# AMERICAN RIVER



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Rancho Cordova, CA

Volume 3 Issue 4

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

**Second Edition for Febuary 2008** 

# Daffodils Bring New Hope to Local Cancer Patients



By Maria Robinson-ACS

For cancer patients, hope will arrive this spring in the form of bright, yellow daffodils courtesy of the American Cancer Society. One of the first flowers of spring, daffodils have become a symbol of hope; to the American Cancer Society, daffodils represent the hope for a cancerfree world.

The Gift of Hope is part of the American Cancer Society's annual Daffodil Days, a campaign that raises money for cancer research, educational programs, and free services for cancer patients and their families. The Gift of Hope program enables the American Cancer Society to deliver bouquets of daffodils anonymously to cancer patients at medical centers and facilities

throughout the greater Sacramento area. A Gift of Hope, a bouquet of 10 daffodils in a glass vase, is not delivered to a specific cancer patient and the donor's name is not attached to the gift. A minimum of \$25 is suggested, but donations of \$50, \$75, \$100 or more will

help support greater numbers of cancer patients and their families.

"Daffodil Days provides an opportunity for an average person to demonstrate their compassion for those battling cancer. Every Gift of Hope donation makes a difference in the lives of real people fighting cancer, whose faces light up when they receive a surprise daffodil bouquet," said Jennifer Farr, special events director with the American Cancer Society. "Compassionate individuals and companies are not only cheering on these courageous cancer patients; they're saying that the community is behind them, and that we're funding research that may find

Volunteers are needed on March 15 to help prepare the flowers for delivery; additional volunteers are needed on March 17 to deliver the flowers to medical and treatments facilities. In 2007, American Cancer Society volunteers delivered more than 2,500 Gifts of Hope to more than 35 facilities in the greater Sacramento area. According to the American Cancer Society, cancer will affect the lives of one in every two men and one in every three women. "By participating in Daffodil Days, you are giving hope by enabling the American Cancer Society to offer free programs and services to improve the lives of people facing cancer" said Farr.

The American Cancer Society offers many free programs such as: Road to Recovery, a transportation program for those who need a ride to and from cancerrelated treatment; Reach to Recovery and Man to Man, a program where cancer survivors provide one-on-one support to those who are newly-diagnosed; and Look Good...Feel Better, a program taught by cosmetologists that teaches women how to mask they physical sideeffects of cancer treatment.

The ordering deadline is February 28. Daffodils will be delivered on March 17. For more information or to order your flowers, please call the American Cancer Society toll-free at 1-800-ACS-2345, visit www.cancer.org or email SacramentoDaffodils@cancer.org.

As a non-profit organization WEAVE relies on the support of the community to

continue with its work. WEAVE has ongoing

fundraising with its retail stores WEAVE

Works (Sacramento) and WEAVE Thrift

(Carmichael) and hosts events such as; Jeans

children at its safehouse.

# Firefighters Shake Boots Firefighters "Fill the Boot for Burns" for the Firefighters for Charity

**Burn Institute** 

Firefighters volunteeried to "Fill the Boot for Burns" at Sunrise Mall from February 15th through February 18th, collecting donations to assure that the best possible burn treatment and burn recovery programs will continue to be available to anyone unfortunate enough to suffer a serious burn injury. Firefighters have held this unique fundraiser benefiting the Firefighters Burn Institute each February for the past 14 years. In addition to the location at Sunrise Mall, over 50 fire agencies in 14 counties through Northern California will also held Firefighters "Fill the Boot for Burns" events.

During President's Day weekend over 200 off-duty firefighters from Sacramento City, Sacramento Metro, Stockton Fire and other local fire departments spent four days and hundreds of hours shaking their boots and volunteering their time to collect donations at the intersection of Sunrise Blvd. and Greenback Lane in Citrus Heights to "Fill the Boot for Burns". According to Patty Neifer, Executive Director of the Firefighters Burn Institute, "It is amazing how fast a few dollars at a time can add up to make a significant difference in the lives of those affected by the tragedy of a serious burn injury. The generous donations made by motorists driving by Sunrise Mall at last



year's boot drive totaled over \$130,000. Every dollar dropped into the boot of a firefighter is important."

Donations collected during annual Boot Drives have made it possible for FFBI to pledge one million dollars toward the construction of a new Regional Burn Center at U.C. Davis Medical Center scheduled to open in 2010. The new 7,900 square foot, 12-bed burn unit will provide comprehensive care to burn patients throughout inland northern California, northwest Nevada and southern Oregon.

The Firefighters Burn Institute (FFBI) was founded in 1973 by Sacramento Area Fire Fighters, Local 522 and has grown

into the area's largest firefighter-run charity. The Firefighters Burn Institute helped establish the first burn unit in Sacramento in 1974 and continues to donate medical equipment, fund burn research and provide free burn recovery programs, including an annual summer camp for young burn survivors and a new "Little Heroes" preschool burn camp scheduled for October.

You can get additional information about the Firefighters Burn Institute by calling 916-739-8525, or their web address www.ffburn.org.

# Animal House: It's a Zoo Out There!



Neata Antoelli, Best of Show of the 2007 Animal House exhibition

The 3<sup>rd</sup> annual juried Fine Arts Exhibition of animal themed artwork in various media will be presented February 26th to March 15<sup>th</sup>, 2008. There will be a special awards reception March 8th, 2008 in conjunction

with a Second Saturday reception from 5:00 to 8:30 pm at the Sacramento Fine Arts Center. The 2<sup>nd</sup> Saturday reception will include refreshments for the to Saturday 11am-3pm, and public. The show will be juried by Kara Castro, an extraordinary until 9:00 pm.

Friends of the River

and acclaimed watercolorist. The Sacramento Fine Arts

Gallery is regularly open Tuesdays 11am-7pm, Wednesday on Second Saturday from 5

# Celebrates 30th

on reports of domestic violence providing

advocacy for survivors. The Sexual Assault

Response Team receives calls from local

law enforcement when a sexual assault has

occurred and SART members meet victims at

area hospitals to provide advocacy during the

collection of evidence.

By Heather Hierling

For thirty years the Sacramento nonprofit WEAVE (Women Escaping A Violent Environment) has been a leader in assisting victims of domestic violence in Sacramento County. With programs ranging from domestic violence and sexual assault response teams to prevention education WEAVE's comprehensive strategy is designed to assist and educate victims so they can free themselves from a violent situation and learn to regain their independence.

"It's very tangible work. I see our clients come through and see them change," said Beth Hassett Executive Director.

WEAVE has grown from a

small grass roots organization to a paid staff of 80 with many volunteers. The free services WEAVE offers to victims include: 24-hour crisis line, confidential safehouse program, counseling, prevention education, emergency response and legal advocacy. The 24-hour crisis line (916-920-2952) is manned by staff and volunteers who have been trained to assist callers with information and support.

WEAVE has two emergency response teams that act as advocates after a victim has been abused. The Domestic Violence Response Team works with the Sacramento County Sheriff's Department following up

"We get at least one call a day," said for Justice Day in April, the Nike Women's Hassett, who been with WEAVE since Fitness Festival in June and its Second 1995 and was a response team member for

**VEAVE** 

The Soroptimist Safehouse was opened in 1986 by WEAVE and provides an emergency shelter program for female survivors of domestic violence and their children. Male survivors of domestic violence are placed at another safe location.

While at the safehouse victims can receive: emergency transportation, food and clothing, counseling, transitional housing advocacy and legal information and referrals. Victims interested in learning about the safehouse program need only to call the crisis line to seek information. Last year WEAVE provided confidential shelter to 299 women and 380

Saturday Art Walk which takes place every month from 6 p.m. at 919 20th Street. In an effort to address the root domestic violence sexual assault WEAVE created its

preventioneducation program. WEAVE's community educators go into the community upon request and teach elementary and high school students as well as businesses how to recognize signs of abuse and where to get help. According to Hassett it is important to connect with young children

imitate violent behavior and how to recognize signs of abuse in others who may need help. "It's really where WEAVE is going," said Hassett, who added that the program is so successful that it is usually booked

and teens to educate them on how to not

all year long. For more information on WEAVE and its myriad of services log onto: www.weaveinc.org.

# River Festival Returns **March 15 Event**

Friends of the River this year brings back the California Rivers Festival, an annual event that draws in kayakers, whitewater boaters and conservation activists throughout California. The festival will be held in Sacramento on Saturday, March 15, 2008 from 10:00 am to 6:00 pm at the Sacramento Waldorf School in Fair Oaks, overlooking the American River.

The California Rivers Festival is held each year when the snow begins to melt and the rivers start to rise. It aims to bring river enthusiasts together to learn more about the rivers they love and about Friends of the River's work to protect rivers throughout the state.

"California's rivers are not only the source of recreation for boaters, they also are the source of clean drinking water for California communities,'

volunteer programs for Friends of the River. "It is fitting that this year's Festival takes place on the banks of the American River, which is one of the top recreational rivers in the country and a popular urban oasis for families, as well as the source of drinking water for Sacramento and the Bay Area." This family-friendly event is free.

California Rivers Festival Highlights include; an opportunity to learn about whitewater rafting and kayaking by talking with vendors who offer outings and lessons, workshops on river sports techniques, including tips from experts on how to "run" rivers safely during the spring snowmelt season. They also include opportunities to get involved in protecting California's wild rivers, a pavilion full of the latest kayak and whitewater gear from major outdoor retailers, swap meet offering used featuring donations from retailers and outfitters, including new kayaks, rafts, clothing, expedition whitewater trips and more.

The event is sponsored by a wide range of whitewater gear manufacturers and retailers including Aire, All Outdoors, California Canoe and Kayak, Clif Bar, Clavey River Equipment, Current Adventures, Hyside, Jack's Plastic Welding, K-Bill D.J. Services, Kokotat, Maravia, Northwest River Supplies, Pacific River Supply, Patagonia, The River Store, Seal Line, Sacramento Waldorf School, Sierra Mac, Sierra Nevada House, Sierra Outdoor Center, Sotar, Teva, Tributary. More information about the California Rivers Festival can be found at www.californiariversfestival. org or by calling Kimani Kamau at (916) 442-3155 ext.203.

### **DUTCH TREAT**



# **Modern Times**

"No Country for Old Men" is a movie that I assumed was about me. It would be an accurate title describing my way of thinking, although these modern changes in our society I probably share with a few other seniors.

I have always considered "FORD" and "CHEVY" a part of America as apple pie, but the world has definitely expanded and is continually changing. And I'm tired of people thinking "outside the box!"

While sipping coffee one morning with my wife, Stacey, I discovered that I was in one of those rare moods when the simple noise of her chomping on toast began to get on my nerves. It made no sense to say anything to her, it was my problem and I continued to flip through the newspaper.

I ran across an article in the paper about Ford Motors that interested me, but I couldn't concentrate. Each bite of toast from across the table seemed to get louder. I wondered if she was taking miniature bites because the one piece of toast was lasting forever.

Twitching, I peeked over my section of the paper to see how much toast was left. I maintained a smile and was ready to wink in case she spotted me. I didn't want to hear, "What's your problem?"

Finally, I made a move and got up from the table to make my own toast. Of course, the evil part of me turned up the toaster control button from 7 to 9 to make it extra crunchy. Unfortunately, by the time it took for my toast to burn, Stacey was finished and went to the bedroom to finish dressing for work.

I regained my composure and got back to the paper only to get annoyed again with the article on Ford. I must have slept on the wrong side of the

Ford Motor Company named Tata doctor if I keep repeating that?

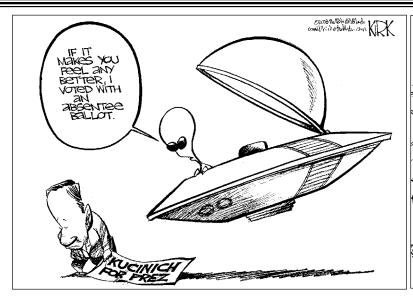
I refrained from taking my blood pressure that morning. It was probably as high as the day I heard that there are no American flags made in America

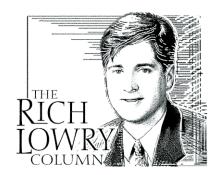
read the ingredients on new shampoo bottles before I pour it over my head. I discovered a long time ago that funny could be found anywhere. One brand claimed that it is a "hydrating" shampoo," hydrating meaning any compound made with water. Would that make me a "hydrating" human?

was a blend of Wheat Germ Oil and natural marine and botanical extracts.

What happened to "HALO?" It not only smelled wonderful, it had a great jingle too, "Halo everybody, Halo."

Quip for the Day: One wife's





In full psychoanalytical mode, Bill Clinton once observed, "I was born at 16, and I'll always feel I'm 16."

In this, Bill Clinton displayed unusually acute selfawareness. After two terms as president of the United States and a post-presidential career as a world celebrity adored by all the great and good, Bill Clinton is still 16. In recent months, he has proved that adolescents can't be

His performance on Hillary's behalf has been desperate, accusatory, self-pitying and misleading. It has been a fullon blast of Bill Clinton's do-whatever's-necessary ethic of the sort we haven't seen since he wagged his finger at the country almost 10 years ago and denied having sex with Monica Lewinsky (in itself, an adolescent escapade that could have been straight out of "National Lampoon's

# The Temper-Tantrum Kid

During his presidency, Clinton was supposedly assailed by the forces of Republican extremism and of an out-ofcontrol special prosecutor. Now, he's being attacked by the forces of hope and change. Barack Obama has, by almost any standard, run a scrupulously high-minded campaign.

But that hasn't mattered. As far as Bill Clinton is concerned, Obama might as well be a member of Swift Boat Veterans for Truth.

Bill Clinton has distorted nearly everything he's commented on lately, whether it's Obama's record on the war or the Nevada caucus process. Clinton has usually delivered his anti-Obama broadsides in a state of red-faced near-rage, as though the Clinton campaign -- with all its formidable advantages going into this year -- has been offended against at every turn. What he is displaying is the face of aggrieved entitlement, and his trademark hypersensitivity about his own legacy -- both of which are informed by his overweening ego and inability

Newsweek reports that top Democrats have been pleading with Clinton to tone it down to keep from diminishing himself. Good luck. If the dignity of the office meant so little to him, why should the dignity of the former

office restrain him? It is the misfortune of the Democrats that the most talented politician of his generation happens to be a man-child.

Besides, Clinton has no incentive to stop his tantrum tour because it appears to be working. Strategically, there might not be much more the Clinton campaign can do to sell Hillary, but it certainly can tear down Obama. The Illinois senator has pledged to fight back against Bill, probably exactly what the Clinton campaign wants.

The uglier the race gets, the better for the Clintons. In Nevada, mysterious "robo-calls" were made to voters that used Barack Obama's middle name, "Hussein," four times. It can't be long before the Clinton team uses Obama's relationship with a shady Chicago developer named Tony Rezko to try to make him seem as if he's running the most corrupt political operation since, well, the 1996 Clinton reelection campaign.

And if that doesn't work, there will be something else, as Bill Clinton tries to whine, kidney-punch and scold his way back to the White House, where he will have the run of the place, the happiest 16-year-old in the world.

Rich Lowry is editor of the National Review. (c) 2007 by King Features Synd., Inc.

# Obama Bill: \$845 Billion More for Global Poverty Fight



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#### Democrat sponsors act OK'd by Senate panel that would cost 0.7% of gross national product

Sen. Barack Obama, perhaps giving America a preview of priorities he would pursue if elected president, is rejoicing over the Senate committee passage of a plan that could end up costing taxpayers billions of dollars in an attempt to reduce poverty in other nations.

The bill, called the Global Poverty Act, is the type of legislation, "We can – and must – make ... a priority," said Obama, a co-sponsor. It would demand that the president develop "and implement" a policy to "cut extreme global poverty in half by 2015 through aid, trade, debt relief" and other programs.

When word about what appears to be a massive new spending program started getting out, the reaction was immediate. "It's not our job to cut global poverty," said one commenter on a Yahoo news forum. "These people need to learn how to fish themselves. If we keep throwing them fish, the fish will rot."

Many Americans were alerted to the legislation by a report from Cliff Kincaid at Accuracy in Media. He published a critique asserting that while the Global Poverty Act sounds nice, the adoption could "result in the imposition of a global tax on the United States" and would make levels "of U.S. foreign aid spending subservient to the dictates of the United Nations." He said the legislation, if approved, dedicates 0.7 percent of the U.S. gross national product to foreign aid, which over 13 years he said would amount to \$845 billion "over and above what the U.S. already spends."

The plan passed the House in 2007 "because most members didn't realize what was in it," Kincaid reported. "Congressional sponsors have been careful not to calculate the amount of foreign aid spending that it would require." A statement from Obama's office this week

noted the support offered by the Senate Foreign Relations Committee. "With billions of people living on just dollars a day around the world, global poverty remains one of the greatest challenges and tragedies the international community faces," Obama said. "It must be a priority of American foreign policy to commit to eliminating extreme poverty and ensuring every child has food, shelter, and clean drinking water. As we strive to rebuild America's standing in the world, this important bill will demonstrate our promise and commitment to those in the developing world. "Our commitment to the

global economy must extend beyond trade agreements that are more about increasing profits than about helping workers and small farmers everywhere," he continued.

The bill institutes the United Nations Millennium Summit goals as the benchmarks for U.S. spending. "It is time the United States makes it a priority of our foreign policy to meet this goal and help those who are struggling day to day," a statement issued by supporters, including Obama, said. Specifically, it would "declare" that the official U.S. policy is to eliminate global poverty, that the president is "required" to "develop and implement" a strategy to reach that goal and requires that the U.S. efforts be "specific and measurable."

Kincaid said that after cutting through all of the honorable-sounding goals in the plan, the bottom line is that the legislation would mandate the 0.7 percent of the U.S. GNP as "official development assistance."

"In addition to seeking to eradicate poverty, that (U.N.) declaration commits nations to banning 'small arms and light weapons' and ratifying a series of treaties, including the International Criminal Court Treaty, the Kyoto Protocol (global warming treaty), the Convention of Biological Diversity, the Convention on the Elimination of All Forms of Discrimination Against Women and the Convention of the Rights of the Child," he said.

Those U.N. protocols would make U.S. law on issues ranging from the 2nd Amendment to energy usage and parental rights all subservient to United Nations whims. Kincaid also reported Jeffrey Sachs, who runs the "Millennium Project," confirms a U.N. plan to force the U.S. to pay 0.7 percent of GNP would add about \$65 billion a year to what the U.S. already donates overseas. And the only way to raise that funding, Sachs confirms, "is through a global tax, preferably on carbon-emitting fossil fuels," Kincaid writes. On the forum run by Americans for Legal Immigration PAC, one writer reported estimates of taxes from 35 cents to \$1 dollar a gallon on gasoline would be needed.

"This is disgusting, sickening and angers me to the depths of my soul," the forum author wrote. "Obama wants us to support the world. I wonder how they intend to eliminate poverty. Most of the money always winds up in some dictator hands and in the U.N. coffers." WND calls to Obama's office, as well as the offices of others who supported the plan, were not successful in obtaining a comment.

Another forum participant said, "Yes, and we should also eliminate sickness of any kind and get rid of poverty as well. Then, too, we should make certain that everyone in the world has equal assets, equal money, a college education, etc... After that, or maybe while we are solving all of the world's little problems, we can take care of the polar bears, eliminate the internal combustion engine, and, and, and... Oh dear, if only we would just go ahead and do all the things the dreamers want us to do. Let's stop using oil and burning coal while we're at it. Then we can make it illegal to be overweight and then we can. ..." One forum contributor said since the legislation doesn't specifically demand "taxes," but instead leaves the mandatory "implementation" up to the president, "maybe the tooth fairy will leave [this new money] under the president's pillow."

Kincaid reported several more budget-minded senators have put a hold on the legislation "in order to prevent it from being rushed to the floor for a full Senate vote." The legislation requires the president to do whatever is required to fulfill a strategy that would result in "the elimination of extreme global poverty and the achievement of the Millennium Development Goal of reducing by one-half the proportion of people worldwide ... who live on less than \$1 per day."

It further requires the president not only to accomplish that goal but, "not later than one year after the date of the enactment of this act," to submit a report on "the contributions provided by the United States" toward poverty reduction.

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Motors Inc. from India as a top bidder to produce their Land Rover. That's as far away as apple pie as you can get. I tried to console myself with the fact that GM is still number one in sales, but Toyota just crept past Ford and is now breathing down GM's neck. I have to get a life. "The world is one. The world is one." Will that help me

anymore. What? For reasons unknown, I generally

The label also mentioned that it

That made my hair so happy.

One bottle we used last month smelled like tangerines, almonds, apple blossoms and cantaloupe. I screamed from the shower for my wife to get me some whipped cream and a desert dish, I was getting hungry. But I admit, it was a nice entrée that complimented the oatmeal soap I was eating.

definition of retirement is twice as much husband and half as much income.

# "Written by the people for the people"

# Publisher - Paul V. Scholl

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**Second Edition for February 2008** Page 3

# Students Make Valentines to Warm Veterans' Hearts

By Joseph H. Fraccola, Veteran

In 1999 as a local area veteran's advocate and WWII veteran, I organized a patriotic community project to honor our nation's veterans at the Sacramento VA Medical Center. I worked with Ellen Burns Gemma, former Principal of St. John the Evangelist Catholic School in Carmichael, to organize a project for elementary students to make Valentine Day Cards and present them to patients at the medical center. Now in its 10th Anniversary the project has been extremely successful with veteran patients, family members, staff and the

When I stepped into the eight-grade class room at St. John the Evangelist Catholic School and called out a greeting, students stopped work on a special Valentine's Day project to greet me in return, "Good Morning Mr. Fraccola and God Bless You." However the interruption was only a temporary one. They continued working on unique valentine cards with complimentary inscriptions,

The project is an annual tradition at the Carmichael parochial school. For years now, students at the school have handcrafted valentines that are delivered to hospitalized veterans.

I got the idea from Ann Landers column over a decade ago in which the advice columnist called upon readers to send a valentine for the National Salute to Hospitalized Veterans week. She wrote that on any given day, there are approximately 50,000 veterans hospitalized in the Veterans Affairs' Medical Centers nationwide. We can never repay these valiant vets for the sacrifices they have made, but we can do something to cheer them up and let them know that they have not been forgotten," Landers wrote. Upon reading Landers' column, I bought 10 boxes of valentines and distributed them to the kindergarten through eightgrade students at St. John the Evangelist Catholic School to sign and combine them their own valentines.

That year, over 500 cards from the students were given to veterans of World War I and II, the Korean War and



the Vietnam War who were hospitalized at the Veterans Administration Hospital in Martinez and the Veterans Home of California in Yountville in Napa Valley. I also delivered cards to veterans at the Sutter Oaks Nursing Center Arden, a nursing home, which contracted with the Veterans Administration to care for the ambulatory veterans.

While visiting the school, I asked the eight-grade teacher and Vice Principal, Tosha Tillotson, whether students understood whom they were making the valentine cards for and why. "We talked about it before we started making the cards --- said Tillotson whose husband and grandfather served in the military. Two of her students have older brothers who served in Iraq and Afghanistan. The handmade, handwritten cards not only include messages of kindness and love, but often thanked the veterans for serving their country and protecting their rights as American. Each grade level used different materials to make their cards, resulting in a variety of colorful creations for Valentine's Day.

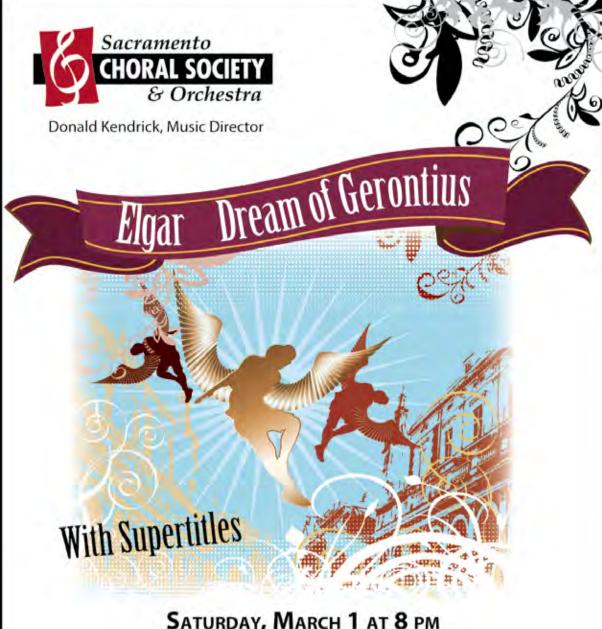
For ten years the students at St. John the Evangelist School have enjoyed making cards for the veterans for Valentine's Day and Veterans' Day. School Principal, Nancy Conroy said as a teacher she had the opportunity to accompany the students several times as they distributed the cards to the veterans. She saw first hand the joy on the patients' faces when they received the cards and she saw the joy in the

faces of the students as they brought a bit of happiness to the veterans who gave so much for our freedom. As Principal she sees the mission of their school "to have a Christian response to others in action as the students visit the VA Hospital clinic, as well as a manifestation of their philosophy, to emphasize apostolic services which can be carried out in the community".

On Tuesday, February 12th, Sacramento VA Medical Center Chief, Volunteer Service, Juanita De Luna, hosted a Valentine Day visit by twelve elementary students from St. John the Evangelist Catholic School, Vice Principal Tosha Tillotson, staff, parents, and me. Students visited with veteran outpatients and inpatients and presented over 300 handmade Valentine Day cards. Veterans who received the cards included those who served in World War II, Korea, Vietnam, the Gulf War, Bosnia, Kosovo, Afghanistan and Iraq.

"I consider Valentines for Veterans project a patriotic community effort that is educational for the children who participate and it enlightens young people as to what transpired in the past and to remember the unfortunate.'

Joseph H. Fraccola, Veteran WWII, Military Civilian, Vietnam Life Member, DAV & VFW Navy League, Sacramento Council Board



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American River Bank

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# ETERANS POST

by Freddy Groves

#### **Veterans Charities** Come Under Fire

The American Institute of Philanthropy -- aka Charity Watch -- released its report on 27 charities that focus on veterans and the military, giving each a lettergrade rating. Its president, Daniel Borochoff, recently testified before Congress on the status of charities that purport to help veterans. Ten of those 27 charities rated an F, and seven rated a D for the percentage of funds collected versus donations that actually make it to veterans

The percentage of dollars used for services is often clouded by a mix of mislabeled categories on a charity's financial statement, Borochoff said, making it appear that a much larger percentage of dollars is reaching those in need.

For example, solicitation costs can be called "service expenses," which makes it appear that those dollars were actually used in the "service" of veterans. Or, if a charity puts an "action step" on a mail solicitation (for example, "Buckle your seat belt"), the charity can say it's "educating" the public and thereby reduce the percentage of funds that actually comes under the category of "fundraising."

Another way charities pad the amount they claim to hand over to veterans is to include the value of items that are donated, whether or not those items are appropriate or

have any real value.

Very sneaky.

But I'm not surprised: Charity fundraising can be very lucrative, especially if a lot of money is coming off the top. One fundraiser who was subpoenaed to come before Congress to testify reportedly has received a salary of \$1.5 million from the charity he runs.

To watch Borochoff's video or read the transcript, go to www. charitywatch.org and click the link. The PDF file includes the transcript as well as the ratings of the charities.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.

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# LDS Church Bids Farewell to Beloved Leader

By Lisa West

"Children love heroes. And heroes are not easy to come by," noted Ana Johnston of North Highlands. "President Hinckley was a 97-year old man, but he was my children's hero." Just after Ana and her husband Jerry got the news of the death of LDS Church President, Gordon B. Hinckley they gathered the kids together and tenderly told them their beloved prophet was gone. They talked about how grateful they all were that they had him as their leader and hero for such a long time. For each of the children, Melisa (10), Dilan (8) and Megan (5) – it had been for their entire lives.

Ana Johnston was born in Argentina and in her early 20's she served a Church mission in Rosario. Her husband was from California and served his mission in Puerto Rico. They later met in the U.S. when Ana was taking English courses, and studying for her Spanish and Journalism degrees. She is currently a Spanish teacher at a local Catholic school.

The Johnston family had a particular fondness for President Hinckley after Megan was chosen in September 2006 to assist the prophet during the cornerstone dedication ceremony at the new Sacramento California Temple in Rancho Cordova.

The family had gone up to the temple very early on the morning of dedication and hoped to get a place behind the fence where they might get a glimpse of the prophet. They were able to get inside the gated area and stand behind a ropeline. "President Hinckley walked by us, inches away, and all we could do was just watch in reverence with a great sense of honor and respect. Our eyes, and our little children's eyes, were fixed upon him. He was so grand in his white suit," exclaimed Ana. Then a most remarkable thing happened. President Hinckley motioned for two of the children behind the rope to come up and help him. He chose a boy standing next to the Johnston family and then he said, "And that little girl in the yellow dress too".

It was Megan Johnston! She was overjoyed as she reverently scampered up the short ramp to where President Hinckley waited. Each of the children was given a



she returned, Megan exclaimed, "I won, I won, I helped the prophet fix the wall". "Their love for the Gospel of Jesus Christ is not just something they believe,

but something that they experience" concluded Ana. Gordon B. Hinckley passed away from complications incident to age on January 27, 2008 with his family at his bedside.

Funeral services were held in Salt Lake City on February 2, 2008. More than 21,000 members of the 13-million member Church were in attendance. Thousands more lined the 16 blocks between the Conference Center and cemetery. Millions viewed the proceedings via satellite across the globe, including most of the more than 55,000 members in the greater Sacramento area.

On February 4, 2008 The Church of Jesus Christ of Latter-day Saints made the formal announcement that Thomas S. Monson (80), would become the next president of the Church. The tradition of selecting the longest-serving member of the Quorum of Twelve Apostles, the highest governing body of the Church, dates back to 1847 when Brigham Young took the helm following the death of Joseph Smith, Jr., founder of E-mail: sacpublicaffairs@comcast.net the Mormon faith.

Monson, a Navy World War II veteran and graduate of the University of Utah holds a master's degree in business administration from Brigham Young University. Prior to college he served a mission in Toronto Canada. He completed numerous Church assignments and held a variety of leadership positions before being called as a member of the Quorum of Twelve Apostles in 1963. President Monson has served as a counselor to three previous Church presidents. From 1981 to 1982, he was appointed by Ronald Reagan to serve on the President's Task Force for Private Sector Initiatives.

Monson has always maintained a significant leadership role in the Church's welfare and humanitarian efforts, joining with other Jewish, Muslim and Christian groups in such causes as food banks, elderly care, homeless shelters and disaster relief within the United States and throughout the world. He and his wife, Frances are the parents of three children. The position of Church President is a lifetime appointment.

For More Information: Lisa West

Media Coordinator and Church Spokesperson Sacramento Region Public Affairs The Church of Jesus Christ of Latter-day Saints

# **Tenor Richard Clement Will Sing** the Role of Gerontius

### "The Dream Returns"-**SCSO** Celebrates Elgar's "Dream of Gerontius"

**Event:** The Dream of Gerontius

by Edward Elgar Date & Location: Saturday, March 1, 2008 at 8 PM – Pre-talk at 7 PM Sacramento Community Center Theater, 13th & L Street **Tickets:** \$35, \$25, \$15 -Students: 50% discount Groups of 10: \$35 tickets for \$30 \$25 tickets for \$20 Sacramento Community Center Box Office: 916-808-5181 **Information:** 916-536-9065 or visit sacramentochoral.com

In March 2000, the SCSO and Conductor Donald Kendrick offered an area debut of Elgar's Dream of Gerontius, a powerful music drama for large orchestra, chorus and soloists that is rarely performed in the U.S. Eight years later, the SCSO will once again feature this 90-minute work on Saturday, March 1 at 8 PM at the Sacramento Community Center Theater with a free pre-talk at 7 PM by Conductor Kendrick and the SCSO Chorus. The evening will also feature



**Kathleen Moss** 

projected supertitles to enhance the audience's enjoyment and understanding of the work and a post-concert reception to meet the artists in the lobby.

Intensely operatic and written with passion and conviction, Elgar's Gerontius traces the journey of the soul after death, drawing from the poetry of 19th century philosopher and theologian Cardinal Newman. Aligning itself with Wagner's music dramas, this choral orchestral masterpiece dramatically features a variety of choirs within the large 180-voice SCSO Chorus, a large 60-member professional orchestra, and 3 soloists: Tenor, Richard Clement (Gerontius), Mezzo, Kathleen Moss (Angel), and Bass Sean Cooper (Priest and Angel of Agony).

Discover why Gerontius launched Elgar's career on the international



**Richard Clement** 

stage and prompted him to refer to this monumental work as the best of me. Come join Conductor Donald Kendrick and the SCSO on March 1st at 8 PM at their Gerontius performance, Elgar's "other opera" that poignantly and thoughtfully treats the subjects of death, judgment and ultimate salvation.



Sean Cooper

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Lauren Forcella

Dear Straight Talk: I am disappointed in your response to "No longer Supermom," whose daughter began drinking, smoking marijuana, flunking out of school, and had moved into her dad's house where there were no rules. This girl is crying for help. The mother should intervene like a hammer based on the information given, not wait until harder drugs are in use. I was shocked that you only recommended intervention for what you call "white" drugs (meth, cocaine, crack, PCP, Oxycontin. heroine), when alcohol and marijuana (what you call a "green" drug), are devastating and highly addictive to the growing mind. — Vacaville CA

From Peter, 21: I was a high school Peer Helper and a Youth Advisor to Health and Human Services. There is a distinction between alcohol and "green" drugs like pot, and "white" drugs like meth, PCP, crack, cocaine, heroine, and Oxycontin. The addictive nature of one group is nothing compared to the other. "White" drugs are almost entirely chemically addictive and seriously damage the brain. Compare this to alcohol and pot, which one can quit cold turkey with little or no withdrawal symptoms. Don't get me wrong, pot and alcohol are dangerous, but saying

straight talk for teens Living drug-free takes a village

"white" drugs is as irresponsible of substance use among teens as saying they aren't dangerous at all — which is, unfortunately, what a lot of teenagers think. If a teen is habitually abusing alcohol or pot, it's time to investigate, but "dropping the hammer," will probably alienate the

teen. "White" drugs, however, require

drastic measures. From Laura, 21: What is more harmful in the long run? Let teens run their "experimental" course or step in with the iron cage of control and try to shove their circle back into a square? The latter will often backfire. It's usually better to let them go through a phase without interfering too much.

From Johannes, 21: Some experimentation by youth is appropriate and necessary. I play Division I college soccer. I drink heavily sometimes the night before practice. Ihave also smoked marijuana. I did this in high school, too. Yet my physical and mental fitness is above par. Let teenagers live and learn. Your advice will only alienate.

Dear Vacaville: Anyone who knows my work knows I advocate a substance-freelifestyle. Unfortunately, such lifestyles are rarely modeled for our children. Whether it is caffeine, nicotine, alcohol, illegal drugs, or prescription drugs, most adults use something to alter their chemistry on a regular basis. I won't even mention their teen years.

Apples, of course, don't fall far from the tree. Teen speak to me frankly they are even close to the danger of about their world and the ubiquity

especially alcohol and marijuana — is shocking. I don't like it. I wish it was different. Good kids, high-functioning kids, Christian kids, athletes, scholars: most use or have used these drugs.

Each parent draws their own line in the sand. But unless the abuse is out of control, taking a persuasive, educational, and watchful approach with alcohol and marijuana usually works better than a power struggle – which generally drives the problem underground, or worse, backfires. For my own kids, I give compelling reasons all the time about living substance-free. They know that's what I want for them. They also know that I know their friends, their friends' parents, their teachers, and that this "village" will report to me if things get stupid. They also know I love them unconditionally. Finally, they know if they ever mess with "white" drugs, I will become an animal. Why? "White" drugs are different than alcohol and marijuana. This may sound soft, or like a mixed message, but being an effective parent means being a wise general. In my experience, unless things are out of control, the "green drug challenge" is best solved off the battlefield.

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

# POPPOFF!

with Mary Jane Popp The Virus Within...

What if I told you there is a virus in almost all of us that is a hidden threat to life as we know it? For the past ten years ABC News Journalist Nicholas Regush has been on the trail of a shadow virus, one I never heard of before, that has been implicated in a varied group of conditions from Multiple Sclerosis and Chronic Fatigue Syndrome to Aids. The Virus Within: A Coming Epidemic, tells a chilling tale that could threaten public health worldwide. Nicholas Regush is an award-winning and Emmy nominated Investigative Medical and Science Journalist at ABC News, where he produces segments for World News Tonight with Peter

Part 1

Jennings. But this microbe is just speculation, right? Then I started to get chills up and down my spine when he told me all his information is based on Scientific evidence. Evidence is the word that got me. It seems Robert Gallo, codiscoverer of HIV back in 1986, first came across HHV-6...Herpes Virus-6. Gallo tried to tell Scientists back then what he discovered, trying to get them to consider HHV-6 as a possible co-factor in Aids. But, according to Regush, "They were too enamored at the funding they were getting for

HIV, and no one wanted to hear about another HIV related Virus."

Then Regush really got to me. Some 90% of the population has it. How? It's an old Virus that's been around a long time. So what triggers it? Now I really got nervous. No one really knows. According to Nicholas, "What is known is that you have it, and I have it. It's passed on from our Mother. The Virus can cause a lot of damage in young children 2-3 years old. It can cause seizures, kidney problems, blood disorders, and high fevers. But, for most of us, the Virus basically goes to sleep after a flu-like symptom or two." So we build an immunity to it? Regush then got deadly serious, "The Virus is attacked by our immune system. For most of us, this attack works pretty well, and the immune system develops a lock on it." What The Virus Within shows is tracking research is being done all over the world, particularly by two Milwaukee Scientists, Don Kerrigan and Konnie Knox. They have published in all top journals. What their research emphasizes is that if our immune system begins to fail, and we don't know what that would take ... a lot or a little...but when it does, there's growing evidence this Virus can reawaken. "So it sits there lie a ticking

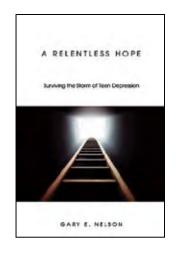


key immune system cells and actually go after our brain cells as well. It can affect the nervous system and growing research suggests this Virus may be the actual trigger for Multiple Sclerosis." Then Nicholas really related some frightening news. And I will have this revelation when next we meet. It will knock your socks off...guaranteed. In the meantime, stay HAPPY... HEALTHY...AND WISE !!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAHI 10 AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!

# Suicide Rate Up 18 Percent for Teens

New book offers help to depressed parents, teachers, counselors, clergy and others.



When Dr. Gary E. Nelson saw his teenage son spiral into depression, it signaled the beginning of a long journey through the valley of the shadow of death.

Dr. Nelson and the rest of his family struggled to help Tom find a way through the darkness. Tom survived the journey that his father later called "miraculous" in his new book, A Relentless Hope: Surviving the Storm of Teen Depression.

in her review for the August,2007 edition of Counseling Today, the professional magazine for the American Counseling Association: "...this little book demonstrates the power of it's title, A Relentless Hope...For therapists, this book offers much to consider...For teens, those with or without a diagnosis of depression, this book radiates acceptance, empathy, and hope... A unique and valuable feature is the chapter on spirituality...Nelson is master of the prosaic metaphor...Throughout the book, analogies and comparisons...and a host of other everyday, often light-hearted images illustrate Nelson's conversational, common-sense approach to the complex topic of teenage depression...The book is a work of love about the power of love. And that, in itself, is healing."

A new report from February of this year showed an 18 percent increase in suicides in young people under 20-yearsold between 2003 and 2004. These are the most recent numbers, according to the federal Centers of Disease Control and Prevention.

"My son Tom gave up everything and wouldn't leave his darkened room," said Nelson. "I was aware that suicide driven by mental illness is a top killer of young people. We were terrified we could lose him.'

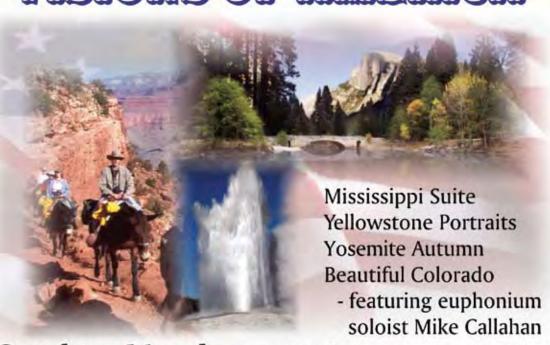
In his new 150-page book Dr. Nelson uses his son's story as a guide for examining teen depression, following his son's experience as he slowly lost interest in activities and soon, in life. Nelson also draws from his years of clinical experience counseling depressed teens and their families as a pastoral counselor as well as his experience as the pastor of local churches. The book is written in language that makes it accessible to teens, parents, counselors, teachers, and pastors. The book includes insightful information about the biological, spiritual, emotional and cognitive aspects of teen depression. An excerpt from the book:

"The three baseballs Tom hurled through the downstairs hallway wall were the first in a long series of his actions and reactions totally baffling Patti and me. Never had we witnessed such behavior in our home. Never had disagreements or arguments been punctuated by acts of violence. Yet, there they were, the three round holes in the wall, marking the end of a discussion and the beginning of a nightmare.

For more information, or to purchase A Relentless Hope: Surviving the

Storm of Teen Depression visit: www.survivingteendepression.com.





Sunday, March 9, 2008 3:00 pm La Sierra Community Center - Smith Hall Map on website:

5325 Engle Road, Carmichael

General Admission

Child, Student, Senior

www.sacwinds.org 916 489-2576 Ticket orders: FREE or email LLehr@sbcglobal.net BADGER PASS SKI AREA

### STAY 'N PLAY IN YOSEMITE.



This winter, make the most of your Badger Pass experience with the new Stay 'N Play Package. Spend the night at any of the Park's lodging options and add a Winter All-Access Pass, which includes a day lift ticket, equipment rental of your choice, one group lesson, one tubing session, one ice-skating session and one valley floor tour for just \$29 a day for adults and \$19 for children under 12\*.



Call (801) 559-4926 or book online at YosemitePark.com and learn how you can get a free upgrade to an annual Park pass.

\*Winter All-Access Pass valid Monday-Friday through March 28. Not valid Saturday, Sunday and holiday weekends. Subject to availability. © 2008 – Hospitality by Delaware North Companies Parks & Resorts, an official concessioner of the National Park Service.



**Second Edition for February 2008** 

# Citrus Heights News & Views Excellence in Service Award Big Bob's Flooring Outlet Opens



## Sergeant Eric Mattke

was awarded the Excellence in Service Award at the Citrus Heights Chamber of Commerce 50th Anniversary Installation Dinner. We did not have the room to run this speech offered by Chief Chris Boyd in his honor in our last edition, so we bring it to you here to honor his contribution to the community.

Motor Sergeant Eric Mattke has been in law enforcement for 25 years, serving the cities of Santa Ana, Paso Robles, and Citrus Heights. He has specialized in Traffic Enforcement for 17 years and brought unmatched experience and knowledge to Citrus Heights.

Since coming to the Citrus Heights Police Department, Sgt. Mattke has setup the Traffic Unit from the ground floor, modeling the unit with a Community Policing / problem solving approach. His efforts since then have been tireless and significant to citizens' safety.

Sgt. Mattke immediately identified speed and DUI as common factors for the injury and fatal traffic collisions in the city in the previous years. Sgt. Mattke trained Traffic Engineering Technicians in the use of radar and the collection of information used for engineering and traffic surveys. This survey revealed that speed limits on many city streets were too high. Because, in large, of Sgt. Mattke's efforts, speed limits were subsequently reduced on many streets leaving only Madison Ave with a speed limit over 40 MPH.

He has also worked on the detailed undertaking of widening Greenback Lane, managing traffic flow and protecting workers. Sgt. Mattke has helped in ease the

traffic congestion during the Auburn Blvd New Sewer Project, getting the County to pay for officers to patrol the areas during peak commute times.

Sgt. Mattke secured a grant from the Office of Traffic Safety to support concentrated DUI enforcement. November and December of 2007, this program alone led to the arrest of 74 drunk

Sgt. Mattke spearheaded and still maintains the Abandoned Vehicle Program, which has led to hundreds of vehicle being towed from local neighborhoods. He created the Radar Trailer Program to reduce drivers' speeds on city streets. Sgt. Mattke designed the Holiday Traffic plan, increasing police presence in local shopping centers, giving shoppers a sense of security and nearly eliminating shoplifting calls during the patrol times. Under his leadership, the city passed a red light camera ordinance and signed on with Red-Flex Traffic Systems to place red light cameras in high collision intersections. This tool will lead to the identification and prosecution of red light violators citywide.

In his outreach to Citrus Heights youth, Sgt. Mattke focused his team's efforts on education through the local schools. He led the Elementary School Safety Program, teaching children about traffic safety including bike helmet and seat belt usage. This program has, in turn, led to children taking the lessons home and teaching their parents. Sgt. Mattke has developed the High School Driver's Education program, teaching teenaged drivers how to drive more safely, lawfully, and avoid common mistakes that can lead to collisions.

In summary, largely in credit to Sgt. Mattke, there has been more than a 50% decline in fatal collisions from 2006 to 2007, and a significant decline in injury collisions throughout the city in 2007. From June 2006 to December 2006 there were 426 injury collisions investigated by the new police department. In 2007 there

Sgt. Mattke serves on the steering committee for the "AVOID the 15" Regional DUI Effort; the CHPD Awards and Recognition Committee; the CHPD Community Oriented Policing Committee; and the Citrus Heights Neighborhood Traffic Committee. He annually helps to coordinate the department's response to special local events such as the Red/White / Blue Parade, the Sunrise Mall Fourth of July Fireworks Show and Sunday Fun

were only 264.

Throughout the year Sgt. Mattke has also served as the department liaison to all eleven neighborhood associations with respect to inquiries about traffic problems and requests for extra enforcement. He has led an effort to train CHPD Officers in traffic collision investigation in order to improve the quality of investigations and reports. He conducted hearings on vehicle tows, cited traffic violations, and fields general questions at the front counter when needed. He is known around the office and in his community for his motto, "Get it done!" Overall, Sgt. Mattke is one of the most respected and well-liked sergeants at the department.

Sgt. Mattke would tell you that although these efforts are commendable his greatest accomplishment is his family.

If their first customer's impression is any indication, Big Bob's Flooring Outlet at 6000 Auburn Blvd., near Greenback has a glowing future. Homeowner Ed Harrington came into Big Bob's on a Wednesday, made his choice from over 150 rolls in stock and by Friday was enjoying the new carpeting in a house he is putting

"We knew we would need quality carpeting installed to have the home stand out," said Harrington, "so we did the whole house... and for about the same amount we would have paid for just a few rooms somewhere else. It made a big difference in the presentation and value of the home. The installers did a quality job and even vacuumed the house when completed."

"We were able to save him over \$1500 on the whole job. Our customers typically save about 25% of what they would pay at have to wait a lot longer for installation" added Manager Jon Simas, a 20 year veteran in the Sacramento Floor Covering business, "Big Bob's is a cash/credit card and carry outlet that buys directly from the mills. That means big savings for our customers on their flooring purchase.... like laminate flooring for as low as 79 cents

Big Bob's Flooring Outlet is located in a 10,000 square foot warehouse at 6000 Auburn Blvd in Citrus Heights and is packed with a variety of flooring choices including carpet, vinyl, laminates, wood, ceramic, area rugs and more.

"Our no-frills, low-overhead approach is perfect for today's economy," says Simas, "It's really all about quality and value for the customer."

Call Big Bob's at (916) 728-4000 for all your flooring needs.



# **Look for Harmony in Your Family Business**

If you are involved in a small business that is also a family business, you've probably heard warnings about the pitfalls of working with relatives. Operating a business with a spouse, parents, siblings, children or other family members presents many potential pitfalls over and above the usual problems business owners face.

To help ensure survival of a familyrun business, you will need to seek a harmonious balance between the needs of the business and the needs of the family. The characteristics of a healthy business may not always be compatible with family harmony.

When bringing family members into a business for the first time, especially as investors or in a startup situation, you should consider putting the business relationship in writing. Family members sometimes buy into the excitement of a business startup without a clear idea of their role once the business is underway.

In an ongoing family business, it's important to treat family members fairly. While some experts advise against hiring family members, that sacrifices one of the great benefits of a family business. Countless small companies would never have survived without dedicated family members. But avoid favoritism. Pay scales, promotions, work schedules, criticism and praise should be evenhanded between family and non-family employees.

Don't become the employer of last resort for every distant relation who calls. Base employment on the skills or knowledge they can bring to the business. If your kids will be joining the business, make them get at least three to five years business experience elsewhere first to help them gain perspective of how the business world works outside of a family setting.

Problems and differences of opinion are common in a family business, so it's important to keep lines of

communication clear. Weekly meetings to assess progress, air differences and resolve disputes work well for many family firms.

Drawing some lines between business and family life will also help. For family business operators, it's tempting to talk shop day and night. But constantly mixing business, personal and home life can lead to trouble. Limit business discussions outside of the office or at least save them for an appropriate time — not at a family get-together.

To learn more about operating a successful family business, contact SCORE "Counselors to America's Small Business." SCORE is a nonprofit organization of more than 10,500 volunteer business counselors who provide free, confidential business counseling and training workshops to small business owners. Call 1-800/634-0245 for the SCORE chapter nearest you, or find a counselor online at www.score.org.





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Detail

American Cancer Society Relav For Life A Team Event to Fight Cancer



Please join us and thousands of other businesses around the country that are taking up the fight to find a cure for cancer.



Get your business involved! 1. Become a sponsor and form a team 2. Become a volunteer on the Relay For Life committee

Relay For Life began over twenty years ago for the purpose of finding a cure for this devastating disease. Research that Relay For Life has funded has

led to improved methods of cancer treatment and has taken us on the road to an ultimate cure. You are invited to the; Relay For Life of Citrus Heights

Kickoff, 2008 Celebrate ~ Remember ~ Fight Back. Sylvan Middle School 7137 Auburn Blvd.

February 9th, 9:00 am

Attend our Kickoff and get more information about Relay For Life and what you can do. Your participation is good for you, your family, and your business.

> \*\*\*Save the Date for the Relay For Life event on June 7th-8th at San Juan High School

Contact Scott Nygard **Event Co-chair** Jessica Mang **Event Co-chair** 

(916) 969-2424 (916) 595-3761

# Fair Oaks News & Views





# Sacramento Republican

The Sacramento Republican Women, Federated, will hold its luncheon meeting at the North Ridge Country Club, 7600 Madison Ave., Fair Oaks.

Guest speaker will be Michelle

Wednesday, March 5th, 11:30 A.M. Michelle is active in Solano County's Central Committee. As an added bonus, our own Mary Pearson and Catherine Moy will share their experiences in Iraq with Move America Forward. They will share heartwarming photos that show Conner, our Legislative Advocate. we are making a difference there.

For luncheon reservations, call (916) 733-1623 The cost of the event is \$25.

Membership Chair, Jaculin Beigel, 631-8217, is now accepting new members for the Sacramento Republican Women, Fed., 2008.

# St. Patrick's Day D

Saturday, March 15th - 6:00 p.m. to 10:00 p.m.

Fair Oaks Community Clubhouse, California Ave. and Temescal Ave. in the Old Fair Oaks Village

The Fair Oaks Theatre Festival will hold their 17th annual Corned Beef and Cabbage Dinner in honor of St. Patrick, on Saturday, March 15th. Beginning at 6:00 p.m., the "Home Cooked Style" dinner will be served

at 7:00 p.m. Great prizes will be raffled off at 9:00 p.m. The event will be held in the Fair Oaks Community Clubhouse located at 7997 California Ave. and Temescal Ave. in the Old Fair Oaks Village. Also on hand will be the Easy Sounds Trio to provide marvelous music and an Irish song sing-along. This year attendance will be limited to 300. Tickets are available on our website (www.fairoakstheatrefestival.com), at Oaks Hardware, American River Bank, Bella

Fiore, Goodies Galore, or from any FOTF Board Member. Tickets are \$20.00 per person and will go on sale February 15th. All proceeds will be used for our summer productions of "A Funny Thing Happened On The Way To The Forum," opening in the Veterans Memorial Amphitheatre on June 20th, and "Seussical The Musical," opening August 15th. For more information call

# Fair Oaks Recreation Dept. Upcoming Trips

Ages: 13-18 / Pick Up & Drop Off Location: Fair Oaks Park

Grab Your Friends And Your Board For A Day On The Slopes!!! These Trips Are Open To Teen Snowboarders And Skiers Of All Abilities. Spaces Are Limited And They Go Fast! Trips Include An Unrestricted Lift Ticket, 1 ½ Hour Lesson (All Abilities), Equipment Rental (If Needed), Chaperones, And Transportation By District Bus. Equipment Rental And Lessons Are Optional. Bus Leaves Fair Oaks Park At 7 Am And Will Return By 6:30 Pm. A Medical Information Sheet And Waiver Form Will Need To

Be Turned In Prior To The Trip Date. Trip Is Chaperoned But Teens Have Free Time And Must Check In With Trip Supervisors Periodically.

6912.11 • T • 2/19 • 7 a.m.-6:30 p.m. Boreal Ski Resort

Everything Fee: \$65 per person Just a ride: \$20 per person

Whale Watching - Half Moon Bay Set sail off the coast of Half Moon Bay on March 2nd for the chance to see the fluke and head of several Gray Whales. See the migration of the California Gray Whales as they travel from Mexico up to Alaska. March is one of the best times to see the whales, as they tend to swim closer to shore with their babies. We

will also stop by Fitzgerald Marine Reserve. Explore the tide pool area, or stroll along the beach enjoying the ocean sights and smells.

Pick Up Location: Clubhouse, 7997 California Ave. Depart: 7 am • Return: 7 pm

7722.12 • F • 3/14 • \$65 **Jelly Belly Factory** 

All Ages

Come join us for a fun trip to the Jelly Belly Factory in Fairfield. We will be spending the morning at the Factory and eat lunch at the Jelly Belly Café. Trip is limited to the first 20 people to sign up, so sign up early!!

6913.11 • Sat • 4/4 • 8am-3pm • Fairfield • \$10 per person

# **Community Awards Presented**

The Fair Oaks Chamber of Commerce was proud to present the following Community Awards at the January 2008 installation

Business of the Year- Clean & Sober Living, Inc. - 2007

Clean & Sober Living has been a member of the Fair Oaks Chamber since 2002 and present in the Fair Oaks/ Orangevale area since 1992. Clean & Sober Living CEO Don Troutman has served as a Director a number of years on the Fair Oaks Chamber of Commerce Board Don is an active Chamber Ambassador and has served on the Fair Oaks Political Action Committee. He recently raised awareness of planned RT cuts that could have had a negative business impact and fought for continued transit service to the Fair Oaks area. Don also sits on several Chamber Committees utilizing his leadership skills to enhance Chamber benefits and event programs.

Business Person of the Year- Elizabeth Reed-Yoakum - 2007

Elizabeth Reed-Yokum has been a member of the Fair Oaks Chamber of Commerce since 1989 and currently sits on the Board of Directors. Liz serves as the Membership Chair for the Chamber and works tirelessly for the benefits of Chamber membership. Liz is the mainstay for new members and is keenly aware of the importance of membership promotional interests. A true professional Liz is a diligent and dedicated Real Estate agent with Keller Williams. She works to assure her clients are informed about the community, providing information on schools, local resources and a variety of events that make Fair Oaks a wonderful

#### Citizen of the Year-Miriam Ober-2007

place to live.

Miriam Ober, owner of Ober Design Studio/Design 2010, has been a generous contributor to the Fair Oaks Chamber of Commerce since 1998 and is completing her second-term in 2007 on the Board of

Her technical and creative expertise moved the Chamber into the computer age. Miriam initiated the use of special software to enhance the Chamber website and to offer the membership structured database system the Chamber was able to offer the membership a higher level

of communication. She also enabled the Chamber to produce several publications including, the creation and production of the Chamber Enterprise Newsletter and the Business Directory. Miriam has lived and worked in Fair Oaks for over 20 years. Her energy and dedication to the community and the Chamber are a tribute to her commitment to making Fair Oaks a better place to live, to work, and do business.

Volunteer of the Year-Bonnie Turner-2007

Bonnie Turner owner of Bonnie Turner's Bookkeeping Service has been active in The Fair Oaks Chamber since February of 1992. Serving on the Board of Directors for three-terms her efforts on behalf of the Chamber are valuable and constant. With unparalleled leadership skills Bonnie serves on various Chamber committees and her participation has proven to be a catalyst for success.

Utilizing her expertise and know-how for committee structure "A Taste of Fair Oaks" was born. With an innate ability for organization and a taste for entertainment Bonnie Turner's recipe for success for Fair Oaks is a winner. Thank you, Bonnie for all of your efforts, energy and love for Fair Oaks.

# ınces New Budget Website

With a projected budget deficit of \$14.5 billion, the State Budget will be the biggest challenge for lawmakers during this year's legislative session. Assemblyman Roger Niello (R-Fair Oaks), today announced that the Assembly Republican Caucus has developed a new website that will enable taxpayers to keep in touch with the daily grind of of this year's budget process.

The site will contain all of the latest news and facts and figures about the budget from the Legislative Analysts Office and the Department of Finance. In addition, news releases and editorials will be available that will inform the public of what Assembly Republicans are doing to find significant budget savings to reduce our state's budget deficit, reform the budget system and defend Californians from higher taxes.

"As lawmakers and the Governor consider many different options in the coming months to address our severe budget problems, it is important that California taxpayers stay informed and get involved to demand action from their government. We hope that you will find

our new budget website to be a valuable tool as Assembly Republicans fight on your behalf to cut wasteful spending and resist attempts to punish taxpayers to pay for Sacramento's wasteful spending habits," said Assemblyman Niello.

To visit the website, please go to Assemblyman Niello's webpage at www. assembly.ca.gov/niello. Click on the "Protecting California Taxpayers" module in the middle of the page.

#### a Bella's C R.K. Jacobs By Heather Hierling In January La Bella introduced its new age and the learning process is tailored to

Tucked away on North Winding Way in Fair Oaks, La Bella Learning Centers has been flourishing since its opening in 2006. Following the Reggio Emilia approach to early childhood education La Bella children are given the opportunity to contribute to the direction of their education by expressing their interests to teachers. By collaborating with teachers children are able to learn about literacy, math, science and art while following their own natural

"We view our children as competent and capable," said Cecilia Tillett administrator of La Bella Learning Centers.

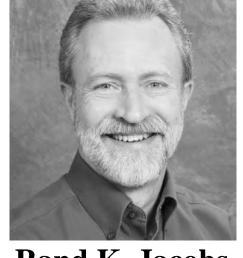
library. The library is filled with books, magazines and documentaries. Children are given their own library card to help them learn the responsibility of borrowing from the library. The Center's art studio is designed to ignite the imagination and give children to freedom to express their ideas.

The role of teachers at La Bella is very different than public schools. Teachers are not bound by the traditional curriculum that attempts to make every child meet a certain requirement. Instead they are facilitators that maintain flexibility and understand that every child is different developmentally. Classrooms are split by

the child instead of a forced curriculum. "When you involve (the children) in the

process they have more accountability," said Tillett.

Throughout the month of March La Bella will be holding Saturday open houses for enrollment. Programs offered include: before and after school care for K-6, preschool care (2 years to 5 years) and private kindergarten. Please call (916) 965-1273 to set up an appointment. To learn more about La Bella Learning Centers go on line to: labellalearning.com for more information.



Rand K. Jacobs

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## Woman's Thursday Club of Fair Oaks March Meeting

The Woman's Thursday Club of Fair Oaks will hold its March meeting on Thursday, March 13,2008, at the Woman's Thursday Clubhouse, 10625 Fair Oaks Boulevard, Fair Oaks, CA. The meeting will begin at 12:30 PM withrefreshments. The speaker will be Irene Lester on Painting in the Garden. She will demonstrate her techniques

of representing garden scenes. Irene is a founding member of the Chroma Art Gallery in Fair Oaks Village.



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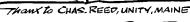
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**Second Edition for February 2008** Page 7

# Carmichael News & Views



By Heather Hierling

After four hours of questions and comments the Carmichael-Old Foothill Farms Community Council was split 4/4 on its endorsement of the roadway design for the Fair Oaks Boulevard Corridor Plan. At the January 30th meeting the community council endorsed three of the concepts but was divided on whether Carmichael's major thoroughfare was to become six lanes or four lanes.

"The ultimate outcome of this plan is to create a 'Colony Main Street' for Carmichael," said Cindy Storelli, Principal Planner for the County of Sacramento.

Data collected from the October 30, 2007 workshop held at La Sierra Community Center showed greater support for the four lane plus model, according to Storelli. Both residents and business owners spoke and were as divided on the lane issue as the council. However all the comments reflected the desire for safer streets with slower

"We have to compromise for the betterment of the community and that's what the four plus does," said Gary Hursh, whose business has been located on Fair Oaks since 1972.

What makes the four lane plus a compromise from the plans previously shown to the community is that it is designed to ease traffic congestion with turnouts for busses, expanded turn lanes, consolidated driveways, continuous sidewalks and improved bike lanes. The four lane plus concept is designed to provide a sense of place for Carmichael improving the area for increased foot traffic and retail investment opportunities.

For residents such as Irene Potter that is not the answer. "We were assured by the county staff that plans were underway for six lanes," Potter said as she addressed the council. A resident of Carmichael for over 50 years Potter's main concerns were about the overflow traffic that rushes past her Engle Road home every day. Traffic consultants admitted that the traffic flow would not improve under the four lane plus alternative and would only moderately improve under the six lane

Other residents were in favor of the four lane plus. "Keeping the plan the way it is (four lane plus) will get people like me out of my car," said resident Sonja Atkins. Atkins cited the excessive speed on Fair Oaks and the inability for families

to enjoy the area on foot. Many business owners agreed that the speed of traffic is in conducive to a pedestrian friendly environment.

Council members also questioned the fairness of "cycling out undesirable businesses" along the corridor which was a part of the proposed concepts. These types of businesses include: tattoo parlors, automotive repair shops, thrift shops and massage parlors.

Funding was also a question that was left mainly unanswered. Some business owners voiced fears of being taxed out of their location and many homeowners were against paying for a revitalization they did not approve of.

Another workshop will take place 6 p.m. Wednesday, February 13th in the Board of Supervisors Chamber at 700 H Street. The public is encouraged to attend. The Board will not be taking action. The meeting it is to be a workshop. For more information on the Fair Oaks Corridor Plan log onto http://corridors.saccounty. net/fairOaksPlan.asp or contact Cindy Storelli at: (916) 874-6141.

Publishers note: Ooops! This article ran last issue with the wrong copy. So here it is with the correct story.

# Council as Divided as Community The Sacramento Banjo Band BanjoRama 2008



Participating in BanjoRama 2008, Sacramento Banjo Band members Weldon Ward, Bette Godberry and Batty Van Zook

The Sacramento Banjo Band is holding its annual Banjo-Rama on Sunday, February 24th from 11:45 to 5:30 pm at the Carmichael Elks Lodge. This is a great fun-filled afternoon of lively musical entertainment featuring world-famous Sean Moyses from Germany, Charlie Tagawa, Bill Dendle, Gary Ryan, Steve Peterson, Bill Lowrey, Dick and Hellen Martin, Jack Convery and Sacramento's young new star, Paul Doerner. Four Banjo bands

from the Bay Area and Sacramento will add to the program.

Banjo-Rama provides an afternoon of happy music and entertainment played primarily by the four-stringed banjos. Two rooms will furnish continuous entertainment. Food, refreshments and free parking are available. Banjo displays and tape CD sales are provided. The general public is invited and a \$15 donation is requested at the door. Children 15 and under are free.

Each year the Sacramento Banjo Band donates proceeds from this event to the Shriners Hospitals for Children.

Banjo-Rama will be held at the Carmichael Elks Lodge, 5631 Cypress Avenue, Carmichael, near Manzanita and Cypress.

Check the band's website for details at www.sacramentobanjoband.com. For further information contact Peggy Lewis 916-383-0108.

# Don't Let April 15 Pass You By

## By Michael Lynch State Farm® "Your American River Agent"

April 15 has long been considered a date to avoid. Visions of tax men coming for your money are common in many advertisements on television and in print.

Wouldn't it be nice if you could do something to lower your federal income tax burden instead of mailing a big check on April 15? With a traditional Individual Retirement Arrangement (IRA), you may be able to do just that.

A contribution of the 2007 maximum of \$4,000 prior to April 15, 2008 could reduce your taxable income, making your federal tax burden less for the year. If you were 50 or older by the end of 2007, you can add a \$1000 catch-up contribution to potentially reduce the tax burden even more.

If you already have a traditional IRA, plan to make a contribution prior to the April 15 deadline. If not, talk to a financial professional as soon as possible to start one.

There are restrictions governing who may contribute to a traditional IRA. If you don't

a Year of

qualify, consider a Roth IRA. retirement years. You won't get the federal tax advantages now, but qualified withdrawals can be made free of

Either way, having a plan for retirement is important. You owe it to yourself to make the federal income tax during your best plan as soon as possible.

# SOME OF LIFE'S TOUGHEST **CONVERSATIONS HAPPEN** OVER COFFEE. When was the last time you had that conversation about Life Insurance? Talk to me today about your life insurance needs. Michael Lynch, Agent 5150 Fair Oaks Blvd, Suite 104 Carmichael, CA 95608-5758

LIKE A GOOD NEIGHBOR, STATE FARM IS THERE

# Call to Artists

The Sacramento Fine Arts Center invites artists to enter our Annual Open Exhibition "Magnum Opus XIX" July 29 – August 16, 2008 at the Sacramento Fine Arts Center Galleries.

Open to creators of original art. All media. *Exception:* no film or crafts.

Awards: Best of Show \$500. Plus over \$3000 in cash and merchandise awards.

Juror: Scott Shields Ph D. Chief Curator/Associate Director, Crocker Art Museum, Sacramento.

**Fee:** \$20 per work or 5 for \$80, non-refundable. **Hand deliver:** Friday July 11 from 1:00-4:00pm or Saturday, July 12 from 11:00 am - 4:00 pm.

Download prospectus/entry form from www.SacFineArts.org or send SASE to Magnum Opus XIX, Sacramento Fine Arts Center, 5330-B Gibbons Drive, Carmichael, CA 95608.

**Information:** Sacramento Fine Arts 916.971.3713

# 4-H in Your Area!

By Natasha Elbert

Did you know that you have a local 4-H Club near you? 4-H offers wonderful projects that educate kids through the use of local volunteers. It also teaches leadership and offers opportunity to do active community

The American River 4-H Club has many projects for all ages. Currently we have active projects in

Horse and Pony, Scrapbook, Bicycle Repair, and Beginning 4-H. Come visit the club meetings located at 6000 Stanley Ave., Carmichael. We have meetings the second Tuesday of each month at 7pm. You can contact Don at 974-7440

if you have any questions. 4-H is not just about animals. Today volunteers offer education in Computers, Science, Leadership, and much more. Visit www.ca4h.org to learn more.

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# Orangevale News & Views Join the Chamber of Commerce How To Keep Your Water Well States of Commerce How To Keep Your Water Well States of Commerce Their drinking water sumply

for Bunko Night Fundraiser

Annual Bunko Night Fundraiser on March7th. This event will be one of the largest community fundraiser the Orangevale Chamber of Commerce holds in 2008. "Bunko Night" is being held at the

Orangevale Grange Hall 5807 Walnut Avenue in Orangevale.

Doors open at 6:30 p.m Games at

Cost is \$20.00 includes: Dessert, 1 Drink and Games

Everyone is welcome, we teach you how to play!

Your donation and support is This evening of Games, Dessert greatly appreciated for our raffle

and Prizes promises to be lots of fun and silent action. As always, the Chamber will be more than happy to acknowledge your generosity in both the evenings' schedules of events.

> For Advance Tickets or More Information call the Orangevale Chamber of Commerce 988-0175

Fresh clean water can be easy to enjoy out of your own well.

(NAPSA)-Ground water is a plentiful source of drinking water. More than 45 percent of Americans rely on ground water from wells for

When you own a well, it is your responsibility to make sure the water is safe. Routine maintenance can help eliminate water quality problems and prolong the life of your water well

Following are some other basic steps from the National Ground Water Association (NGWA) to help keep your water well system safe.

Is Your Water Well System Clean?

A common mistake by homeowners is to test their well water without first making sure the water well system is clean. Testing water from a dirty well can lead to false positives-the appearance of contamination even when the ground water is clean. A dirty well can also harbor contaminants such as certain types of bacteria.

A qualified water well system contractor can determine if your water well system needs cleaning.

**Cleaning Your Water Well System** 

A common misconception of homeowners is that chlorine alone will clean a well-the more, the better. However, chlorine is an effective disinfectant only after debris and other solid material are removed from the well. A qualified water well system

How To Keep Your Water Well System Safe contractor is equipped to properly clean your water well system.

**Testing Your Well Water** NGWA recommends well owners

test the water: At least annually for bacteria,

nitrates/nitrites and any contaminants

of local concern. More frequently than once a year if there is a change in the taste, odor or appearance of the water, or if a problem occurs such as a broken well cap or a

Water Well System Treatment

new contamination source.

Should any contaminants above levels of health concern remain after proper cleaning and disinfection of the water well system, it does not mean you cannot use your ground water. A water treatment device may resolve any water quality issues. A qualified professional water well system contractor can advise you on how to

When considering a water treatment device, make sure its specifications match up to the substances and concentrations you wish to treat.

Learn More

To read an article called "Eight Tips for Maintaining Your Well," visit www.wellowner.org.

# Orangevale Women's Hosts Art Contest

had six students from local schools enter the Sutter District Art Contest held at Roseville Elk's Lodge on Friday, January 25th. Taking first place for grade k-1 was Emma Miller and grade 4-6 was Megan Overstreet. Both students were

The Orangevale Woman's Club in Orangevale. Other students participating in the contest receiving ribbons and certificates were Brayden Cozby, Hannah Whitaker, Presley Bowman and Matthew Basic. Emma Miller and Megan Overstreet's art work will be entered into California from Ottoman Elementary School Federation of Women's Club art

contest which will be held April 4th in Orange County. This Art/ Craft/Poetry/Short Story contest is held yearly. Students from all schools in the Sutter District area are eligible to enter. Winners for the other grades came from schools in the Auburn area.

# Open House for RT Light Rail Extension Study

District (RT) hosted two identical open houses on the Downtown / Natomas / Airport (DNA) Study Draft Program Environmental Impact Report (EIR) for the 13-mile light rail extension. DNA light rail corridor will extend from downtown Sacramento to the Sacramento International Airport to serve the future Railyards Richards

The Sacramento Regional Transit Boulevard redevelopment area, and the South and North Natomas communities.

The first open house was held at the Inderkum High School Theatre on Saturday, February 9. The second open house was held at Featuring 14 stations, the future the Continental Plaza Auditorium February 11.

The Draft Program EIR describes the significant components of the DNA project; provides a basis for understanding the project's

environmental effects; identifies the means to avoid or minimize these effects. The full report is available for review at www.dnart.org. The public comment period will end on Tuesday, February 26, 2008.

For more information about the DNA Draft Program EIR, visit www. dnart.org. For route and schedule information, call 916-321-BUSS (2877) or visit www.sacrt.com

#### Everyone Lives in a Flood Zone been re-mapped and some that were your property.

By Bob Clouse

Do you live in a flood zone? Everyone lives in a flood zone. It's just a question of if you live in a high risk area, or a low to moderate risk area. Flood insurance is not normally required by your mortgage company if vou live in low/moderate risk zone, yet 30% of all flood insurance claims are from these low-moderate risk areas. Regions considered in the "100 year flood plane" don't flood every 100 years- these regions are at an elevation where water has a 1% chance of exceeding the flood elevation each year. So, the "100 year flood" could occur more than once in a matter of just a few years.

We've all been hearing about flooding and flood insurance lately. In the Sacramento region, areas have once in higher risk zones are now in lower risk zones, or "preferred risk" zones. Other areas that have recently been built up with homes and were in preferred risk areas, are now or will soon be considered at higher risk. With the recent storms in our area, residents may be wondering if their homes are

Homeowners insurance does not cover damages caused by floods. So what can you do if you suffer a loss by flood water and have no flood insurance? Federal disaster assistance is available- but only when the president has declared a disaster. Also, the federal disaster assistance is usually a loan that must be paid backwith interest. This loan payment is paid back monthly, and you still have your monthly mortgage payment on

Even if your mortgage company does not require that you purchase flood insurance, you can still purchase a policy. All companies that sell flood insurance are subject to the rates set by FEMA (Federal Emergency Management Agency), therefore; no matter which company you buy your insurance from, your premium should be the same. An insurance agent who sells Flood Insurance can tell you what flood zone your home is located in and can provide you with a quote for flood insurance in a matter of minutes. A policy can be purchased at any time, but coverage does not become effective for 30 days. You don't want to wait until the water starts rising before you consider protecting your home!

# What Can Investors Learn from Gardeners?



**Kirk Camunez** 

Spring is here. If you're a gardener, you know it will soon be time for you to put in your flowers or vegetables. But even if you don't have a green thumb, you can still take advantage of the season by "planting the seeds" for the growth of another valuable piece of property - your investment portfolio.

Actually, you can find a few similarities between successful gardening and effective investing. For starters, both gardeners and investors need to consider their individual circumstances. If, for example, your garden is in a shady part of your yard, you might be able to grow some nice geraniums, but you'll have tougher time with roses, which crave

the sun. As an investor, you'll also find that some investments are more appropriate for your situation than others. So, before you purchase a stock, bond, certificate of deposit or government security, you'll need to determine if it's suitable for your risk tolerance, time horizon and long-term goals.

Furthermore, just as gardeners don't usually grow only one variety of flower or one fruit or vegetable, you, as an investor, shouldn't stick with one type of investment vehicle. If you own nothing but aggressive growth stocks, you'll likely take on too much risk. Conversely, if you "are too conservative" and invest only in government bonds and certificates of deposit, you'll probably never achieve the growth you need, and your earnings may not even keep pace with inflation. Instead, build a portfolio containing a variety of investments that, when put together, is designed to help you make progress toward your objectives.

Another trait exhibited by gardeners and worthy of emulation by investors is patience. If you were dissatisfied with the growth of a plant after just a few days, would you uproot it and put another plant in its place? Probably not. Instead, you'd nurture the original plant, hoping that, in the long term, it is possible for it to grow. The same thinking can apply to investments. Over the short term, your investment choices will fluctuate in price, and sometimes you may be frustrated by what you perceive as the lack of progress. But instead of constantly selling off investments and buying new ones, you'll likely be better off choosing quality securities and holding them for a period of many years. Eventually, your efforts may be rewarded.

What else do gardeners do that might be relevant to investors? For one thing, they get rid of weeds that can choke off the growth of flowers or vegetables. As an investor, you too may benefit from occasionally "pruning" your portfolio of those investments that no longer meet your needs, and, in fact, take up space that could otherwise be more profitably used. That's why

it's a good idea to review your holdings at least once a year. Finally, just as backyard "diggers" may turn to master gardeners for advice and guidance, you, as an investor, could quite likely benefit from the services of a financial advisor - an experienced professional who knows the markets and who will take the time to understand your situation, needs and goals.

So the next time you see some industrious gardeners making something beautiful and productive in their yards, watch them closely. Their skills and habits might be productively transferred to you as you invest for the future.

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Investing a set amount of money on a regular basis does not ensure a profit and does not protect against loss in declining markets. Such a plan involves continual investment in securities regardless of fluctuating price levels of such securities. You should consider your financial ability to continue the purchases through periods of low price levels.

To learn how investing on a regular basis can help you reach your financial goals, call today.

Kirk Camunez

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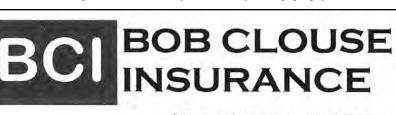
Butch and Dougie by Alex Howell













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We welcome visitors, please stop by!

# Gold River News & Views Firefighter of the Year

A Thankful Group Feeds Troop's and Their Families



Chuck and Evelyn Neely of Fair Oaks put on another wonderful BBQ lunch for our Troops and their families. On Saturday, Feb 9, The 270th Military Police Company received the hospitality of over 50 volunteers! The Neely's received generous donations to purchase food for the lunch from Christine Taylor owner Summit Trailers in Rancho Cordova, Al Rivera

USAF Vietnam Veteran 20th SOS Green Hornet, Gold Country Chapter Sons of the American Revolution - Auburn, C&C Metals Rancho Cordova, Vitas Innovative Hospice Care of Sacramento, Nor Cal Beverages - West Sacramento.

The lunch started out with The Sacramento Young Marines presenting the Colors for the Company. Volunteers served

the troops and their families as a thank you for the sacrifices they have endured for our Freedom.

Chuck and Evelyn will be planning another lunch in April or May. If you would like to participate contact Chuck at GILunch@comcast.net or phone 916-961-1609.

# When Burning is Permitted, Burn Cleanly

**AQMD Offers Winter Warming Tips for Residents to Consider** 

Fireplaces in Sacramento County may be a bit more idle this winter as residents experience their first Check Before You Burn season, but many residents don't realize that the new law, which is in effect from November through February of each year, does not actually prohibit wood burning at all times. It does, however, restrict wood burning on certain days throughout the winter when air pollution is forecast to be unhealthy to breathe.

When there are no restrictions in place, the Sacramento Metropolitan Air Quality Management District still encourages residents to refrain from burning altogether or to at least burn "cleanly." This will reduce wintertime air pollution and improve air quality, resulting in fewer "no burn" days and more frequent "burn cleanly" days in the future. More importantly, however, reducing particulate matter caused by wood burning helps everyone's health.

Eliminating all wood burning fires is the healthiest choice, but those who opt to burn in their fireplaces can burn "cleanly" and still help reduce particulate matter emissions. Burning cleanly does not require much effort just a little bit of planning before deciding to light a fire will make a big difference in air quality. Any household

or business that frequently lights fires may consider taking bigger steps to achieve cleaner burning practices. Even the smallest effort to burn cleanly will help reduce particulate matter pollution in Sacramento County.

The following clean burning tips offer information on how to build a clean, efficient and safe wood burning fire in your fireplace or wood stove:

Simple Tips

· Ensure firewood is clean, seasoned and dry before burning it. Unseasoned or moist wood smolders and creates additional pollution.

 Never burn garbage, glossy paper such as magazines and wrapping paper, or plastics, chemically treated or painted wood in fireplaces or stoves. Doing so is illegal and hazardous to public health.

• Don't build large, smoldering fires –heavy smoke emits more air pollution and lingers longer in the air, which makes the air unhealthier to breathe.

• Give your fire plenty of room—a fire with a generous air supply reduces

Tips for the Frequent Fire

These tips may require a little extra time or money, but will provide a household with a longer-lasting way to burn cleanly:

• Purchase a cleaner burning, lowemission hearth product. Visit http:// sparetheair.com/burncheck.cfm find links to a list of EPA certified

stoves or other cleaner burning hearth appliances.

• The AQMD offers cash incentives to residents who purchase an EPA certified device-visit www. Air Quality. org to find out more information on the wood stove and wood fireplace changeout program.

 Have your chimney inspected and cleaned once a year by a licensed contractor.

 Make sure wood stove and fireplace inserts fit the heating needs of the home—inserts that are too large produce more heat than needed and create excess smoke when you use the

The new Check Before You Burn law has been established to reduce the harmful pollution that comes from indoor and outdoor fireplaces, wood stoves, firepits and chimineas. Residents breathe poor air when weather conditions trap pollution close to the ground during the fall and winter months. It is the AQMD's responsibility to protect public health and achieve clean air goals. To learn more or to find out if any burn restrictions are in place each day, visit www.SpareTheAir.com or www. AirQuality.org or call 877-NOBURN5 (877-662-8765).

A cleaner burning fire will still warm your home while emitting less harmful pollution into the air, which helps everyone breathe easier.

the Firefighter of the Year Award at the Citrus Heights Chamber of Commerce 50th Anniversary Installation Dinner. We did not have the room to run this speech offered in his honor in our last edition, so we bring it to you here to honor his contribution to the community.

Bob is a founding member and chairman of the Local 522 Honor Guard. Since its inception, Bob has dedicated countless hours forming a group of individuals into a respected unit carrying the honor and traditions of the fire service at events including fire academy graduations, funerals, conventions, and including annual participation at the IAFF Fallen Firefighters Memorial in Colorado Springs, Colorado.

In addition to his role as the chairman of the honor guard, Bob is a lead instructor with the ROP Fire Control Program for the Sacramento County Office of Education.

Bob also spends many hours as the chairperson for the Sunshine Committee with the Sacramento Metropolitan Firefighters Association. His job on that committee is to see that any Firefighter Association member that has a baby, has a death in the family, or has a sick family member receives a special acknowledgement and provides additional support for the family. With a fire district of over 750 employees, this is a huge commitment!

Bob is also the secretary for the Mills One Club (formerly the Rancho Cordova Firefighters Association) and has been the secretary for the last 15 years. He is also an active member of



Firefighter of the Year Bob Werner

the Pioneer Mutual Hook and of our community. Finally, Bob is Ladder Society, which works to equipment and apparatus.

At Christmas, Bob is heavily involved in both the Christmas so special, his willingness to Promise and Christmas Giving dedicate his life to serving his Programs, which provide Christmas community, his family and gifts to the less fortunate members his friends.

an active PTA member at his local restore and preserve antique fire school, White Rock Elementary, located in Rancho Cordova.

Bob is what makes firefighters

# **Natural Gas Watch**

## FEBRUARY NATURAL GAS **BILLS 6.7 PERCENT LOWER** THAN ONE YEAR AGO

As the 10/20 Plus Winter Gas Savings program enters its final month, Pacific Gas and Electric Company's residential customers continue to reap the benefits of their conservation efforts. Despite a modest increase in natural gas prices, February natural gas bills for residential customers are forecast to be 6.7 percent lower when compared to February 2007 as a result of a projected decrease in gas usage.

Gas prices across the United States have increased since last month due to increased space heating demand, as temperatures across much of the nation are lower than in early to mid December. Natural gas costs typically rise or fall in the winter months, depending on weather and market conditions, but PG&E has worked to protect our customers from severe price changes through smart purchasing decisions, financial hedging against price spikes, and using our extensive pipeline and storage infrastructure to help lower gas purchase costs.

For customers to maximize this winter's 10/20 Plus Winter Gas Savings program, energy efficiency and conservation remain important. Turning down your thermostat by just one or two degrees and weather stripping are two easy ways to save on your winter heating bills. More energy saving tips, as well as information on the 10/20 Plus program is available at www. pge.com/winter. A forecast of PG&E natural gas rates and bills over the next year is also available at www.pge.com/tariffs.

All customers should also be aware that they have a choice of gas supplier, and that PG&E supports this choice. Customers are encouraged to explore their gas purchasing options with alternative suppliers that are listed at www. pge.com/gaschoice . Other suppliers can provide different pricing and billing options for natural gas that may be more advantageous for individual customers.



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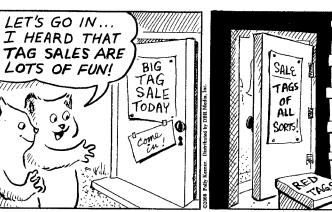
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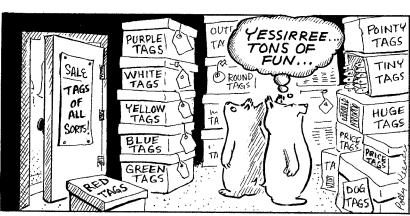


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# COLORADO, HERE I COME!

Before leaving for my destination, I had the pleasure of booking my flight on line from Orlando, Fla., to Denver, Colo. If you book in advance, you will always find a reasonable rate. Frontier Airlines was my choice for the trip, and I was able to find a round trip flight for \$198. Frontier Airlines has



## Careless Breeding

Dear Paw's Corner: I saw a news report last week about some Chihuahua puppies that were all born without front limbs. While the solution to their dilemma -- custom-made wheelie carts -- was heartwarming, I wondered how three puppies from the same litter could all have the same problem? -- Tara G., Daytona Beach Fla

Dear Tara: Careless breeding

# On the Road Again!

By Glenn Arnette, III

been Denver's hometown carrier for over 40 years, carrying over 87 million passengers. It is known for service and safety

You will find comfortable seats, very friendly attendants and a fun flight. When coming back to Orlando from Denver, I was sad that I would be flying during the Super Bowl. So, I had an extra glass of wine in the lounge before rushing to the plane. On arrival at the plane, we were told that Frontier Airlines had purchased the rights to see the Super Bowl in flight on our individual private screens on each seat. Imagine the excitement and party we all had. It was like a dream! Thank you, Frontier Airlines!

The Curtis Hotel in downtown Denver is absolutely the perfect place to stay. It is very close to shopping, theaters, entertainment, concerts, and more. This is a real Denver experience! This unique hotel has a flair and offers reasonable rates for its guests. It is a one-of-a-kind boutique hotel. It's fun,

was the likely cause of this unfortunate event -- a breeder creating too many litters of Chihuahua pups without much knowledge or research into the parents' histories. Profit -- a fast buck -- was purely the motive in the actions that led up to these pups being born.

It's not known how common such an event is, but careless breeding can lead to generations of pups from the same sire/dame carrying genetic deformities. This is a danger in all purebred dogs, but careful, knowledgeable practices lead to healthy dogs with few negative incidences of genetic deformity or behavioral problems.

The best way to combat this issue is to educate yourself and others about the pitfalls of buying a particular breed "just because

classy and personable, and that makes your stay fantastic! The contemporary guestrooms are large, well-appointed with flat screen televisions and iPod speaker systems. The wake-up calls are hysterical! To find out more about hotel with all of the amenities, including, exercise room, meeting rooms, wireless, and more, Google, The Curtis Hotel, Denver. You will make this your one and only hotel while visiting Denver, and the price will be right.

Right across the street (where you will not need a coat), you have the Performing Arts Center. Next week, I will be telling you about America's premier spot for theater, concerts, and what Disney considers to be the best house to preview their Broadway shows

Remember, Google me, Glenn Arnette, III, for additional travels or e-mail me with your thoughts and comments at VGArnette3@aol.com.

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it's popular." Keep warning others about buying puppies from the flea market, or through classified ads. Remember that "this dog comes with papers" is a meaningless sales pitch -- such papers would need to be certified by the American Kennel Club, and its standards are very high.

In fact, the AKC Web site -www.akc.org -- can help you take the first step in learning about good and bad breeding practices, and can guide you, or anyone you know who is thinking of getting a dog -- on the best ways to select a purebred dog.

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com. (c) 2008 King Features Synd., Inc.

# There is Nothing "Sicker" than Our Healthcare System

"Healthcare coverage in America is a continual tug of war involving doctors, lawyers, lobbyists, lawyer lobbyists, public and private sector employers, private insurers, government insurance programs, and the lonely victims whom we call patients. Indeed, the only people not at the table are our children and our grandchildren -- heirs to the multitrillion dollar promises we made for Medicare and Medicaid programs. The best thing we can say about our healthcare coverage in America is that it's not like all the others. We don't send seniors home to die. We don't have 18-month waiting lists for surgery and six-month waiting lists for doctor's appointments. Other than that, we have a mess," says Sid Dinerstein in his new book, Adults Only: For Those Who Love Their Country More Than Their Party.

Dinerstein, a Florida political advocate and the chairman of the Palm Beach County Republican Party's Executive Committee, has been encouraged for years to write a book. The reluctant author finally agreed that he had a message worth

writing about.

"We have the ability and the resources available to us to solve all of the problems facing our nation in the 21st century," Dinerstein says. "All we have to do is grow up, put party politics aside for a moment, and think about what's in the best interest of the country."

His newly released non-partisan book covers a dozen major problems facing us, of which healthcare is certainly one. In the book, Dinerstein maps out an eight point Adults Only healthcare solution for America. He also calls for term-limits for elected officials and stipulates the need for an achievable

Adults Only balanced budget. His healthcare coverage program requires both objectives in order to be successfully implemented.

"Once we remove the undue influence of the lobbyists and the powerful seduction of massive

ADULTS ONLY



deficit spending," he explains, "we can actually do some good."

Adults Only: For Those Who Love Their Country More Than Their Party is available at local bookstores, Amazon.com, through the website www.siddinerstein.com or by calling 1-888-281-5170.

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By Pastor Ray Dare

Life is full of valleys; highs and lows, good times and bad times. The fact is, valleys are going to happen so you might as well count on them. It's not a matter of "if" it's a matter of "when". You've either just come out of a valley, you're in a valley right now or you're headed towards a valley. What should you do when you find yourself in a valley?

One of the most famous Psalms in the Bible is Psalm 23. Many have memorized this Psalm and it is often recited as a prayer. It's a favorite Psalm because it gives us three things to do when we find ourselves in one of life's valleys. David says, "Even when I walk through the dark valley of death, I will not be afraid, for you are close beside me.

Your rod and your staff protect and comfort me. You prepare a feast for me in the presence of my enemies... Surely your goodness and unfailing love will pursue me all the days of

my life, and I will live in the house of the Lord forever." Psalm 23:4-6 (NLT). What should you do when you find yourself in a valley? You do the same three things David did.

Release Your Fear. Valleys cause us to fear, because things get out of our control. You get sick, you have a relational breakup, you face financial crises and you think, "What's going to happen to me now?" "What will this lead to?" "Why did God allow this?" But David said, 'I will not fear! I will not fret, I will not be afraid, I'm not going to let it get me down.' When you reach this point, the point of release, the point of surrender, this is a major step in your spiritual maturity.

Rest In God's Care. He said, "Surely your goodness and unfailing love will pursue me all the days of my life...." David rested in God's unfailing love. When you really understand God's unfailing love, His mercy, then when something bad happens to you...your car breaks down...you get sick...you have an accident,... you won't be tempted to think, "God must be mad at me.

When You Go Through a Valley That must be God getting back at me; punishing me." God doesn't get back at you for things that Jesus already paid the penalty for! Not if you're a follower of Jesus Christ.

You will experience many different kinds of days in life. You will experience days of loneliness, days of sickness, days of sorrow, days of pain, of tragedy. But you will never experience one day without God's mercy and unfailing love!

Remember It Gets Better! "I will dwell in the house of the Lord forever." This is not heaven. This is earth, and while on earth you will have one problem after another. What gave David peace and confidence through the valleys of life? He remembered it gets better. See, if you're just focused on present, then when bad times hit- when you get sick, when tough times come- then you will get discouraged and fearful. You must remember this tough time is going to pass. It's going to get better. When you find yourself in a valley, release control, rest in God's love, remember it gets better and God will give you His strength.

Pastor Ray Dare, New Community Christian Church www.YourNewChurch.org

# Be Responsible for God's Gift To You . . .



By Marlys Johnsen Norris

Unused or hidden talents are of no use to anyone. Some people just automatically use their talents as part of their lifestyle and personality and it seems to flow from their being without any effort. It often appears that when a person has one talent, it births other talents as well. Their life is both exciting and fulfilling.

Why do others hold back and reluctantly never try to exercise

the gift they have within them? Comparing themselves to others, they often question if they have a gift. Others persons are very aware they have a talent they hold in reserve. Are they fearful of rejection or criticism that what they do is not good enough? Do they feel that to put themselves in the spotlight they would lose their sense of humility? Do they fear fame so much they would dishonor God by not using the gift(s) He has endowed them? Are they fearful of exalting themselves above God?

We do need to recognize that all good things come from God for the purposes He desires. These dear ones may know themselves better than anyone, but all those assumptions and fears are faulty. When gifts are given by God, they are to be used to build up, and to edify the Body of Christ. Gifts are given to help us be His disciples and vessels, giving out the Word of God's love, grace and mercy.

To plant seeds and win a soul to Christ! No excuse is good enough! When we fail to be a disciple and vessel of God, we have failed God. We have not met the "call of God" on our lives. It would be a unbelievable event "if" anyone could exalt themselves above God! Those who have tried have met or will meet with death. We can never be good enough to earn anything. True humility comes in "being used" by God.

Our job is to submit and surrender and allow the Holy Spirit of God to use us whenever and wherever. Truly the majesty and glory of heaven surround the throne of an all powerful God, Who is completely in control!

Marlys Johnsen Norris LIFE MESSAGE WORKSHOPS "Intimacy Begins Going God's Way" Marlysj@sbcglobal.net

# **Actions have Consequences**

Jay's Notebook, aclj.org

This is the strong message we must send liberal politicians in Berkeley, California, and Toledo, Ohio. Their outrageous, insulting actions against our servicemen and women have produced an outcry ... a backlash of condemnation from private citizens, grassroots organizations, and now, congressional leaders. Berkeley City Council's anti-military sentiment has touched a nerve in Congress. And new legislation, introduced by Senator Jim DeMint, will effectively pull the plug on more than \$2 million in federal funding earmarked for Berkeley ... and give the money to the U.S. Marines instead. The legislation would rescind over \$2 million in earmarks for Berkeley, California, that are currently hidden in the 2008 Omnibus Appropriations Bill ... and transfer the funds to the Marines. "Berkeley needs to learn that their actions have consequences," said

Senator DeMint. "Patriotic American taxpayers won't sit quietly while Berkeley insults our brave Marines and tries to run them out of town. Berkeley City Council members have shown complete ingratitude to our military and their families, and the city doesn't deserve a single dime of special pet project handouts." Our Government Affairs Office in Washington, D.C., is working with members of Congress on this vital, necessary legislation this week. We have launched a major campaign via the Internet and radio to ensure that the Semper Fi Act of 2008 gains momentum nationwide. We want to hear from you! Stand with the ACLJ as we work to ensure that our military gets the support and respect it deserves. You can be sure: We will hold liberal politicians accountable for their outrageous behavior. The men and women who serve our nation in the military do so at great sacrifice and risk. They remain dedicated to protecting our freedoms and they

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# Lenten Service

### **Lenten Worship**

Wednesdays **7:00** pm—**7:4**5 pm with Communion

#### **Maundy Thursday Service**

March 20, 2008 7:00 pm

#### **Good Friday Service**

March 21, 2008 7:00 pm

### **Easter Services**

March 23, 2008 7:00 am 9:00 am 11:00 am Easter Egg Hunt 9:00 am Breakfast 8:00 am—11:00 am

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Evening Adult Study: 7 pm - 8:30 pm **Sundays:** Worship ~ 9:30 am

Sunday School ~ 11 am For All Ages www.oakavefmc.org

# by Wilson Casey

- 1. Is the book of Benaiah in the Old or New Testament or neither?
- 2. Shadrach, Meshach and Abednego went unscathed after being put into whose fiery furnace? Satan, Nebuchadnezzar, Haman, Laban
- 3. At the time of the singing birds in Song of Solomon 2:12, whose voice was heard in our land? Trumpet, Tempest, Truth, Turtle-dove
- 4. Which book ends, "Little children, keep yourselves from idols. Amen"? 1 John, Jude, Mark, Amos
- 5. What "people of" had a fly god named Baal-zebub? Ethiopia, Pergamos, Ekron, Gibeah
- 6. From Psalms 60:8, who is my washpot? Balaam, Moab, Aaron, Micah

ANSWERS: 1) Neither; 2) Nebuchadnezzar; 3) Turtle-dove; 4) 1 John; 5) Ekron; 6) Moab

> For more teasers, log on to www.TriviaGuy.com © 2008 King Features Synd., Inc.

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# MOVIE REVIEWS

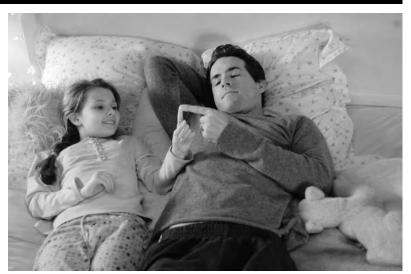
# Definitely, Maybe

Romantic comedies have about the same success rate as marriages: half work, half don't. Odds decrease for rom-coms released this time of year; they're often neither worthy of Oscar consideration nor good enough for a coveted summer opening.

"Definitely, Maybe," an appropriately titled movie if there ever was one, doesn't buck the trend, but it is above average for the genre and season -definitely a maybe on the to-see list.

Affable Ryan Reynolds plays Will Hayes, a Manhattan advertising exec in the midst of a divorce. Not exactly a promising start for love or laughs, but when Will's 10-year-old daughter, Maya (Abagail Breslin), wonders about her father's life before marriage basically how her parents fell in love -the movie moves into flashback mode with Dad taking the girl down memory lane. To spice up the bedtime story for daughter and audience, Will recounts his three most significant relationships and changes the names so Maya has to guess which woman became his wife and her mother.

The novel story structure by Adam Brooks, doing double-duty as director,



serves a dual purpose: Maya gets an education on love - basically, it ain't easy - and Will comes to realize that love doesn't have an expiration date. Being a rom-com, a happy ending is probable, but with the child factor it's guaranteed. What is non-formulaic, however, is that the film gets there from a rare male perspective.

The stories within the story begin with Emily (Elizabeth Banks), Will's college sweetheart in Wisconsin who isn't happy that he will be spending 2 months in New York working on the 1992 Clinton campaign. But Will must follow his political aspirations and he assures her their relationship is strong enough to weather the separation. Then there's the apolitical April (Isla Fisher),

who works at campaign headquarters for money, not the cause, and this both frustrates and intrigues Will. Lastly there's the free-spirited Summer (Rachel Weisz), an aspiring journalist and one-time schoolmate of Emily's.

The saccharine-sweet movie keeps Maya and us guessing who Mom is until the end. Whether you will still care by then depends on how much you're into the characters (Breslin's cuteness from "Little Miss Sunshine" is MIA and the adults are so-so) and if you didn't get enough sugar on Valentine's Day.

2 ½ of 4 Stars, Rated PG-13, 111

# "Race for the Arts" Celebrates 10 Years

"Race For The Arts" Celebrates 10 Years With Music & Lyrics Jingle Competition!

Got Talent? We Want To Hear From You!

Competition Starts Now - Entries due April 11, 2008

Create a catchy jingle. This is your chance to show your creativity and win \$1,500 if your entry takes 1st Place, and \$250 for 2nd Place. Race for the Arts is creating a 30-second Public Service Announcement video to promote the Race, which will be used in conjunction with the winning jingle. Call: Sally Rice (916) 933-4056 to receive a copy of the video on DVD.

The 10th Annual Race for the Arts will be held on August 22, 2008. More

The Sacramento Master Singers, under the direction of Ralph Hughes, will present

two performances of their second concert

event of the 2007-08 season. This concert,

entitled SMS Returns to the Opera, occurs

in the beautifully remodeled theater on

the American River College campus,

4700 College Oak Drive, in Sacramento

on Saturday, March 8, 2008, at 8:00 PM,

and Sunday, March 9, 2008, at 3:00 PM.

It has been a number of seasons since the concert will include several choruses from

than a Race, it's an experience. Exercise, entertainment, costumed characters, musicians, artists, dancers, hands-on instrumental petting zoo with musical instruments, and interactive booths are all part of raising funds and arts awareness in a family-friendly atmosphere. Create a

jingle that characterizes this event. Race For The Arts Music & Lyrics **Jingle Competition Rules** 

- 1. Participants must reside in California.
- 2. Participants may collaborate and share prize money.
- 3. Participants must author and submit original jingle music and lyrics to accompany the Race for the Arts
- 4. A 30-second PSA video will be provided on DVD to each participant (Call
- 916-933-4056 for a DVD.) 5. All contest entries must be postmarked

featuring these masterpieces of choral

literature. This concert program includes

well known and loved choruses such as

"Anvil Chorus" from Verdi's Il Trovatore

and "Regina Coeli" from Mascagni's

Cavalleria Rusticana, among others. The

by April 22, 2008.

- 6. All contest entries must be submitted on a CD, DVD, or VHS tape and mailed to Race for the Arts, P.O. Box 799, Folsom,
- 7. Race for the Arts will judge all qualifying submissions and will determine contest winners. Participants agree to abide by the decision of the Race for the Arts judges.
- 8. The 1st Place winning entry will receive \$1,500. 2nd Place winner will receive \$250.
- 9. Participants agree to allow Race for the Arts to use their submitted jingle, in their promotional campaign without compensation or copyright protection.
- 10. Participants agree to allow Race for the Arts to use their name and photographic likeness and jingle submission in its promotional campaigns at its discretion.

Sacramento Master Singers Return to the Opera

less often performed but no less thrilling Master Singers presented a delightful performance of opera choruses and operatic works as well as a selection of arias. It is long overdue that the choir once again presents a magical concert

Tickets for SMS Returns to the Opera are \$20 and can be purchased online at www.mastersingers.org, or by phone by calling (916) 788-7464.

As the old saying goes, the opera isn't over until...the Master Singers have sung! Join us at the American River College Theater on March 8th and 9th

# Orangevale Chamber of Commerce Cost: \$20.00 Includes: Dessert, 1 Drink and Games (Excludes Alcohol Drinks) When: Friday Evening, March 7, 2008 Time: Doors open at 6:30 pm Games at 7:30 pm Location: Orangevale Grange Hall, 5807 Walnut Ave, Orangevale CA (Madison/Walnut) **Everyone Is Welcome** We Teach You How To

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# RILEY REVIEWS



Tim Riley

#### **ROMANCE SPARKS A FEW** LAUGHS "OVER HER DEAD BODY"

OVER HER DEAD BODY (Rated PG-13)

We're still coping with the postholiday movie blues, where new films just aren't that good, and now Valentine's Day looms on the horizon. That can only mean more formulaic romantic comedies are on the way, and "Over Her Dead Body" is the latest entrant from the date movie factory. There's some mildly good news to this situation. If you survived "27 Dresses," chances are you will find "Over Her Dead Body" more bearable, if only because the romance sparks a few good laughs.

Eva Longoria Parker, famed for her role in "Desperate Housewives," is required to do little more than act like an annoying shrew in the role of Kate, the future bride killed on her wedding day by a falling ice sculpture of an angel without wings. "Over Her Dead Body" opens as Kate obsesses over every small detail during the chaotic wedding preparations before her accidental death. Her Bridezilla-like attempt to make everything perfect is driving everyone crazy.

The mystery of the pending marriage is that Kate's fiancé is the placid Henry (Paul Rudd), an easy-going veterinarian who seems ill-matched to such a control freak. In any event, Henry is so traumatized by the loss of his future bride that the story jumps to a year later when Henry is unable to move on with his life. His reclusive state elicits concern from his vivacious sister Chloe (Lindsay Sloane), who determines that he needs permission from the dearly departed Kate to start life anew.

At Chloe's urging, though skeptical about psychic powers, Henry reluctantly agrees to meet Ashley (Lake Bell), a medium who happens to also run a catering company with her gay best friend Dan (Jason Biggs).

The initial reading doesn't go well, and while remaining more skeptical than ever, Henry is intrigued by Ashley, perhaps because she's pretty and refuses payment, though not necessarily in that order.

Meanwhile, Chloe does not give up on her brother, deciding that a little harmless subterfuge may be the best approach. She steals Kate's diary so that Ashley could have some inside information that might convince Henry that her psychic powers deserve a second chance. Ashley, of course, uses the diary's tidbits to pretend that she's channeling Kate's spirit.

The ruse works better than expected, and yet unintended consequences abruptly follow. Kate's ghost materializes but only to be seen by Ashley. Revealing that she's not changed in the afterlife, she's disgruntled and possessive, unable to let go of Henry. Not surprisingly, Kate is upset that Ashley has designs on her former fiancé, and as a result, the ectoplasmic shrew goes on the warpath against her romantic nemesis.

What's a disturbed ghost to do? The only option is to turn Ashley's life into a living hell by using her ghostly powers to torment and humiliate. Relentless efforts to sabotage the budding romance between Ashley and Henry are intended to evoke the spirit of screwball romantic comedy, and there are moments when this is executed to humorous satisfaction.

'Over Her Dead Body" makes a far better showcase for the talents of Paul Rudd and Lake Bell than it does for the titular star. Eva Longoria Parker seems ill-suited for romantic comedy, as her nasty shrewish behavior is more fitting for her TV character. It was also disconcerting to see that her skin color was a strangely orangebrown hue, an unnatural look for a ghostly apparition. Displaying his customarily dry sarcasm, Rudd comes off the best with snappy patter and wry, humorous observations. In addition to her beauty, Lake Bell's bubbly, cheerful spirit brings welcome relief.

#### **DVD RELEASE UPDATE**

It seems only fitting that at a time of year when there are more movies than usual geared to a female audience, Sony Pictures decides to release "The Jane Austen Book Club" for home entertainment. Based on the Karen J. Fowler best-selling novel, the movie focuses on an eclectic group of Austen aficionados who search for answers within six classic novels. Kathy Bates has survived

six divorces; Emily Blunt's school teacher is crushed by her husband's insensitivity; Maria Bello sticks to dog breeding; Amy Brenneman is horrified by her husband's infidelity: Maggie Grace struggles with sexual identity. Hugh Dancy is the lone male in the book club. Together, they discuss the English writer's beloved novels in search of answers for the mysteries of love. "The Jane Austen Book Club" DVD, in addition to the customary documentary features, includes seven deleted scenes.



#### "Cloverfield"

Running time: 84 minutes MPAA rating: PG-13

"Cloverfield" is a monster movie (think of the Matthew Broderick version of "Godzilla" that came out a few vears ago) filmed from the point of view of a video camera carried around by one of the monster's eventual victims (think "Blair Witch Project").

Like "Godzilla" and "Blair Witch," 'Cloverfield" has been overhyped to the nth degree. Also like "Godzilla" and "Blair Witch," "Cloverfield"

"Cloverfield" has been hyped on the Internet for months — which is ironic because I don't think the filmmakers have ever been ON the Internet. If they had, they'd have realized that an entire generation of Americans has grown up using camcorders, and their children are sometimes as adept as camera operators as anyone in Hollywood. A 12-year-old vlogger can frame a shot better than the doofus in "Cloverfield." Apparently, this guy is the only person in New York whose camera doesn't have a motion stabilizer.

"Cloverfield" is a little more than an hour-long ordeal of ShakyCam and hyperventilating, as a handful of vapid 20-something Manhattan twinkies go on a rescue mission to save another vapid 20-something twinkie. The filmmakers spend the first 20 minutes of the movie introducing you to the main characters. Unfortunately, by the end of that 20 minutes, you realize that the world won't be any worse if they

In the ensuing hour, a few buildings fall down, you get blurry, brief



Michael Stahl-David. **Odette Yustman** 

glimpses of something big stomping through the city, you watch a few people die, you watch a few people miraculously survive something they shouldn't have lived through (I won't spoil it), and then you get a good glimpse of the underwhelming creature and .... that's it.

I really can't recommend "Cloverfield." It's an interesting concept executed poorly. At best it's a rental. **GRADE: D** 

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- 1. Meet the Spartans ......(PG-13) Diedrich Bader, Kevin Sorbo
- 2. **Rambo** .....(R) Sylvester Stallone, Julie Benz
- 3. **27 Dresses** .....(PG-13) Katherine Heigl, James Marsden
- 4. **Cloverfield** .....(PG-13)
- Michael Stahl-David, Jessica Lucas
- 5. **Untraceable** .....(R)
- Diane Lane, Billy Burke
- 6. **Juno** .....(PG-13) Ellen Page, Michael Cera
- 7. **The Bucket List** .....(PG-13)
- Jack Nicholson, Morgan Freeman 8. There Will Be Blood .....(R)
- Daniel Day-Lewis, Mary Elizabeth Barrett
- 9. National Treasure:
- Book of Secrets .....(PG) Nicolas Cage, Diane Kruger 10. **Mad Money** .....(PG-13)
- Diane Keaton, Queen Latifah © 2008 King Features Synd., Inc.

# 2. South Atlantic Ocean

Trivia Answers

1. "Urban Cowboy"

**Divine Savior Catholic Church** 

will be hosting an

ALL you can eat Crab Feed

on March 29th.

Doors open at 5:30. Tickets can be purchased for ONLY

\$35.00 per person by stopping by their office at 9079

Greenback Lane, Orangevale. They will be offering a

No host bar, raffle and silent auction. Final day to purchase tickets is

March 15th.

For more information or

questions please call 989-7400

between 8 and 4 pm.

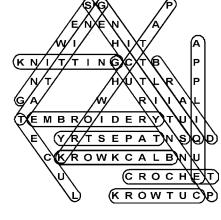
- 3. The eardrum
- 4. Teddy bears
- 5. Chris Stevens
- 6.42
- 7. Benjamin Disraeli 8. Stratego
- 9. Chemistry lab 10. Sacred carving

# **King** Crossword — **Answers**

### Solution time: 25 mins.

D A N A O D O R AWE MORTGAGES SCREWNEAF

Magic maze **NEEDLEWORK** 



Senator for 2007

In recognition of his long standing record of supporting law enforcement and public safety, the California State Sheriffs' Association named Dave Cox, who represents the First Senate District, "Outstanding Senator for 2007." This is the highest honor given to elected officials by the state's sheriffs.

Placer County Sheriff Edward Bonner, in his capacity as First Vice President of the statewide group, presented Cox an award for his exceptional dedication and service to public safety and the people of California. Sheriff Keith Royal of Nevada County, Sierra County Sheriff John Evans and former Sierra County Sheriff Lee Adams were among the small crowd gathered at the Auburn Justice Center to congratulate the First District Senator.

"Senator Cox has served his district with honor and distinction. He works hard to ensure that law enforcement officials have the necessary tools to serve and protect residents," stated Sheriff Bonner.

"Members of California's law enforcement community risk their lives daily to protect ours," said Senator Dave Cox. "It is my pleasure and honor to work with California's elected sheriffs to ensure that their departments have the resources and support that they need."

Consistent with his past record, Cox provided critical support of the issues that are important to law enforcement officials. During this year's legislative process, Cox championed law enforcement programs such as COPS, Cal-MMET, Rural and



Keith Royal, Placer County Sheriff Ed Bonner, Senator Dave Cox and Nick Warner of the California State Sheriffs' Association.

Small County law enforcement funding and mentally ill offender crime reduction grant funding.

"California Sheriffs are very appreciative of Senator Cox's strong advocacy of law enforcement," stated Sheriff Keith Royal of Nevada County.

Sheriff John Evans of Sierra County added, "Dave works hard to ensure the safety of all Californians and to ensure California's sheriffs have the resources we need to keep our communities safe."

Lee Adams, former sheriff of Sierra County, praised Cox's commitment to public safety.

"Dave's support for the rural crime monies that are allocated to the smallest California sheriff's offices have done more for the support of law enforcement in rural counties then all other actions taken by the Legislature and congress put together. I will always be grateful for his support of

that program as well as the COPS funding program, and his overall support for quality law enforcement."

"We greatly appreciate Senator Cox's strong advocacy of law enforcement and know that it is his strong commitment to law enforcement that allows us, as Sheriffs, to continue to serve and protect our communities in the manner that we need to," said Sheriff Richard Scholl.

Sacramento Sheriff John McGinness also offered congratulatory comments, "Senator Cox is a strong supporter of law enforcement and his years of public service exemplify his commitment to the people who have elected him. Dave is deserving of this recognition.'

Sen. Dave Cox represents all of Lake Tahoe and the counties of Alpine, Amador, Calaveras, El Dorado, Lassen, Modoc, Mono, Plumas and Sierra, as well as portions of Nevada, Placer and Sacramento Counties

# Sheriffs Honor Senator Dave Cox Senator Dave Cox Outstanding Senator for 2007 Coroner Hopes Forensic Artist's Sketch Will Help Identify Man Found in 1993

The Sacramento County Coroner's Office is seeking help from the public to identify a black male whose skeletal remains were found in 1993. Efforts to identify him through traditional forensics could not lead to a positive identification due to the advanced state of decomposition. Barbara Anderson, forensic artist for the Sacramento Police Department, recently released a sketch of how we believe the man looked. Anderson's work resulted in the positive identification of another

Sacramento County Coroner Robert Lyons hopes the sketch and information about the case will lead to a positive identification. "Even though fifteen years have elapsed since this individual died, we believe someone will remember him and help bring closure to his loved ones," says Lyons.

Case summary:

The man was discovered on August 31, 1993 in a vacant field near Bannon and North B Streets in Sacramento. His estimated age at death was between 40 and 60. He was 5'2" to 5'6" tall and had a scar on his forehead above the left eye associated with a surgical procedure. X-rays showed he had suffered from numerous bone fractures in his life indicating a history of many accidents or assaults. The Coroner was unable to determine the cause of death.

Anyone with information about the identity of this man is encouraged to call the Sacramento County Coroner's Office at 874-9320. For details about other Sacramento County Coroner's unidentified cases, go to www.saccountv.net/coroner.

For more information, contact Ed Smith, Assistant Coroner, at 874-9254 or 838-1209 (cell); or Kim Burson, Assistant Coroner, at 874-1698 or 591-0370 (cell).



# Lerach's Sentence Sends A Clear Message to the Legal Community legal fees in the process. His plea

By Diann Rogers

With today's sentencing of William Lerach, justice has finally been served to one of the most unjust lawyers of our time. Although two years is still light considering the magnitude of his crimes, it is as harsh as could be expected within the terms of his plea deal.

Lerach was convicted of engaging in a kickback scheme whereby he and other lawyers at his firm paid plaintiffs to initiative class action claims against businesses, earning themselves millions of dollars in

From The Sacramento County Sheriff

Fair Oaks

2008-01-29 17:00

2008-01-29 18:00

2008-01-29 19:51

2008-01-30 02:00

2008-01-30 07:30

2008-01-30 17:50

2008-01-31 15:10

2008-02-02 18:00

2008-02-02 19:00

2008-02-02 19:45

2008-02-02 20:00

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2008-02-03 18:00

2008-02-04 18:00

2008-02-05 21:20

2008-02-06 10:25

2008-02-06 12:00

2008-02-06 20:00

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20:00

20:30

09:30

12:00

19:00

2008-01-31

2008-01-31

2008-01-31

2008-02-01

2008-02-01

2008-02-01

Time Crime

Larceny/Theft

Burglary From Vehicle

Vandalism

Narcotics

Vandalism

Larceny/Theft

Larceny/Theft

Larceny/Theft

Simple Assault

Larceny/Theft

Vandalism

Narcotics

Robbery

Vandalism

Narcotics

Vandalism

Vandalism

Vandalism

Larceny/Theft

**Burglary Business** 

**Burglary Business** 

**Burglary From Vehicle** 

**Burglary Residential** 

Larceny/Theft

Vandalism

Aggravated Assault

**Burglary Residential** 

**Burglary From Vehicle** 

**Burglary From Vehicle** 

Burglary From Vehicle

**Burglary Residential** 

**Burglary Residential** 

**Burglary Residential** 

**Burglary Residential** 

**Burglary Business** 

**Burglary Residential** 

**Burglary Business** 

deal allowed for a prison sentence of 1-2 years.

"Lerach's influence on class action law was monumental and hopefully his downfall will serve as a wakeup call to the legal community," said Diann Rogers, President, Central California Citizens Against Lawsuit Abuse "There is no room for unethical behavior such as his in our justice system. We can only hope this sentence will dissuade plaintiffs' attorneys from engaging in similar behavior in the future.

**Address** 

7300 block of Winding Way

5300 block of Elsinore Way

Sunrise Blvd / Madison Ave

8800 block of Britland Way

4800 block of San Juan Ave

7300 block of Sumter Dr

5200 block of Roper Ave

9000 block of La Serena Dr

5300 block of Elsinore Way

8200 block of Deseret Ave

5100 block of Sunrise Blvd

8800 block of Madison Ave

5900 block of Kenneth Ave

4000 block of San Juan Ave

4700 block of San Juan Ave

Madison Ave / Sunrise Blvd

10500 block of Fair Oaks Blvd

4700 block of Pennsylvania Ave

Dewey Dr / Madison Ave

7400 block of Tierra Way

5600 block of Fritzi Ct

7200 block of Quail Rd

Diann Rogers is the president of Central California Citizens Against LawsuitAbuse(CCCALA).CCCALA is a nonprofit, grassroots public education organization dedicated to serving as a watchdog over the legal system and those who would seek to abuse it for undeserved gain. Central California CALA currently has over 3,000 supporters throughout the Sacramento region and Central Valley. For more information, visit

# Arrest Made on Del Campo Teen Crash



On October 13, 2007 at approximately 0358 hours, a gold Honda Civic driven by Seychelle Curry an 18 year old from Fair Oaks, was eastbound

on WINDING WAY at Dewey Oaks Court at a high rate of speed. Curry lost control of her vehicle and the left rear struck a power pole then continued out of control striking a tree. The impact with the tree caused fatal injuries to Kailey McGagin, a 17 year old from Fair Oaks. The right front passenger, Valerie Schmidt, a 17 year old from Fair Oaks was transported to MSJ with major injuries including two broken femurs. Curry was also transported to MSJ and still remains in

(NAPSA)-To keep international

scammers from cashing in on "fake

checks," U.S. Postal Inspectors remind

people to look out for any mailing or e-mail

encounter that involves receiving a check

Whether the writer offers to purchase

an item, rent property, provide you with

a work-at-home business opportunity or

even wants to start a social relationship,

there is no good reason for a check to be

sent with an instruction to return all or part

Counterfeit checks have become so

prevalent that last year the U.S. Postal

Inspection Service spearheaded the

creation of a public awareness campaign

and a Web site to educate consumers about

"fake check" fraud schemes. According to

Chief Postal Inspector Alexander Lazaroff,

• Foreign Business Offers: Scammers

pretend to be businesspeople or government

officials and promise millions of dollars.

But real companies and government

agencies don't offer legitimate business

propositions to people they don't know.

of the proceeds via wire transfer.

the six most popular scams are:

and wiring money back to the sender.

It was determined that, Tyrone Adam Palmer, a 39 year old from Carmichael, who was on parole at the time, was driving a stolen white Ford F150 that evening when eggs were thrown at him by the three girls. Palmer chased the Honda Civic, cutting them off on two occasions and at one point ramming the rear of the Honda. In an effort to get away from Palmer, Curry lost control of her vehicle which ultimately caused the Honda to strike the pole and tree.

Palmer was identified as a suspect by a tip and then was located by CHP Investigators while already "in custody" at the Sacramento County Jail for auto theft. Two weeks after this incident, Palmer had been arrested while driving the stolen

• Love Losses: The scammer poses

as a romantic interest online and promises

to come to the U.S. to be with the victim.

Soon after, the online friend asks the victim

to cash a check or money order to cover

merchandise online and then claim they

mailed the wrong amount by mistake.

The seller is asked to deposit the "wrong"

check anyway, and then return the "excess"

amount to the scammer. But the check

doesn't clear and the victim has sent the

scammer his own money.
• Rental Schemes: Scammers claim

to be moving to the area and put down a

rental deposit. Then they tell their landlord

they have some unexpected expenses, so

they ask for some of their deposit back as a

favor. They never move in and the deposit

• Sudden Riches: The scammer claims

the victim has won a foreign lottery or

sweepstakes. The notice comes by mail,

Scammers buy

"travel expenses."

check never clears.

notified by certified mail.

Overpayments:

vehicle that was used in this crime. Due to Palmer being arrested and sentenced to 16 months in prison in this auto theft, Investigators had time to build the case and have presented it to the Sacramento County District Attorneys Office for prosecution. An arrest warrant is being issued today for Palmer.

During the course of the investigation, searches of Palmers residence and storage units were conducted. Two stolen trailers and other stolen property were located. Palmer has been charged with murder, manslaughter with gross negligence, two counts of reckless driving with injury, two counts of felony hit and run with injury and death, three counts of auto theft, and five counts of stolen property.



There is no good reason for a check to be sent with an instruction to return all or part of the proceeds via wire transfer.

• Work at Home: The scams promise easy money by "processing" checks. The victim deposits the checks and sends money to the scammer, minus a small percentage to be kept by the victim for his or her work.

If consumers believe they have been

In addition to the Web site, www.FakeChecks.



defrauded by a scam, the Postal Inspection Service wants to hear from them.

phone, fax or e-mail. Consumers should know that winners of real cash prizes are org, these checks can be reported by calling



# CITRUS HEIGHTS POLICE DEPARTMENT



Woodglade Avenue and Blackthorne Way

Officers responded to the above location for a theft of a catalytic converter. During the theft of the converter, the gas line was broken on the vehicle and gas spilled onto the street and into the storm drain. Sacramento Metro Fire was summoned and they advised County Hazmat had to respond. Hazmat responded and cleaned up the spill. The suspect(s) are unknown.

02/03/08-2335 hrs 20002/DUI 7465 Kanai

Officers were dispatched to this location after a witness saw the suspect crash into two parked cars and flee the area. The witness checked the area for the suspect vehicle and located it parked in front of a house on Casini Street. Contact was made with the suspect who admitted to drinking and driving. She complained of pain to her wrist and had an obvious bump to her head (from the collision). Fire was contacted and responded to the scene for treatment. The suspect, female 3-11-66 was later taken into custody for DUI and was booked into CJ without incident.

02/06/08-1600 hrs

the face with a closed fist. Suspect was arrested.

Two juveniles were caught after shoplifting at Macy's women's store. Both admitted planning the theft together before going into the store. One had an outstanding warrant. Both were arrested and taken to Juvenile Hall.

Macy's, Sunrise Mall

02/06/08-0139 hrs 459 PC 12417 Fair Oaks Blvd; Ste 100 CHPD officers responded to an alarm call at the above location. Upon arrival officers saw a vehicle occupied by two males drive away from the location.

Officers detained the occupants of the vehicle and found that these two suspects were responsible the burglary. A juvenile suspect was cited and released to parents and the adult suspect was booked into Sacramento County Jail. 02/07/08-1236 hrs 417 PC Poppy Way

incident. Officer discovered two juvenile residents were on their residential roof with a pellet gun intending to shoot at area birds. Parents were contacted and advised. No injuries resulted from the incident. Big 5, 7833 Greenback 02/07/08-1518 hrs Battery / Trespass

Suspect, male (44), entered the store and got into an argument with the assistant manager. When he was asked to leave, suspect punched the manager in

Officers responded to a call of two subjects seen on a roof, with a rifle, possibly shooting at passing vehicles. Residents contacted and detained without

02/11/08-1737 hrs ADW (Hands/Feet) Sunrise Mall

Victim was attacked by four suspects in front of Sunrise Mall. One of the suspects reportedly wanted revenge because he believed the victim stole his vehicle. The suspects kicked and hit the victim multiple times causing bruises, cuts, and broken jaw.

Officers responded to a call of suspect, male, threatening to shoot himself. Officers arrived and determined suspect had assaulted his live-in girlfriend.

Suspect was arrested.

02/11/08-2034 hrs Parole Violation / Warrant Millwood at Tupelo

Officer contacted Philip Rosenberger hiding behind parked cars in an apartment complex. A records check revealed that he was a parolee at large with an active felony arrest warrant. Rosenberger was arrested.

### **Orangevale**

2008-01-29 06:40 **Burglary Residential** Burglary From Vehicle 2008-01-29 21:00 2008-01-30 14:35 Aggravated Assault Larceny/Theft 2008-01-30 19:00 2008-01-31 13:23 Larceny/Theft 2008-02-01 05:00 Burglary From Vehicle 2008-02-01 16:00 Larceny/Theft 2008-02-01 17:00 Vandalism 2008-02-02 08:30 Larceny/Theft 2008-02-02 14:00 Larceny/Theft 2008-02-03 15:30 **Burglary Residential** 2008-02-03 20:30 Vandalism 2008-02-04 16:00 **Burglary Residential** 2008-02-04 18:30 Burglary From Vehicle 2008-02-04 21:20 Burglary From Vehicle 2008-02-05 16:00 Aggravated Assault

**Burglary Residential** 

**Burglary Residential** 

Residence/home Vehicle Parking lot/garage Public use area Vehicle Parking lot/garage Residence/home Residence/home Residence/home Residence/home

Vehicle

www.StopBadLawsuits.com **CRIME REPORTS Location Type** 

Other/unknown Vehicle Highway/road/alley Vehicle Vehicle Retail/dept/discount store 10200 block of Fair Oaks Blvd Bar/night club Residence/home Vehicle Vehicle Residence/home 5000 block of Cocoa Palm Way Residence/home Other/unknown Fair Oaks Blvd / California Ave Residence/home Retail/dept/discount store Parking lot/garage Parking lot/garage Vehicle Residence/home Vehicle

Vehicle

Restaurant/fast food Residence/home Vehicle Vehicle

#### Carmichael 2008-01-29 08:00

2008-01-29 15:08

2008-01-29 17:30

2008-01-29 22:00

2008-01-30 02:54

2008-01-30 03:00

2008-01-30 12:15

2008-01-30 21:30

2008-01-30 21:40

2008-01-30 22:00

2008-01-31 10:00

2008-01-31 12:00

2008-01-31 12:00

2008-01-31 12:40

2008-01-31 14:30

2008-01-31 16:50

2008-01-31 17:00

2008-01-31 19:00

2008-01-31 21:30

2008-02-01 00:01

2008-01-30

2008-01-30

12:00

15:55

18:30

2008-01-29

2500 block of Lillian Ln Residence/home 2700 block of Julie Ann Ct Residence/home 4700 block of Hazelwood Ave Residence/home 4200 block of Barrett Rd Residence/home **Burglary From Vehicle** 6300 block of Tina Ct Vehicle 5700 block of Marconi Ave Residence/home 2400 block of Werbe Ln Vehicle 6400 block of Coyle Ave Drug store/dr office/hospital 4700 block of Marconi Ave Parking lot/garage 3100 block of Manand St Residence/home Burglary From Vehicle 5000 block of Robander St Vehicle Vehicle 5900 block of Lincoln Ave Highway/road/alley 5200 block of Gibbons Dr 5900 block of Ashworth Way Vehicle 4900 block of Marconi Ave Specialty store 5200 block of La Sendita Ln Residence/home Burglary From Vehicle 4700 block of Good Ct Vehicle Burglary From Vehicle 4700 block of Manzanita Ave Vehicle Burglary From Vehicle 5500 block of Sapunor Way Vehicle **Burglary From Vehicle** 3100 block of Kaiser Way Vehicle 4900 block of Marconi Ave Specialty store **Burglary From Vehicle** 1500 block of Gorman Dr Vehicle

2008-02-05 18:00

16:30

2008-02-06

8600 block of Monica Ave 6300 block of Cerromar Cir 8800 block of Greenback Ln 5900 block of Almond Ave 8800 block of Greenback Ln 8600 block of Greenback Ln 6800 block of Hazel Ave 5800 block of Walnut Ave 8700 block of Greenback Ln 9000 block of Westeria Way 8500 block of Central Ave 8900 block of Fortuna Way 6400 block of Kenneth Ave 6700 block of Woodmore Oaks Dr 6400 block of Waterfall Ct 9200 block of Oak Ave

9300 block of Honeywood Ct

6900 block of Beech Ave

6200 block of Glademont Ct

Retail/dept/discount store Church/synagogue/temple Grocery/supermarket

Vehicle Vehicle

Residence/home

Residence/home Residence/home



#### Adoption

**CONSIDERING ADOPTION?** We match Birthmothers with Families nationwide. Living Expenses Paid. Toll Free 24/7 Abby's One True Gift Adoptions. 1-866-459-3369. (Cal-SCAN)

#### Announcements

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BECOME DIETARY MANAGER (average annual salary \$40,374) in eight months in online program offered by Tennessee Technology Center, Elizabethton. Details www. TTCElizabethton.edu, 1-888-986-2368 or email patricia.roark@ttcelizabethton. edu. (Cal-SCAN)

#### **Auctions**

LENDER FORECLOSURE AUCTION. Northern California. 1000+ Homes Must Be Sold! Free Catalog 1-800-963-4551. www.USHomeAuction.com SCAN)

\*LAND AUCTION\*200 Properties Must be Sold! Low Down / EZ Financing. Free Catalog 1-800-916-6223. www. LandAuction.com (Cal-SCAN)

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**DONATE VEHICLE**, running or not accepted! Free Towing. Tax Deductible. Noahs Arc - Support No Kill Shelters, Animal Rights, Research to Advance Veterinary Treatments/Cures. 1-866-912-GIVE. (Cal-SCAN)

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Donate A Car Today To Help Children And Their Families Suffering From Cancer. Free Towing. Tax Deductible. Children's Cancer Fund of America, Inc. www.ccfoa.org 1-800-469-8593 (NANI)

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(NANI) DONATE YOUR CAR - Help Disabled Children with Camp and Education. Fast, Convenient, Free Towing. Tax Deductible. Free 3-Vacation Certificate. Call Special Kids Fund 1-866-448-3865!

Call 7 days/wk #1-800-578-0408!

(NANI) DONATE YOUR CAR - HELP CHILDREN FIGHTING DIABETES-Diabetes Juvenile Research Foundation. Fast Free Towing. Non-Runners OK. Free Vacation Voucher. Call 7 days/wk #1-800-578-0408

(NANI) DONATE A CAR - HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Foundation Diabetes Research 1-800-578-0408 (NANI)

DONATE YOUR CAR -To The Cancer Fund of America. Help Those Suffering With Cancer Today, Free Towing and Tax deductible. 1-800-835-9372 www. cfoa.org (NANI)

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DONATE YOUR CAR: Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

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Business - \$10,970. 1-800-VENDING (1-800-836-3464). (Cal-SCAN) Make Money Online - Make Money

Daily! PT/FT. No Experience Required. Work From Home. Need Computer. Free Info. Call Now! 1-888-609-0414 (NANI)

ALL CASH CANDY Route. "Be Your Own Boss". 30 Machines and Candy for \$9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405. (Cal-SCAN)

BUSINESS FOR SALE. Established 6 years, owner works 15 hours per week, nets 120k, will train. 5K down. 1-800-494-7740. (Cal-SCAN)

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A CASH COW!! All-cash vending business. You approve locations. Entire Business - \$10,970. Hurry!

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Huge Profit Potential. Free Info 24/7: 1-800-729-4212 (SWAN) ABSOLUTELY ALL CASH. Your Own

Distributorship. Guaranteed Accounts.

TYPE:

Local

Local Vending Route. 30 Machines and Candy for \$9,995. MultiVend LLC, 880 Grand Blvd., Deer Park, NY. 1-888-625-2405. (Cal-SCAN)

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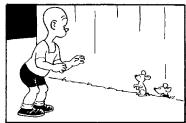
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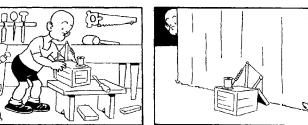


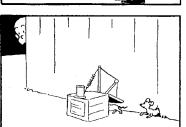
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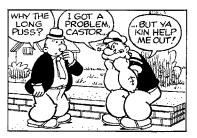


























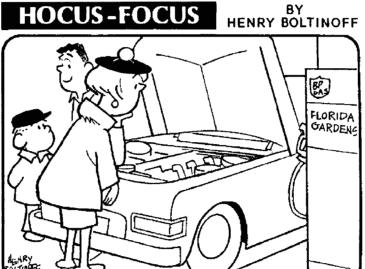
by Jeff Pickering

The Spats

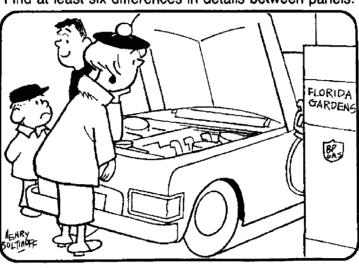
JEFFY DID YOU KNOW THAT MY GRANDFATHER FOUGHT IN THE CIVIL WAR?







Find at least six differences in details between panels.



moved. 5. Headlight is bigger. 6. Woman's skirt is longer. 3. Woman's earning is different. 4. Sign on gas pump has Differences: 1. Mechanic's shirt is different. 2. Boy is frowning.

- 1 MOVIES: What 1980 film featured a mechanical bull?
- 2. GEOGRAPHY: Where is Ascension
- 3. ANATOMY: What divides the outer and middle ear in humans?
- 4. GENERAL KNOWLEDGE: What does an arctophile collect?
- 5. TELEVISION: What was the name of
- the DJ character in "Northern Exposure"?
- 6. ANIMAL KINGDOM: How many
- teeth does a dog have? 2 7. HISTORY: What 19th-century English
- statesman penned a novel titled "Vivian je, Gray"?
- 8. GAMES: What is the board-game version of the outdoor game known as "Capture the Flag"?
- 9. SCIENCE: Where would you most likely find a Bunsen burner?
- 10. LANGUAGE: What does the "hieroglyphic" mean in the original

# Weekly SUDOKU

## by Linda Thistle

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

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 ● NEEDLEWORK

BVTRPSGNLJHPECA YWVTENENRPANLKG IGEWICBHITZXWAN K N I T T I N G C T B U S P I RNTPOMLHUTLRJPN GAIGEDWBARIIALR T(EMBROIDERY)TUIA YEXYRTSEPATNSQD WUCKROWKCALBNUT SQPUONLKCROCHET J H G F L D C K R O W T U C P

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

Applique Blackwork Braid Crochet

Cutwork Embroidery Knitting Lucet

Patchwork Penny rug Quilting Sewing

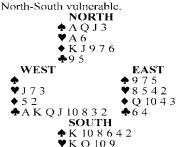
Stitches **Tapestry Tatting** 

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### All Answers on Page 13

# **Contract Bridge**

INDEPENDENT JUDGMENT East dealer.



**♦** K 10 8 6 4 2 **♥** K Q 10 9 The bidding:
South West 5 ♣ Pass

Opening lead

This deal occurred in a match between Poland and France in the final of the 1984 World Team Olympiad. It illustrates the important role judgment and instinct can play when there is no scientific way of determining what to do in a difficult

king of clubs.

situation.
When a Polish pair held the North-South cards, the bidding went as shown. Following West's leap to five clubs, North jumped to six spades, gambling that his partner had at most one club loser and at least one ace. South's actual hand vindicated North's judgment, and the slam gave Poland 1,430 points.

pair were North-South, West likewise jumped to five clubs. Here too, the French North came to the same con-clusion as his Polish counterpart, bidding six spades over five clubs But at this table, the Polish West

At the second table, where a French

now exercised excellent judgment of his own. After his partner and South passed, he decided to trust his opponents, and, with the vulnerability in his favor, he bid seven clubs. North doubled, and West went down five But the 900-point loss (which would be 1,100 at today's scoring), combined with the outcome at the other table, yielded a net gain of 530 points - 11 International Match Points for Poland.

Of course, if South had held the doubleton club and East the singleton - certainly a real possibility — the slam would not have been made. In that case, the Poles would have suffered a net loss of 1,000 points — 14 IMPs — on the deal.

West's final action was also strictly a matter of judgment, and in the actual case the Polish West proved to be right. Usually, a player who pre-empts does not bid again, having already told the story of his hand, but the Polish West here decided to exercise his independent judgment.

The Poles had the edge in this department on a substantial number of other deals, and as a result easily defeated the French to take the 1984

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# BARNES&NOBLE

BOOKSELLERS

**March Autographing Events** At Barnes & Noble 6111 Sunrise Boulevard Citrus Heights, CA 95610

Event: Local author Mark Morgan will sign copies of his new business book, Executing Your Strategy; How to Break It Down and Get It Done, that offers business owners intriguing company examples and practical advice to make strategy happen in their organizations. **Date:** Saturday, March 1 at 1:00pm

Event: Sergeant Ben Waldron will sign copies of his own true-life story, Corregidor: From Paradise to Hell. Currently residing in Citrus Heights, Sergeant Waldron claims, "I feel that

I was one of the few fortunate ones to survive the World War II prison camp life. I thank the Lord and count my blessings every day for all the simple things that make our life easy in the United States that so many people take for granted. My comfort has no ending.'

Emily Waldron, the author's sister, presented him with a camera and a 5-year diary as he prepared to ship out to Corregidor. After his miraculous return, she took extensive notes about his experiences. These notes, combined with his diary, helped them bring to the world the true story about Corregidor.

**Date:** Saturday, March 8 at 1:00pm

\*This event is part of a weeklong (March 7-14) fundraiser at Barnes & Noble for Woodside K-8 School. During this week Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the school. Vouchers will be available in the store throughout

**Event:** Local romance novelist Karen Sandler will sign copies of her new Silhouette book, His Miracle Baby on Saturday, March 15, at

### **CHILDREN'S EVENTS:**

Event: Local children's illustrator David A. Carter will sign copies of the newly released special pop-up edition of Horton Hears A Who. This event is part of a weeklong (March 7-14) fundraiser at Barnes & Noble for Woodside K-8 School. During this week Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the school. Vouchers will be available in the store throughout the week.

Date: Saturday, March 8 at 1:00pm.

Event: Curious George will be a special guest for storytime and songs at Barnes & Noble in Citrus Heights. This event is part of a weeklong (March 7-14) fundraiser at Barnes & Noble for Woodside K-8 School. During this week Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the school. Vouchers will be available in the store throughout the week.

Saturday, March 8 at 11:30am

For more information, please contact Barnes & Noble Community Relations Manager Michael Troyan at (916) 853-1389.

#### **Elder Hostel**

Have you always wanted to spend your "golden years" exploring the world of travel, both near and far? Do you long for adventure? Elderhostel is a non-profit organization dedicated to providing extraordinary learning adventures for people 55+. Whether you want to stay close to home or venture around the world, you will find programs that meet your interests, activity level, budget and lifestyle. You are invited to explore the endless possibilities of travel at our Hart Salon, Monday March 17th, at 1:30 pm, when Ambassadors from Elderhostel will visit and present the many options for adventure they offer. Let your journey begin! Free!

Ethel Hart Center - 808-5462 915 27th Street, Sacramento 95816

"Hart Center, Stamp Club Needs Help"

Stamp collecting is the collecting of postage stamps and related objects, such as covers (envelops or packages with stamps on them). It is one of the world's most popular hobbies, with estimates of the number of collectors ranging up to 20 million in the United States alone. Collecting is not the same as philately, which

is the study of stamps. A philatelist often does, but need not, collect the objects of study. It has become commonplace to declare that the future of stamp collecting and study is bleak, because of the increasing popularity of email, other electronic forms of communication, and custom-made stamps.

The Ethel Hart Center's Stamp Club is asking for postage stamp donations to further the efforts and enjoyment of this interesting hobby. They will meet on the second and fourth Tuesday of each month from 1 to 3 PM.

Please join us and bring those stamps to share, or you can mail stamps to the Stamp Club, c/o The Ethel Hart Center, 915 - 27th Street, Sacramento, CA 95816. Help us make our club the best in the state by revitalizing our supply of interesting stamps and participants!

Ethel Hart Center - 808-5462 915 27th Street, Sacramento 95816

#### Local Kiwanis Club Crab Feed Fundraiser is Coming Up

Our 22nd annual Crab Feed fundraiser is coming up March 1st at Divine Savior Church and we're looking forward to another successful event. We're looking to sell 70 tables of 8 guests each for a total of 560 or thereabouts. In addition to pasta, salad, rolls, and, of course, crab, we'll have shrimp added to the mix. As we have in the past, we'll have additional fund raising efforts which will include: Silent Auction items, raffle items, Deck of cards 50:50 draw, and items for Live Auction. Beer and wine will be plentiful and will help to make a fun event.

We're looking forward to a fun evening with good food, good drink, and an action filled Auction process. Proceeds from the evening will support the Kiwanis Club of Citrus Heights projects including the Kiwanis Family House in Sacramento and college scholarships.

For contact information or for tickets, call Mark Casha at (530) 368-6080

**Get Money Smart-Ethel Hart** 

Please join US Trustee representative, Teresa Field, to "Get Money Smart". Teresa will be offering a personal financial education course on the first and third Thursdays 1-2pm from February through May.

The first two sessions in February (2/7 & 2/21) will focus on understanding your current financial situation, differentiating between wants and needs, and setting financial goals for the future. Come and get help ironing out your financial situation or bettering an already sound financial plan. Don't miss this important course! Free! Ethel Hart Center - 808-5462

915 27th Street, Sacramento 95816

### River Festival

The free, family-friendly California Rivers Festival, sponsored by Friends of the River, highlights river recreation and education on March 15, 2008, at the Sacramento Waldorf School, 3750 Bannister Road, Fair Oaks. Activities include gear swap and sales, safe boating seminars, live auction, music, food, and games. The festival attracts kayakers, whitewater boaters, fly fishermen, families interested in learning about California rivers, and anyone who wants to get involved in river conservation. For more information, visit www.californiariversfestival.org or call 916-442-3155.

### **Evening in Venice**

Golden Valley Charter School of Sacramento presents the 5th annual Spring Gala "Evening in Venice" at 6pm March 1st at the La Sierra Community Center. The event features a gourmet Italian dinner by All Seasons All Reasons catering, live and silent auctions, live music and dancing, and no host bar. Venetian masks and costumes encouraged. Tickets are \$50 and can be purchased on line at http://www.goldenvalleycharter.org or call Debra Trumbull at 475-9771.

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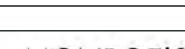


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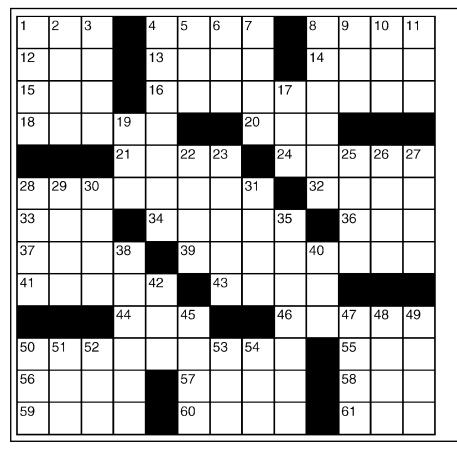
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KING Crossword



### **ACROSS**

- 1 Try the tea 4 Carvey or Delany
- 8 Cut down to size
- 12 Bill's partner 13 Smell
- 14 Trevi toss,
- once 15 Render
- speechless
- 16 Homeowners' expenses
- 18 Disney deer
- 20 Total 21 Organic
- compound 24 Business

weapon

bigwig 28 And 32 "Clue"

- 33 Mimic 34 Poisonous plant
- 36 Greek H 37 Line of
- fashion?
- 39 "Beloved"
- author Toni 41 Archimedes' device
- 43 In the vicinity
- 44 Brillo competitor
- 46 Forbidden
- 50 Message transmission method 55 Samovar

56 Diamond

Head site

month 58 Moment

57 Hebrew

- 59 Support
- 60 Nurse's
- trayload
- 61 Weeding tool

# **DOWN**

- 1 Wound cover
- 2 Waterloo is there
- 3 Verse
- Popular pizza chain
- 5 Commotion
- Neither mate
- Decoupage and macrame

8 Din

- 9 Predetermine
- 10 Raw rock
- 11 de deux 17 Big Red or
- Orbit 19 Spell-down
- 22 Egg
- 23 Edsel, e.g.
- 25 Leaves
- 26 Engaged in 27 Slender
- 28 Factor in
- Einstein's
- equation 29 Oil cartel
- 30 Caboose's
- position 31 Exceptional
- 35 Lunar dents 38 Disarrange

- brother 42 Calamity 45 Con game
- 47 Clinton

40 George's

Answers on Page 12

- predecessor
- 48 Sandwich treat

49 Formerly

- 50 Broom closet item
- 51 Scull need 52 Plato's P
- 53 Praiseful rendition
- 54 Mid-June
- honoree

Raises Awareness of Folic Acid, Calcium with Vitamin D and DHA Omega-3 — Critical

Nutrients for Mothers and their

Soccer star and new mom Mia Hamm has teamed up with the Society for Women's Health Research to remind women about three nutrients that are vital to the health of their babies: folic acid, calcium with vitamin D and DHA omega-3, an essential fatty acid and building block of infant nutrition that may promote a healthy pregnancy and prevent late preterm birth.

Hamm is featured in television and radio public service announcements that will begin airing nationwide in February. DHA is now included in most infant formulas, as Hamm notes in the announcements: "Your baby gets DHA through breast milk but she can also get it in more than 90 percent of infant formulas. So you can feel good knowing you're giving your baby what she really needs.'

In addition to the public service announcements, the campaign features a Web site, www.TheBig3.org, where women can learn more about these three nutrients.

The campaign comes on the heels of a U.S. Centers for Disease Control and Prevention (CDC) report that says too few American women are consuming enough folic acid, especially those between the ages of 18-24 who account for nearly a third of all U.S. births.\* The CDC says women should consume 400 micrograms of folic acid daily through supplements, fortified foods, or both, in addition to a folaterich diet to prevent serious birth defects.

"The nutrition of women and children is closely intertwined," said Jo Parrish, vice president of communications for the Society. "We hope this campaign will remind young women that they need to take care of their own nutrition and the nutrition of their current and future children. As a young mom and role model for millions of American women and girls, we're confident Mia Hamm can help us reach new audiences with this



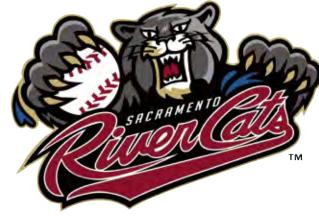
important message."

Hamm, who retired from soccer in 2004 after leading the United States to a second Olympic gold medal, gave birth to twin girls in March 2007. The nutrition public education program is sponsored by the Society of Women's Health Research with support from Martek Biosciences Corporation.

The Society for Women's Health Research is the nation's only non-profit organization whose mission is to improve the health of all women through research, education and advocacy. Founded in 1990, the Society brought to national attention the need for

the appropriate inclusion of women in major medical research studies and the need for more information about conditions affecting women disproportionately. predominately, or differently than men. The Society advocates increased funding for research on women's health: encourages the study of sex differences that may affect the prevention, diagnosis and treatment of disease; promotes the inclusion of women in medical research studies; and informs women, providers, policy makers and media about contemporary women's health issues. Visit the Society's Web site at www.womenshealthresearch.org for more

# Soccer Star Mia Hamm Tells Women About the 'Big 3' Nutrients Sacramento River Cats Announce Spring Training Schedule



West Sacramento - The Sacramento River Cats begin their 2008 spring training schedule on Wednesday, March 12, against the Fresno Grizzlies (Triple-A affiliate of the San Francisco Giants) in Phoenix, Arizona, team officials announced today. The spring training schedule will conclude when the Cats take on Oakland's Single-A affiliate Stockton Ports in a home-andhome scrimmage series prior to Opening Day. The two teams will square off at Stockton's Banner Island Park on Tuesday, April 1 and at Raley Field on Wednesday, April 2.

The River Cats, along with all other A's minor league affiliates, make their spring home at the Papago Park Baseball Complex in Phoenix. The Cats will play eight "home" games at Papago Park and seven "road" games over a two-and-a-halfweek span leading up to the 2008 regular season.

Many of the players on the 2008 River Cats will be joining the A's in Major League spring training at Phoenix Municipal Stadium. For those players, as well as the rest of the A's 40-man roster, pitchers and catchers reported to camp on Thursday, February 14, and position players are set to report on Wednesday, February 20.

All Minor League spring training games in Arizona begin

The River Cats open their 2008 regular season home schedule on Friday, April 11th when they host the Las Vegas 51s (Triple-A affiliate of the Los Angeles Dodgers) at Raley Field at 7:05 p.m. Tickets for this game are currently available only through purchase of River Cats Full Season Tickets, Mini Plans or Group Packages. 2008 River Cats Season Tickets or Mini Plans can be purchased at the Raley Field Ticket Office and by calling the River Cats Ticket Hotline at (916) 371-HITS.

2008 SACRAMENTO RIVER CATS SPRING TRAINING SCHEDULE (Phoenix, Ariz.)

March 3 – Minor league pitchers and catchers report

March 7 – Minor league position players report

March 12 -River Cats at Fresno Grizzlies (San Francisco Giants) – Scottsdale, Ariz.

March 13 - Salt Lake Bees (LA Angels of Anaheim) at River Cats – Phoenix, Ariz.

March 14 – Intra-squad Game

March 15 – River Cats at Nashville Sounds (Milwaukee Brewers) – Phoenix, Ariz.

March 16 – Intra-squad Game

March 17 - Fresno Grizzlies (San Francisco Giants) at

River Cats – Phoenix, Ariz.

Anaheim) – Tempe, Ariz.

March 18 - River Cats at Salt Lake Bees (LA Angels of

March 19 – River Cats at Charlotte Knights (Chicago White Sox) – Tucson, Ariz.

March 20 – Salt Lake Bees (LA Angels of Anaheim) at River Cats – Phoenix, Ariz.

March 21 - Charlotte Knights (Chicago White Sox) at

River Cats – Phoenix, Ariz.

March 22 – River Cats at Salt Lake Bees (LA Angels of Anaheim) – Tempe, Ariz.

March 23 – Intra-squad Game

March 24 -Nashville Sounds (Milwaukee Brewers) at River Cats – Phoenix, Ariz.

March 25 - Fresno Grizzlies (San Francisco Giants) at River Cats – Phoenix, Ariz.

March 26 -River Cats at Fresno Grizzlies (San Francisco Giants) – Scottsdale, Ariz.

March 27 - Salt Lake Bees (LA Angels of Anaheim) at River Cats – Phoenix, Ariz.

March 28 – River Cats at Charlotte Knights (Chicago White

Sox) – Tucson, Ariz. March 29 – Salt Lake Bees (LA Angels of Anaheim) at

River Cats – Phoenix, Ariz. March 30 – Intra-squad Game

March 31 – Camp breaks, River Cats travel to Sacramento April 1 – River Cats at Stockton Ports – Stockton, Calif.

April 2 – Stockton Ports at River Cats – Raley Field, West Sacramento, Calif.

For more information about the 2008 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com.

# **Boomers Feeling More Active than Ever**

(NAPSA)-Members of the baby boomer generation have grown up at the forefront of major cultural, economic and political changes. Now, they're redefining what getting older means as well-staying committed to living healthier, more active lifestyles than any generation before them.

The baby boomers were the first generation to make exercise a priority, and they're showing no signs of slowing down. According to a recent survey, three-quarters of boomers maintain an active lifestyle to stay healthy. And while the majority of boomers admit that they experience joint and muscle pain, they don't let arthritis symptoms stop them from living a full life and

"More than 27 million Americans suffer from osteoarthritis (OA), the most common joint disease and form of arthritis," says Vonda Wright, M.D., medical adviser for the Arthritis Foundation. "And as the baby boomer generation ages, this number will increase significantly. Though there is no standard treatment of OA, it is important to find a pain management solution that you are comfortable with to

(NAPSA)-More and more Americans

are using nutritional supplements, to both

treat specific problems and to support

overall health. But recent concerns

regarding the safety of some foreign-made

supplements have led many cautious

shoppers to look twice at product labels-

specifically, to find the country of origin.

Increasing numbers of Americans

are seeking out purely U.S.-made

supplements to ensure that their products

are pure and deliver what is stated on the

bottle label. After the recent scare with

tainted pet foods, toys and other Chinese-

manufactured products, it has never been

more evident that inferior quality can

compromise personal safety and possibly

impact on your overall health. As a direct

result, consumers are starting to read

decrease pain and improve mobility." While more than 90 percent of

boomers believe chronic muscle and joint pain is treatable, nearly 80 percent say they are always looking for newer and better ways to care for their body and help manage muscle or joint pain. And more than half prefer to seek out homeopathic remedies or natural solutions-such as heat therapy- rather than medication. Continuous heat penetrates muscles,

providing pain relief and decreasing joint stiffness. Heat also temporarily increases local blood circulation, delivering oxygen and nutrients to the pain site. Heat therapy has also been shown to reduce the pain of OA, allowing sufferers to continue with their daily activities while managing the pain of flare-ups.

One heat therapy option that can help boomers relieve their achy joints while keeping up with their active lifestyles is ThermaCare Arthritis HeatWraps. The wraps are air activated and provide 12 hours of heat to help manage the pain of arthritis flare-ups. They come in three versions that fit common arthritis pain sites: hand and wrist; knee and elbow;

**Demand for American-Made Supplements Grows** 

labels more carefully to make sure that

nutritional products and their ingredients

Fortunately, there are options, including

nutritional supplements that are made in

America and that utilize only the finest-

quality, American-made ingredients. For

example, millions of Americans depend

on the supplementation of their normal

diets with glucosamine alone and in

combination with chondroitin sulfate to

help improve their bone and joint health.

In light of the recent controversy over

foreign supplements, a company called

NutraSense has seen increased sales of

its glucosamine/chondroitin products for

"We not only produce 100 percent

American-made specialty supplements

people and pets.

are made exclusively in America.



A new kind of heat wrap can help reduce the pain of arthritis flare-ups with 12 hours of continuous heat.

and neck and shoulders.

The arthritis heat wraps are new and can be found at local food, drug and mass stores. To learn more about heat therapy and get tips for staying active, visit www.thermacare.com.

for human consumption," explains

Robin Harding, director of marketing

for NutraSense Inc., "but we also have a

proprietary line of products for pets as well.

All of our products at NutraSense are top

quality and GMP (Good Manufacturing

NutraSense provides an array of

U.S.-manufactured specialty nutritional

supplements that help with joint health,

sports nutrition, weight management

and immune support. In addition, the

company offers quality food-based

vitamins and minerals for the whole

family, as well as an especially unique

line of pet products. For more information

or to browse a catalog of products, visit

Practices) compliant."

www.NutraSense.com.

Baseball Academy returns this year

and celebrates its 25th "Silver"

Anniversary. Dave Stewart,

Shawon Dunston, Jim Barr are

among the twelve former major

leaguers and veteran group

providing instruction to students

age groups; 9-12, 13-15 and

15-20 at the Sacramento area site.

Approximately 5800 of the 7900

have moved on to high school,

college and profession baseball.

This is a fantastic learning

For anyone who has ever considered himself a Yankee fan -and I mean, a real Yankee fan -- you know the inextricable link you have with Missouri.

For years the Yankees treated the Kansas City A's as an unofficial farm team, using the city's smalltown status and the team owner's entangling business interests with Yankee ownership to take advantage of it at the negotiating table.

Fans weren't fooled. They knew money talked, and in some ways the situation mirrors the way the two markets act today. In general, the A's would struggle to make money and the Yankees would give them cash for their best ballplayers and unload a bunch of aging veterans in return. "Marvelous Marv" Throneberry for Roger Maris? Jerry Lumpe for Ralph Terry? A bunch of nobodies for Bobby Shantz, Art Ditmar and Clete Boyer? It had to be maddening ... just like the time Ben Affleck cried on national

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Dusty Baker, Manager Cincinnati Reds

# Going, Going, Woebegone

television after the Yankees signed Alex Rodriguez a few years back.

But just as New York's teams have, some would say, finally been eclipsed in the sports world by the Boston clubs, another peculiar field of uneven trades and exoduses has begun to emerge in lock step with Boston's rise to the championship podium. Today's sports pipeline starts in Minnesota and ends in Beantown.

While it's not as transparent or even as deceitful as the Yankees-A's trade relationship, it's interesting to note all of the former Minnesota players who ended up in the East. David Ortiz, released by the Twins as a washedup, injury-prone player, turns into "Big Papi" in Boston. Randy Moss, traded to Oakland and derided as a troublesome menace, ends up playing for the Hoodie and breaks NFL records in a Patriots uniform. The Celtics go from worst to first thanks to a house-clearing trade that brings them Kevin Garnett. Waiting in the wings? Johan Santana, who at this writing is very close to going to either the Mets or the Sox.

So what's the deal with Minnesota? Is this all a coincidence, or is it just an inability to make decent trades?

"Resources aren't the problem," notes The Wall Street Journal's Jon Weinbach. "The owners of the Twins, Vikings and T-Wolves have a combined net worth of nearly \$7 billion, and with the large corporations in the area, including General Mills, 3M and Target, there are plenty of potential sponsors and luxury-suite buvers.'

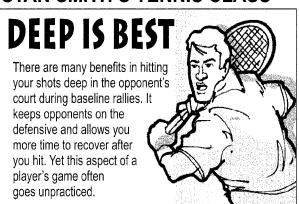
Ah ... the luxury-suite buyers -therein lies the culprit, right, St. Paul? For as any fan knows, the quickest way to field a surefire contender is to get more money into the hands of the owners, and veggie platters onto the air-conditioned, private-bathroomed suite owner's table.

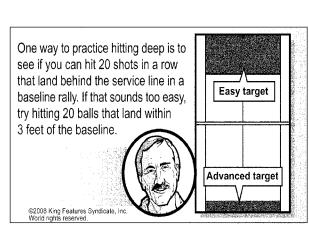
Will fortunes change for Minnesota? Stay tuned to 2010, when its new taxpayer-funded stadium opens downtown. Hey, it could have been worse: You could have gotten Charlie Finley in the deal.

Mark Vasto is a veteran sportswriter and publisher of The Parkville (Mo.) Luminary.

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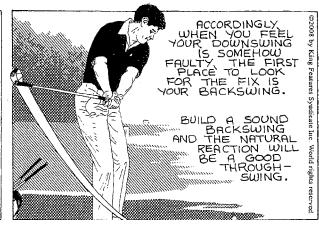
## STAN SMITH'S TENNIS CLASS





Play Better Golf with JACK NICKLAUS





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introduces full sized solar powered city cars and farm tractors

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You can't go much faster than 25 miles per hour in any US city - and most drivers don't need to go more than 20 miles per day. Our solar-roof powered cars will easily go 20 miles per day at 25 miles per hour. Once you own the vehicle, and have 5 hours of sun per day - you'll never have to plug it in or buy fuel. If you go less than 20 miles per day, you can power your house with the left over energy.

It takes 10 barrels of oil to feed every person in the United States every year to run farm machinery, transport produce, and pump water. As fossil fuel supplies decline, the most difficult challenge may be to maintain an affordable food supply. Our electric tractors are designed to perform all the mechanized tasks required on farms and homesteads without using ANY fossil fuel.

Unlike solar houses, our solar vehicles can easily be moved to the best position to take advantage of the sun's rays. Gasoline resources are projected to dramatically decline over the next 40 years. The sun won't burn out for 5.5 billion years. Let's take advantage of it!

Howard Letovsky has built hundreds of electric vehicles over the last two and a half decades and was featured on the



Discovery channel in over 90 countries for building "The World's First Electric Police Car" - in which he beat a gas powered Police car in a drag race. He holds patents on missile defense systems, and thermal differential engines which use shape memory alloys to create power

from hot and cold air and water. Steve Heckeroth has designed and built solar powered homes, electric Porsche Spyders, and a full range of solar charged

farm tractors. He has personally installed over 100 kilowatts of photovoltaic roofing and spent the last 7 years developing patented solar roofing products for the largest flexible thin-film PV manufacturer in the world. His work has been featured in the national media for over 20 years. He was recently featured on the Discovery Channel show, "Invention Nation".

# President's Proposed Budget Puts Children of Working Parents in Jeopardy

**Budget Ignores Needs of Working** Families with Children by Failing to **Increase Child Care Funding** 

From Kendra Beasley

The National Association of Child Care Resource & Referral Agencies (NACCRRA) warns that President Bush's proposed budget for fiscal year 2009 could put the children of working parents in jeopardy. Under the proposal, the budget would freeze funding for child care for the seventh year in a row. As a result of the proposal, 200,000 children will lose their child care assistance within the next two years, according to the President's own budget estimates.

"Parents cannot work without child care," said Linda Smith, Executive Director "Without sufficient of NACCRRA. funding to help parents pay for the rising costs of child care, our children will suffer. All children need access to high-quality child care in order to ensure their growth and development. Like groceries, gas, and college costs, the cost of child care increases for parents every year. Child care funding has been frozen for nearly a decade; that's nearly two generations of incoming kindergarten students whose child care needs have been ignored by this Administration. It is time we stopped leaving children to chance and address this issue this year-through increased access to subsidies and initiatives to improve the quality of care. Whether children receive a subsidy or not, child care ought to be safe

and promote early childhood development. Too often today it is neither."

Nationally, about 2.7 million children currently receive child care assistance, which is administered through the federal Child Care and Development Block Grant (CCDBG). Funds are allocated to each state based on a formula, but each state determines how the funds will be used within broad federal parameters. At least 4 percent of the funds must be used to improve the quality of child care. In order to receive funds from CCDBG, states must have policies in place designed to protect the health and safety of children.

"Freezing funding for a seventh year not only results in fewer children being served, but also results in states cutting funds for training providers and inspecting or monitoring state standards," said Smith. "We just released a report last week on the condition of family child care homes throughout the states. State standards are weak and, sometimes, state monitoring is nonexistent. Too often, the health and safety of children is not protected. If anything, we need to expand efforts to strengthen the quality of care, not shift funding from quality investment to subsidies to make up for federal budget cuts. Both are critical."

Nationwide, nearly 12 million children under age 5 spend time every week in a child care setting. With the increasing number of women in the workforce, many

parents now use child care from their child's infancy through kindergarten. The quality of that care is a matter for concern, whether children receive subsidies or not.

According to research, the early years of life are critical to a child's development. Research has also shown that 80 percent of the brain develops by age 3 and 90 percent by age 5. Child care settings that are of high-quality help ensure the safety, health, and well-being of the children in care.

For more information on highquality child care or for a full copy of NACCRRA's recent report -- Leaving Children to Chance: NACCRRA's Ranking of State Standards and Oversight of Small Family Child Care Homes, visit www.naccrra.org.

NACCRRA, the National Association of Child Care Resource & Referral Agencies, is our nation's leading voice for child care. We work with more than 800 state and local Child Care Resource and Referral agencies to ensure that families in every local community have access to high quality, affordable child care. To achieve our mission, we lead projects that increase the quality and availability of child care professionals, undertake research, and advocate child care policies that positively impact the lives of children and families. To learn more about NACCRRA and how you can join us in ensuring access to highquality child care for all families, visit us at www.naccrra.org.

# **CHUCK BALDWIN LIVE**

# Two Party Death Grip

By Chuck Baldwin

It is time to say it: the two major parties hold a death grip on the American people. Instead of representing the people, both the Republican and Democrat parties are bought and paid for by special interest groups and multinational corporations. Neither party pays any attention to the U.S. Constitution but both are largely marching in lockstep toward bigger and bigger government. Both Republicans and Democrats eagerly sacrifice what's good for the country for what's good for the party. As they now exist, neither major party deserves the support of patriotic Americans.

Furthermore, blind allegiance to the two major parties has created a "lesser of two evils" mindset that has warped the thinking and perverted the values of otherwise good people. What people would never accept in any other venue of society, they gladly and willingly accept from their chosen party's candidates.

People expect honesty and integrity from clergymen, bankers, doctors, businessmen, realtors, journalists, and even used car salesmen. Those same people, however, quickly tolerate and even excuse dishonesty and chicanery from their chosen political party.

Ever since George W. Bush became President of these United States, I have watched in disbelief as my fellow Christian conservatives have not only looked the other way as Bush repeatedly betrayed conservative/constitutional principles, but have willingly and enthusiastically supported his apostasy. Many of them are continuing to do the same thing by supporting the Big-Government, pro-amnesty, pro-gun control, pro-100-year war, grubby candidacy of John McCain. Good grief! Pat Robertson even endorsed the soiled candidacy of the liberal crossdresser, Rudy Giuliani.

It is clear, therefore, that conservatives are more than willing to support and defend someone they know to be unfaithful to both their oath of office and to bedrock conservative principles. In other words, it does not matter a whit to them whether their candidate tells the truth, obeys the Constitution, or even demonstrates fidelity to the fundamental principles of liberty. conservatives will support him.

However, the same people who will justify dishonesty in the lives of their favored party's politicians would never accept such conduct from anyone else. Furthermore, many of these conservatives actually call themselves Christians; many are preachers. They preach and teach the virtues of honesty and integrity from the pulpit. They teach boys and girls to be honest and virtuous: to put the principles of right above personal wealth or benefit. Then, they turn around and support these lying politicians, many of whom are fornicating, greedy, arrogant reprobates. What is even more amazing is that they find no inconsistency with what they are doing.

In his Farewell Address, our first and greatest President, George Washington, eloquently lobbied the American people to guard against over-infatuation with political parties. Anyone reading his warnings today will be impressed with his insight and wisdom. Virtually everything he predicted has come to pass. Blind loyalty to political parties has corrupted our public institutions, blinded the hearts and minds of the American people, and opened wide the door to undue foreign influence.

If everyone who believes and teaches honesty and accountability would put it into practice when they walk into the voting booth, we could put a stop to this pathetic practice of electing dishonest and despicable people to high public office. Instead of hiding their own character and integrity under the bushel basket of party partisanship, voters could be proud of the fact that they are actually helping to set the ship of state aright by electing men and

women of honesty and character. Although I do not share this opinion, many people believe Abraham Lincoln to be one of America's greatest presidents (I think he was one of the worst). Personal opinion aside, it is a fact that Lincoln's election and subsequent influence upon this country was huge. Therefore, it is more than significant to realize that Lincoln was first elected from a four-person race with only 39% of the popular vote. Even more significant is the fact that at that time the Republican Party was a minor party, having been formed only a few years earlier. So much for the argument that a minor party cannot win a major election.

In practically every Presidential election, there are candidates from a variety of independent or "third" parties on the ballot. To ignore them merely because they are not Republicans or Democrats is absurd. Furthermore, it is more hat in the Presidential ring, it will If he has an "R" behind his name, than obvious that the GOP will not tolerate principled candidates running for President. The recent Presidential candidacies of Duncan Hunter, Tom Tancredo, Alan Keyes, and Ron Paul make this abundantly clear.

While it may still be appropriate to support state and local Republican candidates, at the Presidential level, it is waste of time--and a wasted

vote--to support the establishment Republican candidates. They are all Big-Government liberals. Yes, that includes Mike Huckabee.

I recommend that people seriously consider voting for a Third Party candidate this November. Start by taking a close look at the Constitution Party. http://www.constitutionparty.com

The Constitution Party (the third largest political party in America) has a proven track record of fidelity to pro-life, conservative principles and to constitutional government. I furtherbelieveitistimeforprincipled columnists and journalists such as Charley Reese to start encouraging voters to support principled, independent candidates. The same goes for leaders of the Religious Right such as Tony Perkins, James Dobson, and Phyllis Schlafly. For them to continue to ignore good, independent candidates only serves to strengthen and augment the twoparty death grip.

It is more than interesting that more people are currently registered as Independents than either Republican or Democrat. But it is not enough to register as an Independent, we must start voting Independent. Remember, the object is to elect honest and honorable leaders for our country, not to promote and protect the private agendas of the fat cats who control the two major parties.

It increasingly appears that the two major parties will force the American people to choose between the fascistic John McCain or the Marxist Barack Obama. Is that really the kind of choice we are willing to accept? Are we really content to continue to vote the "party line," no matter what damage results?

Let's face it, folks: the two major parties are strangling the life out of this country. It is indeed a death grip. Something drastic must be done, and it must be done NOW! Since it does not appear that either major party is salvageable (at the national level), it is up to "We the people" to take matters into our own hands. This means bypassing the mainstream press and relying more on the Internet for our news and information. And it means bypassing the two major parties and voting for Independent candidates for President.

If Michael Bloomberg throws his already be a three-man race. A strong would make it a viable four-man race (just like 1860). At that point, anything could happen. But first, we must awaken to the reality of the two-party death grip, and then decide to do something about it. I am ready. How about you?

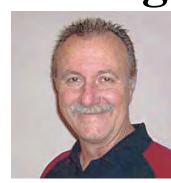
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Bob Cushman (916) 343-0505



# **Our Highest Political Ideals**



By Phil Cowan

This will sound like heresy to many, but in this election year (a three election year for California) it's time to question whether democracy is the best political system for 21st Century America. I was raised, as we all were, to believe that individual rights and self-determination were among our highest political ideals, the things that set the United States apart from, and indeed made us better than the rest of the world. But is it wise to cling to that ideal when the citizens in question, whom we depend upon to make informed decisions in the best interest of all Americans, are a bunch of ill-informed, uneducated louts?

Every year, Pew Research conducts a poll in which they find—and this result is pretty consistent from year to year—that roughly one-third of us can't name the Vice-President of the United States. Unbelievable, but true. Knowing that, how are we to take any Gallup, Rasmussen, or AP-Ipsos poll seriously? When they ask Americans what they think about the war in Iraq, the economy, or any other public policy issue, what value do those opinions have when we know that thirty-three percent of the people they asked don't even know who the vice-president is? How many of them have given any thought at all to these issues, let alone some reasoned analysis that deserves our consideration? Do we really want those people voting?

After the February 5th primaries, the latest "Super Tuesday," it was reported that election officials in Florida fielded a number of calls from voters excited to take part in the process, wondering where to find their appropriate polling places. Imagine their disappointment when they found out that Florida's primary had taken place a week earlier. Granted, Floridians aren't noted for being on top of things like where and how to cast a vote, but is it a tragedy that they missed out? Or a blessing?

If we are to remain a democracy, could we at least raise the legal voting

frightening to think that our futures might be determined by kids whose primary source of information is MTV and People magazine, but MTV actively encourages them to "Rock the Vote." Similarly, as we approached the deadline to register for the primary, I saw an ad on an RT bus imploring young people to "Get Your Vote On." I'd rather see a campaign encouraging them to get their read on. There should be some qualification to vote besides reaching one's eighteenth birthday. Learn something about life. Grow up a little. Become familiar with the political leanings of someone other than Bono and John Stewart, then maybe we'll entrust you with a vote.

Perhaps it's just the process of societal evolution. Ours is a remarkably affluent and increasingly uneducated culture. Maybe we're getting the kind of democracy we deserve, where those who care enough to be informed are also those who usually care enough to vote, and dealing with morons at the polls is just part of the price we pay for all the freedoms we enjoy. But when our post-election news coverage, as it frequently does, focuses on low voter turnout, all I can say is this: be glad it's

# Exxon's Lonely Battle

to the United States, in retaliation against Exxon Mobil. Exxon has used court proceedings to freeze Venezuelan assets in America, in an attempt to recoup some of the billions of dollars it lost when Venezuela nationalized Exxon's oil operations there last summer."Venezuela's nationalization of oil assets was pure theft, not a private contract dispute," said Thomas Bowden, an analyst at the Ayn Rand Institute. "The Bush administration last year should have denounced Chavez's oil grab as a form of robbery and cut off diplomatic relationships with Venezuela. But Bush did nothing and said nothing." Now Exxon is fighting who practiced for twenty years in

Venezuelan dictator Hugo Chavez is a lonely battle in the courts, facing angrily threatening to halt oil exports down an armed dictatorship that sneers at private property rights and dares anyone to defy its might. Yet a Bush spokesperson recently dismissed the matter as 'private civil litigation, which we won't comment on.' "If there is anything the President of the United States should 'comment on,' it is the brazen theft of American property by a thuggish, petulant dictator. This is not 'private civil litigation' but a public outrage. Venezuela is joining the already-numerous ranks of hostile states funded by stolen Western oil assets."

> Mr. Bowden is an analyst focusing on legal issues at the Ayn Rand Institute. A former lawyer and law school instructor

Baltimore, Maryland, his Op-Eds have appeared in the Philadelphia Inquirer, Miami Herald, Los Angeles Daily News, and many other newspapers. Mr. Bowden has given dozens of radio interviews and has appeared on the Fox News Channel's Hannity & Colmes.

For more information on Objectivism's unique point of view, go to ARI's Web site at http://www.aynrand.org/ Founded in 1985 the Ayn Rand Institute promotes the philosophy of Ayn Rand, author of "Atlas Shrugged" and "The Fountainhead."

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# National Legislative Watch



By Yolanda Knaak

HR 3887, the William Wilberforce Trafficking Victims Protection Act of 2007 protects vulnerable girls, boys and women and restores those already caught in the web of criminal sex trafficking and forced labor networks. Human trafficking is a \$10 billion industry, the 2nd largest international crime affecting approximately 800,000, many of them

here in our country. The bill amends the Trafficking Victims Protection Act of 2000, to direct the Secretary of State to monitor and combat human trafficking. The bill passed the US House of Representatives on December 4th 2007, with a vote of 405-2 in favor of the bill. The bill now goes to the US Senate, however the US Department of Justice wrote a letter to the National Association of Attorneys General (NAAG), to foreign countries over 13 years. which includes California Attorney General, Jerry Brown, asking them to reject the version passed by the US House of Representatives. Proponents of the bill, which are quite a diverse group, are asking that the State Attorney Generals not take a position on the bill until a full discussion and debate are completed in the US Senate. Those who want to make their opinions known, contact Attorney General Jerry Brown at 916-332-3360 or 1 800-952-5225.

HR 3605, the Global Poverty Act, requires the President to develop and implement a comprehensive strategy to further the US foreign policy objective of vastly reducing global poverty and require periodic progress reports. Adam Smith (D-WA) is the sponsor and Barack Obama (Democrat presidential hopeful) is one of the co-sponsors. The bill donates an additional \$845 billion The bill recently passed the US Senate Panel and has been referred to the House International Relations Committee. If one wants to make their opinion known regarding the bill, the committee chair, Tom Latos (D-CA) can be reached at his San Mateo office at (650) 342-0300.

For comments or questions, feel free to contact me at yk@skyq.com. About the author: Yolanda Knaak has a Masters degree from UCLA in nursing and she is an elected member of the Sacramento County Republican Party Central Committee.

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DEDICATED TO PROTECTING PROPOSITION 13 AND PROMOTING TAXPAYERS' RIGHTS.

# Hold On to Your Wallets By Jon Coupal

Sacramento admits to a \$14.5 billion deficit over the next 18 months. Chances are close to a certainty that this is a conservative estimate. After all, when do politicians ever exaggerate bad news for which they are responsible?

The responses from Sacramento officials vary, but none are especially good news for taxpayers. The governor says there should be no new taxes, that we should close the budget gap with spending cuts, but this did not stop him from pushing his now defunct government mandated health-care proposal that could have cost Californians billions of dollars.

The state legislative analyst recommends the state do away with the mortgage interest deduction for homeowners. Senate leader Don Perata and Assembly Speaker Fabian Nunez have promised to seriously consider this recommendation. Nunez, who declares the shortfall will not be made up through budget cuts, wants to see higher taxes including an upping of the car tax, which was Gray Davis' failed response when he faced his own budget demons just five years ago.

Others want to see services taxed -imagine going to a doctor or lawyer and finding a tax added to the bill. And there are, of course, the usual rumblings from the education lobby that Proposition 13 must be jettisoned.

Additionally, a number of lawmakers, who fear they will not be able to fund their favorite programs with state money, are introducing legislation to make it easier for locals to impose new taxes to accomplish the same goals.

Any way you look at it, the most powerful forces in the Capitol are advocating higher costs for taxpayers. So in a state that already ranks near the top in per capita taxation (8th among all states

according to the Tax Foundation) all the indications are that there will be a push to make California number one.

As economist Art Laffer likes to say, if you want less of something, tax it more. Most of our taxes are based on economic activity. Raise the taxes on a business and suddenly it is less competitive and relocation to another state or country looks more attractive. Raise the income tax, and those with jobs are checking the want ads in communities outside California -- even without new taxes, for the last several years the State Department of Finance has reported a net out-migration of citizens. Raise the sales tax, a tax that falls disproportionately on those with low incomes, and the overall pressure increases on citizens to seek greener pastures out of state.

How about taxing property more, or doing away with the mortgage interest deduction, which amounts to the same thing? Does anyone really want to make owning a home more expensive in a state where fewer than 25 percent of families can afford to buy an entry level home? Does anyone want to tamper with Proposition 13 and risk putting retirees out of their homes and possibly making them dependent on

Although there are already a number of tax increase proposals on the table and we can expect many more in coming weeks, the most offensive may be one that is being put forward by Gov. Schwarzenegger: A surcharge on homeowners' insurance policies dedicated to firefighting efforts. The spinmeisters in the administration are trying to portray this as a "fee," which is convenient since it would only require a simple majority vote of the Legislature to implement. If it were declared a tax it would require a two-thirds vote of lawmakers as

mandated by Proposition 13.

But the "fee" argument does not pass the laugh test. The charge is a tax because it is for a generalized governmental service without the requisite nexus for a true fee. The bulk of these revenues would go to the state's Firefighting Safety Account, which may be of great benefit to a homeowner near Lake Tahoe, but will do nothing for property owners in downtown Los Angeles, San Jose or San Diego. Most urban residents already receive fire protection from city fire departments so would not benefit from the additional charge.

Additionally, it is clearly not a fee in that those who chose to self-insure would still benefit from the charge without having to pay it.

The final inequity is that, if imposed, this new tax would free the state from having to fully fund firefighting services from the general fund; money that would have been spent for this purpose could be shifted to other programs.

So taxpayers must be alert to both straightforward and surreptitious efforts to increase taxes. But legislators must be wary, too. Even if some lawmakers have no sympathy for the struggles of those who must work hard to look after their families and even harder so they can take care of government, too, saner heads must see that higher taxes will be counterproductive. Just ask Pete Wilson, who, as governor, agreed to major sales and income tax increases in 1991 only to see reduced tax revenue the following two years.

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.

# Republicans are the Health of the State

by Anthony Gregory

Some conservatives might conclude that California Governor Arnold Schwarzenegger's endorsement of presidential candidate John McCain only proves that true conservatism has left the Republican Party. McCain has indeed diverged from supposed conservative values in many areas. And so has our governor.

McCain criticized President George Bush's tax cuts. Schwarzenegger has delivered some of the largest bond increases in California history.

McCain has attacked Bush on global warming and even forced the first significant Senate vote on climate change. Schwarzenegger also has confronted the administration on the issue, suing the Environmental Protection Agency to allow Sacramento to impose its own, higher standards on carbon emissions.

McCain has mediocre ratings from the National Rifle Association and Gun Owners of America. Schwarzenegger has supported the Brady Bill, the so-called "Assault Weapons Ban," mandatory safety locks, and other antigun measures

Just as many conservatives questioned Schwarzenegger's Republican credentials, so they have been quite critical of McCain. Conservative diva Ann Coulter recently proclaimed on Fox News that she would campaign for Hillary Clinton if the GOP gives its nod to McCain - "because she's more conservative than he is," Coulter told fellow conservative Sean Hannity.

Meanwhile, Democratic Senator Joe Lieberman, a champion of big government across the board, has endorsed McCain.

Is all this a sign that Republicans

do not stand for the principles that they used to? Not exactly. Republican politicians

in recent times have sided with big government advocates, despite their rhetoric. President Bush gave us No Child Left Behind, enormous prescription drug entitlements, immense corporate regulation, and staggering spikes in domestic spending. His father raised taxes and signed the Americans With Disabilities Act. No less a Republican hero than Ronald Reagan raised Social Security taxes, increased tariffs, busted the budget and – in his earlier years as California governor – expanded social programs, passed the largest tax increase in state history, and signed landmark gun control legislation. Almost every Republican president in the last century oversaw significant expansions of government size and power.

So why have many conservative intellectuals and commentators tolerated all this social spending, gun control, meddling in education, violations of civil liberties and high taxes and debt? One reason: War.

Ann Coulter says Hillary Clinton, no foe of big government, is better than McCain because she would wage war more aggressively. Meanwhile, Schwarzenegger and pro-war Democrat Lieberman hail McCain because of his military credentials and willingness to wage war.

For the past six years, fiscal conservatives have held their nose and supported Bush, who has increased the federal budget by about 50 percent, all because of the war on terror and war in Iraq. Back in the 1980s, conservatives didn't mind that Reagan actually increased spending much faster than

President Jimmy Carter, since the money was ostensibly going to "national defense." And today, most conservatives neglect the one Republican presidential candidate, libertarian Ron Paul, who has actually been talking about cutting taxes, regulations, and spending; eliminating the IRS, and protecting the Second Amendment. They oppose him because he has always condemned the Iraq war and supports bringing the troops home from Iraq and around the world, as well as repealing the PATRIOT Act and restoring the Bill of Rights.

Most conservatives are addicted to nationalist militarism, war, and empire and are willing to abandon their free market, smaller-government principles in favor of continuing and accelerating U.S. intervention abroad. Randolph Bourne trenchantly observed that "war is the health of the state." No wonder the state keeps getting bigger under hawkish Republicans. When pressed, they prefer big government and war to small government and peace.

The lesson here is that if you want less government, you must first find a movement and a party that does not put a love of war above all other issues. Libertarians, unlike conservatives, recognize that the problems with big government at home also apply to big government abroad, and that a free country with a constitutionally limited government is incompatible perpetual war and global empire.

Anthony Gregory is a research analyst at the Independent Institute, a policy advisor for The Future of Freedom Foundation, and a columnist for LewRockwell.com. His Website is AnthonyGregory.com.

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# New Data: Maybe Oil Isn't Timing is Everything: Now is the from Dead Dinos

## Saturn moon has more hydrocarbons than all of Earth's known reserves

By Jerome R. Corsi

Posted: February 15, 2008 © 2008 WorldNetDaily Reprinted by Permission ffrom WND

Saturn's moon Titan has hundreds of times more liquid hydrocarbons than all the known oil and natural gas reserves on Earth, according to a team of Johns Hopkins University scientists, adding to evidence that oil is not biological in origin.

The scientists at the Laurel, Md., institution were reporting this week on data collected from NASA's Cassini probe. "Several hundred lakes or seas have been discovered, of which dozens are estimated to contain more hydrocarbon liquid than the entire known oil and gas reserves on Earth," wrote lead scientist Ralph Lorenz of the university's Applied Physics Laboratory in the Jan. 29 issue of the Geophysical Research Letters.

Lorenz also reported dark dunes running along the equator cover 20 percent of Titan's surface, comprising a volume of hydrocarbon material several hundred times larger than Earth's coal reserves. "Titan is just covered in carbon-bearing material it's a giant factory of organic chemicals," Lorenz wrote. Lorenz used the term "organic chemicals" in the sense that hydrocarbons are traditionally included within the study of "organic chemistry," not to imply any of the hydrocarbons discovered on Titan are of

biological origin.

Commenting on the research findings, the European Space Agency said, "Proven reserves of natural gas on Earth total 130 thousand million tons, enough to provide 300 times the amount of energy the entire United States uses annually for residential heating, cooling and lighting." WND previously reported NASA conclusions that the methane found on Titan is not of biological origin.

"We have determined that Titan's methane is not of biological origin, so it must be replenished by geological processes on Titan, perhaps venting from a supply in the interior that could have been trapped there as the moon formed," Hasso Niemann of the Goddard Space Flight Center told reporters Nov. 30, 2005. Measurements were taken by the Gas Chromatograph Mass Spectromoter, or GCMS, aboard the European Space Agency's Huygens Probe, which descended through Titan's thick atmosphere Jan. 14, 2005.

Analysis of the GCMS findings determined that the methane on Titan was composed of Carbon-13, the isotope of carbon associated with abiotic origins, whereas living organisms have a preference for Carbon-12. NASA scientists examining the ration of Carbon-13 to Carbon-12 in the methane on Titan did not observe the Carbon-12 enrichment in the methane of Titan that was associated with organic carbon on Earth, which is rich in Carbon-12.

WND also reported scientists examining the liquid hydrocarbons exuding from vents in the Lost City hydrothermal field along the Mid-Atlantic Range at the bottom of the Atlantic Ocean are abiotic in origin.

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Saturn's moon Titan

The scientists examining the Lost City vents plan to return this summer to sample what they believe will be abiotic advanced hydrocarbon chains exuding from the vents, in addition to the simpler hydrocarbon chains, such as methane.

Cassini's next fly-by of Titan is scheduled for Feb. 22, when the radar instrument will observe the landing site of the European Space Agency's Huygens probe. The Cassini-Huygens mission is a cooperative project of NASA, the European Space Agency, and the Italian Space Agency.

Jerome R. Corsi is a staff reporter for WND. He received a Ph.D. from Harvard University in political science in 1972 and has written many books and articles, including his latest best-seller, "The Late Great USA." Corsi co-authored with John O'Neill the No. 1 New York Times best-seller, "Unfit for Command: Swift Boat Veterans Speak Out Against John Kerry." Other books include "Showdown with Nuclear Iran," "Black Gold Stranglehold: The Myth of Scarcity and the Politics of Oil," which he co-authored with WND columnist Craig. R. Smith, and "Atomic Iran."

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# Time to be a Real Estate Investor



Delia Fling

Are you still waiting for the real estate market to bottom? Whether you are a first time homebuyer or an aspiring real estate investor now is the time to sit up and take notice. A series of events are developing around us that spell opportunity for those who take action.

Fact: the real estate market has been declining since 2006. The age-old real estate mantra of location, location, location holds true today. As professional realtors remind

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us it is a regional market. Some areas have declined more precipitously than others. In fact there are areas in Sacramento that are flirting with 1991 valuations!

Fact: Interest rates are at historically low levels. Even though the credit markets have been under excessive pressure a good portion of 2007, 2008 appears to be stabilizing. I am not inferring that everything is peaches and cream. Financing qualifications have become more restrictive. Lenders want to be convinced that borrowers have the means to stay in their homes. A number of programs still exist to help the first time homebuyer fulfill their dream. And most importantly, lenders are still willing to do business with an investor who has good assets.

You don't need to believe the economy is going into a recession to understand the dynamics going on in the credit markets. Current interest rates are being pressured down. This environment will not last long. Ultimately interest rates will increase and find their true levels probably sooner than

But how lucky are we...bargain priced real estate and bargain rate money to buy it with! A \$450.000 house at the peak of 2005 in many neighborhoods in Sacramento, today is selling for \$360,0000 (less in some neighborhoods).

Interest rates have declined dramatically in the last 30 days. A payment for a \$360,000 house last month, will buy you a \$400,000 house today!

Wealth is created by those that recognize opportunity and take action. California is on Sale and giving you great financing

Delia Fling is a Mortgage Planner with TransPac in Fair Oaks. Contact her for questions or comments at 916-284-0066 or deliaf@transpacllc.com.

## Sampling a **Scoop of Hollywood Fun**

(NAPSA)-If you watch reality TV, you know that Americans love to pick a winner-and now there's a chance to choose

from five delicious new contestants. That's because a favorite brand of light ice cream has introduced its second-season lineup of "American Idol" light ice cream flavors. Ice cream lovers can sample this year's hopefuls and cast a vote for their favorite flavor-offering a scoop of Hollywood fun for the entire family.

These Dreyer's/Edy's Slow Churned light ice cream flavors will have a sweet opportunity to shine in the spotlight while dishing up their individual personalities:

Cheesecake Diva: This delightful diva may catch your eye with its creamy, luxurious cheesecake light ice cream that commands the spotlight with decadent brownie bites and an entourage of fudge

Cookies 'n Dreamz: The stuff that dreamz are made of-down-home chocolate light ice cream filled with crunchy pieces of chocolate cookie.

Mint Karaoke Cookie: Who's that dreamboat on stage? Here's an undiscovered star who's ready for prime time: a cool-headed mint light ice cream with a crescendo of chocolate cookies.

Most Orange-inal: This mix-master performs with genuine freshness and flair. Creamy vanilla light ice cream blended with swirls of refreshing orange

sorbet creates a sensational new

beat. One Wonder: Flash in the carton or here to stay? This flavor hits the stage with rich banana light ice cream swirling with fruit and gooey

fudge. Ice cream lovers and "Idol" fanatics can cast votes for their favorite flavors at Slowchurned. com until May 31. The winning flavor will earn a permanent spot in the Slow Churned light

ice cream lineup.

Fans who cast a vote before April 29, 2008 will be entered for a chance to win a trip to the "American Idol" finale and other cool prizes.

To celebrate the new flavors, the show's Season Six finalists Melinda Doolittle and Chris Richardson will be hitting the road

"American Idol" finalist Melinda Doolittle wants you to vote. Is it luxurious Cheesecake Diva or dreamy Mint Karaoke Cookie?

on a 20-city U.S. tour, performing and meeting fans.

To locate stores that carry the new flavors, visit Dreyer's/Edy's Flavor Finder at Slowchurned.com. But hurry, because these popular flavors may disappear faster than the Idols voted off last week.



Wouldn't you like to send a smile to the people you care about this spring? With your donation to the American Cancer Society's Daffodil Days program, our volunteers will deliver a sunny bunch of fresh-cut daffodils to someone special. But this delivery brings more than just flowers - it helps deliver hope for a future where cancer no longer threatens those we love.

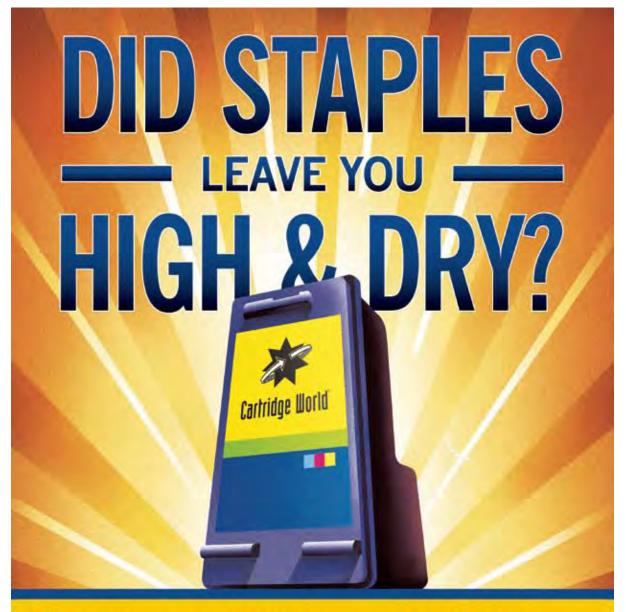
For each bunch of daffodils you send, your donation benefits the American Cancer Society's lifesaving mission to eliminate cancer as a major health problem. We have made great progress, but we need your help to continue the fight against this disease.

So be a part of Daffodil Days and send a ray of sunshine to a friend, and a ray of hope to cancer patients across the country. Send your daffodils today!

> For more information, call Kimberly Hicks **916-446-7933** (press 3 at prompt) Sponsorships also available

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