrong to fault West for choosing the spade lead. He was only doing what came naturally.

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by Steve Becker

HUD Housing Notice

There is help available for homeowners facing the loss of their Home! there are options to "STOP" Foreclosure.
*You should call if you are delinquent on your mortgage loan.
*Are unable to make upcoming payments.
*Are currently in foreclosure.
*Have questions regarding your mortgage terms
*Would like homeownership advice / consultation
*If you currently own more than your house is worth.

We provide "Free" confidential counseling to homeowners. We are HUD Certified Housing Counselors and knowledgeable about foreclosures. We will help you identify who your Loan Servicer and or Lender is and how to contact them. We will prepare you for the questions the Lender will ask you to evaluate your situation for workout solutions. We will help you prepare all information required by your Lender on your behalf.

NID-HCA IntegriFund is a national housing counseling agency charged with assisting homeowners who have difficulty making their mortgage payments. We are familiar with all the various options including possible loan modifications that lenders will consider to help you avoid foreclosure.

Call us today at (916) 487-7500 for immediate homeownership Free counseling. The sooner you call, the sooner help is available. There is no cost for our services.

San Juan High School Class of 1964 45th Reunion

The San Juan High School class of 1964 will be holding its 45th reunion at the Lions Gate Hotel on June 6, 2009. The Reunion Committee is looking for all classmates to join in an evening of dinner, dancing to the oldies, a silent auction and fun, fun, fun.

For further information about the event, contact Dick Cowan at 916-635-7225 or dcowan@clarksullivan.com

Solemates Walking Events for March

Walkers are invited to join the Solemates Walking Club on the following March walks. There is no cost. Participants must be able to walk the minimum number of miles noted below.

Saturday, March 21st, 8:30 AM – Solemates easy 4-mile walk along New York Creek in El Dorado Hills. No children or pets please. Bring water. Stop for coffee after. Carpooling from Sunrise Mall available. Contact Dan O'Donahue @ 967-9361.

Saturday, March 28th, 8:30 AM – Solemates moderate 4+ mile walk from Powerhouse in Folsom up to site of the new Folsom Landing Bridge opening. No children or pets please. Bring water, snack and walking stick. Coffee after. Rain cancels. Carpooling from Sunrise Mall available. Contact Dan O'Donahue @ 967-9361.

Poetry in Our House

Our House Poetry Series

3rd Tuesdays Monthly, 7-8:30 pm
1004 White Rock Road # 400,
El Dorado Hills,
Montano de El Dorado Center
(south of Hwy 50 on Latrobe Rd at White Rock Rd)
916-933-4278

Poetry Features and Open Mic.

Come and speak your word and/or listen the that of others in a lovely Art Gallery. The setting couldn't be better! ... and the Words ... oh, the Words ... !

Refreshments usually available.
Check it out!

KING Crossword

Answers on Page 6

ACROSS

- 1 Young bloke
- 4 Lavatory sign
- 7 Go sightseeing
- 8 Fills the cargo hold
- 10 Cognizant
- 11 One
- 13 Joseph, Kevin and Nicholas
- 16 Donkey
- 17 Prognosticators
- 18 Dead heat
- 19 One of the 4-H Club's H's
- 20 Citi Field forerunner

- 21 Disdain
- 23 Bowlers' milieu
- 25 Son of Odin
- 26 Poultry
- 27 Mess up
- 28 Where to find Augusta
- 30 Greek cross
- 33 Dianne, Peggy, Kathy and Janet
- 36 Affluence
- 37 Speechify
- 38 "The best-laid schemes o' mice an' men gang aft —"
- 39 Church service
- 40 Method (Abbr.)
- 41 CBS logo

- 23 Actress Anderson
- 7 Pairs
- 8 Enticed
- 9 Boil slowly
- 10 "Mirrors" director
- 12 Desiccates
- 14 Noggin
- 15 Red or Black
- 19 Perp. to vert.
- 20 Mr. Bill's home, briefly
- 21 Termagant
- 22 Part of 41-Across
- 24 "Radical, dude!"
- 25 Aviv lead-in
- 26 Arousing suspicion
- 28 Pitcher for the Yankees'
- 29 Initial stakes
- 30 Rib
- 31 Crafts' mates
- 32 Work with
- 34 Kvetches
- 35 Salver

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Journalists, Editors Eligible for \$5,000 Scholarships for College Religion Courses

Christian Newswire--Religion Newswriters invites all working journalists, regardless of beat, to apply to its Lilly Scholarships in Religion program. The scholarships give full-time journalists up to \$5,000 to cover the cost of taking college religion courses. With religion in the headlines more than ever, now is the perfect time to dig deeper into today's hottest religion stories. More than 200 people have already taken advantage of Religion Newswriters' Lilly Scholarships in Religion Program for Journalists. Some of the timely topics they've studied include: God & Politics, Culture of the Contemporary Arab World, Islamic Movements, Understanding Japanese Religions, Science & Religion and Evangelism. "This course, Religion in Postmodern Culture, was an extremely helpful and rewarding endeavor, both personally and professionally," said David Yonke, religion editor, The Toledo Blade. The scholarships can be used at any accredited college, university, seminary or similar institution. Journalists can take any course they choose as long as it is in the field of religion. Scholarships cover tuition, books, registration fees, parking and other costs. Online and travel courses are also included (as long as travel costs are a part of the curriculum). All full-time journalists--including reporters, editors, designers, copy editors, editorial writers, news directors, researchers and producers--are eligible, regardless of whether or not they cover religion. Application deadlines for 2009 are April 1, July 1 and Oct. 1. Scholarships must be used within three academic quarters of their award date. Only full-time journalists working in the general circulation news media are eligible. Religion Newswriters Association is the world's only journalism association for people who write about religion in the mainstream news media. The scholarships are offered through its non-profit arm, the Religion Newswriters Foundation, with funding from the Lilly Endowment, Inc.

Complete information about the Lilly Scholarships in Religion program is available at <http://www.rna.org/scholarships.php>. For questions, contact Amy Schiska at 614-891-9001 ext. 3#, or Schiska@RNA.org. Religion Newswriters offers training and tools to journalists to help them cover religion with balance, accuracy and insight. Visit www.RNA.org for training events, ReligionLink story ideas and sources, scholarship opportunities, a religion stylebook and primer, an online resource library, contest and membership information.

Miss / Teen Sacramento Scholarship Pageant

Pre-Teen Sacramento • Miss / Teen Greater Sacramento Mrs. / Ms. Sacramento • Mrs. / Ms. Greater Sacramento

April 25, 2009, Capital City Hotel

\$1000.00 scholarship to Miss Sacramento
\$500.00 scholarship to Teen Sacramento

• **Free Training - Ramp Walking - Public Speaking Official Hair Stylist**

- All contestants receive free training in ramp walking,
- Public speaking, skin care and hair care.
- 1st runner-ups will be awarded with Greater Sacramento Titles
- Winner will attend a minimum of 25 public appearances, fund raisers, parades, grand openings and special community events.

• Call director for application and more information - 721-3824

Miss & Teen & Pre-Teen is open to ladies who are single, never been married, nor a parent and of good morals an character.

Pre-Teen contestants 11 – 12 years
Miss contestants 16 – 27 years
Teen contestants 13 - 17 years

Mrs. / Ms. is open to ladies who are single, married, with or without children and of good morals and character.

Mrs. / Ms. contestants 18 years and older

If Miss Sacramento is unable to use her scholarship with one year of her reign and or graduation, it will be awarded to her first runner-up. If Teen Sacramento is unable to use her scholarship within one year of graduating high school, it will be awarded to her first runner up.

Mary Purvis
Local California Director

Waggin Tails Doggy Daycare, and VibraPet Sacramento's Premium Dog Food Announce Their Easter Egg Hunt for Dogs

Why: Because we will have a howling good time!
When: April 4th
What time: The hunt begins at 10:00 and will last until 12:00
Where: Waggin Tails Doggy Daycare located at 8516-D Auburn Blvd., Citrus Heights, CA 95610

What to bring - Bring your dogs leashed. (All dogs must be leashed) and a basket for finding treats
How much - believe it or not it is FREE
Easter Bonnet Contest: We will be having an Easter Bonnet Contest from 10-11 AM for dogs. The dogs will have their picture taken in their bonnets as they enter, and the winner will be announced a 11:30 AM.

The winner will receive a spa package basket from Waggin Tails and VibraPet.

Have questions?
Call Kris at 916-601-3584
Andrea at 916-247-9361



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Hair Salon PRO CUT <i>We Serve Men & Children</i> 603 Douglas Blvd. Roseville 916-642-3269 Open M-F 9-5:30PM Sat 9:30-4pm	Advertise Here Tree Care Incorporated <i>10% Senior Discount</i> On Tree Pruning, Removal & Stump Grinding ISA Certified Arborists Free Estimate - Fully Insured Lic # 475196 852-9500	Plumbing VICTORY PLUMBING-SEWER-DRAIN <i>Superior Quality...Outstanding Values!</i> Your Local Plumbing Expert Family Owned & Operated Licensed & Insured Small Jobs & Remodels Welcome Monday to Saturday 7 am to 7 pm Call 916-482-4190	Garage Doors ACTION DOOR SERVICE <small>CALIF. STATE LIC. #650461</small> Garage Doors and Openers, service, repair, replace. <i>Serving greater Sacramento area since 1987.</i> Free Estimates • Senior Discounts Contractor for Lowe's, Sears, Home Depot and Costco. Visa, MC, Amex (916) 635-5951		
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Start high school, lose best friends?

by Lauren Forcella

Dear Straight Talk: After reading aDear Straight Talk: I'm a freshman and high school has split my best friends apart. One became a cheerleader, another went alternative/emo, another is too immature to handle. I'm the only one who hasn't joined a new group and because I'm lousy at making new friends, I feel I need to pick which friend to be with. I am closest to the cheerleader, but she's stuck up now with all her snobby girlfriends that I hate. The immature one still plays Tinker Bell online, and when she goes fourth grade on me I go brain-dead. The emo friend is amazing, but unless we're gossiping or talking music, I can't communicate with her like the cheerleader. Where do I stand in all this? If I hang out with the cheerleader, I feel I'm intruding on her time with the snooty girls, but if I hang with the punk, I feel I'm intruding there. And the immature one I just can't tolerate anymore. Please help. — Clearwater, Florida

Katie, 15, Auburn CA: My best friends drifted apart this year, too. Don't take sides. Try to balance between the alternative and cheerleader. If you honestly can't stand your immature friend, leave her behind.

Emily, 16, Sacramento CA: To this day, my best friend from middle school continues trying to make "us" work. It

used to be annoying, but since we went through a rough patch we did become closer. Though we will never be what we were, giggly and always laughing, we are there for each other when life gets tough. Let your friends grow. The best way to meet new friends is through an activity you already enjoy — or through sports because you are thrown together as a team.

Liva, 20, Hudson NY: Your question made me mad. You should value your friends for who they are, not how they dress or who they hang out with. When you're young, it's hard to realize how easily you can lose someone to death, moving, college, etc. If you love these girls, trivial things shouldn't matter. Maybe you can be friends with all of them and get different needs met: personal talk with the cheerleader, music with the alternative, chill-out time with the immature one. You only have so much time with your friends, value it.

Mariah, 17, Collinsville OK: High school knocked my friends apart, too. But if your friends are inviting you into their groups, that's not intruding. Be friends with all of them, just do it separately so the cliques don't collide. If you must choose, hanging with someone who thinks she's better than you just isn't right.

Ashley, 20, Auburn CA: Step out of your comfort zone! Talk to people

in class, make new friends — and stop feeling like you're intruding on your existing friends! Get to know their groups; maybe you'll like people and enjoy yourself.

Elise, 17, Fair Oaks CA: It's hard watching best friends go, but high school changes people, including you. Talk to the cheerleader about feeling inferior. If she shifts her behavior in your favor, she is a true friend still. It sounds corny, but just be yourself and you will find lifelong friends.

Shelby, 17, Auburn CA: You say you haven't fallen into a category, but you have. You've joined the group that judges and labels people. I've never heard anyone say so much crap about her friends. In middle school I was friends with three girls too. One is now a social bug, another went artsy, another is totally smart, and I'm the athletic one. Yet we're still friends and hang out when we can.

Dear Florida: Everyone is immature at 15. It's hard to imagine now, but life is long. If you give your friends freedom, shrug off their immaturities, and don't burn bridges, you'll be amazed at who will seek you down the road.

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

Films and DVDs for the Whole Family



by David Dickstein

Family Films



Monsters vs. Aliens
Opens March 27, rated PG
monstersvsaliens.com

Yeah, it's another movie about aliens from outer space set on destroying Earth. But what makes this one somewhat unique is that our planet is putting its hopes on a group of monsters that, for at least one of them, was once a human. Front and center is a California girl who mysteriously grew to about 50 feet tall after an encounter with a meteor on her wedding day. Bridal bummers. All-star voice cast in this animated DreamWorks feature includes Reese Witherspoon, Hugh Laurie, Keifer Sutherland, Stephen Colbert and Rainn Wilson.



Race to Witch Mountain
Opens March 13, rated PG
disney.go.com/disneypictures/
racetowitchmountain

Disney's remake* of its own 1975 film, "Escape to Witch Mountain," has a slightly different title and storyline. Sara and Seth are orphaned youngsters with extraordinary powers, and when they cross paths with a cab driver (Dwayne "The Rock" Johnson) a wild ride ensues that could change the entire universe. Oh, about the asterisk: Director Andy Fickman said he doesn't want us to call his follow-up to the dreadful "The Game Plan" of last year, another The Rock project. He prefers calling it "a new chapter within the world of Witch Mountain." Sorry, Fickman — it's a remake.

Family DVDs


Madagascar: Escape 2 Africa (ages 6-10, now available, rated PG): Good, not great is last fall's sequel to the 2005 animated feature starring Alex the lion, Marty the zebra, Melman the giraffe and Gloria the hippo. The talking animals hope to fly back to New York, only to crash land on the plains of Africa, proving once and for all that penguins make poor pilots. Heard, but not seen in this animated feature are returning Ben Stiller, Chris Rock, David Schwimmer and Jada Pickett Smith. Nice bonus is a second disc with two new episodes of Nickelodeon's cartoon series, "The Penguins of Madagascar." Grade: B



Beverly Hills Chihuahua (ages 5-12, March 3, rated PG): This canine comedy proves that you can't teach an old dog new tricks — the old dog being fish out of water stories — but the movie at least doesn't bite. When a pampered Chihuahua from Beverly Hills gets lost in the mean streets of Mexico, a laughter of predictable proportions ensues. Drew Barrymore, George Lopez and Piper Perabo lead the voice and live-action cast. Grade: B-

Pinocchio: 70th Anniversary Platinum Edition (ages 4 and up, March 10, rated G): See Disney's animated classic about a wooden marionette who becomes a real boy like never before. Available for the first time in high-def Blu-ray Disc, the film that introduced Jiminy Cricket and the song standard "Wish Upon a Star" is brilliantly restored with enhanced picture and sound. Also available in 2-disc DVD. The bonuses, including a trivia challenge and new making-of featurette, aren't magical, but at least the movie is. Grade: A

Degrassi: The Next Generation, Season 7 (ages 11-15, March 24, not rated): The serial teen drama series out of Canada has ventured into such heavy themes as relationships, drug abuse, HIV, cancer, rape and violence since debuting in 1987, and the past season was no different. The stories and characters tend to be more in tune with real adolescents and young adults than "90210" and "South of Nowhere." Grade: A-



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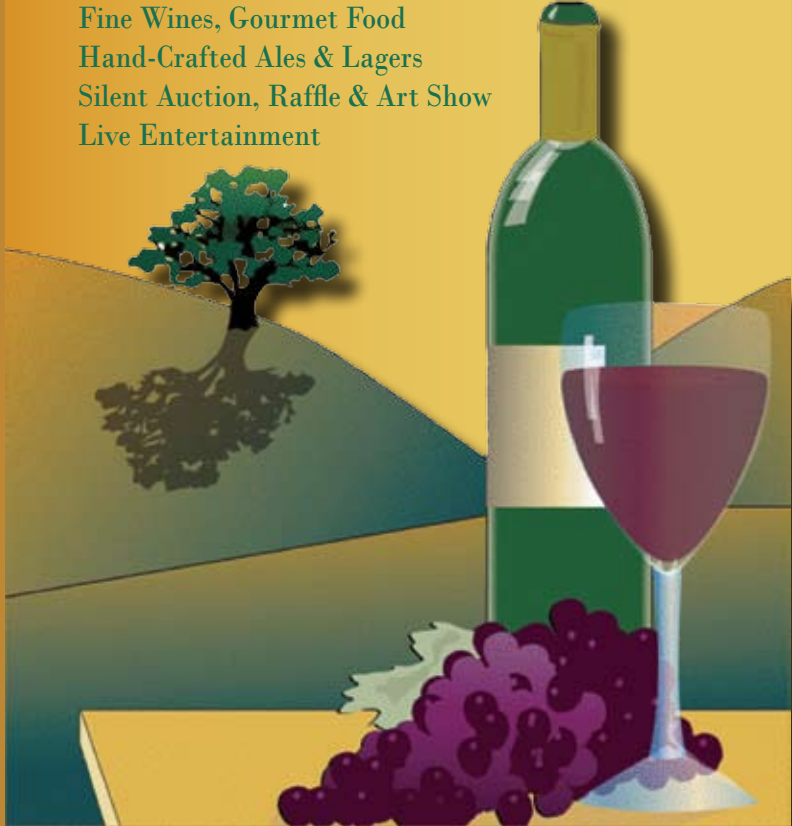
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6pm -10pm**

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WTT Releases 2009 Schedule

Sacramento Capitals Season Tickets Now on Sale



Western Conference Champions will battle for the Advanta WTT Championship title on July 26, hosted by the Washington Kastles.

Michael Chang will be the Caps home marquee player with marquee appearances by and Bob and Mike Bryan of the Kansas City Explorers and crowd favorite Anna Kournikova, representing the St. Louis Aces.

Tennis Hall of Famer Michael Chang makes his Advanta WTT debut for the Sacramento Capitals on July 10 in Roseville, Calif., and also plays one match on the road on July 11 against the Newport Beach Breakers.

The world's top doubles team of Bob and Mike Bryan will play four matches for the Kansas City Explorers including July 21 in Sacramento where they will face a Capitals' team coached by their father Wayne Bryan.

Anna Kournikova returns for her seventh WTT season and her second with the St. Louis Aces. Kournikova visits the Sacramento Capitals on July 13.

Team lineups will be finalized at the Advanta WTT Roster Draft on March 31 in Miami. Season tickets are now on sale by visiting www.gocaps.net or calling 916-638-4001. Specials ticket packages and single tickets will be on sale in May.

The Sacramento Capitals return for their third year to Allstate Stadium, Westfield Galleria at Roseville. All matches begin at 7:30pm

For Further Information: Contact Lonnie Nielson Team Owner or Liz Krohn-Public Relations 916-638-4001

SACRAMENTO CAPITALS 2009 HOME MATCHES

July 1 Preseason Event	Capitals Charity Challenge Benefiting Keaton Raphael Memorial and Braden Durant Foundations	Washington Kastles
July 3	Opening Night Game On!	Newport Beach Breakers
July 5	Family Night	Newport Beach Breakers
July 10	Marquee Match Featuring Michael Chang for Sacramento Capitals	
July 13	Drop Shot Diva Day Featuring Anna Kournikova for St. Louis Aces	St. Louis Aces
July 18	Caps Idol II	Philadelphia Freedoms
July 21	Marquee MatchFeaturing The Bryan Brothers for Kansas City Explorers	Kansas City Explorers
July 22	Pink Night Benefiting American Breast Cancer Foundation	New York Sportimes
July 24	East & West Conference Championships	Host TBD
July 26	WTT Finals	Hosted by Washington Kastles

River Cats Announce High School Baseball Schedule for 2009

20 Area High School Teams to Take Part

By Gabe Ross

West Sacramento, – The Sacramento River Cats have announced the 2009 schedule for the River Cats High School Baseball Program. The 2009 schedule kicks off with the March 6th match-up between Davis and Woodland. The program, now in its 6th year, has raised in excess of \$215,000 for participating teams since its inception. Each participating team receives an allotment of River Cats tickets, good for select River Cats home games during the 2009 season, at up to a \$5/ per ticket discount. Teams then sell the tickets at face value with the net proceeds going back to the school for new uniforms, equipment needs, travel expenses and various other team costs. Once each team has sold their allotment of tickets, the River Cats provide a FREE Raley Field experience. They not only play a game on the Raley Field diamond, but are treated to all the amenities of a River Cats game, including in-game entertainment, scoreboard and public address services. All games are open to the public.

“In the six years since we instituted our High School



Baseball Program, it has been extraordinarily successful and emblematic of the River Cats’ work within the youth sports community,” said Alan Ledford, River Cats president, general manager and COO. “Area high school coaches and administrators continue to provide extraordinarily positive feedback on this program, and we are proud to contribute to the growth of our community’sathleticprograms.”

The complete schedule of games for the 2009 River Cats High School Baseball Program is as follows:

Monday, March 9:
Benicia vs. Cordova, 6:30 p.m.

Wednesday, March 11:
Oak Ridge vs. Elk Grove, 6:30 p.m.

Thursday, March 12:
Inderkum vs. Kennedy, 6:30 p.m.

Friday, March 13:
Franklin vs. Pleasant Grove, 6:30 p.m.

Friday, April 17:
Bella Vista vs. Rio Americano, 6:30 p.m.

Saturday, April 18:
Mesa Verde vs. Colfax, 6:30 p.m.

Wednesday, April 29:
Lincoln vs. Whitney 6:30 p.m.

Thursday, April 30:
Nevada Union vs. San Juan, 6:30 p.m.

Since the program began in 2004, a total of fifty-eight (58) High School games have been at Raley Field. Coaches and administrators interested in the High School Baseball Program should contact the River Cats at (916) 376-4944.

Single game tickets for the 2009 season go on sale on March 14th at the Raley Field Ticket Office and online at Rivercats.com. Until then, tickets for Opening Day or any other game throughout the 2009 season are available only through purchase of River Cats Full Season Tickets, Mini Plans and group packages. 2009 River Cats Season Tickets, Mini Plans and group outings can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS (4487).

For more information about the 2009 River Cats season, visit www.rivercats.com.

For information on other events at Raley Field, visit www.raleyfield.com.

Black Belts Win National Recognition



They came from across the country and around the world to showcase their style and proficiency in the Korean inspired martial art, Taekwondo. The Taekwondo Black Belts convened in Las Vegas, NV to compete in matches determining the very best athletes in divisions for men, women and children.

The Sacramento area was recognized over and over as black belts from several local communities scored in the medals across the range of men and women’s competition.

Elk Grove’s Sky McIntyre brought home a Silver Medal for women 12-13 years old in the Lightweight matches, as fellow Robinson’s Taekwondo student, Randy Wilson also took a Silver Medal among the male 10-11 year old competitors.

From Roseville, Susie Guide was honored among adult athletes, as she won both a Gold in the 33-40 year old division and a Silver medal in competitions for Lightweight Women, 41-50. Middleweight Jennifer Reasner, who also trains with Robinson’s TKD in Roseville brought home a Bronze Medal



for Sacramento area black belts.

Luis Saravia showed excellence among Male Bantam competitors 10-11, winning a Bronze Medal. Modesto resident Christopher Smith, who trains in Galt, also won honors bringing home a Gold Medal for sparring competition among Men in the 14-17 Light Heavyweight division.

The U.S. Open Taekwondo Championship is held each February in Las Vegas. The 2009 U.S. Open brought more than 1900 competitors from 40 countries

together in hundreds of sparring matches as these black belts come face-to-face to learn who is the best.

Taekwondo is the world’s most popular martial art now taught in 180 countries worldwide. For more information on Taekwondo, visit www.robinsonstk.com, or stop by any of the 18 Robinson’s Taekwondo locations. Visitors are always welcome at Robinson’s, the first family name in Sacramento martial arts.

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Sheila is a Real Queensland “Healer”



Millie Finch, is shown with her two-year old, forty pound, Tri Colored Queensland Healer named Shelia. Commonly known as an Australian Cattle Dog, this breed were at one time bred to a Dingo,

Shelia, an Australian name for female, is a very high-energy, lovable dog that gives long hugs to everyone including her Veterinarian. Happiest in wide open spaces, the Queensland Healers are extremely intelligent so they need a job-such as herding, obedience or agility to keep them happy. Shelia spends her days with a couple of good friends who are owners of some acreage in the Foothills. At least one or two weekends a month Shelia is able to chase the Scottish cattle they have there. When she sees her special friend he slaps his leg and Shelia jumps right into his arms and he catches her. She loves to hear the guitar. When her friend picks up his guitar and plays the first few lines of “The Rain Song” by Led Zeppelin, Sheila will howl like a Coyote out in the wild. While wary of strangers, the Queensland Healers bond closely to family, though the owner must establish themselves as the pack leader. Their smooth, short coat requires only occasional baths and brushing. Always alert, extremely intelligent, watchful, courageous and trustworthy, with a devotion to duty making this an ideal dog.

Kay Burton is a longtime columnist and supporter of the SSPAC and other rescue groups. To share your family pet story with our readers, email: Kayburton1@comcast.

Choral Society Offers Baroque Stimulus Package

The Sacramento Choral Society and Orchestra and conductor Donald Kendrick open their Spring 2009 season with “Bach’s Birthday Celebration” on Sunday, March 22 at 7 PM in the Mondavi Center. The program will present a musical sampler of some of Bach’s greatest works including his powerful and buoyant Magnificat (Canticle of Mary) and his jubilant Lutheran Mass in G Major. The concert will also feature excerpts from the St John Passion, Cantata # 11 (Lobet Gott in seinen Reichen), Jesu, Joy of Man’s Desiring, and a unique

a cappella arrangement of Komm suesser Tod (Come Sweet Death). Soloists Robin Fisher, Soprano, Julie Anne Miller, Mezzo, Isaac Hurtado, Tenor and John Bischoff, Bass will be joining the chorus and orchestra on stage for the Magnificat and the Lutheran Mass. In addition to projected supertitles, the March 22 performance also offers two engaging pre-concert talk Bachcasts (video podcasts) in which SCSO Conductor Donald Kendrick provides musical insights into Bach’s genius. Both video podcasts are currently accessible via the SCSO

website: sacramentochoral.com and will be featured in the Mondavi lobby beginning at 6:15 PM on March 22. According to Conductor Donald Kendrick, “Bach, like Martin Luther, believed that great music can have an amazing impact on the human spirit. He clearly knew how to showcase the spiritual and dramatic elements of the text. Come discover why Bach’s musical legacy is perhaps one of the most stupendous miracles in all music.” For more information please call or e-mail the SCSO at (916) 536-9065 scco2005@yahoo.com or visit sacramentochoral.com .

Animal House Fine Arts 2009

It’s a ZOO out there!

February 24—March 14, 2009

4th Annual Juried Fine Art Exhibition of Animal Themed Artworks

Show Dates: February 24—March 14, 2009

2nd Saturday Reception: March 14 from 5—8:30 pm

Music by Bonnie Otto

SACRAMENTO FINE ARTS CENTER
5330-B Gibbons Drive, Carmichael, CA 95608
SacFineArts.org • sfac@SacFineArts.org

Juror: Daphne Stammer, artist, teacher, equestrienne, and Crocker Art Museum docent, has been living in the world of art all her life. She graduated from Sacramento State University with a Master’s degree in art and taught art and ceramics at Cordova High School for 30 years. You can view her recent work on her web site: www.daphnestammer.com.

AWARDS: “Quest” by Clemmie King of Stockton, won Best of Show this year.

The judge, Daphne Stammer, commented on the excellent technique, brushwork and contrast of light that captures the essence of this baby heron.



All artwork is for sale.

RECEPTION & Awards Presentation:
2nd Saturday, March 14, from 5:00 – 8:30 pm

The SFAC galleries are showing paintings, sculptures and photographs depicting the world of animals through the artist’s eyes. It’s a ZOO in there! For more Information: contact Co-Chairs: Myra Steward: 916-359-2302 or e-mail: shelllady82@hotmail.com Margaret Pollan: 916-704-8611 or e-mail: M@margaretpollan.com



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BACH’S BIRTHDAY CELEBRATION

Sunday, March 22 at 7 p.m.
Mondavi Center, UC Davis



Robin Fisher, Soprano
Julie Anne Miller, Mezzo
Isaac Hurtado, Tenor
John Bischoff, Bass

Donald Kendrick, Music Director

Pre-concert talk
video podcast

Projected
supertitles

An evening celebrating the music of J.S. Bach featuring:

- Magnificat
- Lutheran Mass No. 4 in G Major
- St. John Passion (excerpts)
- Cantata #11 (excerpt)
- Jesu, Joy of Man’s Desiring
- Komm Suesser Tod



Tickets

866-754-2787
or online at
SacramentoChoral.com

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