

AMERICAN RIVER MESSENGER



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Volume 4 Issue 3

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

First Edition for February 2009

By Any Other Name



Lauren Forcella in front of a 48" x 60" original "Love is a Rose".

It's Valentine's Day. How do you say I love you? With roses, of course.

Local artist, Lauren Forcella will never forget her first show where she displayed a red rose big enough to walk into. A handsome holistic doctor stood in front of it and said, "You must have a great sex life." Forcella says she turned red as the rose.

Completely self-taught, Forcella calls painting "a gift dropped from the sky." It began 12 years ago in a women's group that met in an art studio. "There were bushel-barrels of brushes, paints, clay, wire, hammers, the yard was piled with doll parts, car parts, you name it. It was all for us. We could create whatever we wanted."

Forcella was drawn to the paints and brushes with no inkling of a latent talent. "It was shocking," she says of her first paintings. "I would take them home and just stare at them. They were seriously like something from heaven. I still feel that way about them."

From there, Forcella began a journey that has never stopped. The rose, she claims, is a big part of it. "The rose is my journey," she says. "It is nature's own labyrinth. Each rose takes you into your center, causing you to touch your own soul. You can't help but follow the petals inward, like a bee to the nectar."

But can roses improve your love life? Forcella thinks so: "People tell me they do and it makes sense. If you're

more in touch with yourself, you're naturally going to be more willing to share soul-to-soul. Consumer culture wants us to believe great sex is about the objectified act, but everyone knows the hottest sex has everything to do with the love we put into it from the inside."

"Read The Da Vinci Code," Forcella says. "The rose is the key feminine symbol in male-female love." To jumpstart your love life, Forcella has a sumptuous selection of signed archival-quality 20" x 24" rose prints available for under \$90. To order, visit her website at www.laurenforcella.com, email laurenforcella@gmail.com, or call 916-638-1139.

Linda Budge Appointed to National Committee

Rancho Cordova - Linda Budge, Rancho Cordova City Council Member, has been appointed to the 2009 CityFutures Panel on Community and Regional Development for the National League of Cities (NLC).

The League is the oldest and largest national group representing municipal governments throughout the U.S. Its mission is to strengthen and promote cities as centers of opportunity, leadership, and governance.

The CityFutures Program panel that Budge will serve on addresses local development and challenges and strategies related to housing, land use, economic development and transportation. The 2009 focus will be on economic development and sustainability in communities.

Council Member Budge has a national reputation as a municipal planner. She has

received awards and honors for leadership and planning. She is the owner of Geometra Planning & Permitting and has represented dozens of clients in general and community plan amendments, rezones, use permits, design review, and other applications throughout California and the U.S. She has been a member of the Rancho Cordova City Council since the City's incorporation in 2003 and has been Mayor twice. The NLC President said that Budge's "experience and commitment will bring great credit to the NLC and to the efforts of the CityFutures Program."

The City of Rancho



Councilwoman Linda Budge

Cordova is celebrating its fifth anniversary of incorporation. City Hall is located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670. The phone number is (916) 851-8700 and the web address is www.cityofranhocordova.org.

Garbeau's May Face Final Curtain

A landmark for twenty-seven years, Garbeau's is now fighting to stay open in the face of a possible forced closure in March by their landlord.

Mark Ferreira, CEO and co-owner of Garbeau's since June 2007, stated revenue was healthy and spiraling upward his first nine months of ownership. "Almost overnight, sales cut in half when gas first broke \$3.50 a gallon," Ferreira recounted.

Able to cover other costs of managing the theater and restaurant, rent has become the company's primary shortfall. "For months we have been trying to negotiate a temporarily reduced rent considering the economy, but our landlord refuses," said Andrea Castel, Garbeau's COO and co-owner. Their building, the historic Nimbus Winery, is owned by Lakha Investments Co., which is headquartered in Bellevue, Washington. Garbeau's is launching an

effort to raise one hundred thousand dollars to meet the landlord's demands. "We are asking everyone who wants to see Garbeau's stay in business to buy a season pass or gift card of any amount from \$5 to \$5,000," said Ferreira. Those who purchase season passes will not be left empty-handed if the capital campaign does not succeed. Garbeau's website lists a number of regional theatre companies who have pledged to honor Garbeau's season passes if the effort fails.

Support has already begun pouring out for the troubled theater. "Garbeau's is too great of an experience to lose," wrote Duane Johnson of Comstock Johnson Architects, Inc. in a letter of support. Jim Pelley, VP of Folsom Lake Bank and Chairman of the Folsom Chamber of Commerce said, "Garbeau's is a beloved part of this community and we have to do what we can to keep them in business."



Mark Ferreira

Ferreira is optimistic that the goal is not difficult to achieve if supporters contribute even small amounts: "For perspective, if the number of people who saw our production of I Love You, You're Perfect, Now Change bought a \$26 gift card, this financial mess would be over," said Ferreira.

More information can be found at www.garbeaus.com or by calling Garbeau's box office at (916) 985-6361.

Public Hearings Extended on Septic Tank Regulations

Sacramento - Senator Dave Cox today issued a statement following the State Water Resources Control Board decision to extend the public comment period to February 23:

"Due to a high volume of public outrage, the State Water Board has extended the public comment period by two weeks. The new deadline is Monday, February 23, 2009.

"It is critical that residents continue to write to the Water Board to oppose the costly regulations. Residents should be polite, specific and assertive in their emails and letters. Please be mindful that the Water Board and its staff are responding to the requirements from the ill-

advised legislation (AB 885) that was passed in 2000 - a bill that I voted against while serving in the Assembly.

"Officials from the Water Board need to understand the negative financial impact of the proposed regulations. It is important that residents take the time to voice their opinion. The email to submit comments is AB885@waterboards.ca.gov. For those who prefer to write a letter, the address is:

State Water Resources Control Board, Division of Water Quality, Attn: Todd Thompson, P.E., 1001 I Street, 15th Floor, P.O. Box 2231, Sacramento, CA 95812

"All comments must be received by 12 noon on Monday, February 23, 2009."

DMV Closes First & Third Fridays



Sacramento - All offices will be closed the first and third Fridays of each month beginning Friday, Feb. 6, the Department of Motor Vehicles announced today. The action is in connection with the Governor's Executive Order (S-16-08) that

Department encourages customers to schedule advance appointments, use online services

addresses the state's \$42 billion deficit and ongoing fiscal crisis.

"The DMV wants to make sure our customers are not inconvenienced any more than is necessary," said DMV Director George Valverde. "We have a number of online and telephone options available, and if a visit to a field office is necessary, advanced planning can make the impact less stressful."

The Department offers a number of online services through its website (www.dmv.ca.gov) - including payments for vehicle registration and driver license renewals via secure debit transactions, filing a notice of release of liability,

change of address, and scheduling appointments. Automated services are also available at 1-800-777-0133.

Director Valverde also noted that if a field office visit is necessary, come prepared. "Having all necessary paperwork and documents beforehand will help out and significantly lessen the impact. And, give the DMV the same level of priority as you would a doctor or dental appointment."

Motorists who have a registration renewal date that falls on a furlough day will have penalties waived until the next business day.

DMV Customer Service Centers 1-800-777-0133

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Barack Obama’s lefty admirers are agitating for a new New Deal. We’ll know that we’ve achieved that blessed state when the government destroys 6 million baby pigs - turning many of them into grease and fertilizer (anything but food) - to prop up the price of pork. Or when it plows under a quarter of the South’s cotton and slaughters pregnant cows.

American agricultural policy remains perverse to this day, but nobody is calling for the willy-nilly destruction of American crops and livestock as a means of checking deflation and fostering economic recovery. New Deal nostalgics forget all the elements of Franklin Roosevelt’s program that were frankly absurd and economically ruinous.

Should we want Obama to propose a quasi-militaristic program to empower business cartels to set prices, on the model of FDR’s National Recovery Administration? Should he take his cue from FDR and prosecute businesses that discount their products, giving strapped consumers a break? Should he triple taxes, hiking excise taxes on common consumer goods and imposing an entirely new payroll tax on employment? Should he crib from FDR’s speeches and demonize business and investors? Should he create government make-work jobs and pay people to clear trails in the national parks and unemployed artists to paint murals in post offices?

The New Deal has been much discussed lately as the country has plunged into its worst financial crisis since the 1930s. And an amazing event has occurred: The left has admitted that the New Deal did not in fact -- as all Americans learned in their schoolbooks -- end the Great Depression. For the longest time, the New Deal

Do We Really Want Another New Deal?

coasted on a glorious reputation that shielded it from its record. As Mark Twain remarked, “Once a man acquires a reputation as an early riser, he can start sleeping until noon every day.”

In 1938, the unemployment rate was back to 19 percent, as the country swooned into “the depression within the depression.” FDR’s advocates say the problem was that, after economic gains, he pulled back too soon on his program of deficit spending. As Jim Powell, author of “FDR’s Folly,” points out, this concedes that FDR had failed to foster a business climate strong enough for recovery. (Have any of Obama’s boosters noticed, by the way, that a program of massive deficit spending that will be quickly rolled up as soon as the economy begins to recover is *exactly* what Obama is proposing now?)

Most analysts agree that World War II ended the Depression. The left tries to appropriate the war for the New Deal by characterizing it as simply a public-works program writ large -- as if global cataclysm, with millions killed, countries overrun by invading armies and major cities reduced to rubble, is just the thing we need to get an economy moving again.

FDR was a prodigious political talent, whose high spirits and well-chosen words inspired the public, and a man of great personal courage. He left his imprint forever on American government, for better or worse. He was an exceptional wartime leader. Much can be said in his favor -- except he didn’t end the Great Depression. Barack Obama, take note.

Rich Lowry is editor of the National Review.

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The American Worker Needs an Even Playing Field: Avoiding Depression by Frank Creel

The dismal science, as they call economics, is dismal mainly because it is not really a science. Science has to do with predictability based on observation. In economics, the actors are mostly invisible to single observers, and they are predictable only in the statistical sense. Rogue elephants abound.

Economics is also dismal because, if economists agree on anything, it is that cyclical fluctuations are inevitable. An economic forecaster who predicts that the good times will roll forever quickly becomes a professional laughingstock.

A quarter of a century ago, I asked an economist friend if we might sink into another great depression. No way, he replied. We learned our lesson from the last one, and there are too many safeguards in place, he assured me. Despite his assurances, I remained skeptical because, at the time, the hollowing out of our economy had already begun.

A few years earlier, I had seen a graph of manufacturing and public sector employment with the lines intersecting at around 19 million jobs apiece, with manufacturing employment declining and public jobs on the upswing. The graph had filled me with foreboding for our economic health.

In 1974, 26 percent of the job force was in manufacturing. By 2003, that percentage had fallen to 12.5 percent. Today, it is around 11 percent. The downturn we are now in will no doubt shrink this further.

A modern economy has three

fundamental elements: entrepreneurs, workers, and bankers. If any of these elements upsets the system’s harmony through laziness, incompetence, greed, or injustice, the resulting imbalance will punish all three because all are interdependent.

Workers earn and save; bankers hold their savings and make them available for investment; entrepreneurs borrow capital and create new lines of production. When workers do not sell their labor too cheaply and are able to accumulate savings, when bankers provide commercial liquidity at a reasonable interest rate, and when entrepreneurs make wise investments, the almost predictable result is a vibrant economy like the one Americans created and enjoyed for most of the 20th century.

What happened to that economy? Why are we in the mess we are in?

Many blame the lack of regulatory oversight in the mortgage industry. Others cite the obscene greed of the financial sector in the derivatives and credit-swap markets. Still others point to CEOs making 500 times what they pay their line workers.

There are grains of truth in all these claims. All those were destructive of the harmony needed for an efficient, reality-grounded economy. But the main cause of our troubles has been overlooked.

We are in an economic mess because the American worker has been asked to do the impossible -- namely, to provide for the needs of

his family in direct competition with overseas workers who are not paid even subsistence wages. This is a gross injustice against American workers. One result is that most American families can no longer afford their mortgages if the wife does not also work outside the home. Another is that the national savings rate has plunged to zero. Outsourcing and offshoring have become mainstays of the national economy, with the steady replacement of well paying manufacturing jobs by jobs in the service and public sectors.

No recent administration has been bothered by these disasters. To our political leaders, from Reagan through Bush II, these developments were the normal accompaniment of free trade and the much-to-be-desired transition to a global economy. Dislocations could be managed with more generous unemployment compensation and job retraining. The American economy was headed to a more advanced evolutionary state of new manufacturing in the information era, supported by extensive employment in the service and public sectors.

Now we get support for our computers and phones from “Rachel,” speaking with a heavy Indian accent -- turns out service jobs can also be offshored. Now public sector jobs are also on the downturn because the housing market bust has reduced tax revenues across the land. Now Silicon Valley is hanging on by the skin of its teeth. Now India graduates more engineers than

we do, and an Indian institute of technology is ranked third in the world after MIT and UCLA-Berkeley.

All of this, I think, is the direct or indirect consequence of our systematic disrespect of the American worker, who, on a level playing field, can successfully compete with any worker in the world.

To avoid slipping into another great depression, our first priority must be to rebuild our manufacturing base with enlightened trade policies and the rapid creation -- through the rulemaking powers of the governments of the industrialized economies -- of global wage parity. Along the way to that goal, we must also avoid rewarding, through bailouts, rescues, and stimulus packages, those who disrupted the economic harmony we used to enjoy.

In all things, we need balance and moderation. This is especially true in the care and maintenance of our livelihoods.

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Frank Creel, Ph.D., has been a columnist for the Potomac News, Woodbridge, Virginia. His op-ed articles have been published in the Northern Virginia Journal, the D.C. Examiner, The Washington Times, and the New York City Tribune. In 1992, A Trilogy of Sonnets was published pseudonymously by Christendom Press.

Big Government, not Big Media, Threatens Free Speech

By Don Watkins

Self-appointed consumer watchdogs—including Obama’s recent pick for FCC chair, Julius Genachowski—have long complained about media consolidation. So it was no surprise that when the FCC recently loosened restrictions barring companies from owning a newspaper and TV station in the same city, these critics went apoplectic and are now urging the House to follow the Senate in blocking the measure.

Media consolidation supposedly threatens free speech. A few conglomerates, critics warn, have seized control of our media outlets, enabling these companies to shove a single “corporate-friendly” perspective down our throats. As Senator Byron Dorgan put it, “The free flow of information in this country is not accommodated by having fewer and fewer voices determine what is out there. . . . You have five or six corporate interests that determine what Americans can see, hear, and read.”

Leave aside that Dorgan’s comments are hard to take seriously in the age of the Internet: his position is still a fantasy. Media consolidation is no threat to free speech—it is the result of individuals exercising that right.

All speech requires control of material resources, whether by standing on a soapbox, starting a blog, running a newspaper ad, or buying a radio station. Media

corporations simply do this on a larger scale.

Consider the critics’ favorite bogeyman, News Corp. When Rupert Murdoch launched the company, he and his fellow shareholders pooled their wealth to create a communications platform capable of reaching millions. They further expanded their ability to communicate through mergers and acquisitions—that is, through media consolidation. As News Corp.’s owners, shareholders were able to exercise their freedom of speech by deciding what views their private property would (and wouldn’t) be used to promote—the same way a blogger decides what ideas to champion on his blog. Like most other media companies, News Corp. even extended the use of its platforms to speakers from all over the ideological map—including opponents of media consolidation.

Do News Corp.’s resources give Murdoch an advantage when it comes to promoting his views? Absolutely. Free speech doesn’t guarantee that everyone will have equal airtime, any more than free trade guarantees that every business will have the same amount of goods to trade. What it does guarantee is that everyone has the right to use his own property to speak his mind.

Some of today’s most prominent

voices, such as Matt Drudge, have succeeded without huge financial resources. But regardless of how large a media company grows, it can never—Dorgan’s complaints notwithstanding—determine what media Americans consume. It must continually earn its audience. Fox News may be the leading news channel today, but if it doesn’t produce shows people want to watch, it will have all the influence of ham radio. Just think of how newspapers and the big-three network news stations are losing audiences to Web-based sources.

Now consider the actual meaning of government restrictions on media ownership. The FCC is telling certain Americans that they cannot operate a printing press or its equivalent. Such restrictions cannot protect free speech—they are in fact violations of the right to free speech. There is no essential difference between smashing someone’s printing press and threatening to fine and jail him if he uses one; either way, he can’t use it to express his views.

What galls critics of media consolidation is not that News Corp. stops anyone from speaking—it’s that they don’t like the choices Americans make when free speech is protected. In the words of one critic: “[M]arket forces provide

neither adequate incentives to produce the high quality media product, nor adequate incentives to distribute sufficient amounts of diverse content necessary to meet consumer and citizen needs.” Translation: Can you believe what those stupid consumers willingly pay for? If I got to decide what Americans watched, read, and listened to, things would be different.

In order to “correct” the choices Americans make, these critics demand that the FCC violate the free speech rights of some speakers in order to prop up other speakers who, absent such favors, would be unable to earn an audience. In short, they want a gun-wielding Uncle Sam—not the voluntary choices of free individuals—to determine who can speak and therefore who you can listen to.

The critics of media consolidation are frauds. They are not defenders of free speech—they are dangerous enemies of that freedom.

Don Watkins is a writer and research specialist at the Ayn Rand Center for Individual Rights. The Ayn Rand Center is a division of the Ayn Rand Institute and promotes the philosophy of Ayn Rand—author of Atlas Shrugged and The Fountainhead.

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New Military Charity Promotes “Civilians for Service Members.”

Task Force G.I. Concentrates on Creating Military Service Member Opportunity While Addressing Overseas Environment and Educational Needs.

Task Force G.I. is a non-profit Military charity that has been developed for the exclusive benefit of current and future members of the Armed Forces. Taskforce G.I. concentrates on five programs developed specifically to enhance overall overseas deployment environments and further the pursuit of obtaining educational degrees for enlisted members on active duty status with the five branches of service.

Taskforce G.I. has developed and promotes a lean operating platform designed to improve the return of all program investment. The focus is to use technology and volunteers to enhance the overall value received by Soldiers, Sailors, Airman and Marines. The website, TaskforceGI.org offers no obligation news letters to keep those interested in the progress of each Donor and Volunteer program. Interested parties can register for the newsletters by visiting the website, no Donor obligation is necessary to participate. Taskforce G.I. welcomes all involvement, allowing the largest voice possible so they can effectively contribute toward the betterment of Military Service Member’s education and environment.

“A very important part of my life was serving overseas in extreme conditions and hostile environments with the 82nd Airborne during Operation Desert Shield and the Persian Gulf War after reflection of that experience and consulting with others from current conflicts,” said Task Force G.I. founder Doug Wattenburger, “we feel that the initial program offering, serves members of the Military well.” Task Force G.I. has five specific programs designed to address topics relating to overseas environment issues and educational progress for enlisted personnel. Taskforce G.I. has setup detailed donor programs for Individuals and Businesses that will permit rewarding experiences for all stakeholders involved. Specific program names are as follows: Education, Overseas Environment, Tools of the Trade, Emergency Assistance and Patriot. Detailed information on each program can be found on the website at TaskforceGI.org.

For additional information on Task Force G.I. contact their Marketing department at 1-800-804-9110 ext 600 or visit www.TaskforceGI.org.

ABOUT Task Force G.I. - Task force G.I. is a nonprofit Charitable 501 (c) (3) corporation existing solely for the current and future benefit of our Armed forces operating both at home and overseas. We pride ourselves on having a deep understanding of the critical needs of those members of the Armed forces currently deployed overseas. We have crafted five programs that will maximize the return of donor investment; in addition we are setting up a website specifically for Service Members at Serviceappreciation.org. This will allow us to work directly with members of the Armed forces in crafting and evolving our donor programs. Our not for profit business model takes pride in maximizing the value that the service member receives from every donation by minimizing the cost of our charitable platform; Task Force G.I.

Citrus Heights Lions, Domino’s Pizza and Sylvan Middle School Students Come Together on Fundraiser



The collection of children’s eyeglasses may have been what got it all started on Friday, January 23rd, but it was the teaming of Citrus Heights Lions and their good neighbor, Domino’s Pizza, that brought 150 Sylvan Middle School students together on that cool and rainy day.

Lion Jerry Still, Citrus Heights shaker and doer known throughout the Lions District 4-C5 for his leadership in community service activity, joined with Domino’s Pizza shop owner, William “Willie” Elmer, 7451-C Auburn Blvd., to reward the winning eyeglass collector group with a large scale pizza party. Willie Elmer was eager to assist Lion Jerry and he brought in 30 steaming platters free of charge for the outdoor party. Policing the gathering of youngsters was no easy matter for the ever-watchful teachers. The crowd grew quickly as hungry students sought to be first in line or to reenter the pizza line a second and third time.

Lions Jack and Freda Morris and Malcolm and Val Singer attended from the Loomis Lions Club. Lions Val and Freda are serving on the eyeglass collection committee for the Loomis club.

Lion Bonnie Lassetter assisted Lion Jerry Still on the pizza serving line from the Citrus Heights Lions club.

The students brought in their used and discarded eyeglasses during the December drive while competing with other student groups for the grand prize of a Domino’s Pizza party. They were told their donations were being sent to medical missions being hosted by Lions Clubs in Mexico and in Panama.

A number of students seek to establish a pen pal relationship with students at the medical mission sites and Lion Jack Morris has promised to make their wishes known to the Lions clubs receiving eyeglasses.

Lions should be aware that Willy Elmer’s generosity made the event possible. He is new to Citrus Heights and any visitation to his place of business would be appreciated.

Citrus Heights Lions along with many Lions all over the world continually strive to give service to those in need. To learn more about the Citrus Heights Lions’ check their web site at www.chlions.com.

Assemblyman Niello Named “Outstanding Legislator” by California State Sheriff’s Association


Sacramento - Recognizing his longstanding dedication and support to law enforcement, the California State Sheriff’s Association has named Assemblyman Roger Niello (R-Fair Oaks) as an Outstanding Legislator for 2008.

California State Sheriffs’ Association (CSSA) is a nonprofit professional organization comprised of the 58 sheriffs along with thousands of law-abiding citizens throughout the state. The association was formed in 1894 for the purpose of giving California sheriffs a single effective voice. It was also formed for the purpose of sharing information and providing assistance to sheriffs and departmental personnel, thus enabling them to improve the delivery of law enforcement services to the citizens of this State.

“Assemblyman Niello has been a strong advocate for law enforcement. His support was an important factor during last year’s budget negotiations. We are very appreciative that while our fiscal crisis has become even more critical, he has been very clear on the priority of public safety,” said CSSA president and Placer County Sheriff Edward Bonner. “This is a well-deserved award,”

said Sacramento County Sheriff John McGinness. “I am very proud to join with my fellow Sheriffs in making this award to Assemblyman Niello. He has always provided an open door to us and we are very appreciative of his strong support for public safety and the concerns of law enforcement.”

“I’m honored and humbled to be recognized by such a distinguished organization. All 58 of California’s Sheriffs work very hard on a daily basis to keep Californians safe, and for that, we should all be thankful,” said Assemblyman Niello.



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TEDDY IS THE ORIGINAL HAVANESE IN THE SACRAMENTO VALLEY WHERE HIS BEAUTY, ALONG WITH HIS HAPPY, SUNNY AND LOVING DISPOSITION, IGNITED AN INTEREST IN THE HAVANESE BREED AND INSPIRED MANY TO OBTAIN THIS BEAUTIFUL, NON-SHEDDING BREED.

TEDDY WILL BE TERRIBLY MISSED BY HIS FAMILY, KAY, BRIAN, SISTERS BEBE AND DAISY AND MANY, MANY DEAR FRIENDS HE HAS MADE OVER THE YEARS.

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PLEASE JOIN US AT AN UPCOMING SEMINAR TO LEARN:

- Will you get a deal by purchasing a foreclosure?
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- Is it really a good time to buy?
- What is a short sale?
- What is your credit score, and what does it mean to a lender?
- Why do you need a credit report ahead of time?
- What to do if you can’t qualify now?
- What is the first step in purchasing a home?
- Bring your own questions.

When: Wednesday February 18th at 7:00 - 8:00 p.m.

Future seminars held on the 3rd Wed. of each month

Where: Carmichael Realty Associates
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Citrus Heights Regional Chamber Celebrates 51 Years



2009 Chamber Board President Dave Sikich of Atlas Disposal Industries with outgoing Board President Diane Pleines of Bank of Commerce, Roseville.

The Citrus Heights Regional Chamber of Commerce celebrated their 51st Annual Installation Dinner on Saturday, January 24th at the Holiday Inn North East. Congressman Dan Lungren was on hand to congratulate the Chamber and provide opening remarks for the celebration. Additionally, Sacramento County Supervisor Roberta MacGlashan took part in the festivities with many business owners and operators from Citrus Heights and the surrounding region. City of Citrus Heights Mayor, James Shelby, conducted the swearing in ceremony



Mathew Allen of Assemblyman Roger Niello's Office with Jack Duncan of J & W Auto Wreckers, Sacramento County Supervisor Roberta MacGlashan and Jean Duncan.

with many city councilmembers and county representatives present. The Citrus Heights Regional Chamber wishes to thank the following sponsors for their generous contributions to this prestigious event and for helping to further the Chamber's mission to promote and meet business needs, add value to its members, and enhance the quality of life within their community. Emerald Sponsors; City of Citrus Heights and Mercy San Juan Medical Center Ruby Sponsors; Allied Waste Services of Sacramento, Atlas

Disposal Industries, C&M Mortgage, L and D Landfill Company, Lucky Derby, Marcia Fritz & Company, CPAs, Morgan Tire of Sacramento, Inc., Pacific Gas & Electric Company, River City Bank, Sides & Ferkovich Accountancy Corp., SureWest and Walker, Donant & Company Sapphire Sponsors; National University Online Information Center, Sacramento County Supervisor Roberta MacGlashan and Western Health Advantage For more information about the Citrus Heights Regional Chamber visit ChChamber.com.

Rancho Cordova Names Quarterly Business Winners

D3 LED and Clean Energy Systems are the winners of the quarterly recognition business awards sponsored by the City of Rancho Cordova and the Rancho Cordova Chamber of Commerce. Each quarter, one large and one smaller business are recognized for outstanding achievement. "The quarterly awards convey our appreciation to the businesses in our community and acknowledge their accomplishments," said Megan McMurtry of the City's Economic Development Department. "Our goal is to promote community prosperity and to retain businesses that we have here."

The larger business, D3 LED, was recently in the news for creating nine LED displays for Times Square,

including signs for M&Ms, ABC, and Walgreens. The Walgreens sign is one of the largest LED displays in the world at 17,000 total square feet. The company engineers and manufactures sophisticated LED digital displays in Rancho Cordova. They opened in 2006 and their sales have more than doubled each year. Winner of the Exceptional Enterprise award, D3 LED was lauded for exceptional business growth and success. "Rancho Cordova offers a business-friendly environment for us," said George Pappas, Managing Partner.

Winner of the Neighborhood Pioneer award in the smaller business category, Clean Energy Systems is a clean technology company. "Our power plant in Bakersfield has no smokestack and uses our technology

to generate power without pollution," said Stephen Doyle, Executive Vice President. The company has completed the startup and research and development phases and is "ready for commercialization". It currently has technology contracts with government and utility companies. The two businesses were honored at a recent City Council meeting. The next awards will be presented in late spring.

For more information about the winners or nominating a business for future awards, please contact McMurtry at (916) 851-8782 or at mmcmmurtry@cityofranchocordova.org. The City of Rancho Cordova is celebrating its fifth anniversary of incorporation. City Hall is located at 2729 Prospect Park Dr., Rancho Cordova.

Economic Recovery Depends on Small Business

Updated Statistics Underscore the Importance of Small Business

(BUSINESS WIRE)—California's economic recovery will depend on small business. That message is driven home in the newly updated California Small Business Profile released today by the Office of Advocacy of the U.S. Small Business Administration. The most recent data show that the state has 718,220 small employers, and they employ 99.2% of the state's workforce. "California depends on small business for jobs and economic growth," said Shawne McGibbon, Acting Chief Counsel for Advocacy. "During this time of financial stress and economic instability, policymakers need to remember that the state's small businesses provide the economic base for its families and communities." To further highlight the importance of small business, the updated profile

notes that small businesses created 87.6% of the state's net new jobs from 2004 to 2005 (latest available data). Not only does the state's economy depend on the health of its small businesses, so too does the economy of the United States. The U.S. has slightly more than 6 million small employers, or 99.7% of all employer firms, and they provide 50.4% of its private sector employment. These firms created 78.9% of the nation's net new jobs from 2004 to 2005, and they generated more than half of the private non-farm gross domestic product. The Office of Advocacy, the "small business watchdog" of the federal government, examines the role and status of small business in the economy and independently represents the views of small business to federal agencies,

Congress, and the President. It is the source for small business statistics presented in user-friendly formats, and it funds research into small business issues. For more information and a complete copy of state and territory small business profiles, visit the Office of Advocacy website at www.sba.gov/advo.

The Office of Advocacy of the U.S. Small Business Administration (SBA) is an independent voice for small business within the federal government. The presidentially appointed Chief Counsel for Advocacy advances the views, concerns, and interests of small business before Congress, the White House, federal agencies, federal courts, and state policymakers. For more information, visit www.sba.gov/advo, or call (202) 205-6533.

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Pay for college without going broke

Fair Oaks man teaches free workshops to help parents save thousands in process

FAIR OAKS---Parents that are planning on sending a child to college in the next few years, but aren't quite sure how to pay for it can now rest a little easier.

Tary Farnholtz of Dollars for College, Inc. has been educating parents in the community about what to do if they haven't saved enough for college.

'It's really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$45,000 a year, and they don't know who to turn to,' he says. 'Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a six-figure income.'

Tary's affiliation with College Planning Specialist of Carlsbad, CA who have worked with over 3000 families in the last 15 years ranging from single moms to corporate CEO's, swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make.

'Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works, and how they can get their child into a top school, help that student pick a career that will suit them and pay them well, and save thousands of dollars in the process.'

Parents will have a few opportunities to hear Tary speak. He is teaching his class 'How to Give Your Kid a 4-Year College Education... Without Going Broke!'

The workshop dates are Saturday, February 21st, 6:15-7:45pm. held at the Carmichael Library, 5605 Marconi Avenue, Carmichael, CA 95608 and Saturday, January 31st at 10:15-11:45am. held at the Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks, CA 95628.

'We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it'll be like learning how to get a brand new Lexus for the price of a used pick up truck,' he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more.

'They will learn a ton, and I do my best to make the class fun,' he says. 'It's like I'm giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly!'

Don't forget: the class is totally free, but seats are limited by the size of the room and many families have had to be turned away at the door of recent workshops due to no reservation being made. You can reserve a seat by calling (916) 966-8800 or schedule a FREE, no obligation, one-hour consultation.

Sweeten This Valentine's Day With Financial Gifts



Kirk Camunez

You could give flowers. You could give candy. You could give jewelry, a watch or a gift certificate. They're all fine Valentine's Day presents, and your recipient would appreciate any of them. But this year, why not go beyond the usual gifts and give your valentine something that can sweeten the rest of the year — and beyond? Specifically, why not give a financial gift?

Of course, you can always write out a check, or stick some money in a card. But why not think "outside the box" a little bit? Here are some possibilities to consider:

• Give stocks. You might want to give shares of stock in a company that makes products favored by your loved one. As an alternative to buying stocks, you could give some shares of your own. You'll need to know what you originally paid for the stock (its tax basis), how long you've held it and its fair market value at the date of the gift. The recipient will need this information to determine gains or losses when he or she sells the stock. (You'll also need to determine if you have to pay gift taxes. You can give up to \$13,000 per year, free of gift taxes, to as many people as you want.)

• Give a savings bond. You might think that U.S. government savings bonds were a quaint relic of the past, but they're still around. Your valentine might

appreciate a low-risk, government-backed bond that pays a guaranteed rate of interest. Plus, you can buy a Series EE bond for as little as \$50 or as much as \$5,000 (the limit for a calendar year).

• Contribute to an IRA. The IRA contribution limit for 2009 is \$5,000. Investors who are 50 or older can also make a "catch-up" contribution of an additional \$1,000. So, if your valentine hasn't fully funded his or her IRA for this year, you can help. While you can't put money directly into someone else's IRA, you can write a check for that purpose. Because of their tax advantages, IRAs are great retirement-savings vehicles, so they are well worth funding. (Traditional IRAs grow tax-deferred; Roth IRAs grow tax-free, provided the investor has had the account for at least five years and is 59-1/2 or older.)

• Make a charitable gift in your valentine's name. Your loved one, like many people, probably supports a variety of social and charitable organizations. By making a donation to one of these groups in your valentine's name, you can add a special meaning to this Valentine's Day. At the same time, you'll be giving yourself a little valentine, because you may be able to claim a tax deduction for your charitable gift. In fact, if you give an asset, such as a stock, which has appreciated in value, you'll get an extra tax break because you won't be responsible for capital gains when the charity eventually sells the stock.

By making any of these gifts, you'll show your valentine that you truly care about the most important part of his or her life — the future.

This article was written by Edward Jones for your Edward Jones financial advisor.

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

Magic maze

Answers

GROUCHO MARX QUOTES

Puzzles are on Page 12

King Crossword

Answers

Solution time: 25 mins.

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

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by Pastor Ray Dare

You were made for more than just getting up, going to work, coming home, getting up and doing it all over again and again for 50 or 60 years. You must understand that you are a person of destiny. You are here in God’s divine plan. He has strategically placed you here at this particular time in history because He has great confidence in you to be the person He’s made you to be for Him. God didn’t choose Moses, David, or Paul to live in this hour. He chose you to live in this hour to make a difference with your life. The Bible tells us in 1 Timothy 1, to “Stir up the gift of God. . .” that is within us. God is counting on you to make a difference and He has given you incredible gifts and talents that must be developed. The enemy will tell you you’re just a housewife. You’re just a businessperson. You’re just a plumber. You’re just an accountant. . .whatever. No. Listen friend, God has given you something very important to do for Him. You’ve got to be obedient. You’ve got to be open to following

Making A Difference With Your Life

the God-given dreams and desires He’s put on the inside of you. So many people are waiting for a big voice to boom out of heaven and instruct them what to do. But most of the time, it’s not like that. It’s going to be a simple desire. The Bible talks about “A still, small voice”. You may be sitting around waiting for the right time to do what God’s been telling you to do. You think, ‘As soon as my kids get out of school, I’ll do it. I’ll be obedient to God. I’ll get involved.’ ‘As soon as this big project at work gets over, then I’m going to get involved.’ ‘Whenever the right time comes, then I’m going to do what God’s calling me to do.’ But friend, you know as well as I do there will never be a right time. The time to do what God’s telling you to do is right now. We’ve got to quit making excuses. Everyday you put it off, you’re missing out on God’s best for your life. Jesus told a parable of the talents in Matthew, chapter 25. I encourage you to read it today. God has given every one of us talents. Let me ask you a very important question today, what are you doing with the talents God has given you? Are you making the most of what God has entrusted you with? Or are there weights that are holding you back? Are you too busy to come to church on a regular

basis? Are you letting the enemy deceive you into thinking you don’t have what it takes to do what God’s telling you to do? Let me challenge you: Don’t hide your talents anymore. You’ve got to stir yourself up and step out in faith and do what God’s been telling you to do. You will never be truly fulfilled if you compromise what God has put on the inside of you. Get in the race. Get involved. Act on the dreams and desires He’s put in your heart. You have seeds of greatness on the inside of you. You have more to offer this world than you can imagine. I believe we’re living in a very historic and critical time in God’s timetable. He’s counting on us to rise up and to make a difference in this generation. Soon, you and I will be giving an account to our Master as to what we’ve done. Let’s make the most of the time. Be serious about your relationship with God. Stay focused on the things of God. Stay in church. Be faithful in your tithe. Don’t hide your talents anymore. Be quick to obey God. If you will dare step out in faith and begin developing the potential He has placed within you, God will be pleased.

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



by Marlys Johnsen Norris

Envision a large advertisement in the local newspaper that goes something like this:
**WANTED:
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Cleansing of Self

The fruit of their lifeis true evidence of a sincere heart. God is looking for hearts emptied of self and filled with the kind of thoughts, actions and deeds Jesus would do. Once mankind has grasped the full meaning of living for God in this way, instead of self, he truly understands the meaning of the Christian life. Always promoting self and self interests is actually repulsive to God. Why would a person choose to satisfy his own idea of greed and desires when God has a better plan? He is the God of provision Jehovah – Jireh, and He will supply all one needs. It is when one is able to forget about themselves, they learn to experience the Agape love of God (unconditional) for

all mankind. Blessed with the “abundant life” promised in the Scriptures they act upon that love by serving the Lord. For Jesus said, “Truly I tell you, just as you did it to one of the least of these, who are members of my family, you do it unto me”. (Matthew 25:40 referred to as King) Picture that—giving to Jesus! Meeting needs everywhere in our community and in our world becomes a “call” on every life who makes a decision to commit and surrender to the will of God. The church is filled with “gifted and talented people” who spend those gifts sharing the love of God with the members and with world around them.

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

More than 5,000 Pastors Take ‘The Preacher’s Pledge’

Christian Newswire -- Pastors across the U.S. and around the globe are affirming The Preacher’s Pledge- -a declaration of the centrality of the Bible in preaching and sermon preparation. More than 5,000 preachers have now taken The Pledge, with many more affirming it every day. The Pledge was introduced by SermonCentral.com, the world’s most highly trafficked sermon website. More than 250,000 visitors come to the site each month to access over 140,000 sermons and illustrations, amounting to nearly a half-million pages of online Scripture commentary. “We introduced The Pledge because we think preachers must engage the Bible in their sermon preparation and not simply short-cut the process using someone else’s study,” says Ron Forseth, general editor for SermonCentral.com. “Our site is a valuable supplement- -but not the primary source

for a sermon. God’s Word is.” Sermon manuscript and illustration databases have been around long before the advent of the Internet. But in the cyber age, the availability of such resources is far greater and, in the case of SermonCentral.com, free. Some preachers have been known to drift from the centrality of the Bible or even plagiarize others’ work. The Pledge allows preachers to make a public commitment to integrity in their preaching. Scott Evans, president of Outreach, Inc., which owns SermonCentral.com, adds, “SermonCentral.com offers an unprecedented opportunity for pastors to share their thinking on various passages of Scripture and relevant topics. We want to strengthen the quality of preaching in pulpits around the world. The Preacher’s Pledge is helping to do that by affirming pastors that keep their messages purely and intentionally biblical. With every

sermon on our site, we encourage pastors to affirm The Pledge.” The Preacher’s Pledge was drafted by a group of Christian leaders on the site’s advisory council. The Pledge states: “I will make the Bible my primary resource in sermon preparation and preaching. I may use other resources such as commentaries and web sites to enhance, not replace, my personal interaction with Scripture. As I study I will strive to accurately understand and honestly apply God’s Word, allowing Him to uniquely proclaim His truth in a relevant way through me.”

Pastors wishing to affirm The Pledge may do so by visiting www.sermoncentral.com/pledge. Questions or inquiries may be directed to the site’s communications coordinator, Cindy Harper, at support@sermoncentral.com.

BIBLE TRIVIA

by Wilson Casey

1. Is the book of Shimeah in the Old or New Testament or neither?
 2. From Genesis 2, what phrase describes the marriage of a man and a woman? *Holy matrimony, God’s reward, One flesh, Today forever*
 3. In Joshua 10, what people were killed by great stones cast down from heaven? *Amorites, Samaritans, Canaanites, Nazarenes*
 4. Which insect is mentioned in the book of James as an eater of garments? *Gnat, Hornet, Ant, Moth*
 5. What king of Bashan had an iron bed 13 1/2 feet long? *Edrei, Og, Argob, Senir*
 6. On which day was the sun created? *First, Second, Third, Fourth*
- ANSWERS: 1) Neither; 2) One flesh; 3) Amorites; 4) Moth; 5) Og; 6) Fourth
- For more trivia, log on to www.TriviaGuy.com.
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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

ADA Frivolous Lawsuits To Be Featured

Catherine M. Corfee, Esq. will be the featured speaker at the Fair Oaks Chamber of Commerce monthly business luncheon, Thursday, February 19, noon at the Fair Oaks Clubhouse, 7997 California Avenue. Her topic is entitled, "ADA Vexatious Litigation."

Corfee is a principal of Corfee Stone & Associates and exclusively practices employment law, ADA (Americans with Disabilities Act)

accessibility and fair housing law. Her emphasis also includes defending businesses against vexatious disabled access lawsuits, which will be the focus of her remarks. Corfee will discuss why and how such lawsuits are happening, red flags, drive bys and what you can do to prevent such threats and litigation.

Her expertise is enhanced by her background service to working with two United States Federal Magistrate

Judges in the Federal Eastern District Court. She has a bird's eye view of court room operations which lends to her wisdom regarding trial strategy and case management.

The meeting is open to the public and reservations are required. Cost of the luncheon is \$15.00 for members with reservations and \$20 for walk-ins and non-members. For further information call 967-2903.

New Unemployment Numbers Highlight Need to Bolster Unemployment System

Statement by Art Pulaski, California Labor Federation Executive Secretary-Treasurer on Release of December Unemployment Numbers

"Today's jobs loss numbers highlight the increasingly desperate economic position of California's working families. With the state now at the highest level of unemployment in more than 15 years, we're facing a code red economic crisis. Skyrocketing joblessness is causing workers and their families to fall further into a deep, dark hole that is helping to fuel a vicious downward spiral for our state's economy.

"To stave off economic calamity, it's imperative that the governor and legislature immediately address the growing need to bolster the state's sagging unemployment insurance system. Unemployment insurance

not only helps keep families in need afloat, it buoys the entire economy by pumping the funds back into communities and businesses.

"But because of outdated rules, California denies unemployment benefits to thousands of laid off workers each month. Many workers, especially those with seasonal employment like farm workers and those new to the labor market, don't qualify for benefits even when their most recent earnings should make them eligible. An updated system would give workers credit for their most recent paychecks, providing a more accurate and fair distribution of benefits.

"Now more than ever, it's crucial that we update our unemployment system to ensure benefits get to those who need it most. Congress is about to throw California's unemployed a lifeline as part of the economic stimulus package but unless the state takes immediate steps to bring the unemployment system into the 21st century, we stand to lose out on \$900 million of badly needed funds.

"The legislature and governor must enact legislation without delay that would make these necessary changes so that the state is eligible to receive these desperately needed funds. California's laid off workers and the state's economy depend on it."

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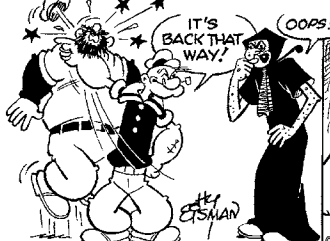
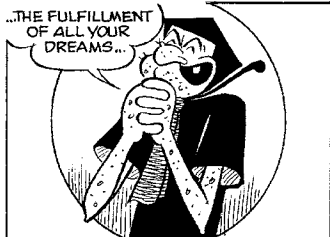
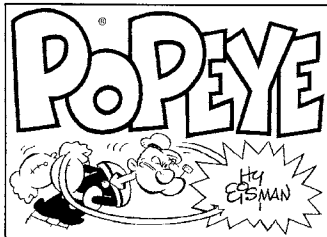
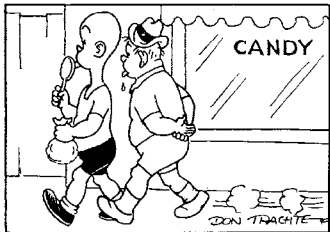
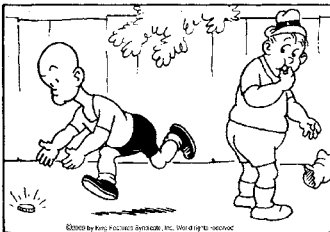
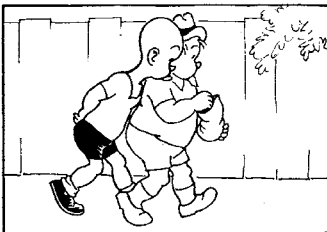
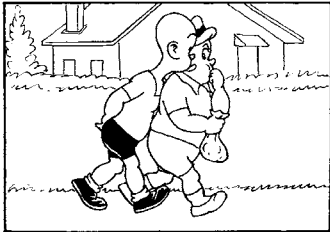
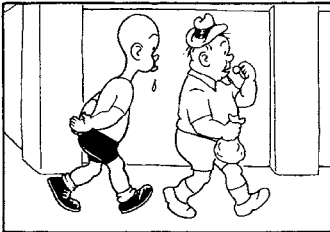
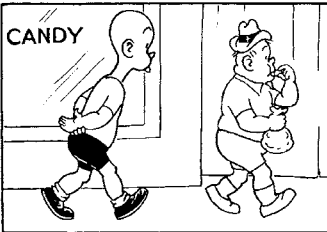
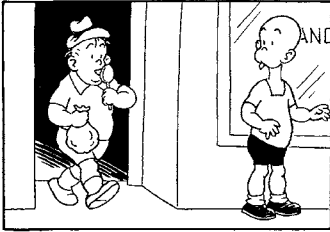
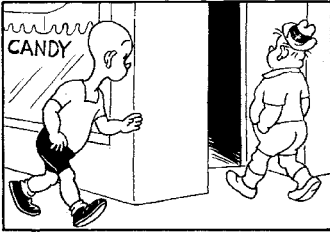
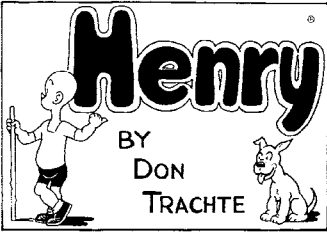
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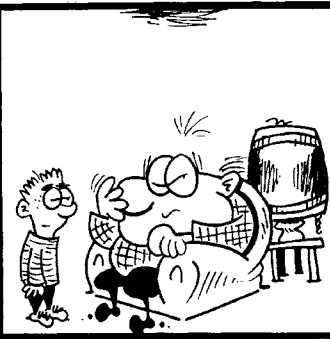
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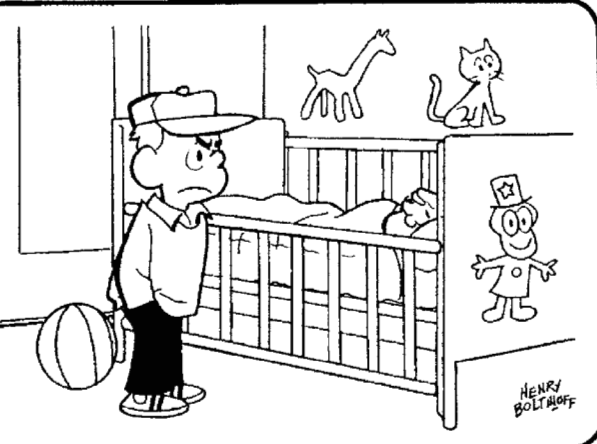


The Spats

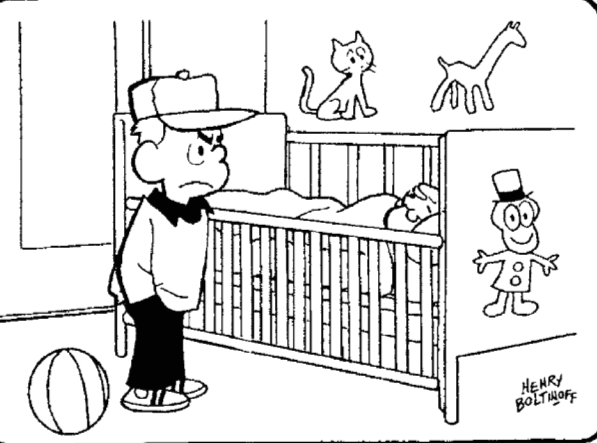
by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shirt is black. 2. Hat on crib drawing is different. 3. Wall drawings are reversed. 4. Crib has more bars. 5. Boy's hat is taller. 6. Ball on floor has been moved.

Trivia test by Fifi Rodriguez

- 1. TELEVISION: What was the name of the robot in the comedy series "Get Smart"?
- 2. MEDICINE: Who is credited with discovering a vaccine for measles?
- 3. LITERATURE: What famous author also wrote under the pseudonym of Tex Burns?
- 4. HISTORY: Who was the United States' first chief justice of the Supreme Court?
- 5. BUSINESS: What is AT&T's stock ticker symbol?
- 6. GEOGRAPHY: What African country lies directly west of Sudan?
- 7. GENERAL KNOWLEDGE: How many lines are in a sonnet?
- 8. GAMES: How many cards are used in pinochle?
- 9. U.S. STATES: Which state would you hail from if you were called a "Tar Heel"?
- 10. FAMOUS QUOTES: Who once said, "He taught me housekeeping; when I divorce I keep the house"?

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Weekly SUDOKU

by Linda Thistle

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

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 GROUCHO MARX QUOTES

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

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

I never (clue answer) a face, but in your case I'll be glad to make an exception. Before I speak, I have something important to say.

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All Answers on Page 5

Contract Bridge

FAMOUS HAND

South dealer. Neither side vulnerable.

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

The bidding:
South 1 NT Pass
West 2 ♦ Pass
North 3 ♦ Pass
East 4 ♦ Pass
South 5 ♦ Pass
West 6 ♦ Pass
North 7 ♦ Pass
East 8 ♦ Pass
South 9 ♦ Pass
West 10 ♦ Pass
North 11 ♦ Pass
East 12 ♦ Pass
South 13 ♦ Pass
West 14 ♦ Pass
North 15 ♦ Pass
East 16 ♦ Pass
South 17 ♦ Pass
West 18 ♦ Pass
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South 89 ♦ Pass
West 90 ♦ Pass
North 91 ♦ Pass
East 92 ♦ Pass
South 93 ♦ Pass
West 94 ♦ Pass
North 95 ♦ Pass
East 96 ♦ Pass
South 97 ♦ Pass
West 98 ♦ Pass
North 99 ♦ Pass
East 100 ♦ Pass

Opening lead — ten of hearts.
This deal was played in a pairs contest at the 1982 world championships in Biarritz, France. Our story concerns itself with the table where East-West were respectively Elsaied Izzeldin and Ehsan Abbasi of Kuwait, and where North-South arrived at six hearts on the sequence shown.

North's two-diamond response to one notrump was a transfer bid guaranteeing at least five hearts and forcing South to bid two hearts. The three-

diamond bid showed at least five diamonds and implied interest in a slam. Three spades and four clubs by South were cuebids confirming good support for one or both of North's suits, but the other bids that propelled them into a slam were based more on optimism than on the appropriate high-card strength.

Abbasi, on opening lead, chose to start with the ten of trumps from his doubleton Q-10! Izzeldin won with the ace and returned a spade to South's ace. Declarer thereupon crossed to dummy's king of clubs and returned a trump toward the K-J.

After East followed low, declarer, completely confident that West would not have led a trump from the Q-10 doubleton, finessed the jack and showed his cards at the same time, saying: "I will next draw the queen of trumps with the king and the rest are mine."

At this point, Abbasi, a perfect model of politeness at the table or away from it, replied with a courteous smile:

"I'd be pleased to concede your claim, but the rules require me to follow suit, and unfortunately, I do not possess a small trump to duck with. I therefore have no choice but to win your jack with the queen. However, the rest of the tricks are indeed yours."

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by Steve Becker

Touchdowns and Trumpets!

Bella Vista High School Band and Football are sponsoring a Valentine's Day Crab Feed and Auction. Feb 14th, 6 to 11PM at Divine Savior Church, 9079 Greenback Lane in Orangevale. Tickets are \$45 and can be purchased by calling the hotline at 962-7230 or e-mailing at bvcrabfeed@hotmail.com. Live music by the BV Band, crab, pasta ,salad, dessert. Full No Host Bar. Silent and live auctions and raffles. Come on out and support Bella Vista! This is sure to be a great time for everyone!!!

Fair Oaks Historical Society

Second Sunday Open House

The Fair Oaks Historical Society's History Center will be open to visitors on every second Sunday for its monthly Open House.

The History Center, which is located in the Fireside Room of the Fair Oaks Community Clubhouse, 7997 California Ave, Fair Oaks, will be open from 1:00 p.m. to 4:00 p.m. Docents will be available during each event to help with local lore and fact. If you can't come in person, please visit our website: www.fairoakshistory.org.

Admission to the History Center is free. Student groups are welcome. Local teachers are encouraged to schedule a tour. For further information please call the Historical Society's Chief of Docents Lois Frazier at 967-2967.

Chautauqua Playhouse to Open Feb 13

Enchanted April

Chautauqua Playhouse announces the fourth show of its 32nd season, ENCHANTED APRIL by Michael Barber, opening on February 13, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through March 15. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

ENCHANTED APRIL is a romantic comedy, based on the novel by Elizabeth Von Arnim. In 1922, two discontented English housewives rent a villa in Italy to escape their unfulfilling marriages. They are joined by two other very different women for the holiday and the magical setting transforms all of their lives.

The production is directed by Warren Harrison. Set design is by Jerry Sutherland, with lighting by Ross Aldrich. Costumes are by Eileen Beaver. The cast features Lynette Blaney, Richanne Baldrige, Boots Martin, Julie Bock-Betschart, Michael Walker, Walter Thompson, and Monique McKisson.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.com.

KING Crossword

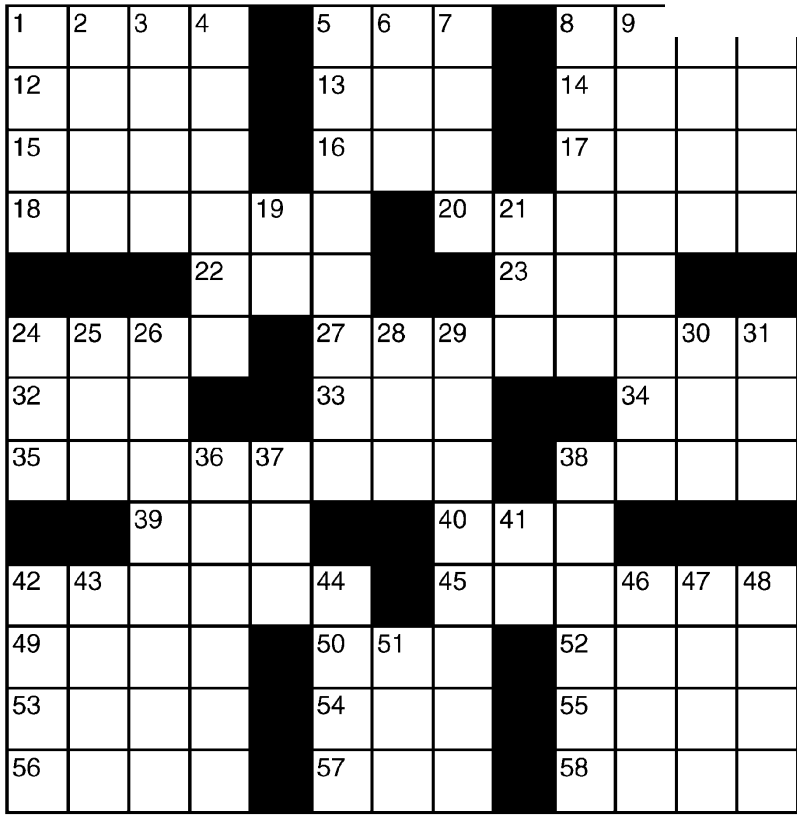
Answers on Page 5

ACROSS

- 1 Uses an abacus
- 5 Predicament
- 8 Thick chunk
- 12 Gilpin of "Frasier"
- 13 Hearty brew
- 14 Story-telling dance
- 15 Membership component
- 16 Subway
- 17 Related
- 18 Start a journey
- 20 Parking lot attendants
- 22 Eve, originally
- 23 Acknowledge applause
- 24 Galley supply
- 27 Comfy footstools
- 32 Justice Dept. div.
- 33 "So that's it, eh?"
- 34 "Flying Down to —"
- 35 Jack-of-all-trades
- 38 Increases the volume
- 39 Half-ton measure
- 40 Pussycat's partner
- 42 Assails
- 45 Snub
- 49 Kamehameha Highway

- locale
- 50 Pitch
- 52 49-Across, e.g.
- 53 Memo acronym
- 54 Swelled head
- 55 Night light
- 56 Stitches
- 57 Church seat
- 58 Mined-over matter
- DOWN
- 1 Basilica section
- 2 Consider
- 3 Uninteresting
- 4 Long-necked lutes
- 5 Soldier's
- footwear
- 6 Carte lead-in
- 7 Mogul Griffin
- 8 Kin of "aloha"
- 9 Tepid
- 10 Settled down
- 11 Prohibits
- 19 Smallest st.
- 21 Blood-group letters
- 24 Vacationing
- 25 Lawyers' org.
- 26 Man-powered transport
- 28 Calendar abbr.
- 29 Annie's song?
- 30 Pinch
- 31 ABBA song

- 36 Traffic problems
- 37 Make up your mind
- 38 The monk in "The Da Vinci Code" was one
- 41 Lindbergh book
- 42 Downy neckwear
- 43 Relaxation
- 44 Dance lesson
- 46 — -friendly
- 47 Berg portion
- 48 Marshy area
- 51 Time of your life?



PSR/Sacramento Announces 2009 High School Scholarship Essay Contest

\$10,250 Will Be Awarded to Top 10 Finalists

Sacramento - The Sacramento Chapter of Physicians for Social Responsibility announces its 2009 High School Scholarship Essay Contest, open to high school seniors in Sacramento and surrounding counties (Alpine, Amador, Calaveras, El Dorado, Nevada, Placer, San Joaquin, Solano, Sutter, Yolo, and Yuba). Students may enter the contest by submitting an essay of 500 words or less describing their thoughts on the following statement by the great genius of the 20th Century, Albert Einstein: **“We shall require a substantially new manner of thinking if mankind is to survive.”**

A total of \$10,250 in scholarships will be awarded to the top 10 contestants. The deadline for essay submission is March 11, 2009. Full details of the contest are available on the PSR/ Sacramento website at www.sacpsr.org. For additional

information or questions, please email info@sacpsr.org or call (916) 955-6333. This is the 5th consecutive year that PSR/Sacramento has sponsored the contest for area high school seniors. The prompt for the contest has been a different quotation every year. The prompt last year was the quotation, “War is a racket with the profits reckoned in dollars and the losses in lives,” from World War I era Marine Corps Medal of Honor Winner Major General Smedley Butler. Dr. Bill Durston, past president of PSR/Sacramento and scholarship contest chairperson, notes, “The purpose of the contest is to stimulate high school seniors to think seriously about the important issues of our times, and to give them a little help with their college expenses. We’ve received many inspiring essays from some very bright students in past years.”

Current PSR/Sacramento President, Dr. Harry Wang, states, “Today’s youth share the challenge of finding solutions to the immense challenges that our world faces. We look forward to their ideas and leadership.” The top 10 finalists in the 2009 PSR/Sacramento Scholarship Essay Contest will be announced on April 11, 2009. The finalists will present their essays orally at a public forum on the afternoon of Sunday, May 3, at a Sacramento location to be announced. At the conclusion of the forum, a panel of distinguished members from the community will choose the first, second, and third place winners.

Physicians for Social Responsibility is the U.S. affiliate of International Physicians for the Prevention of Nuclear War, winner of the 1985 Nobel Peace Prize.



ROCK DOC

By Dr. E. Kirsten Peters

Crude oil is a mix of stinky chemicals. But smell as they may, the liquids in petroleum are vital to us. An alert reader of these columns recently queried me about what we get out of a barrel of oil – and what those products mean in terms of miles actually driven on American highways. Petroleum engineers “take apart” crude oil in refineries, separating it into different chemicals. Roughly speaking, a barrel of oil – which is a bit more than 40 gallons – gives us 20 gallons of gasoline, 10 gallons of diesel, and 5 gallons jet fuel. (The stuff in jet fuel is also known to us old biddies as kerosene, but “jet fuel” certainly sounds more modern.) The remainder of the barrel is material like heavy oils and liquefied petroleum gases, the price of which you’ll see in business reports as “LPG.”

But what does a barrel of oil do on our roads? I’ll answer that using the example of a recent model of the Jeep Grand Cherokee. I’m choosing that vehicle simply because it can be purchased with a gas engine, a diesel engine, or a “flex-fuel” engine that runs on either gasoline or 85 percent ethanol. I’ll look

Black Gold and Mileage

only at city mileage – the lower end of the range you’d likely get with the vehicle. All my numbers are from a government website, based on the 4-wheel drive, 2008 model of the Grand Cherokee with an automatic transmission. I made certain choices about engine size in what follows. You can check variations on the figures or look up your own vehicle at www.fueleconomy.gov.

The Grand Cherokee gets 17 mpg in the city with a diesel engine and 13 mpg with a traditional gasoline engine. In other words, diesel gets you further down the road than gasoline does. For an individual person, that’s all that may matter.

The downside of diesel includes engine “clatter” and challenging start-ups at bitter temperatures. The upside, beside better mileage, is considerably more basic power. That’s important if you tow a big motorboat up and out of deep river canyons, as this Rock Doc has on summer evenings. (Can you say, “boiling over”?)

If you want to think about what a single barrel of crude does on our city streets, the Grand Cherokee figures work out like this: A barrel of crude powers a diesel Grand Cherokee about 170 miles (because 17 mpg times 10 gallons of diesel is 170 miles) and that same barrel also powers a gasoline Grand Cherokee about 260 miles (because 13 mpg times 20 gallons of gasoline is 260 miles). That’s a total of 330 miles in the two vehicles from a single barrel of petroleum.

Moving heavy vehicles over city streets more than 300 miles is no mean feat, which is why we have a heavy national dependence on crude oil.

Perhaps you want to lessen our American addiction to foreign oil. If you buy a flex-fuel engine in your Grand Cherokee and run it on “E85,” the fuel made of 85 percent ethanol and 15 percent gasoline, you get only 9 mpg in the city. That single digit mileage reflects the fact that ethanol doesn’t contain nearly as much energy as gasoline or diesel.

We Americans make ethanol from corn, and the process of growing, harvesting and processing the corn uses a lot of energy from coal, from natural gas and, indeed, from petroleum. So ethanol is hardly free of fossil fuels, including foreign oil.

If you want to check out vehicles much more fuel efficient than Grand Cherokees, the same basic link at www.fueleconomy.gov can take you to many choices. With fuel prices inching up, this geologist thinks that type of research will be increasingly wise.

The day is likely coming when many of us will commute to work in cars powered primarily by electrical energy, not liquid fuels. Plug-in hybrids will likely reach the average consumer in a year or two. Fully electric cars can be purchased now, but widespread use depends on next-generation batteries. Stay tuned for news.

Meanwhile, the stinky chemicals in a barrel of crude oil will remain central to our daily lives.

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

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Orangevale
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Hold'em

The Orangevale Chamber of Commerce is having their Texas Hold 'Em Poker Tournament on Saturday, February 21, 2009. The doors open at 6pm and the tournament begins at 6:30pm. They buy in is only \$50. Seating is limited and will fill up fast. I have just a few tickets left.

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Local Athletes Sign Letters of Intent



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On November 12th, area athletes put pen to paper and signed NCAA Letters of Intent, but on Wednesday, February 4th, it was another chance for area athletes, mostly football players, to make their college commitments official. The gridiron stars stole the spotlight at most the signing ceremonies nationally, as well as locally. Despite the unusually low interest in this year’s crop of football players, there were several players who took their seat at the now familiar signing table, adorn in their college logo wear,

while flanked by high school coaches and very proud family members. Grant High, this year’s open division State Champions had two players sign Letters of Intent. Quarterback Kipeli Koniseti made his commitment to Arizona State, while linebacker Jeremiah Toma inked his future with Fresno State. Granite Bay fell short in the division II playoffs, but the Grizzlies defense delivered big in the area of college pound players. Defensive linemen Thomas Haney and Colton Paulhus will be playing for Humboldt State and Idaho State respectively, and defensive back Corey Vanderbeek stayed local with the Sacramento State Hornets.

Paulhus and Vanderbeek will be playing alongside other local players on the college level. Folsom wide receiver Andrew Benavides will now be a teammate of Paulhus’ at Idaho State, and Rio Americano offensive lineman Chad Tannenbaum will join Vanderbeek at Sacramento State. Other area football players to sign Letters of Intent included Jaycob Shoemaker (Casa Roble, LB) – PortlandState,DavidGraves(Folsom, QB) – Hawaii, Trevor Peterson (El Dorado, TE) – Boise State, Pierce Burton (Rio Americano, DL) – San Jose State, Mason Magleby (Del Oro – QB) – Nevada, and Eric Pinkins (Inderkum – S) – San Diego State. In soccer, Division II section champion Granite Bay saw their two stars commit to big time college programs. Granite Bay’s all-time leading scorer, Chris Gaschen, made Cal Poly his school of choice. Gaschen’s Granite Bay teammate Ryan Hollingshead will also head south, but will take his game to UCLA. There were other local athletes who made their college commitments, and over the next few months there will be more athletes in all sports who will land college scholarships. Please email us with the names of athletes who make their college commitments at mike@frontpagesportsonline.com.

Broncos Gallop Passed Cougars for Sole Lead in Capital League



Front Page Sports
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With a chance to gain the upper hand in the Capital League standings, the Bella Vista Broncos hosted the Del Campo Cougars Thursday and Broncos wasted no time in seizing the opportunity. Meeting for the first time this season with matching 4-0 league records (4-0), the Broncos outscored the Cougars 15-6 in the second quarter and 17-12 in the third, to coast to a 58-44 win to take sole possession of first place in league standings. The victory was Bella Vista’s seven in their last eight games, which also snapped Del

Campo’s four game winning streak. Del Campo’s only lead of the game came in the first quarter when junior Jaron Wilson hit connected on back-to-back jumpers to put the Cougars up 6-3. However, the all-senior starting line up for the Broncos wasted no time in taking over the game. Broncos’ senior forward Tim Martin countered with a three-pointer that tied the game at 6-6, and then guard and fellow senior Ryan Lacey followed with a layup to give Bella Vista the lead for good at 8-6. The first half was highlighted by five three-pointers from the Bella Vista offense, including three by Martin, the helped to put Bella Vista

up by a score of 30-18 by halftime. Bella Vista’s lead only grew as the game progressed, and in the third quarter the Broncos did their damage near the basket led by the work of 6’5” senior center Justin Haley who scored 10 third quarter points. Del Campo center Max Drucker played big in the middle as well scoring nine of Del Campo’s 12 points in the third. All 17 points scored by Bella Vista in the third were scored in the paint which helped to spark a 13-2 run and up the Bella Vista lead to 45-27 with 3:12 left in the quarter. With the Bella Vista crowd in the game and the home team on a roll, the Broncos put an exclamation on the third quarter when Lacey rebounded a Del Campo missed shot, looked up court and threw a pass to a sprinting Haley, to who caught the ball and took it hard to the basket for a two-hand power dunk that brought a roar of approval from the crowd. Martin took scoring honors for the Broncos with a team high 18 points. Haley added 14 points, and Lacey chipped in with seven points. Drucker led the way for the Cougars with 15 points. Bella Vista (18-4, 5-0) and Del Campo (12-9, 4-1) will meet in the season finale set for February 18th at Del Campo.

Films and DVDs for the Whole Family



by David Dickstein

Coraline
Opens Feb. 6, rated PG
coraline.com

The first stop-motion animation feature originally filmed in 3-D follows a girl who is bored in her new home until she finds a secret door and discovers an alternate version of her life on the other side. Dakota Fanning voices the title character, who winds up needing to save her family when this seemingly perfect world she entered turns treacherous. Mom is voiced by Teri Hatcher.

Free Style
Opens Feb. 6, rated PG
freestylmovie.com

Corbin Bleu of “High School Musical” comes out from Zac Efron’s shadow to make his starring feature debut as a motocross biker determined to win a spot on the Grand National racing team without sacrificing the bonds of family and friends. Uh, wasn’t that the storyline of all three “HSM” movies? Now having done basketball, jump rope and biking movies, maybe it’s time for Bleu to move on from sports. At least his latest isn’t a Disney film. That’s showing some growth.



Jonas Brothers: the 3D Concert Experience
Opens Feb. 27, rated PG
disney.go.com/disneypictures/jonasbrothers3d

Despite being a product of the Disney Marketing Machine, the Jonas Brothers are actually the real deal and actually really good. The hit pop group gets similar treatment as Miley Cyrus did last year with her “Best of Both Worlds” concert film, only the Jonas Brothers’ feature is being shown in 3-D. Local fans should look for themselves as portions are from the July 12 and 13 concerts at the Honda Center in Anaheim.

Family DVDs

The Express (ages 11 to 18, now available, Rated PG): The sports flick doesn’t score a touchdown, but the real-life story of Ernie Davis, the first black Heisman Trophy winner, still inspires. Dennis Quaid is better than the uneven material as the coach to Davis (Rob Brown), who overcame financial and racial obstacles to become a star running back for Syracuse. No happy ending here if you know Davis’ tragic story. Grade B-



Jammin’ with the Doodlebops (ages 3-6, Feb. 3, not rated): Preschoolers will have no problem singing and dancing with this psychedelic pop band from Canada, whose show airs on Playhouse Disney here. The DVD includes sing-a-longs, dance-a-longs, knock knock jokes and a CD with four songs from the show. Grade: A-

The Real Adventures of Jonny Quest: Season 1, Volume 1 (ages 6-11, Feb. 17, not rated): The Saturday morning cartoon some of us parents grew up with is a classic, and although its revival in 1996 bombed like one of Hadji’s jokes, some of the episodes aren’t half bad. Drawn from science and detective-style logic, the whiz-bang mini-mysteries should definitely appeal to the Xbox generation. This collection includes the first 13 of 52 episodes that originally aired on Cartoon Network, TBS and TNT. Grade: B-

Orangevale Rotary Renovates Little League Field of Dreams

Once again Orangevale Rotary has taken on a major hands-on project to improve the Orangevale community. Whenever you drive by the Community Center on Hazel, you see a modern facility, well maintained and inviting. Look across the street and you see a Little League field greatly in need of modernizing and upgrading. Responding to this need, the Orangevale Rotary Club determined to expend some of the revenue generated by its annual barbecue and auction to create a new “Field of Dreams” for the Little League. As President Bryan Daniel puts it, “This project fits in perfectly with Rotary International’s theme this year of Health and Safety for Children.”

Project leader Brian Buckley describes the scope of work as removal of the outfield 4’ tall chain link fencing, purchase and installation of 10 new posts, purchase of 200’ 1 3/8 top rail and installation of the remainder of the top rail, purchase of 20 eye tops and installation of the remainder of the eye tops, purchase and installation of 554’ of 4’ tall fabric with new bottom tension wire, and purchase and installation of a 10’ swing gate. The final phase will include hooking up to three 1 ½” sprinkler valves and purchasing piping and 35 commercial heads with swing arms for all new head-to-head coverage for the ball field. The first workday for the project was December 27, the second January 17, and workdays will be scheduled



The last workday of the renovation of the Little League Field by Orangevale Rotary. Pictured from left to right, working on trenching for the sprinkler system are Rotarians Jim Buntin, Bud Walmer, Josh Famestad, Karen Buckley, and Audrey Smith-Wiberg

until the project is complete. This project follows several other major community service projects Rotary has taken on, such as the Casa Roble Girls Softball Field of Dreams, the Joe Surra Memorial Track at Pasteur, amphitheaters at Roberts (now Orangevale K-8 School) Elementary School and Pershing Elementary School, shade structure at Green Oaks Elementary School, and USA maps on many Orangevale elementary school playgrounds. Additionally, one of the little-publicized involvements of Orangevale Rotary is its pursuit of the goals of peace and world understanding espoused by Rotary

International. In particular, this year Orangevale Rotary is proud to participate in several international projects: a \$1,000 donation to the Surabaya Rotary Club in Indonesia for cataract surgery for those who need it, a donation of \$2,000 towards a well in Tanzania, purchase of a rain-catchment system for an orphanage in Africa, individual Rotarians’ donations to the Wheelchair Foundation, and a small sustaining gift to the Rotary Microcredit program, which helps very poor people in third-world countries start very small businesses (this last one funded through Rotary’s own recycling program).



find yourself: getting carded at 46



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