AMERICAN RIVER



Mira Loma Student wins Intel Science Talent Search

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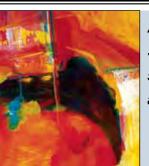
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Volume 3 Issue 5

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First Edition for March 2008

California Capital Airshow



Sacramento, CA — Air shows generally spend several years establishing their brand before attracting military precision jet teams. The California Capital Airshow has achieved a rare feat by attracting a jet team each of its

The California Capital Airshow, held at Mather Airport March 15th and 16th, is the first civilian show on the 2008 schedule for the United States Navy Blue Angels. The renowned flight demonstration team last performed at the inaugural California Capital Airshow in 2006, thrilling crowds with formation and solo high-performance maneuvers in addition to ground ceremonies.

"We are honored to welcome back the U.S. Navy Blue Angels in the Sacramento region only two years after the appearance at the inaugural California Capital Airshow," said G. Hardy Acree, California Capital Airshow Board Chair. "The team's desire to return is a credit to the Sacramento region and their support for aviation as well as the men and women who serve our country.'

The Sacramento area will also be celebrating Navy Week with many activities. Navy Week will involve a series of Navy events and activities throughout the area that will run from March 9th through the 16th. The Navy League, along with other sea service organizations and commands around the Sacramento area, are planning a big week of activities to include: visits to the State Capital and Sacramento City Council by Admiral Orzalli, and visits to local high schools by members of the Navy's elite jet demonstration team "the Blue Angels". Other events will include Navy Band performances and clinics at area high schools and visits to

local veteran and children's hospitals. Navy Week will culminate with "the Blue Angels" breath taking performance at the California Capital Airshow on Saturday and Sunday at Mather Airport (formerly Mather AFB).

The Aerospace Museum of California will again be participating in the Airshow. "What can entertain and inspire our youth? It can be a mentor or a moment in time when they see something special and want to reach that goal. The Capital Airshow is one of those moments. What the pilots and aircraft demonstrate takes training and education. The Aerospace Museum is a natural partner with the Capital Airshow", said Roxanne Yonn, Senior Director of Museum Operations from the Aerospace Museum of California.

The Museum will have an exhibit at the airshow with a flight simulator. This simulates take off, flying and landing, various aircraft from airports all over the world. There will also be a cockpit simulator visitors can sit in and see how the pilots train.

This year's show includes a kid's zone and the opportunity to see civilian and military aircraft - including one of the most meticulously restored warbirds, the "Heavenly Body" B-25J up close.

The California Capital Airshow is a 501c3 non-profit corporation organized to promote and showcase the role aviation plays as an economic engine in the greater Sacramento region. The mission of the California Capital Airshow is, in part, accomplished by giving back to the community through the awarding of scholarships to individuals interested in pursuing careers in aviation, aeronautics, and

See californiacapitalairshow.com and page three of this issue for more information.

Mercy Hospital Celebrates Construction Milestone at 'Topping Out' Ceremony



Turner Construction workers stand atop the beam with a live spruce tree and an American flag

On Friday, February 22, 2008, at the construction site of the Catholic Healthcare West-Mercy San Juan Patient Tower the order was given for the crane to lift into place the final steel beam of the Mercy San Juan New Patient Tower. The new patient tower will bring 110 new patient beds to the community. The "topping out" ceremony signified that the building, although not complete, has reached its highest point. A traditional spruce tree and the American flag were attached to the final beam. The spruce signifies that the building now has life and the flag signifies the national pride of the ironworker trade. Frank Dai Zovi, Turner Construction Company Vice President and General Manager thanked the dozens of ironworkers for their hard work and dedication to the completion of this project.

The beam was on display in front of the hospital for employees, physicians, Turner team members, ironworkers and neighbors to sign. The signings continued Friday morning, until the beam was lifted into place at approximately 12:15 p.m. A traditional BBQ lunch was provided for all those who attended.

Mercy San Juan's \$125 million project is on schedule, with the new employee parking garage to open this summer and the new patient care wing to open before the end of 2009.

If you missed the raising of the final girder, go to www. mercysanjuan.org and click on "more" under medical center expansion. Then click on the turner/ mercy link. Once on that Web site, click on gallery to see photos from Feb. 25.

RT Board Appoints Wiley GM/CEO



Michael R. Wiley

The Sacramento Regional Transit District (RT) Board of Directors announced the appointment of Michael R. Wiley as General Manager/CEO at the RT Board Meeting held on Monday, February 25, 2008. After a nationwide search, the Board voted unanimously to name Wiley as the eighth general manager of the District.

Wiley was appointed as Interim General Manager/CEO in October 2007. upon the departure of Beverly A. Scott. He previously served as RT Deputy General Manager and has held various executive management positions during his 30-year career with RT.

Wiley is known for his vast knowledge of RT operations and funding, and has been instrumental in the District's expansion. During his tenure, Wiley has played a key role, from conception to completion, of major projects and initiatives, including the introduction of light rail to Sacramento; conversion of the bus fleet to Compressed Natural Gas; implementation of light rail extensions to South Sacramento, Rancho Cordova, Folsom and the Sacramento Valley Station/Amtrak; and a 125 percent increase in ridership.

"At a crucial time when the District is facing budget uncertainty, union contract negotiations and an ever-increasing demand for more transit services, RT must have a strong and experienced leader at the helm. Mike Wiley has the full support of the Board of Directors," Roberta MacGlashan, RT Board Chair and Sacramento County Supervisor, stated. "His institutional knowledge and understanding of critical issues facing RT and the Sacramento region is unmatched; and his drive, passion and commitment

to the community is what stands out." "I accept the appointment as General Manager/CEO with great honor and thank the Board of Directors for their vote of confidence," Wiley stated. "I

am very excited about the future of RT, and recognize the critical role that public transit plays and how it affects the overall quality of life in the Sacramento

As General Manager/CEO, Wiley will lead the agency in the development of a new transit vision. The Transit Master Plan will focus on short-range and longrange plans to expand and enhance public transit services to address the anticipated population growth in Sacramento and surrounding communities.

In the short term, the challenge is to reach agreements with labor unions on new contracts; move forward with final design and construction of the South Line Phase 2 light rail extension to Cosumnes River College; and implement the first phase of the Downtown/Natomas/ Airport light rail extension to 7th Street and Richards Boulevard.

"RT is at a pivotal point," Wiley stated. "With the community clearly recognizing the benefits of transit and many realizing the disadvantages of driving alone, there is an opportunity to increase ridership and take RT to the next level. With a renewed focus on customer service, personal safety and security, and service productivity, RT is continuing to enhance our riders' experience to meet their transportation needs."

St. John's Welcomes New Additions

Sacramento's Largest Shelter for Homeless Women and Their Children expanded board of directors," said Steeb Adds New Depth, Energy and Experience



Twyla Teitzel



Maureen Gagliardi

St. John's Shelter Program For Women and Children, Sacramento County's largest shelter for homeless women and their children, has appointed two new

key staff members, announced St. John's

Executive Director Michele Steeb. Maureen Gagliardi has been appointed Career Planning and Placement Director. Her 15-year background in education includes experience as a teacher for both children and adults. Her most recent experience has been with the Folsom Chamber of Commerce where she developed extensive business relationships throughout the Sacramento region that will be of vital importance to St. John's as it seeks to partner with the local business community.

Twyla Teitzel joins St. John's as Volunteer Services Coordinator. She brings deep background in public relations and small business development to the position. For more than 20 years she managed the office of Dr. Dan Murphy. She is the former President of Soroptimist International of Pleasanton, is a wellrespected yoga teacher, children's advocate and connoisseur of healthy living.

"The enthusiasm, passion and experience they bring, both individually and together, is tremendously exciting to everyone associated with St. John's, from our clients, staff and our newly

"We are eager to reap the benefits of their creativity, vision and dedication to helping Sacramento's most vulnerable homeless population—women and their children," Steeb added.

About St. John's Shelter Program for Women and Children:

St. John's Shelter Program for Women and Children supports homeless women with children to advance from a point of crisis to a position of self-sufficiency.

St. John's, established by St. John's Lutheran Church in 1985, has served more than 23,000 homeless women and children in Sacramento County. Initially begun as an emergency shelter for homeless women with children, St. John's is now a comprehensive Program, providing both shelter and services to 100 women and children at a time. Services include: domestic violence counseling, drug and alcohol counseling, mental health counseling, public health services, school placement, job training and placement, nutrition and fitness, budgeting, and housing placement.

In 2007, despite its 100-bed capacity, St. John's had an average of 105 women and children living in their Shelter at any given time. However, due to the rapidly increasing needs of homeless women with children, St. John's was forced to turn away an average of 60 women and children each day For more information, please visit www.stjohnsshelter.org

DUTCH TREAT



The Chief

There was something suspicious about the tall man in a gray suit that was lingering around my checkstand at the market. He had a thin mustache that curled up slightly at the ends and he just paced back and forth with his hands cupped behind his back. I thought a spotted a gun in a holster clipped to his belt.

I was a senior in High School and working part-time as a checker at the grocery store. There was a run of customers at the time the stranger walked into the store and I had a long line of food shoppers with full baskets. From the corner of my eye, I could see the gentleman and he would nod to me every time we caught eye contact. No joy of expression crossed his face and he continued to express a grave and solemn attitude. It concerned me. It was obvious that he wanted to say something to me and not within earshot of my customers.

Finally, there was a short break and he hastily slipped in close to me and handed me his business card. He was a local police detective and he asked if I wouldn't mind dropping by the station after work, nothing serious. I figured, somehow, my mother was involved. We were always battling those days over the late hours I was spending at my girlfriend's house. This was just a guess. Anxiously, I waited until I got off work and walked over to the Inglewood Police Station.

Drugs and alcohol never seemed to be a big problem in the early fifties, or I was just hanging out with the right kids. At seventeen, I hadn't tasted a beer

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or even seen a marijuana cigarette.

About a week before I met the detective I found a note in a hallway as I was entering my English class at high school. The wrinkled piece of paper mentioned something about a drug purchase. My immediate reaction was to turn it into the English teacher, but I hesitated and placed it in my pocket and forgot about it.

My mom did the laundry every weekend and found the note. I was very disappointed that she didn't confront me and instead, took it directly to the local police, as if I was a problem child. The only trouble I was able to find between work and school were the late hours I spent with my teenage girlfriend on the week-ends. Mom had little respect for her because she bleached her hair blond.

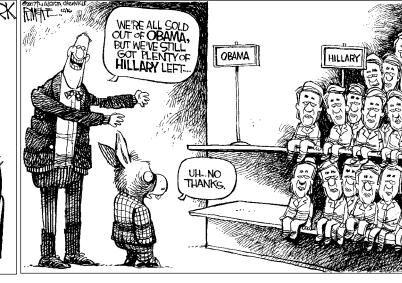
After finding the detective at the police station, he led me down a corridor to meet the Chief of Police. Both men talked to me about the note and they seemed satisfied with my response. The three of us then walked into another room were I faced my mother, not a big surprise.

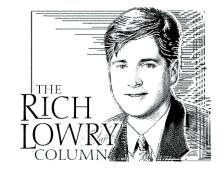
After the Chief convinced my mom that she had little to worry about she brought up the fact that I was staying out until 2 a.m. on Friday and Saturday, and with a disgusting look, she added that I was dating a "bleached" blond. The Chief 's eyebrows flew up, his eyes widen and he looked sternly into my mother's face and said, "MY wife also bleaches her hair!" Mom didn't know what to say and turned her head. The Chief winked at me.

Before I left the station the Chief asked me back to his office. He knew by now that my father had passed away when I was three and there were no other men in the home. With his hand on my shoulder he said that anytime I felt like talking to him about anything, drop by his office. I took him up on the offer twice during the following year.

Quip for the Day: Some adolescents become bad eggs because they have been sat on to long or not long enough.







Hillary Clinton might be losing Democratic voters to Barack Obama, but she has a stalwart cheering section that won't abandon her even as she slips in the polls: Republicans nearly everywhere.

Bill's relationship to Hillary is blissfully straightforward compared with that of Republicans. They hate her, and they love hating her. They have wanted her to lose the nomination for the mere sport of it, and they have wanted her to win because they think she's the weakest potential Democratic nominee. The party seems united in its quiet pleading: "Please, Hillary, you're in it, now win it -- for

Despite her intelligence and discipline, Hillary entered the race saddled with inherent weaknesses. She has the kind of negative ratings candidates usually have only after the battering of a general-election campaign, not before. Her

Republicans for Hillary

political persona ranges from grim to charmless. She may call herself an "agent of change," but she's emblematic of an entire era of search-and-destroy partisan politics.

She is the Tony Robbins of negative Republican motivation. At a town-hall meeting in Derry, N.H., back in January, Mitt Romney tried to stir the crowd in the immediate wake of Barack Obama's victory in Iowa: "We cannot afford Barack Obama as the next president." About two people applauded. The next day he mentioned Obama again, but added, "I can't wait to meet Hillary Clinton face to face." Sustained applause.

"She has tremendous baggage, high negatives, and she can't be the candidate of change," says a top Republican strategist who pines for her to be the nominee.

All of that was true even before her bitter campaign with Obama created a wave of revulsion against her among liberal opinion makers; before she had a rift to heal with African-Americans, high-income liberals and the Kennedy crowd; before she became the "two-in-one" candidate with Bill again, and at times seemingly the junior partner.

Republicans speak in wishful terms about Hillary winning the nomination and fearful ones about Obama overtaking her. "It'll be hard as hell to run against Obama," says the GOP strategist. The Illinois senator's negative ratings could be driven up in a general election, but "hope"

is an elusive and risky target for attack. In Obama's favor, the strategist says, is that he's "incredibly likable," that he has "iconic status," that "Americans would like to vote for an African-American" and that "he represents real

Elections can't be forecast with precision eight months out, of course. If Hillary should win the Democratic nomination, it will be because of strengths not apparent in her lowest moments. And any Democrat has to be favored when 60 percent of the public disapproves of the Republican two-term incumbent's performance.

As for Obama, he has the most liberal voting record in the Senate, according to the National Journal, and his lack of experience might matter to general-election voters in a way it hasn't among hope-hungry Democrats. If Obama has more electorate upside than Hillary, he also might have more downside risk.

But most Republicans don't want to find out. Obama may give inspiring speeches at campaign events thronged by thousands, but for Republicans, there's only one candidate of hope: Hillary Rodham Clinton.

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



Senator Dianne Feinstein needs to hear

Right now, your values ... your future ... and your constitutional freedoms rest in the idle hands of your liberal lawmaker. It's time for you to

As I write to you, 28 well-qualified judicial nominees are awaiting justice. They simply desire a fair up-or-down vote in the confirmation process. Instead, they are forced to wait - while Senator Feinstein, a member of the Senate Judiciary Committee, ignores the constitutional mandate to give judges up-or-down votes. Contact Senator Feinstein today at 202-224-3841 and make your voice heard! Or email the Senator at feinstein. senate. gov/public/index.cfm?FuseAction=ContactUs.

It is one of the Senate's most important duties ... to provide prompt consideration of presidential nominees for the federal judiciary. Sadly, today's liberal leadership has failed to meet its constitutional duty - and in so doing, has failed you, the citizen they serve. In fact, despite urging from the President, Senator Feinstein has continued to embrace a policy of obstructionism when it comes to giving judicial nominees timely consideration.

Make no mistake: These judicial nominees are exceptionally qualified men and women who are committed to serving our nation. They deserve afforded them by the Constitution.

And that's not the only concern. The court system is truly suffering because of the delay. In some circuit and district courts, where judicial spots have remained empty for far too long, extreme backlogs have been created and "judicial emergencies" have been declared ...

... all of which means Justice is Being Delayed. And when justice is being delayed, justice is

As a member of the ACLJ, I ask you to take a bold stand today on behalf of justice. Call or email Senator Feinstein immediately at 202-224-3841 or feinstein.senate.gov/public/index. cfm?FuseAction=ContactUs.EmailMe.

Raise your voice today ... loud and clear ... against your leader's efforts to strong-arm the law.

I can't emphasize enough how important this battle is. We know what the Constitution says. We know the effect these decisions will have on your family's future. Now, we must hold our elected officials to their constitutional obligation.

Join me immediately in pushing hard on this imperative issue. Call or email Senator Feinstein today and demand an up-or-down vote on the president's judicial nominees.

Thank you!

Jay Sekulowjsekulow@aclj.org

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hype from politically well-connected U.S. agribusiness have combined to create a frenzied rush to convert food grains into ethanol fuel. The move is badly conceived and ill advised. Corporate spin and pork barrel legislation aside, here, by the numbers, are the scientific reasons why corn won't provide our energy needs:

First, using corn or any other biomass for ethanol requires huge regions of fertile land, plus massive amounts of water and sunlight to maximize crop production. All green plants in the U.S. - including all crops, forests, and grasslands, combined - collect about 32 quads (32 x 1015 BTU) of sunlight energy per year. Meanwhile, the American population currently burns more than 3 times that amount of energy annually as fossil fuels! There isn't even close to enough biomass in America to supply our biofuel needs.

Second, biofuel enthusiasts - including agribusiness lobbyists and PR firms - suggest that ethanol produced from corn and cellulosic biomass (like grasses), could replace much of the oil used in the United States. But consider that 20 percent of the U.S. corn crop was converted into 5 billion gallons of ethanol in 2006, but that amount replaced only 1 percent of U.S. oil consumption. If the entire national corn crop were used to make ethanol, it would replace a mere 7% of U.S. oil consumption - far from making the U.S. independent of foreign oil.

Third, ethanol production is energy intensive: Cornell University's up-to-date analysis of the 14 energy inputs that go into corn production, plus the nine energy inputs invested in ethanol fermentation and distillation, confirms that more than 40 percent of the energy contained in one gallon of corn ethanol is expended to produce it. That expended energy to make ethanol comes mostly from highly valuable oil and natural gas.

Some investigators conveniently omit several of these energy inputs required in corn production and processing, such as energy for farm labor, farm machinery, energy production of hybrid corn-seed, irrigation, and processing equipment. Omitting energy inputs wrongly suggests that a corn-ethanol production system offers a more positive energy return. In reality, corn is an inefficient choice from an energy-cost and transport standpoint.

Cellulosic ethanol is also touted loudly as a replacement fair treatment. They deserve the up-or-down vote for corn ethanol. Unfortunately, cellulose biomass production requires major energy inputs to release minimal amounts of tightly bound starches and sugars needed to make fuel. About 70 percent more energy (coming again from precious oil and gas) is required to produce ethanol

from cellulosic biomass than the ethanol produced. That makes cellulosic ethanol an even poorer performer than corn ethanol.

Also, the production of corn ethanol is highly subsidized: state and federal governments pay out more than \$6 billion per year in subsidies, according to a 2006 report from the International Institute for Sustainable Development in Geneva, Switzerland. These subsidies for a gallon of ethanol are more than 60 times those for a gallon of gasoline.

Moreover, the environmental impacts of corn ethanol production are serious and diverse. These include severe soil erosion of valuable food cropland, plus the heavy use of nitrogen fertilizers and pesticides that pollute rivers. Fermenting corn to make one gallon of ethanol produces 12 gallons of noxious sewage effluent. Making ethanol requires the use of fossil fuels, releasing large quantities of carbon dioxide into the atmosphere, adding to global

Finally, using food crops, such as corn, to produce ethanol raises major nutritional and ethical concerns. Nearly 60 percent of the people on earth are currently malnourished according to the World Health Organization. Growing crops for fuel squanders land, water, and energy vital for human food production.

The use of corn for ethanol has led to major increases in the price of U.S. beef, chicken, pork, eggs, breads, cereals, and milk - a boon to agribusiness and bane to consumers. Director General of the U.N. Food & Agriculture Organization Jacques Diouf reports that using 22 pounds of corn to produce one gallon of ethanol is already causing food shortages for the world's poor.

One last set of statistics: The global population stands at 6.6 billion: a quarter-million mouths to feed are added daily. Energy experts report that peak oil production has already been reached. As cheap oil supplies decline, fuel prices will rise, causing food prices to climb too (because maximum agricultural production requires fossil fuel

century, and as we burn more grain as fuel, shortages and production costs could cause grain prices to skyrocket, taking food from the mouths of the world's poorest

As global population soars to 8 or 9 billion toward mid-

The science is clear: The use of corn and other biofuels to solve our energy problem is an ethically, economically, and environmentally unworkable sham.

David Pimentel is a professor of entomology at the College of Agriculture and Life Sciences at Cornell

University.

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First Edition for March 2008

"Must See" Lineup at 2008 California Capital Airshow Rare Opportunities and Appearances Abound



"Must See" Lineup at **California Capital Airshow Opportunities Appearances Abound**

The 2008 California Capital Airshow - held at Mather Airport March 15-16 - is the first civilian show on the 2008 schedule for the United States Navy Blue Angels. This year's show includes a kid's zone and the opportunity to see civilian and military aircraft - including one of the most meticulously restored warbirds, the "Heavenly Body" B-25J up close. The ever-growing list of performers, aircraft and demos currently includes:

F-16 Viper with new squadron colors *

F-16 Fighting Falcon

F-16 CG (Viper West Coast Demo Team) *

KC-135R Stratotanker MH-60R

T-1 Jayhawk

Army National Guard

CH-14 Chinook HH-60 Blackhawk MC-130 Combat Shadow MH-60 Pavehawk OH-58 Kiowa UH-1 Huey

Canadian Air Force King Air

Coast Guard C-130 Hercules

Marine Corps

HH-65 *

AV-8 Harrier *

C-130 Fat Albert (Blue Angels) * C-2 Greyhound F/A – 18 Hornet (Blue Angels) *

MH-60 Seahawk T-45 Goshawk

F-5 Tiger

Commercial Aircraft

DHL (TBD) Federal Express 727 UPS (TBD)

Civilian Aircraft

Oracle Challenger Bi-plane (Sean Tucker) * Pitts S2-B (Tim Decker) * Sailplane (Dan Buchanan) * Zivko Edge 540 (Bill Stein) * More TBA

Warbirds

B-25J Heavenly Body (rare appearance) More TBA

* Indicates demos and performances

Advance tickets to this year's show - including Light Rail and bus transfer to the show site - are only \$11. Tickets are available online at www. californiacapitalairshow.com and at the following three locations:

- Aerospace Museum of California 3200 Freedom Park Dr • McClellan, CA • 95652
- · Rancho Cordova City Hall
- 2729 Prospect Park Drive Rancho Cordova, CA 95670
- · Sacramento Metro Chamber One Capitol Mall, Suite 300, Sacramento,

CA 95814

About the Aerospace Museum The Aerospace Museum is a natural

partner with the Capital Airshow. They are a presale ticket location, open 7 days a week Monday - Saturday 9 a.m. - 5 p.m. and Sunday 10 a.m. - 5 p.m. You can drive right up and purchase tickets in the gift shop. Visitors can get information about the exhibits and educational opportunities

The Aerospace Museum of California has 38 military and civilian aircraft on display from a 1932 bi-wing to World War II to military and private jets. There are exhibits that show the history of aircraft ejection seats and the X-15 experimental aircraft. The engine exhibit demonstrates the evolution of aircraft engines from the early days to an SR-71 and rocket engines. They currently have 2 traveling exhibits. Fun With Physics runs until April 30. There are 32 stations of hands-on activities that demonstrate the properties of physics. These provide learning and a fun family activity for elementary school to adults.

Space: Dare to Dream is in California for the first time and runs through August 30. This exhibit was produced by Evergreen Exhibits in educational collaboration with NASA. From ancient times to Apollo, this exhibit explores the history of space exploration. Look through a replica of Galileo's telescope and the actual television footage of the first moon landing and the reenactment of a Saturn V launch



recreates the countdown of that remarkable

engineering feat.

The Aerospace Learning Center is part of the Education Program at the Museum. Interactive computers teach students from 5-12 grades about flight simulation, weather, navigation, GPS to name a few. Programs are available for classes. There are aviation summer camps in June, July and August. Teacher workshops are held during the year with NASA instructors and some feature an astronaut.

The Aerospace Museum of California is a private nonprofit 501 (c) (3). Our goal is to provide an Aerospace and

Aviation destination for visitors and the community as well. Our mission is to provide educational opportunities for our youth to encourage and inspire them to seek careers in the sciences, math and engineering. Astronauts, aircraft pilots and crew need the support of those who choose those career fields to design and build the better vehicles. We also need have the next generation ready to explore our world and space and find ways to conserve and better use our resources. The contact number for the Museum is (916) 643-3192 or the web at www.aerospacemuseumofcalifornia.org

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Sacramento Navy League Kicks Off Navy Week

from 6:00 to 8:30 pm. The event is Navy League at (916) 580-4827 or via



Rear Admiral John Clarke Orzalli

Navy League Sacramento Council is hosting a reception for Rear Admiral John Clarke Orzalli, USN and LT Greg Flores, USN at the Lions Gate Conference Center, Fireside Room, 3410 Westover Street, McClellan Business Park (formerly McClellan AFB) on Monday, March 10, 2008

Sacramento. Navy Week will involve a series of Navy events and activities throughout the area that will run from March 9th through the 16th. The Admiral will speak for a short time followed by LT Flores who will cover the events for the week.

The week will conclude March 15th and 16th with the California Capital Airshow featuring the Navy's flight demonstration team the Blue Angels. A no-host bar along with Hors d'oeuvres will be served at the celebratory reception. The cost of the event is \$15, payable upon arrival. Net proceeds will support the Council's youth activities. Those attending are asked to RSVP to the

a welcoming prelude to Navy Week email at sacnavyleague@yahoo.com. or Email-talk with Mike, odartys@ yahoo.com by March 9, 2008. A map and directions can be found at the following website:

http://www.lionsgatehotel.com

The Navy League of the United States stated Mission; A civilian non-profit organization dedicated to informing the American people and their government that the United States of America is a maritime nation and that its national defense and economic well being are dependent upon strong sea services - United States Navy, United States Marine Corps, United States Coast Guard and United States Merchant Marine.

Sacramento Young Marines Need Your Help



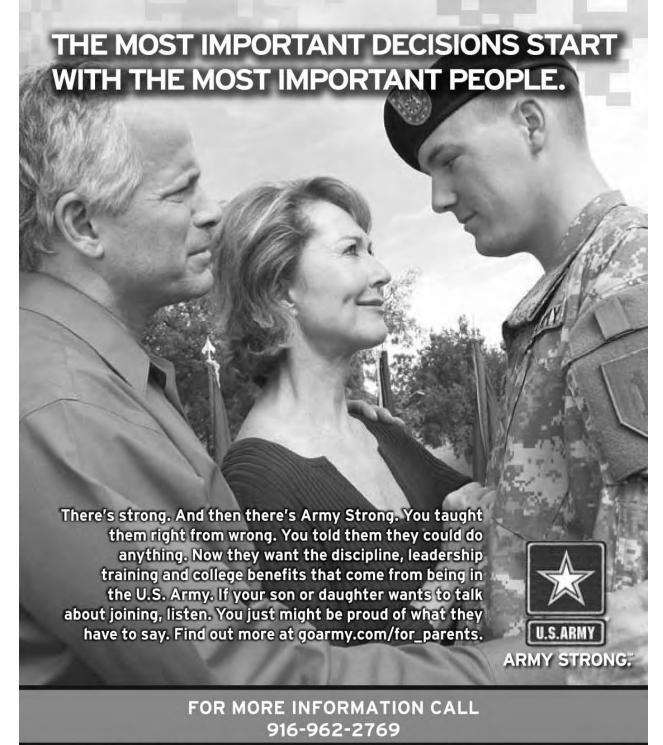
The Sacramento Young Marines have been invited to participate as Color Guard in this years Capitol to Capitol Ride sponsored by Rebels with a Cause. This will be the first year children will be involved in the tour. The highly publicized tour was documented by the Discovery Channel on previous tours. The Capitol to Capitol Ride travels from Sacramento to Washington DC and back for Military Appreciation Month. The tour will leave Sacramento on May 18th, arrive in

Washington DC on May 24th. A Rally will be held in Washington on Memorial Day, the 25th, and then head back to Sacramento where they will arrive home by June 1st.

The Sacramento Young Marines Plan on sending off the tour on the 18th. The group will fly to Washington DC on the 24th spend a few days in Washington where they will visit historical monument, Museums and have been offered a private tour of the White House. The Unit will then take a train to visit

Ground Zero. On May 28th the group will return home so that they can welcome home the Riders on June 1st.

The Sacramento Young Marines are looking for donations of any kind to help with the costs of this trip. If your business would like to help sponsor the Unit please contact Amanda Morello at 916-863-1985 or email her at amorello5401@sbcglobal.net . Your donation will be completely tax deductible to the 501(c)3 non-profit youth group.



or visit a Soldier at

8121 Madison Ave STE H2, Fair Oaks, CA 95628-3701

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Lauren Forcella

Dear Straight Talk: Regarding the recent columns on drugs and sex, I have to say that parents set their kids up to lie to them. Most parents are so stressed about having perfect kids that if their kids do any experimenting they reject them. Parents have no clue how prevalent weed, alcohol, and sex are in high school and college. My mom understood this and while she didn't condone things, if I went to a party (yes, things do happen at these parties), we stayed in communication and she would come get me if things got too crazy. Her trust in me kept things in moderation. Most kids just lie and their parents are naïve. Worst of all, because there is no honest communication, the kids don't get help. — 19, Sacramento

Dear Sacramento: You're right. What happens is parents confuse unconditional love and open dialogue with condoning. Alcohol, drugs, sex—all have huge negative consequences and cannot be condoned. But since most teens are experimenting with one or more of these things, parents who form an open, loving dialogue with their teen, while setting clear boundaries, have the best chance of being a positive influence. (Parents:

Straight talk for teens Parents help teens manage powerful forces

it is your responsibility to create this dialogue! Your teen needs help learning to manage these powerful, prevalent forces — the ability to do so is what makes them successful 17, I started using weed and drinking I told her. She told me to call if I ever needed a ride. When I lost my virginity, I told her. She asked about protection. She wasn't approving, but

adults.) From Farren, 20: Watching my friends, I feel extremely fortunate to be raised by parents who understood the reality of underage experimentation. Yet, I have friends who were raised in strict households and they're on the right track, too. The key lies in trust and communication. Parents can be strict as long as the children can openly communicate with them and know they are loved, mistakes and all. This means parents must practice unconditional parenting, i.e., you set boundaries, but you're also ready to accept your child's mistakes.

From Sara, 19: This throws me back to senior year when I couldn't tell my dad about my abortion. The big thing is having a trusting relationship with a parent. That person was my mother, whom I lost at age 15. Dad and I did not have that relationship. I feared losing his support, so I would lie. Looking back, something horrible could have happened and no one would have known where I was.

From Kendal, 21: The super-strict, harsh parents have the kids who lie the most and are most out-of-line. My mom always said that if I was honest with her she would trust me. When, at

17, I started using weed and drinking I told her. She told me to call if I ever needed a ride. When I lost my virginity, I told her. She asked about protection. She wasn't approving, but she was realistic. Because I'm close to my parents, I never had to lie. Their trust helped me keep things in moderation. I'm frustrated by parents who think, "my girl would never have sex," or "my kid won't do that stuff'." Get a clue. Your kid needs you. Don't condone their experimenting, but realize it's probably happening.

From Bird, 17: I lied like a rug to my mother. With my cell phone she couldn't tell where I was. When she caught on to my lifestyle, it tortured her for awhile. Then she told me she would rather not know the details, she just wanted me to make smart choices, and if I put myself in jail she wouldn't come get me.

From Nicole, 18: I'd say 98 percent of all teenagers lie to their parents on a regular basis. They'd like to be honest but they can't because their parents will get angry. My parents were nonjudgmental and understanding and I told them everything. They never got mad or told me not to do it again. They had faith in me.

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

POPPOFF!

The Virus Within...

When last we talked, I introduced you to Nicholas Regush, Journalist with ABC News for the past ten years. In his book "The Virus Within", Nicholas has been on the trail of a shadow virus that has been implicated in a varied group of conditions from Multiple Sclerosis to Chronic Fatigue Syndrome. He tells of a coming epidemic that could threaten public health worldwide. But his book even raises the question as to what Virus is at the scene of Aids." His words seemed almost anguished when he told me, "Believe me, what Kerrigan and Knox found, they didn't go looking for. They were looking at bone marrow transplantation and patients with strange phenomena who had extreme immune deficiencies. When they started looking at people with Aids, they were really surprised that they found active HHV-6 infection in key areas where HIV is supposed to be doing the

killing." That's enough to think about. I got my answer, "When people have neurological symptoms like memory loss or motor control problems, and were diagnosed as having Chronic Fatigue Syndrome, HHV-6 is very much alive and active

with Mary Jane Popp

in the body in the peripheral blood. What's intriguing is once the Virus gets going, it seems to trigger yet another Herpes Virus called Epstein Barr Virus which probably 40% of us have. It's fairly common, and again, it's another one of those things that goes to sleep and can re-awaken. So, in this particular kind of case, you have two predators working together."

Now we know it exists. KISS... Keep It Simple Stupid, for me. How do we fight it? His answer was way too frank. "There are no known ways to fight it. There are anti-viral drugs being tested and none really do that well. Let me get this straight. Some 90% of us, maybe more, carry this thing called HHV-6. It sort of land locks in our immune system. It's like a sleeping monster that can wake up... we don't exactly know how or why... and can go on a rampage. Okay, now I'm trying to be calm. Can we test for it? Regush thinks there will eventually be a test to detect active infection, but

nothing is available to regular Docs now. Besides, what difference does it make I thought, when we don't have anything to fight it anyway?

Now the hair was raising on the back of my neck as I contemplated



the future. Why even write this book? To scare the you know what out of us? Regush was quite clear. This is the first book of its kind that actually explores the environment inside of us.

Bottom line? This story is not going away time soon. Regush told me The Virus Within is written as a mystery story, but brings in science and sticks to science. He confided that he's taken no leaps here. Let's just hope and pray that when those leaps are taken, we will be ready... OR WILL WE ?!!!

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!

Rockin' Out at Pali Adventures

Rock Star Camp

Running Springs, CA- Pali Adventures offers once-in-a-lifetime fantasy experiences for 9-16 year olds. Campers get the chance to park reality at the front gate and become -- rock stars! It's time to make your rock n' roll fantasy a reality.

Join us for Rock Star Camp where you write, record and produce your very own song! Classes are offered in voice, composition, producing, drums, guitar, bass, keyboards, recording and mixing. At the conclusion of this wild ride, campers actually perform their tunes for the entire camp and take home a DVD of the concert!

Whether you're a beginning rocker or an accomplished player, this is the place for you. Future rockers will write, play and record their own songs. They will also learn vocal warmups and practice rhythm exercises. If campers want to play an instrument, they will be introduced to their choice of drums, guitar, bass or keyboards.

Young rockers also get a chance to work on the other side of the mixing board, and learn how to record and mix a song. With instructors to guide them, junior rockers are taught the basics

General Admission

Child, Student, Senior

of multi-track recording and production. They will also learn how to mix sound during live performances.

All of this excitement and fun is under the direction of Joerg Stoeffel, recognized internationally as a highly acclaimed Session Guitarist, Producer and Midi Programmer for several major record companies, production houses and independent artists. Joerge earned his degree at Berklee College of

Music in Boston. In Los Angeles, CA, you will find him performing with his power trio 'The Joerge Stoeffel Group.'

Rock Star Camp offers aspiring young musicians an opportunity to explore self-expression and gain confidence in an exciting and fun environment. Not only will they meet and interact with other young musicians, but they also are given unique access to music professionals who share their experience and knowledge to help them understand some of the options open to them in the music industry.



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For more information about Pali Adventure Camps, contact Ian Brassett at director@paliadventures.com, or by phone at 909.867.5743. If you would like to interview a past camper or receive other photos contact Traci Hainsworth at traci@palientertainment.com, or by phone at 818.774.2189 x30

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Citrus Heights News & Views

Writer's Conference to Host Dynamic Speakers

Members and guests of the Northern California Publishers and Authors are pleased to announce they will have some of the most informative and internationally known speakers from our area at their conference on April 26th, 2008. Dan Poynter, author of The Publishing Manual, in its 16th edition; Bud Gardner, co-author of the Chicken Soup for the Writers Soul and others titles: Michael Larsen, author of Guerrilla Marketing for Writers, and Elizabeth Pomada, Literary Agents; Stephanie Chandler, author of The Author's Guide to Building an Online Platform; Leveraging the Internet to sell More Books and more

NCPA was formed in 1991 by a group of independent publishers who wanted to increase their professionalism by pooling their knowledge and resources, helping one another. Membership offers a great opportunity to learn and get acquainted with local authors.

In 1993 NCPA formalized its structure with officers and in 1994 held its first "Book Awards Gala". There are twenty-two categories for the various Awards. Winners this year will be honored at the conference, and a special book room will be available at the conference for anyone interested in meeting and purchasing local author's books. Members enjoy speaking at various groups and organizations.

Guests are always welcome to attend the regular monthly meeting of NCPA. Members meet 10am the second Saturday at Merrill Gardens, 7418 Stock Ranch Road, Citrus Heights (1blk No. or Greenback and first signal turn west off Sylvan). Membership dues to NCPA are \$40.00 per year.

Registrations are now being

accepted for this April 26th conference which promises to be one of the best NCPA has ever had to help people who are interested in the learning process of writing and publishing their stories. Registrations will close on March 20th.

The event will be held at the Red Lion Inn across from the Arden Mall in Sacramento.

Registration fees are as follows: Non-members \$125.00 per person. (*Join NCPA and receive a member discount!) NCPA Members \$95.00 per person, Members Guests \$75.00 per person and we welcome Students \$75.00 per person.

Check online at www.norcalpa. org or by writing to NCPA, 3104 O Street, #270, Sacramento, Ca 95616 or telephone voice mail (916) 733-1655

Randy Peters Receives Prestigious Awards

Randy Peters of Randy Peters Catering & Event Planning has won two prestigious business awards from the Citrus Heights Chamber of Commerce - the Business Person of the Year Award and the Caterer of the Year Award.

The Business Person of the Year is an annual award that recognizes leadership among membership and is presented to just one individual each year. Voting for the award is done by all Chamber

"Randy Peters is a well respected and recognized business person in our community," said Bettie Cosby, CEO of the Chamber. "He demonstrates the characteristics of a leader and is very generous in giving back his time and resources to the community and the Chamber."

The Caterer of the Year Award was presented at the Third Annual Best of Citrus Heights event which benefited the ALS Greater Sacramento Chapter. The event is a family affair and everyone is encouraged to attend and to vote for their favorite Citrus Heights business. Randy Peters

Catering & Event planning was the clear winner in the Best Caterer category for 2007. Randy Peters and his wife Lisa, own Randy Peters Catering & Event Planning in Citrus Heights.

"I have such respect and admiration for the list of people who have received these awards before me," Peters said. "I am honored to be one of them and to be a part of this great community."

As Placer County's premier caterers and event planners, Randy Peters Catering & Event Planning specializes in providing fresh, unique food and creative, memorable presentations along with exceptional service for parties and events of any size. For more information about Randy Peters Catering & Event Planning, call (916) 726-2339, or visit their web site at www.RandyPetersCatering.com.

Citrus Heights Community Marching Band

The Citrus Heights Community Marching Band would like to invite adult baton twirlers to join their adult majorette squad. If you twirled before, this is the place for you. Remember how it was a fun way to get exercise? It still

is! The band marches in the City's Red, White and Blue Parade, in the Orangevale Pow Wow Parade, and also the Citrus Heights Relay for Life and at other community events. Weekly band practices are held on Mondays in the San Juan High School band room from 7:00

to 8:30 p.m. For more information, call Kathy Cook at 725-0198 or Linda Glover at 725-5214.

The band is also looking for more musicians and flag twisters, so give us a call.

Band will start practice on

Linda Hamilton to Speak at Writers Group

Freelance business and resume' writer Linda Hamilton will be sharing at the Sonrise Christian Writer's Meeting on March 6 at 7:00 p.m. at the Fair Oaks Library (back of Arby's Restaurant off Fair Oaks Blvd.) and invite anyone interested in writing to attend.

The title Linda has chosen for the evening is "When God Has Other Ideas". Want to hear an enthusiastic speaker and learn how to write a good resume' and/or various areas of professional writing?

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Linda has a BA from the University of Nebraska which focused on News Reporting and Photojournalism, with triple minors in Psychology, Sociology and English. She has written and worked on specialized educational programs for developmentally handicapped children. She has been ranked as #1 Resume' Write in the Sacramento area.

She has written and published nonfiction articles in the Job Journal, California Department of Parks and Recreation, Public Relations, California Department of Motor Vehicles, Equestrian Connection, Western Horseman, and the Restaurateur. She is an accomplished photographer and has incorporated her photos into her stories. Her bio and

Guests are always welcome to the meetings and are invited to join the membership for \$25.00 per year. For more information regarding future meetings you may call Marlys Norris 961-0575

experience are unending.

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Deficit Reduction Act Makes Long Term Care Planning a Must for Small Business Owners

Citrus Heights-based **Expert Sandra Stanley Explains Why**

In February 2007, "President Bush signed into law a significant piece of legislation, the Deficit Reduction Act," says Sandra Stanley, Citrus Heightsbased Partner of LTC Financial Partners LLC, the nation's most experienced long term care insurance agency. "This one act is causing the majority of small business owners to seriously evaluate the financial risks posed by an extended illness -- to themselves, their families, their assets and their companies."

Stanley summarizes the key provisions of the Deficit Reduction Act (DRA) and the impact it is having on business owners. The DRA --

* Extends the look-back period for all asset transfers from three to five years.

The look-back period refers to limitations imposed by Medicaid on a person's ability to "impoverish" him or herself by giving away assets to family members in order to qualify for long term care benefits. A longer period makes it more difficult for Medicaid planning attorneys to transfer funds out

of an individual's estate to qualify the person for welfare. * Changes the start of the penalty

period to the date of eligibility, not the date of transfer. "This is a clear indication of how the

loopholes on asset transfers are being closed," says Stanley.

* Makes ineligible for Medicaid any individual with home equity above \$500,000 (a limit that states can raise as high as \$750,000).

Under previous law, the value of an individual's home was not included when determining eligibility for Medicaid. The DRA makes individuals with more than \$500,000 in home equity ineligible for nursing home benefits; states will be able to raise that limit to \$750,000. (The DRA allows exceptions for hardships or when a dependent lives in the house with the individual.)

* Requires Medicaid applications with annuities to name the state as remainder

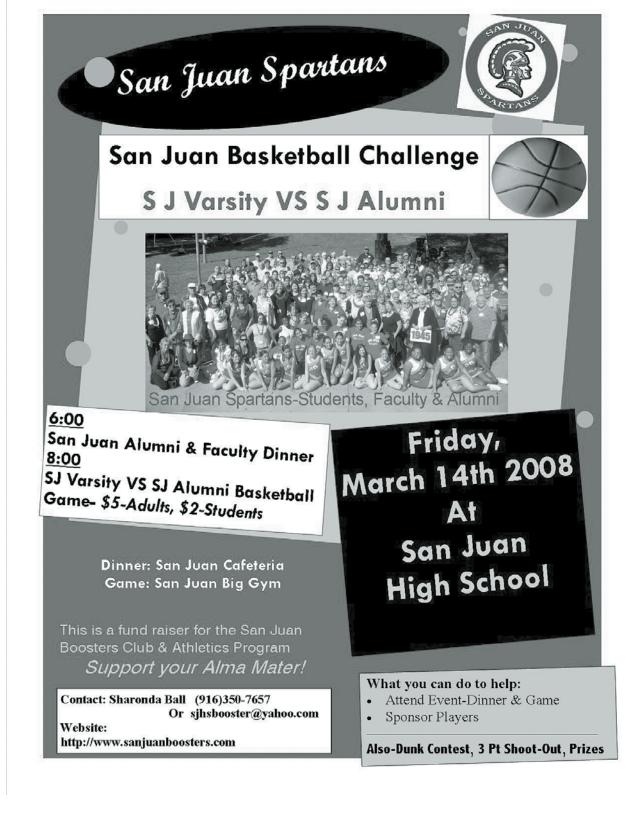
"No longer," says Stanley, "can annuities be used to hide assets from state or federal coffers."

owners can no longer depend on satisfy their needs and concerns. government for their long term care

needs," says Stanley. "They must take responsibility themselves. Estate planning must now include long term care planning at its core. Otherwise your assets and your business are in jeopardy." Stanley points out that two thirds of those needing long care are bankrupted by the expense.

"Long term care insurance has become the estate planning tool of choice for Americans with assets to protect," she says. "And the good news is, business owners may qualify for significant state and/or federal tax deductions." Information is available from Stanley's web site -- www.ltcfp.us/SandraStanley -- or 916-961-8107.

Sandra Stanley, a second-generation Californian, has been in the financial service industry since 1999. Her hustand Bob, who was born and raised in the Sacramento area, has recently joined her in their family business. This family-oriented team offers expertise to seniors in particular, understanding their health needs as well as their financial concerns. Representing all of the major top-rated insurance companies. Sandra and Bob are able to provide their What's the bottom line? "Business clients with a variety of products that will



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Fair Oaks News & Views

Area Community Center Opens On April 11 from 10 a.m. to noon, popular services into the neighborhoods,"

the County of Sacramento will celebrate the opening of a new 9,500 square-foot Community Service Center facility located at 5229 Hazel Avenue, near Madison Avenue.

Featured speakers will include members of the Board of Supervisors, the County Executive and representatives from various agencies and departments who will be offering services in the new center. The public is invited to enjoy refreshments, meet County staff and take guided tours.

"This center is part of a continuing effort by the County Board of Supervisors to bring

Second Sunday Open House

The Fair Oaks Historical Society's History

Center will be open to visitors on March 9th

during its monthly Second Sunday Open

March 2008

said Victor Morrison Vega, Department of Neighborhood Services Director.

Municipal Services: (916) 876-5622

- Building inspection Code enforcement
- Neighborhood services
- Planning
- · Traffic investigation
- County Clerk Recorder (916) 874-6334
- Birth, death and marriage record copies

Fireside Room of the Fair Oaks Community

Clubhouse, 7997 California Ave, Fair Oaks,

will be open from 1:00 p.m. to 4:00 p.m.

Docents will be available during each event

to help with local lore and fact. If you can't

come in person, please visit our website:

 Recorded document viewing · Registration services such as notary

The Center's hours will be Monday through Friday, 9 a.m. – 4 p.m. Services are open to all Sacramento County residents, including the City of Folsom. To learn more, visit www.dns.saccounty.net/CSAEastern.

· Customers will also be able to obtain

marriage licenses and have their wedding

ceremonies performed in a specially

The Center will also be the new location

for the Fair Oaks Community Council

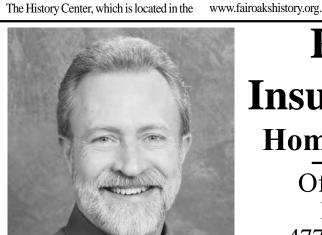
meeting held every first Wednesday of the

decorated wedding ceremony room.

month at 6:30 p.m.

Fair Oaks Historical Society

Admission to the History Center is free. Student groups are welcome. Local teachers are encouraged to schedule a tour. For further information please call the Historical Society's Chief of Docents Lois Frazier at 967-2967 or Rose Anne Lamb at 728-6653.



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Woman's Thursday Club of Fair Oaks March Events

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

Rand K. Jacobs

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.

Luncheon and **Fashion Show** Thursday, April 3, 2008 North Ridge Country Club Madison ave. & Mariposa ave., Fair Oaks

11:00 a.m. Social hour 12:00 (Noon) luncheon and fashion show Fashions by Coldwater Creek

Annual scholarship fundraiser to benefit local high school seniors Tickets: \$35:00 Available from members or call 916-961-9012



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http://www.msa.saccounty.net/communityhazards/report.htm



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Davey F. Kellen F. 90 Days

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Brent M. 18 Months Julie F. Brent M. 4 Years Shane G. Dewey A.



California Elders Living on the Edge

Federal Poverty Line Grossly **Underestimates Seniors' Needs**

An innovative measure of the basic cost of living for California's elderly was released Tuesday, February 26, at a Senate Aging and Long-Term Care Subcommittee hearing chaired by Senator Elaine Alquist. The groundbreaking Elder Economic Security StandardT Index (Elder Standard Index) transforms the way seniors' basic needs are calculated - exposing the real costs seniors struggle to cover, including housing, healthcare and food, on a county-bycounty basis. The California Elder Standard Index is the second measure of its kind to be released as part of a national initiative.

"With the senior age wave hitting California, we need good data to understand how much it really costs for a senior to live in this state. I am pleased that we now have a viable alternative, the Elder Standard Index, which will provide us a true measure of the senior cost of living," said Senator Alquist, "The antiquated Federal Poverty Line (FPL) can no longer provide an accurate picture of what it takes to keep a roof over your head, maintain your health, pay for prescription medications, eat nutritious meals, and have basic utilities if you are a senior. In fact, the FPL underestimates the cost of living for California seniors by at

least 50%." The Elder Standard Index for California, calculated by the UCLA Center for Health Policy Research, reveals that the FPL covers only a fraction of the basic costs experienced by adults age 65 and older - yet the FPL is used to determine income eligibility for most public programs and state and federal resource allocations to local communities. Even seniors who have worked their entire lives and are now living on

incomes comprised of Social Security, retirement accounts and pensions are finding that they are unable to cover the most basic expenses included in the Elder Standard Index.

The Federal Poverty Line is a four-decades-old, one-size-fits-all measure based solely on the cost of the basic food budget needed to meet minimum nutr itional requirements. The FPL is lower for elders than middle-aged adults, reflecting an inaccurate assumption that elders need less to live on than younger people. The FPL fails to take into account housing and transportation costs and, most importantly, medical costs, which can be particularly debilitating for the elderly.

elderly "LA's population deserves every opportunity and resource to overcome obstacles to a secure retirement," Mayor Antonio Villaraigosa of Los Angeles commented. "The Elder Standard Index is an objective standard that identifies the real costs and challenges confronting seniors each and every day. We look forward to using it to more effectively tackle and address the housing needs and economic distress of all of our City's seniors."

The Elder Standard Index methodology, originally developed by D.C.-based Wider Opportunities for Women (WOW) and the Institute of Gerontology at the University of Massachusetts-Boston, uses widely accepted and credible national and state data sources such as the U.S. Census Bureau and the U.S. Department of Housing and Urban Development (HUD). The UCLA Center for Health Policy Research used geographically relevant data for each county in California to calculate the California data, reflecting local market rates for items such as housing, health care, transportation and longterm care. The Elder Standard Index is the only elder-specific financial

"This new data provides an accurate tool with which legislators can evaluate existing and future policy decisions, direct service providers can assess their communities' unique needs and secure necessary funding, advocates can better express their priorities, and individuals can plan for retirement," said Susie Smith, Director of Cal-EESI at the Insight Center for Community Economic Development. "We urge the State of California to officially adopt the Elder Standard Index to help ensure that all older Californians can live with dignity and economic well-being."

Cal -EESI is a part of a national campaign led by WOW. "Since 1996, WOW has been working with the Insight Center for Community Economic Development and other state partners across the country to design sound public policies and strong programs that help elders and families reach economic security," savs Ramsev Alwin, Director of the National Elder Economic Security Initiative at WOW.

Tuesday's release features the announcement of statewide as well as county-specific data for California. Data will be available online at http:// www.insightcced.org

Cal-EESI is a statewide, researchdriven initiative at the forefront of a national effort to raise awareness and promote policy change to ensure that older Americans can live with dignity and economic well-being in their own homes. Cal-EESI is led by the Insight Center for Community Economic Development (formerly NEDLC), in coordination with the national effort, led by Wider Opportunities for Women (WOW). Using the Elder Standard Index, Cal-EESI provides education, advocacy and outreach to policymakers, advocates, foundations and direct service providers.

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& After school care offer is \$100 off at \$25 per week. Must enroll for a minimum of three full days or

First Edition for March 2008 Page 7

Carmichael News & Views Jewelry Arts Career Bound! Mira Loma Student Honored

Training (CIJT) is now taking enrollments for classes starting on April 7th for the Jewelry Arts program.

Jewelry Arts is the original program of CIJT. It is a popular and productive hands-on experience that will lead to a career in jewelry making, jewelry repair, and design. Students travel from all over the world to attend the school and study with CIJT.

The program has awarded many graduates the opportunity to enter the world of designing and creating jewelry; a valid career in all economies. Today there is a high demand for skilled and professionally trained jewelers.

Jewelry Arts is divided into six modules with a project based curriculum. Each module is designed to challenge what you have learned in the previous module and to expand your knowledge of jewelry making. Each module is six weeks in length.

Starting in Module one you receive a complete introduction to the Jewelry Trade through learning the tools and metal fabrication. Techniques covered include working with metal, fine muscle motor control and dexterity, soldering, shaping, four prong setting and piercing as well as jewelry repair and restoration.

Module two is the introduction to various types of stone setting. Advanced skills from module one are included with increasing degrees of



Advanced jewelry making is covered in module three where you are working more on the design aspects of jewelry making. Wax carving, model making, casting, molding, injection, and finishing cast pieces are the core of this module. After module four, where you design your own line, modules five and six require four specialty workshops, given by visiting instructors currently working in the industry. These last modules give

learned techniques. Module one and two graduates are eligible for Jewelry Repair Certification and qualify for employment as an Jewelry Arts apprentice jeweler.

extra time for experimentation with

Certification and Advanced Jewelry Arts Certification are available upon completion of Modules 1-4.

CIJT is known world wide for giving the Jewelry Industry professionally trained employees. Companies from all across the nation call us asking for our graduates because they know that CIJT will successfully train their students. CIJT has a 95% job placement record!

Call us today for more information regarding salary and current jobs available for bench jewelers. To schedule a tour, please contact Valerie Adams at Valerie@ jewelrytraining.com or (916)-487-1122.

old student at Mira Loma High School, recently was honored by the Sacramento County Board of Supervisors for being named a semifinalist in the prestigious Intel Science Talent Search. A resolution adopted by the Board recognizing Stauber's achievement was presented to him by Supervisor Susan Peters in a ceremony on February 13, 2008.

The Intel Science Talent Search is America's oldest and most prestigious science competition that brings together the best and brightest young scientific minds in America to compete for \$1.25 million in scholarships. Often called the "Junior Nobel Prize," only 300 high school seniors were named semifinalists in 2008 among the 1,602 entrants in national competition hailing from 194 high schools in 45 states, Puerto Rico and the Virgin Islands.

Stauber was honored for his research on illuminating nano particles in cancerous cells to help scientists identify and treat the deadly



Presentation at the Board of Supervisors featuring Supervisor Susan Peters, Stauber and his parents.

disease, with much of his work being conducted at the laboratories at University of California at Davis. By obtaining the semifinalist level, he won a \$1000 scholarship.

Stauber is the son of Doctors Sherry Shapiro and Gerson Stauber.

Hold

Mira Loma High School is located in the Third Supervisorial District represented by Peters.

Susan Peters to **Supervisor**

County Supervisor Susan Peters will be holding her first "Office Hours" for 2008 on Saturday, March 22, at Carmichael Park during the community's annual egg hunt and pancake breakfast.

Peters will set up a table near the egg hunt between 9:30 to 11 a.m. for residents who wish to drop by and discuss with her items of interest. No appointment is necessary but visits will be handled on a first come first served basis.

"Carmichael's annual egg hunt and pancake

"Office Hours" at Egg Hunt March 22nd breakfast is a great community event," says to talk about issues as opposed to making

Peters. "Establishing 'Office Hours' provides the opportunity to mix business with pleasure. I'll be available to talk about county matters while people can enjoy a tasty breakfast or watch the children search for eggs."

Last year Peters held "Office Hours" at five community events in Arden Arcade, Carmichael, East Sacramento and Old Foothill Farms. The annual program provides a casual venue for residents to meet with her

an appointment downtown at the County Administration Center. The egg hunt starts at 10 a.m. and the

pancake breakfast runs from 7 to 11 a.m. The Carmichael Recreation and Park District along with the Kiwanis Club of Carmichael are sponsoring the two activities at Carmichael Park, 5750 Grant Avenue. For more information, call the Carmichael Recreation and Park District at 485-5322.

Are You Financially Exposed? has life insurance so I don't loved one is the most stressful

By Michael Lynch State Farm®

"Your American River Agent"

Many people realize the need for life insurance but keep putting it off until it is too late. You may think that life insurance is confusing, expensive and complicated. You may think you don't know enough to make the right decisions for you and your loved ones. Postponing this decision leaves you and your family exposed financially.

Assumption #1: I'll always be able to buy life insurance. You could develop a health condition that makes you uninsurable or could make life insurance too costly for you.

Assumption #2: I'll get life insurance later when I'm older or have a family. Life insurance may be needed at all stages of life. Whether married or single, male or female, with children or without, you may have financial obligations that need to be met. Life insurance provides financial security for you and your loved ones.

Assumption #3: My family and I are covered by the group insurance at work. To meet the future needs of your family, you need to have 7 to 10 times your annual income. Most group term insurance amounts offered by employers won't meet this need. And, when you don't work for that employer any longer, you usually lose that coverage.

Assumption #4: My husband

need it. Women often live longer than men but not always. There are countless stories of men who had to shoulder the family financial burden along with the emotional burden after their wife

passed away. Assumption #5: My family can cover funeral and burial expenses. Burying a spouse or

time in a family's life. Having life insurance can reduce financial concerns for the family.

Take the time now to review your needs and provide adequately for yourself and your family.

For more information or to review your current policy, please contact my office or an insurance professional.

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OVER COFFEE.

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conversation about Life Insurance?

Talk to me today about your life insurance needs.

Michael Lynch, Agent

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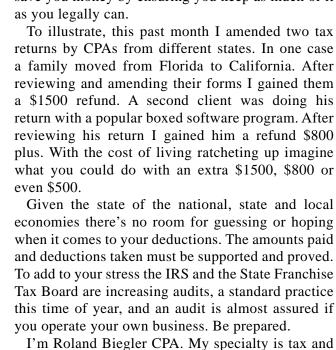
It's Tax Time. Be Prepared

It's tax time. This means you'll be dealing with IRS, the State of California and possibly Sacramento County. When you confront these taxing agencies it's best to be prepared. There are deductions and considerations that are available to you, but the taxing agencies aren't required to tell you about and probably won't. To them your tax liability is your responsibility. That's where I come in. My job is to save you money by ensuring you keep as much of it

To illustrate, this past month I amended two tax returns by CPAs from different states. In one case a family moved from Florida to California. After reviewing and amending their forms I gained them a \$1500 refund. A second client was doing his return with a popular boxed software program. After reviewing his return I gained him a refund \$800 plus. With the cost of living ratcheting up imagine what you could do with an extra \$1500, \$800 or even \$500.

Given the state of the national, state and local economies there's no room for guessing or hoping when it comes to your deductions. The amounts paid and deductions taken must be supported and proved. To add to your stress the IRS and the State Franchise Tax Board are increasing audits, a standard practice this time of year, and an audit is almost assured if you operate your own business. Be prepared.

real estate law. I've been a CPA for 20 years. I urge you to visit my website www.bieglerCPA.net, there you'll find over 50 financial calculators on a wide array of topics to help you get started. My phone is 916-876-0213 and my office is at 8037 Fair Oaks Blvd, Suite 114 in Carmichael. Please call or stop by to discuss the issues that concern you.



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 service.

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 Notes from the President... Grange Talent Show An



Chamber President Katherine Leonard We have some exciting events happening here at the Chamber. We are focusing more on information that will help the local businesses in our Juice with some fun added

in. We are looking forward to our upcoming

MIXERS, BUNKO, POW WOW DAYS, DISC GOLFING, THE HONORARY MAYORS RACE and much more

Congratulation to Lorraine Silvera of Kidwell Glass and Tami Paraker of Kraft Real Estate for calling in and winning FIVE tickets each for the next Mixer's raffle.

The first three members to call and tell the office what they read in this Juice will receive 5 raffle tickets for the next Mixer raffle. We get some great raffle prizes.

Don't be left out on the advertising opportunities in our 2008/2009 Directory. We have extended the deadline and Bill

Amantea will be calling the local businesses, just say YES to be a part of this directory.

Check out our web page and the advertising opportunities. We are always looking to improve benefits for our members. www. orangevalechamber.com

Please feel free to call the office with your concerns, we are here to serve the businesses and the community. Phone # 988-0175.

Sincerely Yours, Katherine Leonard

Makes Woolgar Dean's List **Limestone College**

Christina Woolgar of Orangevale (95662) was recently named to the Dean's List for the 2007 Fall Semester at Limestone College, a small, private liberal arts college located in Gaffney, S.C.

Woolgar earned a 4.0 grade point average on the College's 4.0 scale for the 2007 Fall Semester.

Community Events

Second Sunday of each month Breakfast Grange Hall 8-10:30 am 5807 Walnut, Adults \$5.00 Children \$3.00 (6-12), 5 and under are free.

Relay for Life, March 3, 7 pm at the Orangevale Community Center.

Divine Savior Crab Feed, March 29th, 5:30—10:30 pm, \$35.00 per ticket. 9079 Greenback Lane. the 2007 Fall Semester.

Grange Talent Show Announced

By Chairman, Harold Esola

Are you one of those people who say, "We really need more good things for our young children and the youth as well!"

Please give us your attention because we may have just what you are looking for! The Grange has been around for years and years, and chances are someone in your own family has or does belong! Many people think of it as a farmer's organization but check it out and you will see that it is modern, doing new things in so many fields, and has a new method of recognizing the young members!

So what am I trying to bring to your attention at this time????? We, the Members of Orangevale Grange #354, are hosting the very first Grange talent show in this county! The preliminaries will be held on Saturday April 19th at 6:00 PM, and the Finals will be on Saturday September 13th at 6:00 PM. This will be at the Orangevale Grange Hall, 5805 Walnut Ave., Orangevale, CA 95662. We will be handing out awards, trophies and cash prizes. It is a short notice, but that only means less time to worry about what you should or should not do! If you have ANY talent, and have not

perfected it, this is the place to start out. We will have a trophy for every contestant and when you see the pride it gives a child or young adult to hold this in their hands, you will know the reason behind the Grange success in building accomplished and strong leaders! There is no entry fee, in fact no cost at all except your time and effort!

So if you have an act, or you sing, or do comedy (only clean comedy) or you play an instrument you can bring with you, then call us, sign up and enjoy an evening of fun and old fashion fellowshipping! Call us at 916-348-5552.

California Chamber Updates

Human Resources/Health and Safety: Bill Targets Health **Insurance Cancellations**

The assemblyman's bill is the latest in a series of legislative, regulatory and legal actions in California in response to aggressive efforts by insurers and health maintenance organizations to drop patients who hold individual policies after they've filed claims. The practice, known in the health insurance industry as rescission, has been the target of growing criticism from patients, physicians and healthcare reform advocates. Los Angeles Times. For more information go to www.calchamber.com and click on Daily Headlines.

The California Coalition on Workers' Compensation in partnership with the CalChamber, is hosting the second annual Workers' Compensation Legislative Education Day on Tuesday, April 8th, 2008. To print the registration form and return by

fax, please go to www.ccwcworkcomp. org/inages/legislative_education_day_ registration_form_2008.pdf.

Upcoming Meetings CPAC (Community Planning Advisory Council) at the Orangevale Community Center. The next meeting will be Tuesday, March 4th at 6:30 pm.

Supervisor Roberta MacGlashan holds her monthly Orangevale meeting at Annie's Breakfast and Steaks on the first Friday of every month. The NEXT meeting will be Friday, March 7, 2008 and Friday, April 4, 2008

Sheriff's Community Meeting

March 31, 6 pm at the Orangevale Community Center. The agenda to be announced. Please come and find out what is going on in our community

Everyone Loves a Parade! Have you always wanted to be in a Parade? Gather your Family, Friends, Club, Group or Business and participate in the 45th Annual POW WOW DAYS Parade on May 17th, 2008. Parade participants will march down Greenback Lane, from Starbuck's Parking Lot at Madison/

at 10 am. The Orangevale POW WOW Days started in 1963 as "Chuck Wagon Days". In 1964, the name was changed to "Fiesta Days" and change again to its name for more than 40 years in

Greenback to Filbert Ave, beginning

1965, POW WOW DAYS. Orangevale residents and visitors gather for several days of games, food, live entertainment, carnival and on Saturday, "The POW WOW Days Parade".

The first parade was held in 1963 and began at Central Avenue ending at the Orangevale Youth Center on Hazel Avenue. In 1965, the parade route was moved to Greenback Lane and then in 1971, moved to Oak Avenue. In 1974, the parade returned to its current route on Greenback Lane.

"The Family Tradition" is the theme for this year's Pow Wow Days celebration and parade. Participants will be a variety of business and organizations, clubs, community groups, sports teams, local, county and town representatives, emergency services and other parade entertainers.

Grand Marshall, Channel 31's, Alan Sanchez, "The Slightly Paid Intern", American Cancer Society Float, Sacramento River Cats Mascot "Dinger", Wheels of Balance BMX Stunt Team, and Dr. Solar are just a few of the parade attractions.

Parade entries are just \$15.00. Call the Orangevale Chamber of Commerce at 916.988.0175 to register today. Ask for a free "Float Building Guide".

Courtney Strombeck Selected to adidas Elite Soccer Program 2008

96 Top Female U.S. Youth Players **Invited to Elite Training Camp**

Courtney Strombeck, of Orangevale (95662), is one of only 96 female youth soccer players in the nation selected to attend the adidas Elite Soccer Program (ESP) 2008 to be held February 21-24 on the campus of Cal Poly Pomona in Pomona, California.

U.S. Women's National Team Captain Kristine Lilly will kick off the second annual girls Elite Soccer Program (ESP) with a speech to motivate and inspire 96 of the nation's top female athletes. adidas ESP is the premier youth development program focused on providing soccer's next generation of stars with a platform to showcase their skills.

adidas ESP is a sanctioned U.S. Youth Soccer Olympic Development Program that identifies the country's best high school-aged players and provides them with a top-level, on-field training program along with a diverse off-field educational curriculum. An estimated 60 coaches from colleges, universities and professional teams are expected to scout the players attending adidas ESP.

"adidas ESP is an excellent opportunity for coaches and professional scouts to identify the best young soccer talents in the country," says Chris McGuire, Sports Marketing Manager for adidas Soccer. "adidas is committed to supporting all levels of soccer, and our goal with adidas ESP is to prepare each athlete to reach their academic and athletic goals.'

adidas ESPis staffed by an experienced and well-rounded group of coaches from the collegiate and professional levels. Former U.S. Women's National Team and current U20 National Team head coach, Tony DiCicco, will serve as Technical Director for the girls' program. The coaching staff includes former Women's National Team members Keri Sanchez, Cindy Parlow, Danielle Fotopoulos and Thori Bryan.

adidas ESP 2008 is managed by Vision Sports Marketing gsion@comcast.net a sports marketing consultancy with a focus on soccer-related brands, events, sales and business opportunities.

For more information, please visit www.adidas-esp.com

Wanted!

Exhibitors, Vendors, Arts and Crafters Spaces are still available for the 45th Annual POW **Wow Days** May 15 – 18, 2008

More than 80 vendor and exhibitor spaces are being prepared for the biggest Orangevale annual tradition. Thousands are expected to attend this highly publicized event. Live entertainment, carnival, parade and Kids Korner are just a few of the attractions. The 45th Annual Pow Wow Days starts on Thursday, May 15th and ends on Sunday, May 18th.

Premium Spaces are still available for the event. This is the perfect opportunity to showcase your talents and business. Round the clock security is provided for

the entire event. Two set up times are available to accommodate schedules. Registration information can be obtained by calling Lisa Montes at 916.989.3638 or email: powwowdays@comcast.net. The annual fair is sponsored

by the Orangevale Chamber of Commerce a non-profit organization and proceeds benefit the support of local business and community activities.

For more information, please contact Orangevale Chamber of Commerce at 916.988.0175.

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Don't Let Market Volatility Derail Your Investment Strategy



Kirk Camunez

past few months. In January alone, the Dow Jones Industrial Average fell 4.6 percent. And since the Dow hit its all-time high of over 14,000 in early October 2007, the index has dropped more than 11 percent. So, at this point, you probably have at least two big questions: What's causing this market instability? And how should you respond?

Let's start with the first question. What forces have caused the market drop? Here are the chief culprits:

If you're an investor, you probably haven't

enjoyed opening your account statements the

Looming recession - Leading economic indicators suggest a significant slowdown in growth. For example, the unemployment rate has risen to 4.9 percent, up from 4.4 percent last March. Since 1949, we haven't seen such a big rise in unemployment without a recession.

Subprime loan crisis - As you know, the subprime loan crisis has been in the news for months. First, the problems with subprime loans hit the real estate industry and the financial services industry. But now, the subprime crisis may have spread to the extent that consumers are being forced to pull back from

Decline in international stocks - As a huge part of the global economy, the United States is far from immune to what's happening in foreign stock markets - and many of these markets are down between 20 and 30 percent over the past several months.

So, in a nutshell, these factors have helped lead to the stock market decline. Yet, as an investor, you may have opportunities right now, because many stocks have already fallen 25 or 30 percent. And the decline in stock prices has also meant a drop in the ratio of share prices to company earnings ("P/E"). In fact, right now, the price-to-earnings ratio is pretty low, by recent historical

In plain English, this means that stocks are now relatively "cheap." And yet, strangely enough, investors often stay away from the market when stocks are valued attractively, and only jump in when it's more expensive to buy.

Consider this quote from Warren Buffet, perhaps the world's most famous investor: "Most people get interested in stocks when everyone else is. The time to get interested is when no one else is. You can't buy what is popular and do well. The dumbest reason in the world to buy a stock is because it's going up."

So, if you have room in your portfolio to add appropriate investments, look for those opportunities now - but don't buy investments today that you would not want to own in a recession tomorrow. If you are already fully invested, with a diversified mix of quality investments, have the courage to be patient and do nothing. (Keep in mind, though, that diversification does not guarantee a profit or protect against a loss.)

If you've created a long-term strategy - one that is suitable for your needs, goals, risk tolerance and time horizon - stick with it. Bad times don't last - but smart investors do.

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We welcome visitors, please stop by!

Gold River News & Views Rabbits as Your Pet Therapist By Lisa West News & Views On February 4, 2008 The Church of Jesus On February 4, 2008 The Church or Pet One View of Christ of Latter-day Saints made the formal One View of Christ of Latter-day Saints made the formal One View of Church or View of Church or Views One View of Church or View of Church or View of Church or Views One View of Church or View of Church or View of Church or Views One View of Church or View of Church or View of Church or Views One View of Church or View of Church or

Barbara Koenigsmark has been a volunteer rescuing bunnies for twenty years. Kylie, Kimmie and Brezel were rescued from area animal shelters and now they bring smiles to young and seniors alike. All three bunnies visit hospitals and assistant living facilities to brighten the resident's days. Occasionally, they also participate in physical therapy programs and classroom sessions.

The bunnies take turns going to see children and seniors. They enjoy all the attention they receive not only from patients but from parents and staff members. They sit on laps and beds and are snuggled on shoulders. Sometimes they give "bunny kisses." Typical visit is about 1-2 hours. When the bunny begins to fidget, it's time to go home to

Kylie, Kimmie and Brezel are well

suited for the work they do since they are patient and gentle, besides being soft and cuddly! These bunnies have a life expectancy of 8-15 years. They are sponsored by the Sacramento House Rabbit Society and certified by the Delta Society. The SHRS is a rabbit rescue group which provides education and has monthly adoption events for their spayed/neutered, socialized and socialized and litterbox trained foster bunnies. The Delta Society evaluates and certifies both handler and animal before any visitations.

For more information about the SHRS see www.allearssac.org for more information about the Delta Society see www.deltasociety.org

Kay Burton is a Gold River resident and columnist. To share your family pet story with our readers email: Kayburton1@comcast.net



KIMMIE





BREZEL

Gold River Racquet Club Member Profile – Joan Block

Fighting in the red corner--standing at an impressive 5'5", and weighing in at a scale bending 110 lbs—we have the incredible, the indefatigable, Joan "Southpaw" Block. Joan's boxing career started not long ago, but has flourished with each passing day. Her Thursday training regimen begins at the crack of eleven when she endures a grueling 60 minutes of Yogalates with core conditioning instructor, Arlene Jung. While this would be enough for some people, Joan doesn't skip a beat and heads immediately down stairs for an hour of strength training with her personal trainer, Grant Robbins, where

she undergoes a variety of exercises designed to enhance her balance, her function, and of course her strength.

With her last rep forced and her muscles spent, Joan takes a ten minute break...And then it's time for her boxing lesson with Milan Delich. She's been through the wringer already; what more could her body take? She slips on her gloves and walks out casually to meet her instructor. Joan smiles at her trainer then brings her hands to her chin. One! One, two! One, two, hook! Right hand lead!

If you ask Milan what he thinks Joan's favorite combination might be,

he might tell you that it was the right hand lead. If you ask Joan what her favorite combination is, she might show you the right hand lead.

What was your Thursday like? If you are interested in boxing combined with some martial arts, contact Milan Delich @ 916-638-7001 ext. 31

Wine and Art Fest - April 5th

Art Fest on April 5th from 12:00 their offerings. This event is free

Come experience a little of pm to 4:00 pm. We will have and you are welcome to bring free both in our 3rd Annual Wine and wineries and artisans displaying

guests to this event.

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"Children love heroes. And heroes are not easy to come by," noted Ana Johnston of Sacramento. "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.

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.

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. Millions viewed the proceedings via satellite across the globe, including most of the more than 55,000 members in the greater

Christ of Latter-day Saints made the formal announcement that Thomas S. Monson

of the Church. The tradition of selecting the longest-serving member of the Quorum of the Twelve Apostles, 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 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 the Twelve Apostles in 1963. President

previous Church presidents. From 1981 to 1982, he was appointed by Ronald Reagan (80), would become the next president to serve on the President's Task Force for Private Sector

Initiatives.

Monson always maintained 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.

Lisa West is the Media Spokesperson for the Sacramento Region of The Church of Jesus Christ of Latter-day Saints. She can be reached at sacpublicaffairs@comcast.net.

State Fair Volunteer Group Offers FREE Money for College

Friends of the California State Fair Scholarship Program **Now Accepting Applications** from California Students

In periods of economic uncertainty it is often education programs, scholarships and grants for students that dry up, leaving some of the most promising students without support to cover college expenses. In anticipation of that trend, the Friends of the California State Fair today announced that it will continue its scholarship program for the 2008-2009 academic year. California college students and graduating high school students are eligible and must submit an application by Friday, March 21, 2008.

This year, as many as 32 scholarships will be awarded in the following areas: arts, general studies, agriculture, international studies, teaching credential programs, fair management, business, sports management, history, viticulture, enology and culinary.

"In times like these it is even more important to maintain a support base for California's students," said Friends of the California State Fair Immediate Past President Harry Moos. "The Friends of the California State Fair Scholarship Program is committed to offering more than \$27,000 in aid to ensure that some of California's finest young people receive the financial support they deserve."

Applicants will be evaluated on the basis of personal commitment, goals established for their chosen field, leadership potential and civic accomplishments. All applicants are also eligible for the Ironstone Concours d' Elegance \$5,000 outstanding candidate scholarship.

The Friends of the Fair Scholarship Program was initiated in 1993 and is a collaborative effort of the Friends of the California State Fair, the

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Hamster Alley by Polly Keener

ST. PATRICK'S DAY DINNER

AND JUST FOR FUN, ALL THE FOOD IS GREEN!

I'VE COOKED A BIG



Page 10 First Edition for March 2008

Volunteer Your Time and Bring Hope to Your Community

The American Cancer Society is calling for volunteers to join in the fight against cancer during its annual Daffodil Days fundraising event. Daffodil Days is one of the Society's largest fundraisers, with a goal of raising more than \$285,000 locally to support the Society's many free local programs and services, as well as cancer research grants in California and across the

Two examples of these programs include transportation to and from medical treatments, and "Look Good, Feel Better" classes that teach women how to apply make-up, wigs and turbans to help them adjust to the effects of cancer treatments. There are also numerous educational programs for local corporations, schools and other organizations, and they offer nationwide programs accessible via their 24-hour, 365-days-a-year cancer information center at 1-800-ACS-2345 or online at www.cancer.org. In addition, the American Cancer Society is the largest non-governmental supporting entity of cancer research in the United States, and has funded 42 Nobel Prize-winning researchers. However, none of this would be possible without the help of local volunteers.

"Volunteers are an essential component of our Daffodil Days campaign and are the backbone of a successful event," said Jennifer Farr, special events director with the American Cancer Society. "Volunteers coordinate logistics, arrange flowers and deliver daffodil bouquets to the

community."

"To me, nothing says a new beginning like the first flower of spring," says Cheryl Vivian, volunteer with the Daffodil Days program. "I volunteer with Daffodil Days each year because I know the money we help raise has a direct impact on cancer patients and their families, not only through the free services that the American Cancer Society provides, but through the Gift of Hope program available only during Daffodil Days. The anonymous bouquets of daffodils given to cancer patients in our community let them know that not only are we are cheering them on in their own recovery process, but we're helping fund research that may someday find a cure."

To the American Cancer Society, volunteers are key to the success of Daffodil Days. Volunteers are needed on Thursday, March 13 and Saturday, March 15 to help prepare flowers for delivery. Additional volunteers are needed on Friday, March 14 and Monday, March 17 to deliver flowers to businesses, hospitals and treatment centers. "We are looking for volunteers who have a willingness to make a difference in their community, while helping in the fight against cancer. We have various dates and shifts available, and should have a time and date that will fit your schedule", said Farr. To volunteer, or for more information. call the American Cancer Society at 1-800-ACS-2345, visit www.cancer.org or email SacramentoDaffodils@cancer.org.

Volunteer **Dates & Times:**

Assembly Volunteers help the American Cancer Society assemble Daffodil Days orders:

· Thursday, March 13 3:00 p.m. - 6:00 p.m.· Saturday, March 15 8:30 a.m. – 1:00 p.m.

Delivery Drivers drivers are needed to deliver flowers to local businesses, hospitals and treatmentcenterswithinthe greater Sacramento area.

· Friday, March 14 – Placer County & the Elk Grove Unified School District

· Monday, March 17 and Tuesday, March 18 the greater Sacramento area, including Elk Grove, Folsom and Woodland/Davis



By Judy M. Zimmerman

Business was booming at Bel-Air on Saturday afternoon February 2nd because so many shoppers were preparing for their Super-Bowl parties. The young lady who carried my bag of groceries to the car had been asking the same question of each customer, "Do you have any special plans for tomorrow?" Her eyes widened in surprise when I responded, "Yes, I have tickets to the San Francisco Ballet.'

Remembering the thrill of seeing the Bolshoi in Moscow and Swan Lake in London so many years ago, I thought my plan was a wonderful alternate to the Bowl game.

While the San Francisco Ballet is not the Bolshoi, it is the oldest professional ballet company in America, and has emerged as a world-class arts organization. Now celebrating its 75th anniversary, the company continues to expand and

enrich the repertory of performances together the various exhibits through in the elegant War Memorial Opera House at the Civic Center.

Super-Bowl or Ballet?

program This season's first featured delightful selections from three different ballets: "Filling Station", a comedy that playfully depicts themes from the first half of the 20th century; "7 for Eight" with seven of Bach's keyboard concertos; and a brilliant counterpoint of Tchaikovsky "Diamonds" from George Balanchine's Jewels, one of his more classical ballets.

There are 10 more weekend matinees at the Opera House this season: Giselle, world premieres, and programs featuring selections from several ballets.

Also in the Civic Center, just two blocks from the Opera House, you'll find the Asian Art Museum which holds one of the most comprehensive collections of Asian art in the world.

Although I'm far from an art expert, I was impressed with how the magnificent collection linked

The bacterium that causes cat-

scratch fever is called Bartonella

henselae. Most infected cats don't

show any symptoms -- and most

cats in the United States carry the

bacteria. Adults with healthy immune systems rarely suffer from the illness

if they're exposed. But cat-scratch

disease can affect children and

immune-compromised individuals,

and they should receive treatment as

soon as possible.

religion and how the art of the time was affected by certain historical and cultural events.

My friend and I took the early morning train from Old Sacramento to arrive at the Civic Center shortly after the museum doors opened at 10 a.m. and had just enough time to visit the top floor with its special current

exhibition of jades. Before walking to the Opera House, we enjoyed a delicious lunch of fresh Asian fare in the Museum's Caf,, an exceptional bargain with entrees priced at \$7-\$10.

IF YOU GO

• San Francisco Ballet, 301 Van Ness St, 415-865-2000, www.sfballet.org · Asian Art Museum, 200 Larkin Street, 415-581-3500, www.asianart.

· Capitol Corridor train schedule, 800-USA-Rail, www.capitolcorridor. org. \$28 round trip if you buy a book of 10 tickets.

ringworm and toxoplasmosis -underlines the importance of keeping pets healthy and free of fleas (which can transmit some illnesses from pets to humans) and keeping their bedding and litter areas as clean as possible.

If you or a pet are diagnosed with an illness, be sure to follow the doctor's advice and take (or give to your pet) medication exactly as prescribed, for the entire course of treatment. This will ensure that the infection is taken care of, and will minimize the chance of reinfection for both you and your

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 to pawscorner@hotmail.com. (c) 2008 King Features Synd., Inc.

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relationships through better communication, and ways to understand why the people in your life do the things they do. Rev. Paul V. Scholl has been offering meditation and stress reduction workshops since 1995. He is a Certified Life Coach, Spiritual and Bereavement Counselor and Certified Workplace Chaplain. He is a graduate of the University of Metaphysics and the Church of Divine Man seminary.

Call Osher Learning Center at 781-6290 to register today. This series is free to the public.



Cat-Scratch Fever Is Real Disease

Q: Is there really such a thing as cat-scratch fever? -- Jane T., Missoula, Mont.

A: Yes, there really is. Also called "cat-scratch disease," it's an infection that, while rare, can be passed from cat to human through direct transmission -- through bites, scratches and even flea bites.

If you or a friend or family member develop a fever, malaise and headaches soon after being scratched or bitten by a cat, contact your doctor. The doctor can confirm whether the illness is cat-scratch fever or something else, and will prescribe the right medicine.

Cat-scratch fever, along with a few other diseases that can be transmitted between humans and cats -- including

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God Uses People Who Never Give Up



By Pastor Ray Dare

Did you know that the Bible says that until the time of the flood it had never rained on earth? In Genesis 2, it says that the earth was watered by a mist that came up from the ground, kind of like dew in the morning. The whole atmosphere was different because it had never rained. Some scientists have explained that's probably why they lived longer in those days.

So here's Noah building an ark in the middle of the desert. People around him say, "Why are you doing that?" and he says, "Because it's going to rain." They say, "What's rain?" It didn't make sense. Not only had it never rained, but Noah was at least 500 miles from the largest body of water -- the Mediterranean Sea.

Can you imagine the ridicule Noah received from the town folk?

The Bible says he preached for 120 years without a single convert! They all thought he was nuts! One of the real tests of faith in life is how do I follow God's will when I don't see any progress. How do I follow God's will when people criticize me? How

do I follow His instructions even

when they don't make sense?

The key to being used by God is persistence. I bet there were many days that Noah hated to look at that ark. I bet there were weeks that he wanted to say, "I don't want to work on the ark anymore. I'm tired. I've done my duty." But he is the example of persistence, day in, day out, building, nailing, tar papering... whatever. For 120 years! Noah never gave up. One of the reasons why God does not use many people is because they give up too soon. There are many things that will tempt you to give up, but here are two big ones:

Problems. Problems will tempt you to give up on God's plan for your life. Every good idea has something wrong with it. In every possibility, there is a problem. But that's how you grow. That's how you mature. There were an infinite number of problems with Noah building the ark. For example, can you imagine - how do you separate the animals in the ark that like to eat each other? Obviously vou don't put bobcats next to rabbits. You don't put the birds next to the worms. You've got

A Night To Honor Israel

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with special guests

Pastor John Hagee

Founder and National Chair,

Christians United For Israel

San Antonio, Texas

Nonie Darwish

acclaimed speaker,

Best selling author and

Founder of Arabs for Israel

The Jewish nation remains in an ever tightening vice of violence and

hatred, surrounded by enemies that openly call for her destruction.

Please join with us as we stand up and speak for Israel. If not us, who? If not now, when?

For Zion's sake I will not keep silent,

for Jerusalem's sake I will not remain quiet ...

Isaiah 62:1

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Trinity Life Center, 5225 Hillsdale Blvd.

Capital Christian Center, 9470 Micron Way.

Senior Pastor, Cornerstone Church

to keep them all separate. That's a problem.

People. People will tempt you to give up. People will disappoint you. People will misunderstand you. People will criticize you. But you can't allow them to tempt you to give up. God used Noah because he didn't allow the actions of others to get him down. He never, never gave up. See, what matters in life is not how hard you hit, but how hard you can get hit and keep on going. How many times you get knocked down and get up again and keep on going. That's the stuff champions are made out of. That's why God used Noah.

Question: What are you tempted to give up on? Have problems got you down? Have pressures become too much for you? Have people misunderstood or criticized you? God wants to say, "Don't give up! Hang in there even when there's a delay; even when you don't see any progress." One of the tests of faith is how long you can wait. Do you keep on keeping on? Would you say, "Lord, help me to be a persistent person, not to cop out, not to drop out, but to keep on keeping on, doing the things that I know are right even when I don't feel like it. God, I want to follow You as much as I know how." Pastor Ray

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

God's Road Map

throughout their life from this time the power provided for a life on, the Word of God gives them clear directions.

God provides a roadmap for life in His word. He demonstrated His profound love for His creation when He sent His Beloved Son to earth to provide mankind a way to be reconciled to Himself through His death and Resurrection. A simple life of a Servant and the Lamb of God willingly laid down His life for you and I. Old Testament scriptures

tell of His coming and New Testament scriptures give us the story.

Words preserved for thousands of years. Words dynamically powerful because the Creator of all that is-- inspired the writing. Words about His love and His design for mankind are written as a guide to live the best life possible. Words of truth and instruction to demonstrate surrendered to God.

A loving God of justice gives words of warning to direct a path set on destruction. God being mans final judge shows the consequences of sin and rebellion, and why they are, needlessly, on their way to the eternal fire. Yet, this God of love provides a way of escape through the "door" of His Beloved Son to those who will heed His call.

To those who refuse to listen and reject His words, they shall reap what they sow!

God sends no one to hell, man chooses that for himself. He chooses to take the wrong roads of sin and rebellion against God.

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

William Jessup **University Music** Dept to Perform "Night of Classics"

By Marlys Johnsen Norris

I know of no other book whose

words "come alive or have power

to transform" lives like the Bible.

Daily I hear stories where the

God of the Bible has spoken to

the heart of someone and made a

huge difference in the direction of

their life. They share about having

an experience with the Living God

who gives them a spiritual birth

that is recorded in the word, called

born-again. (John 3:3) It seems

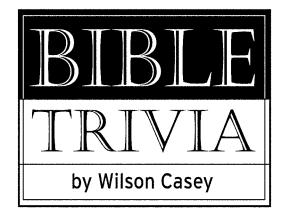
Rocklin, CA - The Music Department at William Jessup University will perform its first classical concert on Thursday, March 6 at the school's campus in Rocklin.

The program, entitled "Night of Classics," will blend classical music from several time periods. The concert will be held at 7:30 p.m. in the Academic Warehouse. A suggested donation of \$10 will be collected at the

The concert is designed to include a wide variety of classical music from many genres and will feature a variety of musicians, including vocalists performing excerpts from various major works, pianists performing movements from major concertos, and a mass choir singing a variety of choral pieces from the Baroque era through the Romantic era.

"Night of Classics will be an exciting event in which our students will experience the fulfillment of learning and performing some of the richest and timeless compositions ever written," said Karen De Young, William Jessup piano instructor. "We hope this performance is the first of many classical concerts to be performed by the William Jessup Music Department."

For more information regarding this event email the Music Department at music@jessup.edu or call Tom Ruscica at (916) 577-2274. You can also visit the William Jessup University website at www.jessup.edu.



- 1. Is the book of Deuteronomy in the Old or New Testament or neither?
- 2. Along with his sons, who was the first person in the Bible to be cremated? Samuel, Solomon, Shadrach, Saul
- 3. Especially from Biblical times, what did "to sup with" mean? Journey, Pray, Dine, Wash
- 4. Who bet 30 men that they could not solve his riddle? Moses, Samson, Daniel, Paul
- 5. In Revelation 3:19, Jesus tells us to be zealous and ... ? Repent, Share, Love, Witness
- 6. How many judges are mentioned in the book of Judges? 7, 13, 22, 49 ANSWERS: 1) Old; 2) Saul; 3) Dine; 4) Samson; 5) Repent; 6) 13 For more teasers, log on to www.TriviaGuy.com © 2008 King Features Synd., Inc.

Easter Services

March 21, 2008 7:00 pm

March 23, 2008 7:00 am 9:00 am 11:00 am Easter Egg Hunt 9:00 am Breakfast served from 8:00 am-11:00 am

EASTER Services



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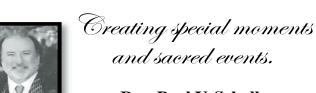
9 am to Noon ~ Tuesday - Friday

Wednesdays:

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MOVIE REVIEWS

The Other Boleyn Girl

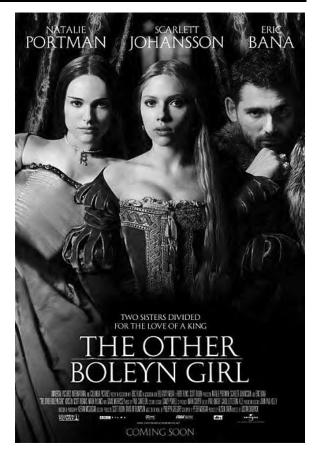
No one expects a movie adaptation to mirror the book, but I don't remember celluloid and pulp being so different than with "The Other Boleyn Girl" the motion picture and "The Other Boleyn Girl" the novel.

Just as Philippa Gregory took generous liberties in turning a chapter in the annals of 16th century English monarchy into a best-selling piece of historical fiction in 2001, the filmmakers run amok with the cinematic license automatically granted to movies with adapted screenplays.

But even if one hasn't read the book, the movie, albeit beautiful in scenery, cast and costumes, feels rushed and overly simplified. Now, if the allure is less about a drama of sibling rivalry and ambition set during the reign of King Henry VIII and more about seeing fetching thesps Natalie Portman and Scarlett Johansson together (OK, ladies, Eric Bana is pretty hot, too), then this Readers Digest treatment of Gregory's work will be just your cup of English tea.

Borrowing from the style of Peter Morgan's screenplay and Justin Chadwick's direction of it, we'll forego the details and offer this simple synopsis: Sir Thomas Boleyn (Mark Rylance), despite the reservations of his wife, Elizabeth (Kristin Scott Thomas), marries off their eldest daughter Mary (Johansson) to the son of a merchant family. A similarly "simple and uncomplicated" marriage is not in the plans for the strong-minded and sassy Anne (Portman), whose father sees as the family's meal ticket to higher financial and political status. Sir Thomas' English muffin, with all her nooks and crannies, is prodded to "bewitch" the king, become his mistress, and produce for him a male heir, something his current wife, Catherine of Aragon (Ana Torrent) has failed to do. When Henry falls for Mary instead, it's time for Plan B, meaning her milquetoast husband is toast; it's good to be king. Anne feels betrayed by her sister and sets out to make her pay. Does she ever, and caught in the cross-fire is just about everyone in the king's court, namely Henry himself, who grows obsessed with hard-toget Anne (no ring, no fling - poor king!) and the sisters' brother George, a homosexual in the book, but like so much else, that detail is expunged in the movie. Had it been explored, this would add a tasty element to George's protest of a pre-arranged marriage to Jane Parker.

Other shortcuts contribute to the film's thrifty feel. A hunt that shows zero of the actual hunt. Heard, never seen are the thousands of noisy commoners outside Henry's castle. Missing is



the jousting contest from the novel. Heck, I wouldn't be surprised if they got out of mothballs costumes from "Shakespeare in Love." I mean, they share the same costume designer.

Where the film doesn't skimp is in the acting, and the three leads are at the top of their game – good thing, too, as all are coming off critical and box office duds (Portman with "Mr. Magorium's Wonder Emporium," Johansson with "The Nanny Diaries" and Bana with "Lucky You"). Another plus: The few times we get to go outside, the views of various locations throughout England are

If only the movie had even a quarter of what made the novel so rich and interesting. I guess it's like Jane Seymour the actress and Jane Seymour the third wife of Henry VIII. Same name and nationality, but that's where the similarities end.

2 of 4 Stars, rated PG-13, 115 minutes

Quench Your Thirst for Irish History and Music with KVIE

Sacramento, CA - During the month of March, KVIE Public Television will be celebrating Irish culture with musical performances and a special look at historic Irish Pubs. Gear up for a great St. Patrick's day celebration by tuning in for some Irish inspiration! Irish music lovers will delight in the special musical programs on KVIE channel 6 and KVIE DT 6.1 services.

Start with Celtic Woman on Sunday, March 2, 4:00pm – 6:00pm. This program brings to the screen five exceptional Irish stars in a spectacular performance recorded live at Dublin's Helix Centre. Performing some of the most beautiful and best-loved songs in the musical repertoire, the four singers — Chloe Agnew, Lisa Kelly, Meav Ni Mhaolchatha, Orla Fallon, and violinist Mairead Nesbitt - bring the Dublin audience to their feet over and over again.

Then, on Monday, March 10, 7:00pm - 9:00pm, see Celtic Thunder. This is a new group featuring five Celtic male vocalists. Recorded in Dublin, Ireland the group's debut performance is a celebration of Celtic men's heritage. From rousing ensemble numbers to solos showcasing each members' vocal style, Celtic Thunder performs powerful ballads, popular hits, and heartwarming songs of love and loss from across the Celtic music spectrum.

Then, quench your thirst for history, beautiful sights, warm and wonderful people, and, of course, a good pint with Historic Pubs of Dublin on Sunday, March 16, 5:30pm

- 7:00pm. This special will take you on an exciting and visually stunning stroll through the streets of Ireland's largest city to tour some of Dublin's classic and notable drinking establishments. Historic Pubs of Dublin will also take you to must-see Dublin attractions like Trinity College, Dublin Castle, St. Patrick's Cathedral, Grafton Street, Jameson Distillery, Guinness Brewery, the city's beautiful parks and more. Pulitzer Prize-winning author Frank McCourt (of Angela's Ashes) serves as tour guide, providing valuable insight into Irish culture and history — and the significance

Then enjoy the outstanding vocal harmony in the ballads in The High Kings on Monday, March 17, 8:30pm – 10:00pm. Four top-class performers create an unique ensemble, reenergizing great Irish ballads and introducing exciting new songs from Ireland. Highly acclaimed composer and musical director David Downes brings intricate harmonies and driving rhythms giving a freshness and sparkle that is modern and exciting without sacrificing the traditional melodies and lyrics. (Historic Pubs of Dublin encore, Monday, March 17, at 7:00pm just before The High Kings)





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RILEY REVIEWS



Entertainment

Tim Riley

FANTASTICAL "SPIDERWICK," FULL OF **ACTION AND FAMILY FUN**

THE SPIDERWICK CHRONICLES (Rated PG)

We're still coping with the posthoFinally, some good news when it comes to a children's movie that adults may find equally enjoyable. Based on the beloved best-selling series of books, "The Spiderwick Chronicles" is a fantasy adventure that reveals a hidden, mysterious world around us, one that is found in an area surrounding an old Victorian home in rural New England. The bucolic setting alone suggests the possibility of magical creatures, many of them downright male volent and bent on visiting destruction on humans unfortunate enough to discover their presence.

You wouldn't know if from the monsters, goblins and assorted not-soenchanting creatures, but "Spiderwick" is an unusual celebration of family bonds. The Grace family finds itself tested by their own conflicts, especially since the recently separated mother Helen (Mary-Louise Parker) decides to uproot the kids from the comfort zone of New York, moving into the isolated, dilapidated Spiderwick Estate. Jared and his brother Simon (both played by Freddie Highmore) and older sister Mallory (Sarah Bolger) confront the challenges of a new environment.

The rebellious Jared is the most resentful and bitter, remaining anxious to reunite with his mythical good-guy father. From the very moment they move into the aging Victorian home, strange disappearances and accidents start happening. More precocious than his studious brother, Jared starts poking around the old house, discovering quickly that magical things are truly happening. Poking into an old chest, he stumbles upon a strange and potentially dangerous book written by his great, great-uncle Arthur Spiderwick. The eponymous "Arthur Spiderwick's Field Guide to the Fantastical World Around You" reveals what the naturalist discovered when he uncovered a concealed faerie world.

Finding the book turns out to be a Pandora's box that unleashes an army of goblins and trolls in the service of the crafty, evil ogre Mulgarath (Nick Nolte, looking something like his infamous mug shot), who is desperate to get his hands on the Field Guide because he can use it to destroy his adversaries. Meanwhile, Jared discovers that not all creatures pose a hostile, ominous threat. One of them lives in the walls of the manor, and he becomes agitated when Jared dares to open the Field Guide after ignoring the portentous warning on its cover.

Thimbletack (voiced by Martin Short) is a scampering imp known as a brownie. Yet, upon being angered, he turns into a boggart, who can only be placated by guzzling honey from a squeeze bottle. Even though his disposition can be a bit uneven, Thimbletack becomes an invaluable ally in the fight against the dangerous goblins. Another indispensable collaborator is the wily but friendly

hobgoblin named Hogsqueal (voiced by Seth Rogen), who has an odd taste for birds and a knack for spitting in the eyes of the children so that they can actually see the invisible

As the inquisitive siblings are increasingly drawn into conflict with the monstrous creatures while mom is at work, the confrontation escalates to the point that they need to enlist some help. Thus, Mallory and Jared set out on a mission to find great-aunt Lucinda (Joan Plowright), who long ago was institutionalized because she uncovered the hidden faerie world as she watched her father Arthur construct his "howto manual." Fortunately, Lucinda remains lucid enough to provide some useful guidance.

Not surprisingly, "Spiderwick" exploits its marvelously over-the-top fantasy adventure by realizing a wide range of combative monsters. While many of them look like overgrown toads or reptiles, the nightmarish creatures are decently scary but not overtly frightening. Thus, the violent action that arises from the central front of a pitched battle waged inside the Victorian home does not come across as so scary that it is offensive to the film's core value of family entertainment. Still, it would seem unrealistic, indeed foolish, to recommend this film for

"The Spiderwick Chronicles," for the most part, inhabits an imaginative world where the kids undertake the serious work of coping with the strange phenomena of goblins and griffins, hobgoblins and trolls, and things that take odd shapes. Freddie Highmore and Sarah Bolger, as the intrepid and plucky siblings, create a rooting interest in their exploits.

DVD RELEASE UPDATE

First Edition for March 2008

More and more, Asian horror films are making their way to the DVD market in the United States. A sleeper hit on the film festival circuit, "Nightmare Detective" is a terrifying thriller that is driven by the suggestion that suicidal impulses abound. A young detective investigates a mysterious man who invades his victims' dreams, convincing them to kill themselves in real life. Eventually, the detective (Japanese pop singer Hitomi) pursues the killer into the dreams themselves, facing her own darkest fears. "Nightmare Detective" weaves a hypnotic narrative that explores terror too sinister and imagery too shocking for the waking world



"Meet the Spartans"

Running time: 84 minutes MPAA rating: PG-13

"Meet the Spartans" is the latest affront to comedy by the makers of "Epic Movie" and "Date Movie." It's supposed to be a spoof of last year's "300," but really it's nothing but an hour or so's worth of gay jokes, poop jokes and profoundly unfunny pop culture references.

I'm tempted to say that "Meet The Spartans" is the worst movie ever made, but I will resist that temptation because I don't want anyone reading this review to think, "Oh, it can't be THAT bad," and then go to theater and find out I was right.

Someone needs to let writer/directors Jason Friedberg and Aaron Seltzer know that in order to make a comedy, you first need to know HOW JOKES WORK. Simply making a pop culture reference is not a punchline. Having one of your characters turn into a giant robot so you can reference the "Transformers" movie from last year isn't a joke. Having celebrity lookalikes who don't look like the celebrities they're supposed to be lampooning, so that characters have to constantly refer to them by name, "Look, it's Paris Hilton," is also an overused gag.

Although the official running time is listed as 84 minutes, that's not exactly true. The film is only 64 minutes long barely an hour. The remaining 20



Kevin Sorbo, Sean Maguire

minutes is the ending credits featuring scenes that didn't make the main

Now, I'm no lawyer, but I'm pretty certain that inflicting this film onto the American public qualifies as a hate

Don't become a victim.

GRADE: F-

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1. **Fool's Gold**(PG-13) Matthew McConaughey, Kate Hudson

2. Welcome Home Roscoe Jenkins Martin Lawrence, Louis C.K.

3. Hannah Montana & Miley **Cyrus: Best of Both Worlds** Concert Tour(G)

Miley Cyrus, Billy Ray Cyrus 4. **The Eye**(PG-13) Jessica Alba, Alessandro Nivoa

5. **Juno**(PG-13) Ellen Page, Michael Cera 6. **27 Dresses**(PG-13)

Katherine Heigl, James Marsden 7. **The Bucket List**(PG-13)

Jack Nicholson, Morgan Freeman 8. **Rambo**(R) Sylvester Stallone, Julie Benz

9. Meet the Spartans(PG-13) Diedrich Bader, Kevin Sorbo 10. There Will Be Blood(R)

Trivia Answers

1. Jupiter II

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.

> 2. 192 3. A boxer

4. Ottawa

5. Lisa Marie and Hound Dog II

6. Cirrus

7. James Fenimore Cooper

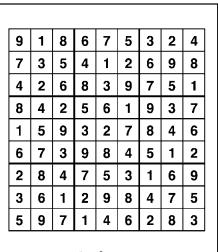
8. The Golden Hind

9. 1971

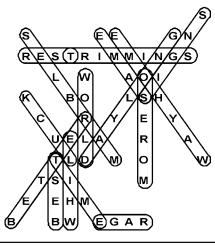
10. Six

King Crossword — **Answers**

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Magic maze **Answers** ALL THE —





Sacramento, CA: The Sacramento FBI announced today that Dexter McNamara is the recipient of the 2007 FBI Director's Community Leadership Award. The award, given annually, recognizes the achievements of individuals or organizations in the area of drug and violence education and prevention. Mr. McNamara, for the past 13 years, has been the Director of the Interfaith Service Bureau (ISB), an organization dedicated to addressing human needs in the community and fostering greater understanding, acceptance and cooperation among people of different faiths.

The ISB, incorporated in 1920 as the Federation of Churches, eventually

Bureau in 1978. During his 13 years as Director, Mr. McNamara has seen the religious community in Sacramento grow and change considerably bringing with it the challenges of ministering to the diverse needs of people in the Capital City. Some of the ways the ISB has helped people of different religious backgrounds discover the common call of faith to work for justice, mercy and compassion include: bringing faith groups together to foster understanding and trust; working together to feed, clothe, and house people; providing faith and values programming on the Religious Coalition for Cable Television channel; helping lead local disaster preparedness and response efforts; and working with various programs to help children, youth and families.

Drew Parenti, Special Agent in Charge of the Sacramento FBI, said "Dexter McNamara was the first person from the religious community to call and welcome me to Sacramento and he has been a guiding hand for me during my tenure here. He has played an integral role in making

our community safer for everyone and has opened many doors for the FBI helping us effectively communicate with the various inter-faith communities in Sacramento. He has been a great partner to the FBI and the work he does is more important now than it ever has been".

The ISB also works in conjunction with many other programs in the community including: Opening Doors; Building Unity; Habitat for Humanity: the Capital Unity Council; the Child Abuse Prevention Council; WEAVE; the Healthy Marriage Project; California Interfaith Power & Light; and the U.S. Attorney General's Violence Prevention Task Force.

Dexter McNamara said "It gives me great hope when I see people from many different religious and ethnic/cultural backgrounds and from many different agencies and organizations working together to create a safe, just, healthy and compassionate community."

The presentation of the award was on February 27, 2008.

Dexter McNamara Receives FBI Doolittle Urges Passage of "Military Community Leadership Award Valor Roll of Honor Act of 2008"

Charges Against Oroville Man Highlights need for Legislation



Rep. John T. Doolittle (R-Roseville) urged passage of HR 3769, the Military Valor Roll of Honor Act of 2008. The legislation would require the Department of Defense to establish a searchable database containing the names and citations of members of the armed forces who have been awarded our nation's military honors.

An Oroville man claiming to have earned two Purple Hearts, two Bronze Stars and a Air Medal while serving in Vietnam as a special forces medic, was arrested on Monday by the U.S. Attorney Office for making false claims to those medals.

In 2005, Congressman Doolittle helped pass the Stolen Valor Act, making it illegal decoration or medal for military service. The passage of this legislation was in response to an increasing number of incidents where individuals portrayed themselves as the recipient of a military medal.

The Library of Congress identified hundreds of false claims of decoration when compiling information for the Veterans History Project. Even more egregious, is when individuals who never served in the Armed Forces used falsified reports and bogus decorations to receive veterans' benefits, thereby taking away resources that could be best used to help true veterans.

"A national searchable database would insure that only those members of our Armed Forces, past and present, who were either wounded in battle or served with distinction receive the special recognition and the rightful honor they deserve," said Doolittle. "Our decorated military veterans deserve to have integrity maintained in the awarding of military decorations."

Currently, many military records are kept through a patchwork of agencies,

to falsely present oneself as being awarded a making it difficult to verify the legitimacy of claims and also making it difficult for a medal recipient or their family to request information regarding their citation.

Doolittle added, "Military decorations are earned through exemplary service and sacrifice to our nation. We should prevent unscrupulous individuals from tarnishing their records. A centralized database will provide our law enforcement officers with a better tool to prosecute violators, while securing vital records of exemplary service

Identical legislation to HR 3769 was introduced this month in the U.S. Senate.

to our nation.'

U.S. Rep. John T. Doolittle has served in the House of Representatives since 1991. The 4th Congressional District stretches from the eastern Sacramento Region to Lake Tahoe on the south and runs up the Sierra Nevada range to the high desert of Modoc County on the Oregon border in the north. It encompasses the entire counties of El Dorado, Lassen, Modoc, Nevada, Placer, Plumas, and Sierra. Additionally, it includes the community of Orangevale in Sacramento County and the Oroville area in Butte County.

Orangevale Community Meeting March 31, Monday 6:00 - 7:15 PM Orangevale Recreation and Park District **Community Center** 6826 Hazel Avenue, Orangevale

Fair Oaks Community Meeting April 2, Wednesday 6:00-7:15 PM Fair Oaks Recreation And Park District McMillan Center Bldg (south of the FO Library) 11549 Fair Oaks Blvd

Agenda

	Agenda
6:00	Introductions by Sergeant Eric Buehler, Problem-Oriented Policing (POP) Unit Supervisor
6:05	Regional County news from Board of Supervisors, Chief Aid for Roberta McGlashan, Ted Wolter
6:08	local County news from Department Neighborhood Services, Area Manager, Steve Young
6:10	Sheriff POP Projects presented by Problem Oriented Policing (POP) Sheriff Deputies Dave Kirby and Mike Hatfield
6:25	Residential Burglary Presentation by
	Community Services Specialist, Sherrie Waugh
6.55	The Control of the Co

6:55 Traffic issues, from California Highway Patrol, Officer Tim Gretler 7:00 Sacramento Metropolitan Fire Department, Fire Prevention, Community Services Officer, Jill Conner 7:05 Community Building Initiative, First 5 Sacramento Commission,

Program Planner, Jill Beyers Community grants program provides up to \$5,000 for activities and projects that benefit children 0-5 years.

Light Refreshments served

7730 Sunrise Blvd (Taco Bell)



02/21/08-0415 hrs

02/25/08-0206 hrs

appeared to be a death by natural cause.

CITRUS HEIGHTS POLICE DEPARTMENT



Drunk in Public

7823 Sunrise Blvd

CHPD dispatch received a call regarding an intoxicated male causing a disturbance in the shopping center. Officers contacted the male juvenile who became immediately verbally abusive. While attempting to handcuff the subject he physically resisted and began spitting at the officers. Subject was arrested, issued a citation, and released to his mother.

At the above time and location, CHPD officers responded for an unknown suspect brandishing a handgun and knocking on the front doors of the restaurant in an attempt to gain entry. Entry was not gained and the suspects fled the scene on foot in an unknown direction of travel.

Possession Loaded Firearm/Criminal Threats Fire Escape Bar 7431 Madison Ave

The suspect threatened to shoot the victim during an altercation at the Fire Escape Bar. The suspect ran to his vehicle and tried to retrieve a loaded Handgun but instead left the area in his car. A CHPD officer spotted the suspect as he fled the area in his vehicle. Officers took the suspect into custody during a high risk stop near Fair Oaks and Madison Ave. The officer recovered a semiautomatic 9mm Handgun from the vehicle. The

02/24/08-0437 hrs **Dimples Records** PD responded to the above business on the report of a silent alarm with multiple activations. The alarm company also advised they heard what

sounded like people walking on broken glass. Patrol responded quickly and discovered forced entry into the business. The business was checked but no suspect was located. The loss is still being determined.

02/25/08-1244 hrs **Death Investigation** 8100 Block of Stacey Hills Drive

Officers responded to a 42 year male deceased at the address. The adult daughter of the deceased male, called police when she found her father, in his bed, not breathing. Sacramento Metro Fire department arrived and pronounced the subject deceased. Subject has had prior medical issues. Officers did not see any signs of foul play.

02/25/08-1700 hrs **Animal Problem** 6600 Block of Summer Rain Way A man was bitten by a pit bull while breaking up a dog fight. When the man started to yell at the other dog's juvenile owner, the juvenile

threatened that he had a firearm. As officers arrived, the juvenile fled on foot with his two friends hiding in a nearby backyard but were quickly located. No firearm was seen or found. The juveniles were admonished and the pit bull taken for observation by Animal Control.

02/25/08-1909 hrs 5150 (Suicidal) 7000 Block of Yarrow Way

A man returned home intoxicated after an argument with his wife. He threatened to kill himself with a weapon. CHPD officers responded and were able to negotiate the man out of the house unarmed at which time he was detained. He was taken to SCHMC for evaluation and his firearms confiscated.

6095 San Juan Avenue

CHPD officers responded the above address for a report of an out of control female refusing to leave "On the Rocks" bar. Upon arrival, Female suspect (24) was biting the two victims who were attempting to escort her out of the bar. When Officers attempted to take over, the suspect

242 / 647(f) PC

continued her fighting and even attempted to bite and kick officers. She was arrested and booked into the Sacramento County Jail. 7600 Block of Peter Ray Court 02/26/08-0956 hrs Deceased Person Officers responded to this location because of an unresponsive subject. At the home the mother discovered her son, who was disabled, unresponsive

and not breathing and called 9-1-1. Sacramento Fire responded and pronounced the subject deceased. There were no signs of foul play and instead

02/26/08-1946 hrs 6300 Block of Greenback Lane Attempt 211

CHPD units responded to a reported attempted robbery. The victim reported that an unknown male came to his front door, brandished a firearm and demanded money. When Edwards slammed the door shut, the male ran away. He was described as a WMA, 15-18, clean shaven wearing a hooded sweater (light tan on top and dark blue on bottom), baggy jeans, and tennis shoes. The suspect brandished a gray revolver. The suspect remains at large.

Folsom Man Arrested in High Yield Investment Fraud Scheme

Steve K. Wilson, aka Stefan Andre Wilson, age 44, was arrested yesterday evening without incident at his home located at 730 Glen Mady Way, Folsom, California, on charges related to a fraudulent high yield investment program. Drew Parenti, Special Agent in Charge of the Sacramento FBI and Scott O'Briant, Special Agent in Charge of IRS Criminal Investigation, announced the arrest.

According to allegations contained in the affidavit in support of the complaint, Wilson managed a hedge fund operating under the names Christians in Crisis Investment Fund, Shake the Nations and Opus Capital Holdings. Wilson solicited individuals to invest in what he described as a high risk hedge fund which, based on the investment agreement, promised investors a 2% monthly return (24% annual return) on their investment. The agreement also gave the investors the ability to withdraw earnings or after one year, the investor could ask for the return of their principal.

maintained two financial accounts associated with Christians in Crisis (CIC). Investor contributions were deposited into a Washington Mutual (WaMu) account in the name of CIC Investment Fund. A portion of the money was then transferred into an Ameritrade brokerage account in the name of CIC International. An analysis of these two accounts demonstrates that the CIC Investment Fund operated as a Ponzi scheme.

During the period of March 2006 through July 2007, approximately \$9 million was deposited into the WaMu account. These deposits were in the form of personal checks, cashier's checks and wire transfers from various investors and were payable to CIC Investment Fund. Approximately \$6.4 million was transferred from the WaMu account to the Ameritrade account where Steve Wilson engaged in day trading in the stock market. The Ameritrade brokerage account sustained approximately \$5.1

Investigators determined that Wilson million in trading losses. Of the roughly \$3.85 million of remaining money in the WaMu account, Wilson withdrew at least \$1.1 million for personal expenses and disbursed approximately \$2.06 million to investors as capital appreciation or earnings. These payments were not the result of earnings and appear to be lulling payments to investors so as not to arouse suspicion. The capital appreciation or earnings payments were made with new investor's money.

On February 15, 2008, Special Agents with the FBI and the IRS Criminal Investigation executed search and seizure warrants on Wilson's home and business. A lis pendens has been filed against Wilson's residence and items seized pursuant to the seizure warrant included a 2007 Porsche Cayman, a 2006 Sea Ray vessel, a brokerage account and a bank account.

Wilson was booked into custody last night and will make his initial appearance in federal court today at 2:00 p.m. in Sacramento, California.

Location Type

Other/unknown

Residence/home

Residence/home

Church/synagogue/temple

Vehicle Residence/home

Vehicle Other/unknown

Vehicle

Vehicle

Vehicle

Vehicle

Vehicle Residence/home

Vehicle

Vehicle

Vehicle Vehicle

Vehicle

Vehicle

Vehicle

Vehicle

Vehicle

Vehicle

Vehicle

Vehicle

Residence/home

Residence/home Vehicle

Residence/home

Highway/road/alley

Parking lot/garage

Restaurant/fast food

Parking lot/garage Other/unknown

Highway/road/alley

Highway/road/alley

Highway/road/alley

Grocery/supermarket Parking lot/garage

Drug store/dr office/hospital

Residence/home

Other/unknown

Residence/home

Grocery/supermarket

CRIME REPORTS

Fro

rom The Sac	rament	o County Sheriff	
	Time	Crime	Address
Fair Oaks			
2008-02-15	15:00	Vandalism	8500 block of Le Parc Ct
2008-02-15	17:45	Larceny/Theft	4800 block of San Juan Ave
2008-02-15	18:00	Burglary From Vehicle	9800 block of Fair Oaks Blvd
2008-02-15	22:00	Burglary From Vehicle	4800 block of Nebraska Ln
2008-02-16	00:50	Burglary From Vehicle	10500 block of Fair Oaks Blvd
2008-02-16	01:08	Vandalism	5300 block of Dewey Dr
2008-02-16	09:00	Burglary Residential	8900 block of La Serena Dr
2008-02-16	23:00	Burglary From Vehicle	7500 block of Amy Ave
2008-02-17	05:00	Burglary From Vehicle	7400 block of Walnut Rd
2008-02-17	10:00	Arson	5800 block of Shadowbrook Way
2008-02-17	11:55	Simple Assault	6900 block of Madison Ave
2008-02-17	17:00	Burglary From Vehicle	5300 block of Chicago Ave
2008-02-17	18:00	Larceny/Theft	12200 block of Fair Oaks Blvd
2008-02-17	21:30	Burglary From Vehicle	6800 block of Oaklawn Way
2008-02-18	04:10	Vandalism	5900 block of Kenneth Ave
2008-02-18	07:05	Burglary Residential	4200 block of Hill St
2008-02-18	19:00	Larceny/Theft	8000 block of Grand Ave
2008-02-19	04:45	Larceny/Theft	8300 block of Culver Ave
2008-02-19	16:30	Burglary From Vehicle	8800 block of Winding Way
2008-02-19	21:00	Larceny/Theft	7000 block of Spicer Dr
2008-02-20	02:00	Aggravated Assault	10600 block of Fair Oaks Blvd
2008-02-20	11:30	Burglary From Vehicle	4900 block of Instrument Ct
2008-02-20	14:00	Burglary Residential	9000 block of Chandelle Ct 8100 block of Sunset Ave
2008-02-20 2008-02-20	19:15 22:30	Burglary From Vehicle Burglary From Vehicle	4900 block of Hillhurst Dr
2008-02-20	20:30	Burglary From Vehicle	8900 block of Van Gogh Cir
2006-02-22	20.30	Buigiary From Vehicle	8900 block of vali dogli Cli
Carmichael			
2008-02-15	02:00	Simple Assault	6000 block of Via Casitas Ave
2008-02-15	11:00	Larceny/Theft	4000 block of Manzanita Ave
2008-02-15	16:00	Larceny/Theft	2800 block of California Ave
2008-02-15	22:42	Simple Assault	7400 block of Fair Oaks Blvd
2008-02-16	11:00	Larceny/Theft	5500 block of Marconi Ave
2008-02-16	11:55	Robbery	4700 block of Manzanita Ave
2008-02-16	12:00	Vandalism	3200 block of California Ave
2008-02-16	17:25	Simple Assault	5200 block of Marconi Ave
2008-02-16	18:00	Burglary Business	4400 block of Manzanita Ave
2008-02-17	04:15	Narcotics	Lincoln Ave / Manzanita Ave
2008-02-17	09:30	Burglary From Vehicle	6300 block of Fair Oaks Blvd
2008-02-17	15:00	Narcotics	North Ave / Hunter Ln

Narcotics Burglary From Vehicle 2008-02-17 2008-02-17 18:00 2008-02-17 Larceny/Theft 18:00 Burglary From Vehicle 2008-02-17 21:30 2008-02-18 Burglary From Vehicle 17:00 2008-02-18 20:30 Vandalism Burglary Business 01:24 2008-02-19 Burglary From Vehicle 2008-02-19 06:40 2008-02-19 Burglary From Vehicle 11:59 2008-02-19 14:00 Burglary Residential Burglary From Vehicle Robbery 18:30 22:00 2008-02-19 2008-02-19 2008-02-19 22:42 Narcotics Vandalism 00:30 2008-02-20

2008-02-20 01:00 Vandalism 2008-02-21 Larceny/Theft 13:30 Burglary Business 2008-02-21 18:30 2008-02-21 21:30 Vandalism Burglary From Vehicle 2008-02-22 23:00

Orangevale Burglary From Vehicle 2008-02-15 00:00 2008-02-15 09:41 Burglary Residential

2008-02-15 Weapons Violation 10:35 Burglary From Vehicle 2008-02-15 15:00 2008-02-15 Burglary From Vehicle 20:30 2008-02-15 21:35 Robbery Burglary From Vehicle 2008-02-15 22:00 Burglary From Vehicle 2008-02-17 17:00 Burglary Residential 2008-02-17 20:30 2008-02-18 17:00 **Burglary Business** Burglary From Vehicle 2008-02-18 17:00 2008-02-18 21:30 Burglary From Vehicle 2008-02-19 06:26 Robbery Burglary From Vehicle 01:30 2008-02-20

22:30 17:00

2008-02-20

2008-02-21

2008-02-22

Burglary From Vehicle Burglary From Vehicle

Burglary From Vehicle

6500 block of Coyle Ave 2000 block of Lambeth Way 9700 block of Beachwood Dr 9600 block of Lake Natoma Dr 9100 block of Oak Ave 8500 block of Elm Ave 6200 block of Main Ave

5500 block of Marconi Ave

3000 block of Panama Ave

5300 block of Moody Ln

5900 block of Stanley Ave

5000 block of Donovan Dr

7100 block of Sutter Ave

6100 block of Cherrelyn Way

6400 block of Fair Oaks Blvd 5700 block of Marconi Ave

6300 block of Fair Oaks Blvd

Fair Oaks Blvd / Gibbons Dr 7300 block of Fair Oaks Blvd 4800 block of Cottage Way

4900 block of Marconi Ave

5700 block of Marconi Ave

4700 block of Manzanita Ave

5200 block of Butterwood Cir 9600 block of Beachwood Dr 8400 block of Juglans Dr 5800 block of Walnut Ave 5800 block of Illinois Ave 9200 block of Greenback Ln 6700 block of Woodmore Oaks Dr 9300 block of Central Ave 8800 block of Leue Ave 9300 block of Blue Oak Dr 6900 block of Drywood Way

9000 block of Pecor Way

Residence/home Vehicle Highway/road/alley Highway/road/alley Other/unknown Residence/home Grocery/supermarket Construction site Vehicle Residence/home Vehicle Residence/home Other/unknown Vehicle Vehicle Parking lot/garage Vehicle Vehicle

Residence/home School/college Vehicle Vehicle Residence/home Vehicle Vehicle Vehicle

Vehicle

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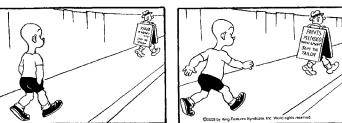
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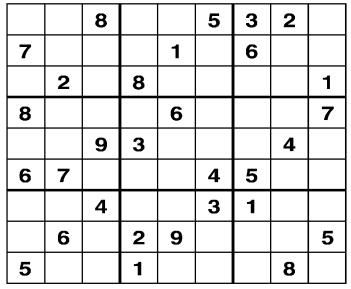
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10. MATH: How many faces does a

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$MAGIC\ MAZE\ lacktriangledown$ ALL THE —

BIEBYVSONKHEBYS WTSROLJEEGEBGNY WURES(TRIMMINGS)R PNKILGWDBAOIZXV SQKOMBOKILSHGEC AYWCUSRQYPENYLJ HFECUELAAYRXVAU SQPNTLDMMKOJHFW ECBTSIZYXVMUTRQ POEMEHMNEMSGNIK LBKIBWHEGARGEDC

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

Best Better Daylong

Marbles More so Rage

Signs Time **Trimmings**

Way home While World

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All Answers on Page 13

Contract Bridge

WORST-CASE SCENARIO

East dealer. Both sides vulnerable. NORTH ↑ A 7 ▼ 7 6 2 ♦ A 10 9 5 3 WEST EAST SOUTH

The bidding:
South five of hearts. Opening lead

When you're declarer and the outcome seems promising but not certain, you should try to picture the ways the defenders' cards might be divided that would put the contract in jeopardy. Once you determine the dangers that may exist, it is much easier to combat them.

Take this case where West leads a

heart against three notrump and East plays the queen. Before deciding whether to take the queen with the king, you should review the entire sit-

The first thing to ask yourself is, "What can defeat me?" It is of course obvious that if West has the king of diamonds, you can make at least 11 tricks by winning the heart and finessing the queen of diamonds.

But if East has the king of dia-

monds, you could go down. This would happen if West started with five hearts headed by the A-10, in which case a heart return by East would allow West to cash four heart

Since the possibility of East's holding the diamond king and West's having started with five hearts is very real, you should not play to the first trick before considering whether there is any way to overcome that distribution.

Careful thought indicates that even

this threat can be defused. Accordingly, you play the nine on East's queen at trick one. When he returns a heart, you play the jack, not caring one iota which opponent has the diamond king or whether West started with four hearts or five. Whatever the case — assuming

West started with four or more hearts you are certain to score at least nine tricks. Your refusal to take the first trick until you have determined what can defeat you allows you to make a contract that might easily fail

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by Steve Becker

Caregivers to Learn About Lewy Body Dementia

Alzheimer's disease may be the most common form of dementia, but 800,000 Americans suffer from Lewy Body disease, a form of dementia that presents symptoms common to both Alzheimer's and Parkinson's disease.

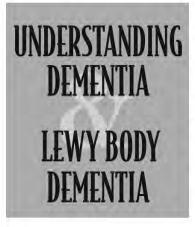
With this in mind, four local agencies are combining forces to present a free half-day conference for Lewy Body dementia caregivers. The conference will be held on Saturday, April 5, at the Peace Lutheran Church at 924 San Juan Road in Sacramento.

Speakers will give a review of the scientific background and clinical characteristics of Lewy Body dementia, and will compare it to other forms of dementia. They'll also offer treatment

strategies for Lewy Body caregivers. Speakers will include Dr. Shawn Kile of the Sutter Neuroscience Medical Group and Dr. Vicki Wheelock, Associate Clinical Professor of Neurology at the UC Davis Medical Center.

Registration will be held at 8:30 a.m. and the conference will get under way at 9:00 am. Sponsors include the Alzheimer's Association, Del Oro Caregiver Resource Center, The Lewy Body Dementia Association, and the Parkinson's Association.

To register for this free caregiver Conference, call the Parkinson's Association at (916) 489-0226.



A Professional Presentation For Dementia Patients **And Caregivers**

CALL for information 916.489.0226

Saturday April 5, 2008 9 a.m.-12 Noon

Parents Monthly is Putting on Their 3rd **Annual Summer Camp Fair**

Parents Monthly is the only locally owned and operated business who hosts a Summer Camp Fair for the Sacramento community. Our 3rd Annual Camp Fair will be held at the Westfield Galleria at Roseville, Saturday, April 5th from 10 am to 5 pm.

As summer approaches parents start to consider summer fun for their children. Camping offers kids a great opportunity to experience nature plus a great way to socialize with kids their same age. Other benefits are: boosts self-esteem, team work, self-confidence, leader ship, etc.

A variety of camp programs that will be at the event are: Rock Climbing, Gymnastics, Water Sports, Arts & Crafts, Equestrian, Modeling, Robot Making and Tech Camps, Video Production and Much More!!

This event offers an opportunity for parents & their children to actually talk face to face with someone affiliated with a summer program they may be considering. Variety of fun located in one convenient location. There will be handson activities and live bunnies!! There is no cost involved for parents to come out and have some fun with their kids while being educated about programs that are out there for their kids to experience. For more information please contact

> Tracy Boley – 916-718-3952 akwinter2003@yahoo.com

Military Retirees/Spouses Monthly Meeting

Our next monhthly meeting of retirees/spouses will be held on 12 Mar 2008. Location of the meeting is the former McClellan AFB Chapel, Bldg 5726. The meeting starts promptly at 1030 hrs. Our speaker will be Denise Larmer, Casualty Assistance Officer from Travis AFB, CA. This meeting should be important to all retirees. Come on out and enjoy a cup of coffee, compliments of our great McClellan Commissary. Questions can be referred to one of our volunteers at 561-7476.

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.

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

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 or send SASE Magnum Opus XIX, Sacramento Fine Arts Center, 5330-B

www.SacFineArts.org Gibbons Drive, Carmichael, CA 95608. Information: Sacramento Fine Arts Center: 916.971.3713

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.

Workshops

Expand your creativity with so something fun, make jewelry! Throughout the year the California Institute of Jewelry Training (CIJT) will play host to a number of jewelry related workshops. They range from weaving metal to fabricating. This is a good way to see if jewelry arts may be of steady interest for you either for fun, relaxation, money, who knows?

Each workshop is designed to introduce you to the wonderful world of jewelry. Students without any knowledge of making jewelry can come and learn many different genres. CIJT will bring in famous designers in the industry to teach the courses. Among those is Gem Stone Cutting Artist Angela Conty.

"If information is not all you crave, if a flower has held you captive even for just a moment, if your fantasies take flight with a will of their own, if gold and gems have ever quickened your heart's pace, then I invite you to explore my little corner of the jewelry world. Come see one of the endeavors that have kept my imagination busy for the past 30 years," said Conty.

Conty's Gem Stone Cutting workshop will be held twice this year March 10-13 and November 3-6. Other workshops include Digital Goldsmith, Yemen Filigree, Design and Rendering, Metal Weaving, Precious Metal Clay, Gem Identification, and Enameling/Cloisonné.

Please call for more information on specific dates and times for the workshops of interest. CIJT is a fun place to stop by and check out the activities of our full time students. We would love to assist you in discovering a passion for the gems, jewelry and sparkling beauty.

For more article information and for pictures please contact Valerie Adams at Valerie@jewelrytraining.com or (916)-487-1122

Exterior Lighting for Homeowners When: Wednesday, April 9

Time: 6 p.m. to 8 p.m.

Where:

SMUD Customer Service Center, 6301 S Street, Sacramento

What personality does your home take on at night? Have you ever considered lighting up the outside of your home? Michael Sestak will teach you the different techniques and rules of thumb to lighting the exterior of your house, yard,

The workshop is free. Class size is limited and preregistration is required. Customers can register online at: smud.org, e-mail etcmail@smud.org or call 916-732-6738.

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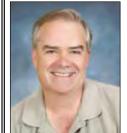
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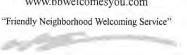


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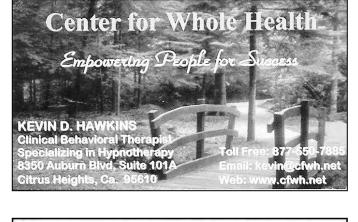
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KING Crossword

ACROSS

- 1 Not at all
- 9 Frivolous one
- 12 Phantom's
- 13 Parisian pal
- 15 Eye doctor's
- subjects 16 Huge
- eponym 18 Marvel
- 20 Ship's
- framework Faraway craft
- cartoonist Key

24 High nest

- 25 Aerobatic
- Aristocratic
- 29 Caterina de' -
- 31 Former
- Detroit dud
- 37 Pivot
- Greek
- consonants
- remark
- 45 Give
- 49 Concerning
- 52 Droop 53 Newton filler

one 55 Noshed 56 Pub brew

- 57 Go by bike

DOWN

- 1 Soc. Sec. designations
- Choose 16th-century
- author John
- 4 Hydrox competitor
- Failed to be Eked out a
- living Sharif or
- **Epps** Glutton

- pots and pans 10 Garlic
- mayonnaise 11 Punch-bowl
- Larter
- 26 It's higher when the head is r
- removed 28 Paycheck
- 38 Burrito enhancer 39 Sports-shoe

Tense

30 Animation

frame

33 Regret

34 Stitch

36

32 - Park, Illinois

Answers on Page 12

40 Grammarian's concern 42 Philatelist's

attachment

- prize 45 Seethe
- 46 Reed
- instrument
- 51 Part of AT&T

25 27 26 28 29 31 33 30 32 35 36 39 40 42 43 38 44 45 46 47 48 49 50 51 52 53 54 55 56 57

13

16

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23

- 6 Unruly hairdo
- of song
- domain
- 14 Spy novel org.
- sandwich
- 23 "Hazel"

- maneuver
- Houston team
- 38 Racing shell
- Kitten's 44 As well
- 47 Kansas city
- 54 Bullwinkle is
- 9 Clean the

- accessory
- 17 Transportation, slangily Jeans
- 19 material 21 Einstein's
- birthplace 22 Adversary 24 Actress
 - extra
- "Born in the -'
- Son-gun link

Capitals Announce 2008 Schedule



World **TeamTennis** Defending Sacramento Capitals release 2008 schedule; Caps also selected to host Championship Weekend July 24-27.

Sacramento, CA. (March 3, 2008) -Six-time and current World Team Tennis Champions, The Sacramento Capitals, open July 4th weekend with back-to-back home matches.

In addition, veteran player Lindsay Davenport, drafted by The Newport Beach Breakers as the top pick in the WTT Marquee Player Draft will return to Sacramento on Saturday, July 12, to take on her former team, the Caps. Other visiting marquee stars will be announced at a later date to coincide with the April 1 player draft.

Sacramento also relinquished the marquee rights for popular player Anna Kournikova, who will now suit up for the St. Louis Aces. Sacramento will also give up a second round draft pick and in exchange, receive first round rights for the St. Louis draft selection.

2008 Schedule July 3-23 (All Home Matches Begin at 7:30 at

Allstate Stadium, Westfield Galleria, Roseville)

3 Newport Beach Kansas City AT St. Louis AT Springfield

11 Springfield 12 Newport Beach (Davenport) AT Newport

Sat.

Mon.

Tue.

Wed.

Beach Tue. 15 St. Louis Thu. 17 AT Washington Fri. Schenectady Sat. AT Delaware

22

23

Boston

Westchester

Sacramento won an unprecedented sixth King trophy with an exciting win in last year's final match over Schenectady's New York Buzz. The Caps will defend for their seventh World TeamTennis title beginning July 24 at Allstate Stadium. Season tickets for 2008, including Championship Weekend tickets, are on sale now at 916-638-4001 ext.111.

AT Kansas City Kids are the Future of America's Pastime

Mon.

(NAPSA)-As cabin fever gives way to baseball fever, it is a natural time to think about what it is about baseball that has made it America's Pastime for generations.

Youth baseball players maintain the game's character with their idealism and spirit. They represent what baseball truly issomething that teaches individual strength in the context of teamwork and the value of giving your all.

World Series hero Tino Martinez personified all that is right with the game during his 15-year career. He is joining Briggs & Stratton Corporation to recognize and reward youth ball players with a champion spirit.

They are encouraging kids to enter the Diamonds in the Rough contest and inspire others with stories about how playing baseball has given them a power within to overcome challenges on or off the field.

And there is great incentive to participate. One grand-prize winner will win \$10,000 and equipment for his or her field, plus a trip for four to New York to see a Yankees

Contest rules and an entry form can be found at www.briggs diamondsintherough. com. The entry period runs from February 19 - March 23. Online voting for the grandprize winner will happen from March 26 - April 13.

Tips from the Pro

Martinez, an instructor for the 2008 New York Yankees spring training camp, is offering youths some of the tips he is giving the pros.

Keep your knees slightly bent and center your weight on the insides of your feet. Turn your head toward the pitcher and focus on the ball's release point. Rotate your hips while swinging. Extend your arms after making contact until your hands are behind your lead shoulder.

coming tennis star from Gold River. Ashwin

has participated in our program the past three

years, and has been a former All Star in SATA

league play. Ashwin is coached by Amine

Khaldi, and is very hard working and focused

on his future as a high school singles player

for Rio Americano and a tournament player

with a solid ranking in the years to come. He



Former all-star Tino Martinez is encouraging young baseball players to share their stories about what the game means to them.

Fielding

Maintain a wide stance, with your feet shoulder-width apart. Remain alert even if the ball isn't headed your way. Make a great play by covering a base, backing up a teammate or cutting off a throw.

all proud of you!

Junior Player of the Month Ashwin Sathyanarayanan, an eighth grader is looking forward to a tennis camp in Holland

at Barrett Middle School is another up and next summer and is always a bright and well-

Slide to avoid a tag, stop at a base or break up a double play. Begin sliding two body lengths away from the base and tuck one leg in a bent position under your other

mannered competitor on court. Amine feels

as though his weapon is his forehand and his

mental attitude. He is very bright and well

focused on the hard work of accomplishing

each task. Determination will take you a long

way Ashwin. Keep up the hard work. We are

leg. Land with your head up, arms out for balance and toes pointed upward.



Perfecting the bunt will make you a wellrounded hitter. If runners are on base, show the bunt early so your teammates have the best chance to react. If no runners are on base, aim for the left side of the diamond to create a longer throw for the defense to

2008 River Cats Tickets to Go on Sale March 1

individual game tickets for the 2008 season on sale on March 1 at the Raley Field Ticket Office and online at Rivercats.com, club officials announced today. The team will begin its 2008 Raley Field regular season schedule on Friday, April 11 against the Las Vegas 51s (Triple-A affiliate of the Los Angeles Dodgers)

The Raley Field ticket office will be open from 10:00 a.m. to 4:00 p.m. on Saturday, March 1, with tickets available online at Rivercats.com, Ticketmaster.com and all Ticketmaster outlets also beginning at 10:00 a.m.

Normal Raley Field Ticket Office hours (beginning March 3) are as follows:

Game Days

Monday - Saturday: 10:00 a.m. until the end of the game Sunday (Day Games): 10:00 a.m. until the end of the game Sunday (Night Games): 2:00 p.m. until the end of the game **Non-Game Days**

Monday – Friday: 10:00 a.m. - 6:00 p.m. 10:00 a.m. – 4:00 p.m. Saturday: Closed Sunday:

The River Cats will begin their quest to repeat as Pacific Coast League and Triple-A Baseball Champions on April 3, when they open the 2008 campaign on the road in Tacoma (Triple-A affiliate of the Seattle Mariners). Great seats to premium dates

West Sacramento –The Sacramento River Cats will put throughout the 2008 season can be secured through the 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. For more information about the 2008 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.

> 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.



Experience it All at Gold River Racquet Club

belonging to Gold River Racquet Club is that we are a buffet of health and wellness. Just like a buffet you have a lot of stuff to choose from and it is all you can eat. If you decide not to try something you might be missing out on tasting something new that is great for you and that you love!. Our Group Exercise department is no exception, we have it all.

12 Mind Body Classes per week – We have yoga everyday of the week for increasing flexibility and finding inner peace; we have Pilates to increase core strength and lower back flexibility and stabilization; and we have Tai Chi for balance and working the fine stabilizing muscles of your hips and shoulders.

8 Cardio Classes per week -Cardio classes strengthen the heart, help remove waste products through sweating and most of all, burn fat. You cannot lose weight through diet alone, you have to do cardio and on the flip side doing only cardio and eating poorly will also slow weight lose.

12 cycle classes per week – Since the cycle room has its own dedicated space and doesn't have to share the room we are able to offer two or three cycle classes a day M-Th. Cycle is an incredible cardio workout that does not require any type of skill or coordination, and you can truly work within your own level since you have complete control of the bike's resistance.

4 30-minute toning classes per week – There is a difference between a toning class and a weight lifting class so it needs its own category. A toning class does not use weights or resistance equipment. With a series of controlled movements using your own body weight for resistance muscles tone and firm up.

5 weight lifting classes per week - Weight lifting is so important to increase bone density, which is a proactive approach to warding off osteoporosis. Weight lifting also increases resting metabolism by building new muscle. So many women say they don't want to "bulk up", our low weight high repetition classes build new muscle tissue

4 Kids Classes per week - With more and more studies released about the continuing growth of child obesity these classes are wonderful to provide a fun active environment in addition to our Play Center and Kids Club activities.

2 Social Dance – Although we offer two types of dance classes Zumba and Social Dance. Zumba is listed as a cardio class because it is non stop watch and follow format designed to make you sweat. Our Social Dance class is designed to teach you different types of dances that you can take with you to weddings, birthday, retirement, Christmas/New Years parties or just out dancing on the weekend. Just wear you normal clothes and come learn and practice.

5 Aqua classes per week – Aqua aerobics is so very important for improving circulation, and providing cushion for the joints. Aqua aerobics also provides an opportunity for socialization and sense of community

Keith Gilbert – New Junior Tennis Coordinator for Racquet Club

Keith Gilbert USPTA Professional at as he has participated with all our juniors Gold River for the past six years will be these past years. Keith is well aware of our new Junior Coordinator for Gold River Racquet Club. New Spring class schedules and activities for recreational and competitive players are available at the information center. It is great to have Keith motivated to step into this position

all our strengths and is looking forward to adding new levels of success to our program. Spring league and tournament play, Friday Match play programs, and expanded weekend class schedules are all in our future due to Keith's efforts and



enthusiasm. Give Keith a call at 638-7001 extension 43 to get involved.

Healthy families are happy families.



Mention this ad and receive a \$25 gift certificate to the Art & Wine Festival upon joining!

Offer expires March 18, 2008

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It's 2008 and our Fabulous Fitness Program is here to get you started and focused on a healthy lifestyle. Here's how it works. If you become a new member of Gold River Racquet Club before March 18, 2008, you'll not only save on your initiation fee, but also you'll have access to a complete package of personalized fitness instruction, state-of-the-art equipment and lively social events. When you compare Gold River with other area clubs, you'll realize there's so much more value here.

SCSO Dream of Gerontius a Triumph

Triumph resulted from the Sacramento Choral Society & Orchestra's (SCSO) risky choice to perform Sir Edward Elgar's The Dream of Gerontius last Saturday at the Sacramento Community Center Theater. Portraying a pious man's journey to the afterlife, the brilliantly crafted piece pushed audience members to contemplate Judgment Day for its 90-minute running time. That's not an easy task for anyone. Still, the conclusion prompted a long, palpable feeling of silent awe before the audience exploded with gratitude.

Academics revere this intensely dramatic work as one of the greatest choral masterpieces of the early twentieth century, yet Americans rarely perform it. By contrast, Gerontius is the most frequently produced choral oratorio in England, beating out Handel's Messiah, according to Donald Kendrick, conductor of the SCSO.

The vocally taxing score put tenor Richard Clement through an emotional gauntlet as Gerontius. His lyrical tenor voice held strong down to his final impassioned notes.

Divided into three parts, the first of the work portrays Gerontius on his deathbed. Playing a priest, bass soloist Sean Cooper encourages Gerontius's soul to let go and pass to the next world. The second part follows the spirit's journey toward heaven and introduces his guardian angel sung by mezzo-soprano Kathleen Moss. In the third part, the angel guides Gerontius to the Court of Judgment where God awaits. After a glimpse of paradise, Gerontius requests a descent into purgatory for a time of penance before joining his father's kingdom.

The nearly 200-voice choir got the most interesting job of the bunch playing different roles as the story advanced. The chorus sang as "assistants" praying for Gerontius at his bedside. Later they shifted to chilling howls of musical laughter playing demons gathered



James McCormick,President SCSO, Donald Kendrick, Conductor, Richard Clement, Tenor, Kathleen Moss, Mezzo-Soprano, Sean Cooper, Bass, at the after performance reception.

at the Court of Judgment, salivating over potential suitors for hell. Choristers sounded like they could have blown out the roof singing "Praise to the Holiest," portraying the choir of "angelicals" in the Court of Judgment. They morphed into distant voices from purgatory at the program's hopeful, redemptive conclusion.

As a Catholic in heavily Protestant England, Elgar's Gerontius took a chance with several references to the Virgin Mary and purgatory, traditionally Catholic focuses. However, Protestants of that time ultimately cheered Gerontius as a welcome relief from popular scientific efforts to disprove God's existence, said Jim McCormick, board president of the SCSO.

He said Gerontius's personal relationship with God resonated with Protestants. They identified with his journey to judgment as one they would all experience when their own times on earth ended.

The SCSO put in extra rehearsals to avoid the disaster experienced at the premier of

Gerontius in 1900. Kendrick said those choristers hadn't prepared for the work's technical rigor, and the soloists struck the wrong operatic balance. Gerontius caught fire a few years later with a performance in Germany that ultimately thrust Elgar on to the national stage. Today he's largely known for composing the "Pomp and Circumstance" march played at graduations.

While singers executed clean, forceful vocals, the 61-piece orchestra ignited the performance with Romantic era drama. Kendrick's passion for Gerontius electrified the theater during his pre-concert lecture in which he highlighted the orchestration's expressive intricacies. He conducted the 90-minute score from memory, allowing him constant contact with the performers.

I pity Sacramento area residents who missed this rarely produced masterpiece. Don't drag your heels getting tickets the SCSO's May 10 performance of Mozart's Requiem. It's widely held as one of the most influential classical works of all time.

Opportunity is Knocking... Are You Answering?



By Delia Fling

Whether you are a first time homebuyer, investor or in need of a refinance, RUN, don't walk, to your lender. If you are a regular reader of my column, you know I don't mince words. Now is the time.

The Federal Reserve has been on a mission to keep the credit markets awash in liquidity to help them through problems far more serious than just coping with the sub-prime bubble. The Federal Reserve is the headliner in the Greatest Show on Earth, and their tight rope act is without a net. The force of inflation is being virtually ignored so as to take care of an economy that is "recessioning" (verb t.). Visualize

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FINANCIAL
with me that the FED is doing this stunt
not with a pole for balance, but rather

not with a pole for balance, but rather with a fire extinguisher in its hand. Each consecutive extinguisher blast is another interest rate cut or one of the various market "interventions" whose purpose is to calm the "yippie" credit markets. If the FED succeeds with this strategy, and we hope they do, the economy will start growing more rapidly. If that happens, the need for this accommodative monetary policy will disappear. That means interest rates will start going back up. More prosperity means more disposable income, some to buy houses...result - housing market rebounds.

In the meantime, the side affect to this

strategy will be inflation. With interest rates forced down so aggressively to keep our credit markets from freezing up causes a problem. The pressuring down of rates much more than would normally be necessary to stimulate the economy has a boomerang effect. The stimulus will be stronger than anticipated. Prices will rise - and could rise rapidly. This will warrant a significant reversal in interest rates back up. Don't be fooled – this could happen within a year not a decade.

What does this mean? Interest rates are not going to stay low long. Real estate values will start stabilizing as inventories lighten up. Today's opportunity will be in the near distant past.

If you want to take advantage of the current markets, call us for a complementary credit and home valuation. Opportunity is all around you; are you listening?

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.

Hook a Trout, Win a Prize

SMUD's Rancho Seco Recreational Area hosts annual spring trout derby

Pack your tackle boxes, load up your rod and reel and head out to the Rancho Seco Recreational Area for SMUD's semi-annual trout derby. Anglers hooking the heaviest trout will be awarded with cash prizes - up to \$100 for adults and \$50 for children under sixteen.

SMUD has been attracting thousands of local anglers since the first trout derby in 1993.

Date: Saturday, March 15 and Sunday, March 16

Time: 6 a.m. - 5 p.m. daily (rain or shine)

Location: Rancho Seco Recreational Area 14440 Twin Cities Road

The Rancho Seco Recreation Area boasts a 160-acre lake stocked with nearly 2,000 pounds of trout. Fishing enthusiasts can cast a line from the shore, fishing pier, or their own boat (electric trolling motors only -- no gas motors). In addition to trout, the lake has largemouth bass, redear sunfish, bluegill, black crappie and catfish.

A one-time \$3 entry fee will be charged to anyone interested in competing in the derby. All entrants age 16 and older must possess a valid California state fishing license.

Cash prizes will be awarded to those catching the heaviest fish in two separate categories – adult and kids. In the adult classification, prizes range from \$20 to \$100 and will be awarded

to the top 14 fishers. Prizes for children will be awarded for first (\$50) through sixth place (\$10).

The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnicking facilities, RV and tent camping sites, kayak and pedal boat rentals during the summer, and beach and swimming areas.

Rancho Seco Recreational Area

is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. The park is owned and operated by SMUD. Admission to the park is \$5 per vehicle (\$4 for seniors).

For more information or to schedule camping reservations, call (916) 732-4913 or go to www.smud.org.

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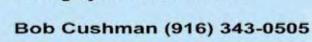
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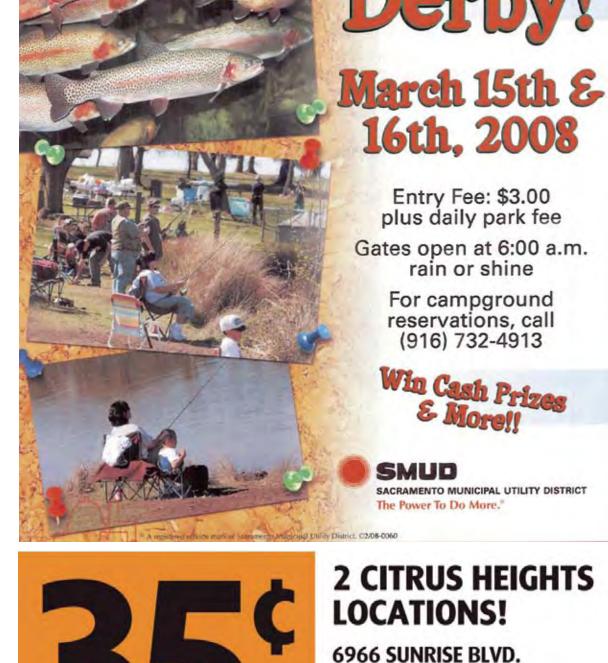
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Moneychangers Destroying America--And Christians Don't See It

"And the Jews' passover was at hand, and Jesus went up to Jerusalem, And found in the temple those that sold oxen and sheep and doves, and the changers of money sitting: And when he had made a scourge of small cords, he drove them all out of the temple, and the sheep, and the oxen; and poured out the changers' money, and overthrew the tables." John 2:13-15 (KJV)

The moneychangers of Jesus' day were the equivalent of the international bankers of our day. With the consent and approbation of the Jewish leaders, these bankers set up shop in the Temple. Their purpose was to exchange whatever currency the Jewish worshipper brought with him or her into Jewish currency, which would then be used to purchase whatever sacrifice the worshipper required. Of course, the exchange rates benefited only the bankers and Jewish leaders (and Caesar, who collected a tax on the exchange, of course). For everyone else, the system was nothing more than legalized extortion.

When Jesus saw what the bankers were doing, He was incensed. And throughout the Gospel narratives, this is the only occasion where Jesus is recorded as resorting to violence. He made a scourge (or whip) and drove the bankers out of the Temple by force and destroyed their tables, along with their records, receipts,

It is too bad that today's pastors and Christians do not share Jesus' disdain for the current generation of moneychangers, because it is the moneychangers who are in the process of destroying these United States of America--and our pastors and Christians either do not see it, or, if they do see it, do not seem to care.

It is modern moneychangers who bully and bribe our spineless and greedy politicians (from both parties) into passing so-called "free trade" deals such as NAFTA, CAFTA, and the FTAA, which have all but destroyed America's manufacturing base and have put millions of American workers out of their jobs. It is the moneychangers who are the driving force behind the burgeoning North American Union, which sacrifices America's national sovereignty and independence.

Over the weekend, Dr. Jerry Corsi reported that a new North American Army has been created, without the approval of Congress or any mention by the American media. In World Net Daily, Corsi reports, "In a ceremony that received virtually no attention in the American media, the United States and Canada signed a military agreement Feb. 14 allowing the armed forces from one nation to support the armed forces of the other nation during a domestic civil emergency, even one that does not involve a cross-border crisis.

"The agreement, defined as a Civil Assistance Plan, was not submitted to Congress for approval, nor did Congress pass any law or treaty specifically authorizing this military agreement to combine the operations of the armed forces of the United States and Canada

in the event of a wide range of domestic civil disturbances ranging from violent storms, to health epidemics, to civil riots or terrorist attacks.

"In Canada, the agreement paving the way for the militaries of the U.S. and Canada to cross each other's borders to fight domestic emergencies was not announced either by the Harper government or the Canadian military, prompting sharp protest."

Corsi further writes, "The military Civil Assistance Plan can be seen as a further incremental step being taken toward creating a North American armed forces available to be deployed in domestic North American emergency situations.

"The agreement was signed at U.S. Army North headquarters, Fort Sam Houston, Texas, by U.S. Air Force Gen. Gene Renuart, commander of NORAD and U.S. Northern Command, or USNORTHCOM, and by Canadian Air Force Lt. Gen. Marc Dumais, commander of Canada Command."

For the most part, the American media is blind, mute, and dumb regarding any of the issues relating to the merger of the U.S., Canada, and Mexico. The only notable media personality to give this matter any significant attention is CNN's Lou Dobbs. Obviously, the same moneychangers who control Congress also largely control the mainstream media.

The last three American Presidents, too, have been willing pawns in the hands of the moneychangers. Remember, it was Bill Clinton and Senate Minority Leader Bob Dole who collaborated to shove NAFTA down our throats. It was Bush 41 who first publicly promoted a "New World Order." But it has been George W. Bush who has done more to appease the globalist plans of the moneychangers than any President since Woodrow Wilson.

G.W. Bush has used the rubric of "the war on terrorism" to dismantle not only the personal liberties of the American people (most notably with his Gestapolike Patriot Act), but also the constitutional principles of national sovereignty and independence. For example, back in 2006, G.W. Bush eviscerated one of America's most sacred doctrines protecting liberty and independence: the Posse Comitatus Act of 1878, which disallowed U.S. military troops from being used against U.S. citizens. (Of course, this did not stop Bill Clinton and Janet Reno from using U.S. troops against U.S. citizens at Waco, Texas. And thanks to G.W. Bush, the crime was permanently covered up.)

The expunging of Posse Comitatus becomes even more jeopardous when one considers the current merger of U.S. and Canadian military forces. Dr. Corsi

explains: "In an exclusive interview with WND during Vigilant Shield 2008, Gen. Renuart affirmed USNORTHCOM would deploy U.S. troops on U.S. soil should the president declare a domestic emergency in which the Department of Defense ordered USNORTHCOM involvement.

"In May 2007, WND reported President Bush, on his own authority, signed National Security Presidential Directive 51, also known as Homeland Security

Presidential Directive 20, authorizing the president to declare a national emergency and take over all functions of federal, state, local, territorial and tribal governments, without necessarily obtaining the approval of Congress to do so.

(See Jerry Corsi's complete report at http://www.worldnetdaily.com/index. php?fa=PAGE.view&pageId=57228)

Are readers getting this? George W. Bush, on his own signature, with no approval from Congress and no input from the American people, has seized unlimited power for the Presidency; he has dismantled the constitutional protections of the American people; he has ignored the courts; he has begun creating the merger of the U.S., Canada, and Mexico, including the merger of the U.S. and Canadian militaries; and he has refused to enforce U.S. immigration laws, thus facilitating a borderless North America. And all of this has been done at the behest of David Rockefeller and his cabal of moneychangers at the Council on Foreign Relations (CFR).

When Jesus saw the moneychangers in the Temple, He drove them off with violence. Yet, today's pastors and Christians cannot even seem to see what these same moneychangers are doing to America. They support candidates simply because they have an "R" behind their names, vainly imagining that these candidates are somehow better than the ones with a "D" behind their names. The truth is, however, John McCain and Mike Huckabee are as beholden to the moneychangers as are Hillary Clinton and Barack Obama. Why can't Christians see this? Why are they so blind?

The one man who made it through the Republican Presidential primaries who was not only not beholden to the moneychangers, but who was vehemently opposed to them, was Congressman Ron Paul. But most pastors and leaders of the Religious Right, not seeing or understanding the evil being done by the moneychangers, not only did not support Ron Paul, but they actively supported (and continue to support) the moneychangers' puppet candidates.

I'm sure if Jesus had taken time to sit down and dialogue with those First Century moneychangers, they could have come up with very nice, flowery speeches as to how they were doing the Jewish people a service; how they were patriotic Romans and/or pious Hebrews. But Jesus did not need to dialogue with them: He knew what they were. And He knew what He needed to do; and He did it.

What Jesus did is exactly what every pastor, Christian, conservative, and every other real American should do: rise up against these moneychangers and drive them out of power! But we cannot accomplish this until we see them for what they really are: power-mad extortionists who seek to enrich themselves at the expense of America's freedom and independence. Do you think our fellow pastors and Christians will ever see it?

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Phony Homeowners Group Fronts Phony Ballot Measure By Jon Coupal

The story is told that to fool Catherine II, Russian minister Grigori Potemkin constructed hollow facades of villages along the desolate banks of the Dnieper River. When the monarch and her entourage sailed by, they were impressed with the prosperity in her new territories.

Backers of a phony property rights measure, Proposition 99 on the June ballot, have borrowed a page or two from Potemkin's book.

Last year, taxpayers, farmers and small business owners began qualifying a measure for the ballot -- Proposition 98 -- that would bar cities and counties from seizing private property from unwilling sellers so it can be turned over to favored developers for strip malls and other for profit projects.

To protect local officials' power over private property, the League of California Cities drafted their own initiative, Proposition 99 -- which is as fake as a three dollar bill. Although designed to be cosmetically attractive, a closer examination reveals that it is just another hollow shell. The non-partisan Legislative Analyst's Office states Proposition 99, "is not likely to significantly alter current government land acquisition practices." In other words, Proposition 99 does nothing. Well, it does one thing. If it passes with more votes than Proposition 98, which is the "real deal" for property owners, it invalidates all the protections contained in that measure

Here is why the League of California Cities and their developer allies should be sending a royalty check to Potemkin for using his ideas. Not only have they constructed an initiative that has nothing of substance on the inside, but to further confuse the voters, they are featuring its support by the League of California Homeowners, Inc. While this attractive name may cause many voters to think this is a broad-based statewide homeowners organization, it is actually a corporation whose primary function is to act as a contractor referral service.

In fact, this organization is essentially a one-man-band headed by its president, Upland City Councilman Ken Willis. Apparently, Willis values his power to take property in his community because he is willing to violate his organization's bylaws to back the fake Proposition 99, and oppose the genuine Proposition 98. The bylaws of the League of California Homeowners clearly state, "...the Corporation shall not participate or intervene in any political campaign on behalf of any candidate for public office or for or against any cause or measure being submitted to the people for a vote."

However, the website for the deceptive Proposition 99 lists the League of California Homeowners on the top of the

list of endorsers.

The same website shows this "homeowners group" as an opponent of Proposition 98, which would actually curtail abuses of governments' right to take private property.

What we have here is a contractor referral service with a misleading title being used to screen a phony property rights initiative.

Potemkin would be proud. Property owners will get more protection from "20,000 Leagues Under the Sea" than they will from the League of California Cities, the League of California Homeowners and their fraudulent Proposition 99.

Proposition 98, proudly sponsored by the Howard Jarvis Taxpayers Association, the California Farm Bureau Federation and the California Alliance to Protect Private Property Rights, will allow governments to take property only for genuine public purposes, like schools and roads and will bar the seizure of property so that private developers can make a profit.

With the passage of Proposition 98 in June, property owners will get real protection, not just happy talk.

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

California Legislative Watch



By Yolanda Knaak

AB 624 Private Foundations, requires philanthropic foundations over \$200 million to collect, report, list on the foundation's website and include in their annual report the following information: 1. Racial and gender composition of their boards 2. Number of grants and percentage of grant dollars awarded to organizations serving

"communities". AB 624 has passed the Assembly and has gone to two Senatorial committees: Business and Professions; and Judiciary. If one wants to make their opinion known, contact the Senate Judiciary Committee Chairman, Dave Jones, the phone number is (916) 319-2009 and the Committee Members (contact numbers can be found by using an internet search engine).

SB 1066 Domestic Partnerships, was introduced into the State Senate January 10th (2008) and is presently before the Senate Judiciary Committee, with a hearing scheduled for 3/11. Present law allows domestic partnerships between couples of the same sex who are over 18 years of age or anyone over 65. This bill expands the law to "any two people living under one roof, sharing one another's lives and who are over 18". If one wants to make their opinion known, contact ethnic minorities, and lesbian, the Senate Judiciary Committee gay, bisexual and transgender Chairman, Dave Jones, contact Republican Party Central Committee.

information is listed above under AB 624.

SB 60 "Drivers Licenses for illegals", last year the bill passed the California State Senate, the Assembly Transportation committee and the Appropriations Committee. The bill was held over for the 2008 legislative session which started January 7th. SB 60 has been presented before the State Assembly; a floor vote may take place anytime. If SB 60 passes the State Assembly, then the bill will go directly to the Governor's desk. If one wants to make their opinion known, call, write or fax your Assembly Member (contact information is in the front of the phone book) and Governor Arnold Schwarzenegger, his phone number is (916) 445-2841.

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

Religious Constitution Invites Blasphemy Death Sentence

"Death sentences for blasphemy, such as the one handed down to Sayad Kambakhsh in Afghanistan recently, are to be expected under any constitution that enshrines Islam as the state religion and the Koran as the supreme law of the land," said Thomas Bowden, an analyst at the Ayn Rand Institute.A council of mullahs acting under court authority has decreed capital punishment for Kambakhsh, a 23-year-old journalism student charged with possessing anti-Islamic books, starting un-Islamic debates in class, and downloading and distributing Internet articles saying that Muhammad ignored women's rights. The sentence, which has been endorsed by Afghanistan's upper house of parliament, is on appeal. Afghanistan's president has hinted at clemency, but only after appeals are finished."In 2006, mobs of clerics were clamoring for the death of Abdul Rahman, an Afghan whose 'crime' was converting to Christianity," Bowden said. "And now, Sayad Kambakhsh faces death

unless a growing international outcry embarrasses Afghanistan's government into lifting the sentence." Criminal punishment of blasphemy is certainly unjust and outrageous, but ad hoc protests offer no long-term solution. If Islam's stranglehold on Afghanistan's government is to end, that nation must adopt an American-style constitution protecting individual rights, including freedom of speech and religion. The strict separation of church and state erects an institutional barrier to religious persecution, as American history shows."But a nation that exalts mystical dogma and tribal allegiances cannot be expected to think in such terms. 'The guy should be hanged,' said an 18-yearold student at the American University in Kabul, calling for Kambakhsh's swift execution. Said a Muslim cleric: 'He should be punished so that others can learn from him.' For such people, freedom is an intolerable obstacle to the overriding goal of enforcing Islam."When the Bush administration

invaded Afghanistan, its stated policy was to promote 'democracy.' That policy has now achieved its exact aim. The Afghan government reflects the democratic will of the people. The people want to kill blasphemers, and their constitution allows them to do so lawfully."Bush's policy was based on his delusional belief that Afghans are as freedom-loving as Americans. But what they truly value is religion. Sayad Kambakhsh is living--perhaps dying--proof that religion injected into government is hostile to freedom.

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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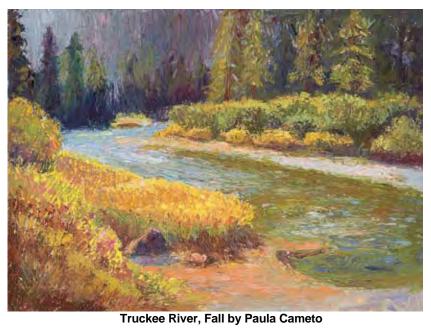
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Chroma Gallery Celebrates Anniversary New Artworks Gallery with Images of Northern California Presents De Colores

So Near-So Far! Chroma Gallery, Sacramento's premiere plein air gallery has come so far, and it is time for a celebration. Chroma artists are bringing together an all new tenth anniversary exhibit featuring images of Northern California – the mountains to the shore, with special emphasis on Sacramento and the American River. Highly regarded for their landscapes and plein air works Chroma artists mark a decade of excellence by asking you to join the Second Saturday Celebration, March 8th. 5 PM to 9 PM. Visit the gallery, meet the artists and enjoy both visual and culinary treats and libations. There will be demonstrations by renowned master artist Susan Sarback and other artists of Chroma illustrating the creative process for the beautiful paintings of Chroma Gallery. This is more than just a party; it's an expression of appreciation for the support and friendship of many loyal admirers and collectors over the years and also to welcome new visitors to Chroma Gallery. Chroma Gallery is



located at 10030 Fair Oaks Blvd, just off Sunrise Blvd., in the Village of Fair Oaks. Open Thursday - Sunday from noon until 5PM, Second Saturday until

9PM or by appointment. Phone (916) 966-6020 for more information visit the website at www.thechromagallery.com

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 Artists of Timber Creek Gallery also open with other works for sale

• Raffle Prizes

For further information contact Bobbie Powell at bobbiepowell@ surewest.net or by phone at 916/771-4257 or 916/204-5020 (cell phone)



Silvia Trujillo and Fellow Artists

Chaco Valley by Elma Jella

New show: March 18 - 29

Sat. March 22nd 5:00 - 8:00 pm

This show will present an array of oil, acrylic and watercolor paintings by over 15 artists demonstrating unique and individual styles of painting that range from impressionist and realistic to abstract and non-representational approaches.



Hills Aglow by Silvia Trujillo



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



New Artworks Gallery presents "De Colores", featuring Joan Gunter, Mary Louis Mock, and Richelew Parker. These local artists provide an up close view of nature decked out in full color, from sparkling florals, and wildlife, to amazing abstracts. Come wander through the gallery and ENJOY the life they bring to all.

The 2nd Saturday Reception will be held on March 8th, from 5:00-9:00 PM. at 10239 Fair Oaks Blvd., Fair Oaks, CA

Gallery hours: Wed.-Sun. 11-5PM, and by appointment. Call 916-962-7362, visit us online at www. thenewartworksgallery.com.

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Please free to contact me for additional information. I can be reached on (916) 622-6315, or you can leave a message at the gallery number listed



Abstract 2 by Mary Louis Mock



Sacramento Auditions Announced for the 2008 Music Circus Season

California Musical Theatre is looking for performers for the 2008 Music Circus season at the Wells Fargo Pavilion. This is the 58th season of Music Circus, presented by California Musical Theatre, a nonprofit performing arts organization under the leadership of Executive Producer Richard Lewis and Artistic Director Scott Eckern. Music Circus auditions performers in New York, Los Angeles and Sacramento.

The 2008 Music Circus lineup is: The Sound of Music (July 5 - 13); Gypsy (July 15 - 20); Sweeney Todd (July 22 - 27); Swing! (July 29 - August 3); My Fair Lady (August 5 - 10); Evita (August 12 - 17); and Hairspray (August 19 - 28). Sacramento auditions for Singers and Actors (ages 15 and above) will be held on Wednesday, Thursday and Friday March 19 - 21, beginning at 6 p.m. at the Wells Fargo Pavilion, 1419 H Street, Sacramento by appointment only. Appointments may be scheduled by calling the audition hotline at (916) 448-1239, Monday through Thursday, March 3 - 6, 12 p.m. - 4 p.m. and Monday through Thursday, March 10 - 13, 12 p.m. - 4 p.m.

Casting opportunities for singers are available for all productions. Auditioners should be prepared to sing a ballad or an up-tempo song and must bring sheet music in his or her own key. An accompanist

will be provided. More mature actors may substitute a one-minute monologue in place of a singing audition.

Dance auditions (ages 14 and above) will be held on Saturday, March 22 at The Ballroom of Sacramento, 6009 Folsom Boulevard, between 60th and 61st Streets, at 10 a.m. Appointments are not required. Separate audition appointments for dancers will not be scheduled. Casting opportunities for dancers are available for all productions. Auditioners should arrive to check in at 9:00 a.m. The audition will begin promptly at 10:00 a.m. Dancers should be registered, dressed in appropriate dance attire and warmed up by 10:00 a.m. Performers should be prepared to learn a dance combination, and everyone should also bring sheet music in his or her own key in the event they are asked to sing. Dancers will also have the opportunity to be considered for participation in a series of dance classes this summer with visiting guest instructors. For more information about the dance classes, call Carrie at (916) 446-5880, ext. 147.

Auditions for Children ages 7 - 14 will be held Saturday, April 12, and Saturday, April 19, beginning at 10 a.m. at the Wells Fargo Pavilion at 1419 H Street in Sacramento by appointment only. Appointments may be scheduled by calling the audition hotline at (916) 448-1239, Mondays through Thursdays, March 31 - April 3 and April 7 - 10, 12 p.m. - 4 p.m.Each child should be prepared to sing and bring sheet music in his or her own key. An accompanist will be provided. Dance audition will take place during callbacks. Children will be cast

in:The Sound of Music: 2 boys, ages 8 - 14 to play Friedrich and Kurt Von Trapp, who are strong singers whose voices have not changed and who move well. 4 girls, ages 7 - 12 to play Gretl, Marta, Brigitta, and

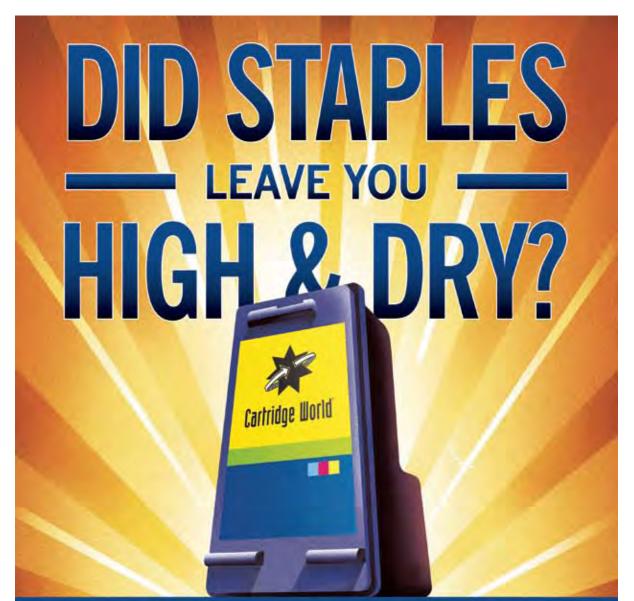
Louisa Von Trapp, who are strong singers and move well. Gypsy: 1 girl, age 7 - 12 to play Baby June, the very cute & youngest daughter of Mama Rose, who is a triplethreat performer, has strong, confident singing voice, and is a strong dancer. 1 girl, age 8 - 12 to play Baby Louise, June's older sister, who is a confident singer and strong dancer. 3 boys, ages 7 - 12, who are strong singers and dancers. Evita: Boys and girls, ages 8 - 13, who are strong singers and dancers.

California Musical Theatre actively solicits women and minorities for non-traditional casting opportunities. Music Circus is a professional theatre organization. Union members and nonunion performers are welcome. Music Circus was founded in 1951 as the first professional musical theatre in the round west of the Mississippi. Until 2002, its first-class summer stock productions were presented under a canvas tent, the last of its kind in the country. In 2003, the company introduced its new, modern tent-theatre, the Wells Fargo Pavilion, which combines the traditional arena stage with improved audience comfort. Music Circus operates under a contract with Actors Equity Association, the union for professional actors in the United States. The performing company will be announced in late spring.For more details, visit www. SacramentoMusicCircus.com.

Auditioning tips and links

Websites for audition tips:www. actingmagazine.com/film38.htmlwww. musicalsingers.com/auditioning/audition-tipsfor-kids.htmwww.musicaltheatreaudition. comwww.stageagent.comSheet

Music Sites: www.musicnotes.com www.sheetmusicscore.com



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