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— RONALD REAGAN

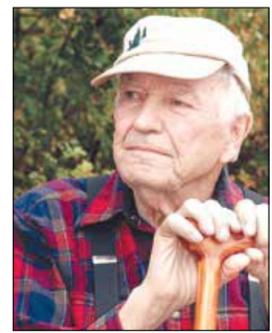
Carmichael Times

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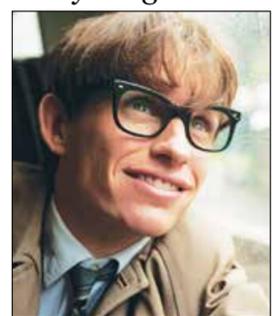
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“Ranger Jack” Koobs Passes Away at 94



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The Theory of Everything



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Restaurant VIPs Feed Ambition *Culinary Careers Championed at Local Schools*



Above: Visiting restaurateurs Bobby Coyote (left) and Chris Jarosz (center) toured the Leo A. Palmiter High School garden and met with culinary students and instructor Jeff Zahniser. Right: In a Leo A. Palmiter High School kitchen, visiting restaurant executive Mikki Stevens (center) and instructor Jeff Zahniser (right) viewed pasta-prep by culinary student Aaron Namco.

Story and photos by Susan Maxwell Skinner

SACRAMENTO REGION, CA (MPG) - Something other than food was cooking when celebrity restaurateurs recently showed up at two Sacramento-area schools. Indeed, inspiration was on the menu.

At Leo A. Palmiter High in Arcade, 30 teenage culinary students heard about how Bobby Coyote started out as a soda jerk and now operates his own restaurant chain, how Chris Jarosz washed enough dishes to eventually own several food trucks and three restaurants, and how Mikki Stevens started out as a hostess and now directs operations for the company that runs Johnny Rockets franchises.

Student counterparts at San Juan High in Citrus Heights also got job hunting tips from an insider in the industry that, after the Government, is America's second-greatest employer.

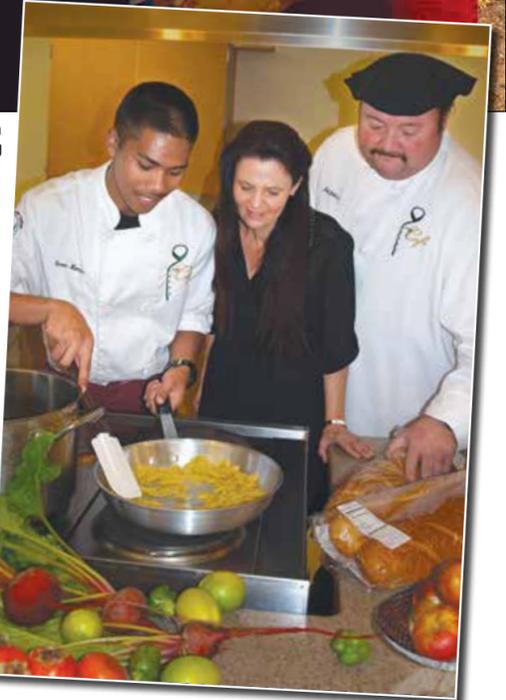
The visits were part of a new program launched by the California Restaurant Association. Force In Training (FIT) aims to encourage industry recruitment by supplying

mentors for culinary students. On the day of the two Sacramento visits, the association sent 70 professionals to dozens of California schools.

Their presentations emphasized “soft skills”—hard to teach but vital habits for employment—like being punctual, being clean, respecting co-workers, and minimizing social media use on the job. “It sounds obvious,” said Leo A. Palmiter Culinary Arts teacher Jeff Zahniser. “But many employers complain schools are turning out workers who lack social skills. The mentors got through to my kids. They see a successful chef who has tattoos and tells them he didn’t do that well at school and that he started off washing dishes. The kids think, well, if he can do well, so can I.”

The tattooed chef in question was Sacramento icon of cool Chris Jarosz (46), who owns

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Sacramento Area Makes Top 50 Healthiest List

SACRAMENTO COUNTY, CA (MPG) - According to a new survey, Sacramento is one of the top 50 healthiest areas in the nation. Nerdwallet, a data-analysis company, conducted its annual study of health in metropolitan areas using assessment factors of overall fitness, medical care accessibility, and healthcare coverage.

Nerdwallet’s findings say 40.9% of Sacramento residents are at a healthy weight in concordance with the Centers for Disease Control (CDC) standards. As denizens of the Farm-to-Fork Capital of America, locals can easily maintain a balanced diet shopping for nutritious foods at one of the certified farmers’ markets. The area is populated with healthy-option restaurants partnering with the Farm-to-Fork network to deliver fresh ingredients in gourmet meals.

A solid 84.7% of Sacramentans stay physically active with more than 400 gyms, a collection of bike trails, and plenty of parks from which to choose. The county is home to the 32-mile Jedediah Smith Memorial Bicycle Trail along



Nerdwallet’s findings say 40.9% of Sacramento residents are at a healthy weight in concordance with the Centers for Disease Control (CDC) standards.

the American River Parkway, which is popular among cyclists, hikers, and joggers. Residents can also visit the four regional parks and numerous city and urban parks to enjoy clean air and a variety of family-friendly park activities throughout the year. For those who prefer the indoors, many yoga, dance, and fitness classes are also available in the area.

The survey reveals that 85.9% of the population is health insured and approximately

318 physicians and surgeons are available to tend to every 100,000 residents. Sacramento Covered is working with key partners from hospitals, community organizations, and county health agencies to enroll and educate the entire community about low-cost healthcare through Covered California.

The Sacramento-Arden-Roseville area placed 3rd as the healthiest area in California and 11th in the nation. Sacramento residents who resolved to improve their health and well-being this year have the privilege of living in a place where it is easy to do.

Sources: Sacramento County and Gospel Cruz ★



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Shades of Carmichael: A Parade of Painted Umbrellas

CARMICHAEL, CA (MPG) - Local artists are invited to design unique, one-of-a-kind umbrellas for "Shades of Carmichael," a fundraiser for the Sacramento Fine Arts Center (SFAC) and the Carmichael Recreation and Park District (CRPD).

To reserve an umbrella, call Margaret at (916) 704-8611 or the SFAC at (916) 971-3713. Artists may work individually, in partnerships, or in groups. Artists can also attend paint days at SFAC where some paints will be provided (dates of paint days are TBA). The deadline for completed umbrellas is March 16th.

Umbrellas will be on display at the SFAC from March 24th until March 28th and will be displayed in conjunction with the Effie Yeaw Nature Exhibit from May 12th until May 16th. An Artists Reception will be held on Friday, May 15th from 5:30-8:30 p.m.



Umbrellas will be on display at the SFAC from March 24th until March 28th and will be displayed in conjunction with the Effie Yeaw Nature Exhibit from May 12th until May 16th. An Artists Reception will be held on Friday, May 15th from 5:30-8:30 p.m.

at Carmichael Park for a Silent Auction on Saturday, May 16th from 10:00 a.m. to 4:00 p.m. (in the event of rain on the 16th, the display and auction will be held on May 30th). Children's arts and crafts are provided at the event for a minimum charge.

Participating artists are also

invited to display and sell their other artwork.

Vendor booths are available for the event; booths are \$20 for SFAC members, \$30 for non-members, or \$10 with a painted umbrella.

Source: Carmichael Chamber of Commerce ★

CARMICHAEL COMMUNITY UPDATE



- Through the generosity of the Carmichael Times, this column serves to provide an update about matters affecting the unincorporated community of Carmichael.

February Community Coffee Meeting

If you are an early riser, please consider attending any one of my Community Coffee Meetings that will be held throughout the year in the morning in nearby Fair Oaks.

We will meet four times during the year at 7:30 a.m. at the Fair Oaks Water District's conference room, 10326 Fair Oaks Blvd. near Winding Way. The first meeting of the year will be on Wednesday, February 18th, and the guest speaker will be County Executive Brad Hudson.

A full listing of my Community Coffee Meetings for 2015 is on my webpage at www.bos.saccounty.net.

Help Catch Animal Killer

A \$20,000 reward is being offered to find the person who set fire to a dog in a pet travel crate, the fourth in a series of recent animal cruelty cases in the Sacramento area.

The most recent incident occurred in Arden Arcade in the 3000 block of Becerra Way, near Watt and Marconi Avenues. So far, Sacramento County Sheriff's detectives have not found the person responsible for the dog's death.

Sacramento Metropolitan Fire District has teamed with the Humane Society of the United States and other donors to offer the reward for information leading to the arrest and conviction of the person responsible.

If you have any information that may help, please call Metro Fire's Arson Tip Line at (916) 859-3775. To donate to increase the reward pledge amount, please email the SPCA at tpopma@sspeca.org.

No-Cost Feline Spay and Neuter Services

To address cat overpopulation, no-cost spay and neuter services are being offered for a limited time for owned or feral cats throughout

the entire Sacramento County area.

By making this no-cost service available to all of Sacramento County area residents, the Department of Animal Care and Regulation believes it can spay or neuter well over 2,000 animals in 2015 with the goal to help address unwanted litters and lost or stray animals coming into the shelter, reduce euthanasia rates, and help folks who want to do the right thing as responsible pet owners but are financially challenged.

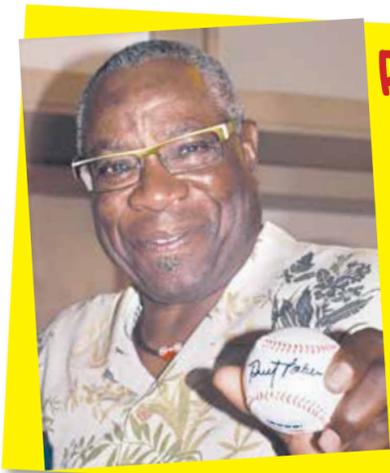
The no-cost spay and neuter services are available by appointment only at the Animal Spay and Neuter Clinic (a nonprofit, high-volume animal spay/neuter clinic) next to the County's Bradshaw Animal Shelter at 3839 Bradshaw Road. To make an appointment, call the clinic at (916) 368-7314.

This free service is being funded by the clinic, Sacramento County, and donations from Friends of the Sacramento City Shelter Animals, Teaching Everyone Animals Matter (TEAM), and LAPCATS.

Susan Peters represents the Third District on the Sacramento County Board of Supervisors. She can be reached at susanpeters@saccounty.net. ★

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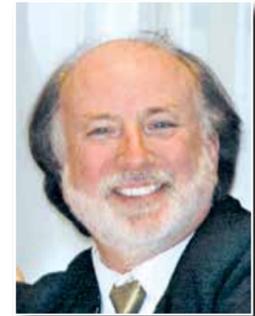
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Publisher, Paul V. Scholl

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Drain After the Rain to Prevent Mosquitoes

Warm Temperatures and Recent Rain May Bring Mosquitoes

SACRAMENTO REGION, CA (MPG) - The Sacramento-Yolo Mosquito and Vector Control District reminds the public to “drain after the rain” to prevent mosquitoes! Wet weather followed by warm temperatures can create the ideal mosquito breeding conditions so it becomes necessary to have good water management practices around the house.

“The recent storm left a lot of stagnant water,” said District Manager Gary Goodman. “We urge everyone to inspect their yard and dump out water from household containers such as buckets, flowerpots, bird baths, and old tires that may breed mosquitoes.”

Goodman said, “The dry and warm weather conditions expected for the next few days may bring mosquitoes out. You may notice more mosquitoes during your evening walk. ... These are hungry mosquitoes that had been hibernating over the last

few months and are now ready to bite and begin their life cycle.” Fortunately, these mosquitoes are not the species that can transmit West Nile virus and so are considered a seasonal nuisance.

While it is still very early in the year, it’s important for the public to stay protected against mosquitoes and diseases such as West Nile virus. Last year was a very intense West Nile virus season and 798 human cases were confirmed throughout the state, including 10 in Sacramento County and 10 in Yolo County.

The Sacramento-Yolo Mosquito and Vector Control District provides year-round mosquito and vector control services. The main goal for the District is to protect public health by preventing the transmission of diseases and improving the quality of life for all residents.

Practice the District D’s of Mosquito Prevention:

- Drain standing water that may produce mosquitoes.
- Dawn and dusk are times to avoid being outdoors.
- Dress appropriately by wearing long sleeves and pants when outside.
- Defend yourself by using an effective insect repellent, and make sure to follow label directions.
- Door and window screens should be in good working condition.
- District personnel are also available to address any mosquito problems. Call them at (800) 429-1022 or visit www.FightTheBite.net to report any stagnant water breeding sources or if mosquitoes are a nuisance in your area.

Source: Sacramento-Yolo Mosquito and Vector Control District ★



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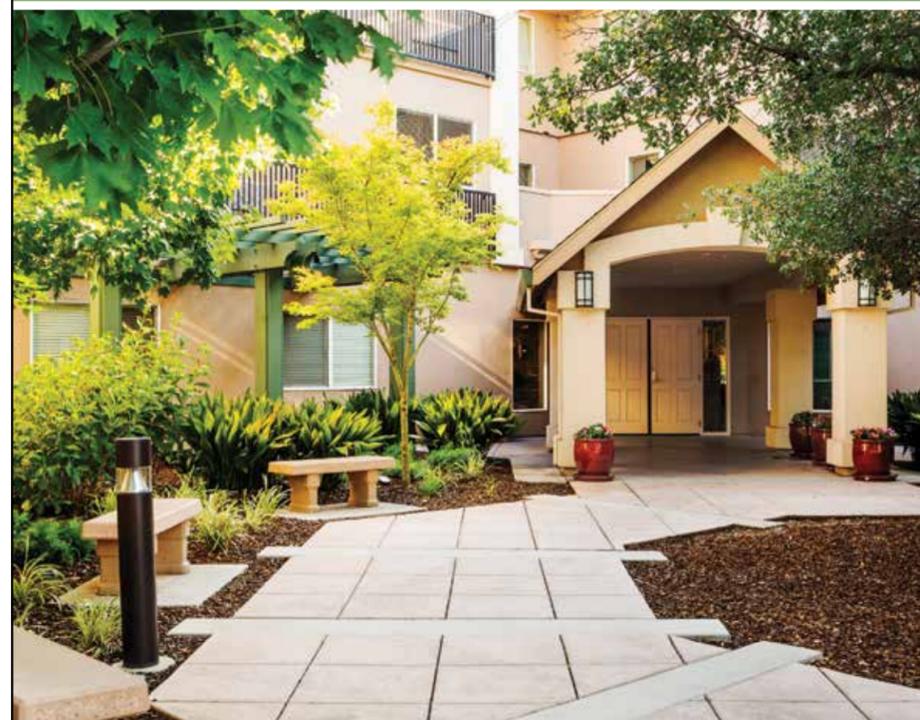
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Life Coach Seminar

Thursday, February 26 | 3:00 to 4:00 pm

Julie Woodworker Hubbs, of Woodworker Life Coaching, will share information on lifestyle changes, rediscovering strengths and talents, and increasing happiness and well-being. She’ll also discuss her “Java with Julie” program, a therapeutic session for seniors.

Space is limited for these events – RSVP at **916.993.5039**.

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Another Lie: Proposed \$1.8 Billion Tax on CA Drivers



Commentary
by Jon Coupal, President
of the Howard Jarvis
Taxpayers Association

hike. The truth is that new taxes would never be required were it not for Sacramento's mismanagement of existing tax dollars.

Last week, it was the proposal to deal with the very real problem of "revenue volatility" in California's tax structure with the very unreal "solution" of a \$10 billion tax on services.

But the latest proposal comes from new Senate leader Toni Atkins who proposes a brand new tax on drivers to pay for highway and road repairs in California. This new "fee" would take \$1.8 billion dollars out of the pockets of hard working California citizens over the next five years.

Now, most Californians would wholeheartedly agree that our roads are in terrible shape. Years

of neglect have resulted in a highway system that, according to a recent state report, requires a massive infusion of \$59 billion. But taxpayers have a very good question that has yet to be answered: How is it that California has the highest gas tax in the nation and yet cannot keep its roads in decent condition?

Moreover, although the exact nature of this new "fee" has yet to be determined, Senator Atkins' comments in proposing the new revenue source can only be described as foolish and insulting. Here is what she said: "California cannot have a strong middle class or a thriving economy if our roadways are congested and people and goods cannot move efficiently."

Really? A left-wing politician

now claims that this new tax is needed to protect the middle class? She is simply blind to the truth that the progressive policies of heavy taxation and over regulation are crushing the middle class in California. As is so common now in California, statements from politicians such as Atkins reveal a profound disconnect between their pampered lives and the lives of ordinary citizens.

So, instead of slamming Californians with another tax hike, what is a better way to meet the funding needs for our crumbling highway system? Glad you asked.

First, let's demand that gas tax revenues pay for roads, not bike lanes, environmental mitigation programs and mass transit. The latter programs are all well and good, but gas taxes should go for

roads. (For purposes of full disclosure, as a cyclist I support bike lanes. But I don't want my gas taxes paying for them).

Second, how much of our transportation dollars are wasted on burdensome labor restrictions? So-called "Project Labor Agreements" add between 25 to 35% to the cost of highway construction. Let's get rid of PLA's and, while we're at it, "prevailing wage" laws which also add to the cost of construction unnecessarily.

Third, let's direct valuable transportation dollars to those systems that actually work. This would mean abandoning the doomed-to-fail High Speed Rail Project that is sucking up tax dollars in a way that voters never approved.

Fourth, we can agree that gas tax revenue has fallen a bit short

of expectations because cars are now more fuel efficient. But if that is the case, why does the state still subsidize electric vehicles? Shouldn't we abandon those subsidies and direct those dollars to filling potholes?

Instead of reflexively demanding higher taxes, our elected officials should do what other states seem to do without controversy – prioritize spending. Now there's a novel concept.

Jon Coupal is president of the Howard Jarvis Taxpayers Association — California's largest grass-roots taxpayer organization dedicated to the protection of Proposition 13 and the advancement of taxpayers' rights.

Originally published at HJTA.org

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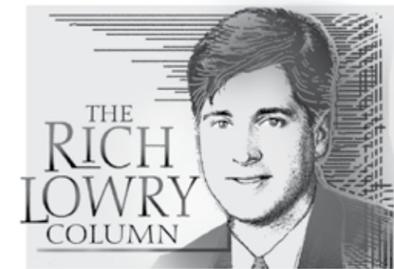
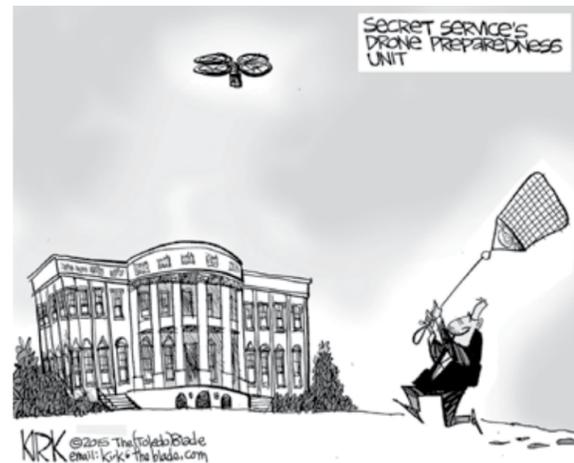
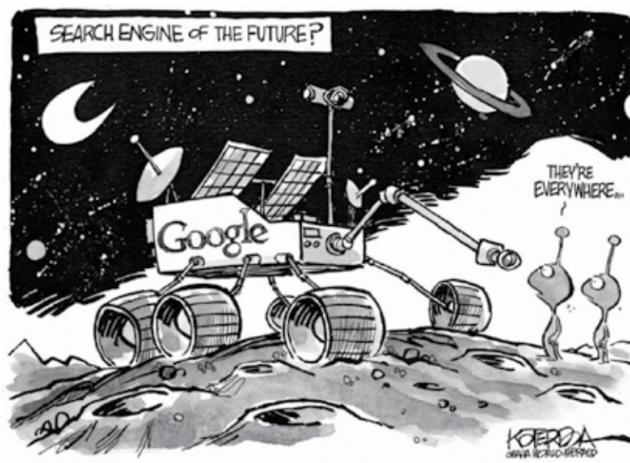


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THE RICH LOWRY COLUMN
By Rich Lowry

The White House's Emily Post Moment

The White House has now become a stickler for protocol, especially when it comes to relations between the two political branches.

The new persnickiness arises from House Speaker John Boehner's invitation to Israeli Prime Minister Bibi Netanyahu to speak before a joint session of Congress in March. The invite is being denounced as a major breach and new low in Washington because he didn't, as had been the traditional practice with such invitations, coordinate with the White House.

As far as violations of the separation of powers in the Obama era, it's hard to see how this even comes close to registering. Maybe Emily Post wouldn't approve,

and with a different administration it would be worth honoring every courtesy, but we are far beyond that now.

President Barack Obama has a notoriously piratical attitude toward Congress. He deliberately and gleefully trampled all over its role as the lawmaking branch, and cast aside his own as the executor of the laws. He has distorted the constitutional order to suit his whim, and now his allies are peeved that John Boehner made a wayward speaking invitation?

According to David Rogers of Politico, the speaker's office had tried to coordinate with the White House on a prior 2011 invitation to Netanyahu and got no response. More to the point: The speaker leads a coequal branch of government.

He can invite or not invite anyone he wants, up to and including the president, who is only invited to give the State of the Union address before a joint session of Congress as a matter of tradition. He can invite Phil Robertson or Neil deGrasse Tyson, the archbishop of Canterbury or the pope, just as he pleases.

The speaker shouldn't have to wait for White House sign-off for his invitations to address the House any more than the White House should coordinate with him whom it invites into the Oval Office.

The context of Netanyahu's visit is,

of course, the nuclear talks with Iran. The administration is in a panic to get a deal with Iran, any deal. At this point, it doesn't want to hear a discouraging word from anyone, least of all Netanyahu, who is such a powerful communicator. It's not as though the White House opposes on principle interventions by foreign leaders into our Iran policy.

The legislation in question is bipartisan, and reasonable enough. Sponsored by Sens. Robert Menendez, D-N.J., and Mark Kirk, R-Ill., it would restore sanctions that have been loosened on Iran in the event there is no deal by the new June deadline for negotiations. And it would steadily tighten them thereafter. The White House is worried that the prospect of more sanctions will destroy its delicate dynamic with Iran, although Iran has continued to extend its tentacles in Yemen, Syria and Iraq without any fear of spooking us.

In a congressional hearing last week, Sen. Menendez lambasted the administration line on the sanctions bill that "sounds like talking points that come straight out of Tehran." That is from a leading foreign-policy voice of the president's own party. At least the unwelcome guest, Bibi Netanyahu, will be more polite.

Rich Lowry is editor of the National Review.
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Free Weekend Activities at Effie Yeaw Nature Center

CARMICHAEL, CA (MPG) - The Effie Yeaw Nature Center (2850 San Lorenzo Way) is hosting a series of free, fun, and informational events this February. There is a \$5 per car county entrance fee into Ancil Hoffman Park (free to members). Donations are gratefully accepted.

Duck, Duck, Goose: Winter

is a great time to see waterfowl along the American River. On Saturday, February 14th at 10:30 a.m., join a naturalist on a guided walk to look for herons, ducks, geese, and other birds along the river. Bring your binoculars or borrow some from the Nature Center. All ages are welcome.

Pipevine Swallowtail: Come

to the Nature Center on Sunday, February 15th at 1:30 p.m. to learn about this beautiful butterfly and its amazing life cycle! Then take a hike with a naturalist to look for the butterfly's Pipevine plant host with its unique blossoms. All ages are welcome.

Source: Effie Yeaw Nature Center ★

Italian Film Festival Presents *Dieci Inverni*

CARMICHAEL, CA (MPG) - Dieci Inverni (Ten Winters), the fourth of six films in the Sacramento Italian Cultural Society's 2014-2015 Italian Film Festival, will be shown at 8 p.m. on Friday, February 20th in the Italian Center, 6821 Fair Oaks Blvd. in Carmichael.

This award-winning drama, directed by Valerio Mieli and starring Isabella Ragonese and

Michele Riondino, is the story of a rocky romance that develops over 10 years, with the would-be lovers meeting only in the winter of each year. The movie was filmed on location, mainly on the outer islands of Venice, Italy with a small part in Moscow, Russia.

Director Mieli, who wrote the novel on which the film is based and co-wrote the screenplay, won the Di Donatello Award (Italy's

equivalent of the Academy Award) for "Best New Director" and the Nastro d'Argento (Silver Ribbon) Award for this 2009 film.

The film is Italian with English subtitles; the suggested donation admission, which includes refreshments, is \$10. For more information, call (916) 482-5900 or visit www.italiancenter.net.

Source: Bob Masullo ★

Carmichael Emblem Club Announces New Club Officers

CARMICHAEL, CA (MPG) - Amongst the glitz and glamour of Las Vegas, six members of Carmichael Emblem Club #355 enjoyed their participation in the California Nevada Hawaii State of California of Emblem Clubs' Winter State Meeting recently held.

Traveling with Club President Marylyn Herbst was Vice-President Lynn Mahoney, past President Dorothy Taylor, Financial Secretary Rosann Seale, Recording Secretary Mary Croxen, and Second Guard Velta Laws.

The State Meeting honored the Emblems' Supreme President, Nancy Harris, and her traveling entourage consisting of both elected and appointed Supreme Officers for the year 2014-2015. Members of the Carmichael Emblem Club were thrilled to be able to honor past President Dorothy Taylor as Supreme Assistant Chaplain. Carmichael Emblem Club #355 extend their congratulations to Dorothy!

At the conclusion of the Emblem Club's business meeting held on February 3rd,

members entertained Supreme President Nancy Harris and her Supreme Marshal Diann Northern and her accompanying board members with an ice cream social, complemented with homemade cookies and coffee. Supreme President Nancy and board members are enjoying their scheduled visitations as they continue their Northern Emblem Club visitations.

The Emblem Club would also like to extend congratulations to the newly elected 2015-2017 Carmichael Emblem Club officers. Installation will be held on March 17th, 2015, and club members warmly extend a welcome to P.P. Barbara Johnson of Reno, NV as the installing officer.

Newly elected officers are Lynn Mahoney, president; Velta Laws, vice president; Rosann Seale, financial secretary; Mary Croxen, treasurer; Lynette Hunter, recording secretary; Barbara Schell, press correspondent; Judy Hoelsing, marshal; Dottie Thompson, first assistant marshal; Linda Byers, second assistant marshal; Rose Joss,

historian and organist; JoDell Durett, chaplain; Elizabeth Wood, first trustee; Ruth Sayers, second trustee; Dorothy Taylor, third trustee; Marylyn Herbst, first guard; and Joyce Schultz, second guard.

President Lynn announced the appointment of her daughter, Kerri Mahoney, as her corresponding secretary.

Chairman Judy Hoelsing reported the recently held "U R Beautiful Fashion Show" was another huge success. Due to Chairman Judy's successful promotion of the event, the ballroom was a sea of "Red Hatters," all hopeful that they held the lucky ticket for the special "Red Hat Drawings." In addition to a delicious lunch, guests enjoyed great fashions from the Dress Barn and also from Karol's Gift Shop, AKA The Red Hat Gift Shop in Old Sacramento. The hand-crafted items, jewelry, etc. were very popular with the Club's lady shoppers.

Source: Carmichael Emblem Club #355 ★

What is Constitutional in the State of the Union Address?

By Dr. Harold Pease

In listening to the President's State of the Union Address one might think that he actually has the power to do what he requests. On domestic issues two old requests from last year's State of the Union Address were renewed: a request for raising the minimum wage and, instead of just making the college opportunity available to all middle class Americans, he went further proposing free community college for all. Other requests included advocacy for "a free and open Internet," which, given a recent executive order means control of it, expanded child care tax credits, improved job training, expanded paid leave, and a new tax benefit for two-income families. All this to be funded by increased taxes on the rich. He threatened a veto to any legislation that altered Obamacare or undermined his recently decreed executive amnesty. He was decidedly unclear on his request for criminal justice reform, certainly a reference to the riots in Ferguson, Mo. More federal involvement always means more federal control.

He defended his positions on Cuba and Iran and threatened presidential vetoes if Congress legislated differently. Constitutionalist had to have cheered when he seemed to lecture, the mostly Republican Congress, on what he called, "rash decisions, reacting to the headlines instead of using our heads; when the first response to a challenge is to send in our military—then we risk getting drawn into unnecessary conflicts, and neglect the broader strategy we need for a safer, more prosperous world." He called it, "a smarter kind of American leadership" and seemed aimed at the so-called military industrial complex of which President Dwight D. Eisenhower warned. He saw rewriting the Authorization of Use of Military Force, which authorized the air campaigns in Iraq and Syria, as a priority but left few

specifics on what that meant. He still refuses to use the term Radical Islamist Terrorists in describing the Islamists involved in the mass killing in Nigeria, Iraq, Syria and France even though while he spoke they were threatening to topple Yemen who has stood with us in opposition to al-Qaida.

The list went on and on as it does for every president Republican or Democrat, but what was different from last year is that he threatened the use of the veto rather than the threat of his bypassing Congress with the use of the "pen" through executive orders. The term executive order is not found in the Constitution and initially was nothing more than inter-departmental communications between the President and his executive branch with him requesting some action on their part. Constitutionally they have no law-making function.

Unfortunately most, if not all, of these things are not in Article II of the Constitution nor have they been added by way of amendment as outlined in Article V of that document, thus they are unconstitutional. It is very probable that, even with the approval of Congress, they would be outside the Constitution but that is a topic for another time. Presidents, in their thirst for power and/or proclaimed expediency, have empowered themselves to the point of "kingship" with their worshipful, unchallenging, party followers (whether Democrat or Republican) quite willing to look the other way as government grows beyond its ability to be constitutional or efficient. At any time he could remind the people of his real constitutional powers but he will not as that would drastically reduce his power that is beginning to look limitless.

We must return to the Constitutional powers of the President as identified in Article II. As we list these powers attempt to match the State of the Union requests wherein he suggests that he might have a role. Under the Constitution the president has

but eleven powers. Let us identify them: 1) "Commander in chief of the army and navy of the United States" including the militia when called into actual service of the United States; 2) supervise departments (cabinet), each presumably established by the Congress (George Washington had but four); 3) grant reprieves and pardons; 4) make treaties with the help of the Senate; 5) with Senate help appoint positions established by law such as ambassadors, ministers and judges; 6) fill vacancies "during recess of the Senate;" 7) make recommendations to Congress on the state of the union; 8) convene both houses on special occasions and handle disputes with respect to convening; 9) receive ambassadors and other public ministers; 10) make certain that "laws be faithfully executed;" and, 11) "commission all the officers of the United States."

Simply stated the president has two supervisory powers over existing organizations and two shared powers with the Senate, otherwise he pardons, recommends, appoints and entertains. That is it! Notice the absence of power to make any rules and regulations on us. This is the job of Congress alone.

All measures listed in the 2015 State of the Union Address are but suggestions to Congress, which alone, as per Article I, Section I, has all law-making functions—the president has none. That said, he is within his constitutional bounds with his threat of the veto, which is likely to be used liberally.

Dr. Harold Pease is a syndicated columnist and an expert on the United States Constitution. He has dedicated his career to studying the writings of the Founding Fathers and applying that knowledge to current events. He has taught history and political science from this perspective for over 25 years at Taft College. To read more of his weekly articles, please visit www.LibertyUnderFire.org. ★

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by E. Haig – Sacramento Gazette, March 14, 2014

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IRS Offers Free E-Filing for Tax Returns

SACRAMENTO REGION, CA (MPG) - The Internal Revenue Service (IRS) and the Free File Alliance announced the launch of Free File, which makes brand-name tax software products and electronic filing available to most taxpayers in California for free.

Free File software can help taxpayers with tax preparation, including the health care law that will affect almost everyone. California taxpayers can use Free File software immediately.

Free File is available only at www.irs.gov/FreeFile, thanks to a partnership between the IRS and the Free File Alliance, a consortium of 14 leading tax software companies.

"About 70% of all federal tax returns come in below the \$60,000 income level," said IRS Spokesman David Tucker II. "Millions can use it to file a federal income tax return for free."

Nationally, more than 3.2 million people used Free File last year with nearly 270,000 coming from California. Since 2003, more than 43 million people have used Free File, saving \$1.3 billion based on a conservative \$30 fee estimate.

"You don't have to be an expert on taxes or the new health

care law. Free File software can help walk you through the rules and help you get it right," said John A. Koskinen, IRS Commissioner. "For 12 years, this partnership between the IRS and the Free File Alliance had helped taxpayers save both money and time. The real winner in this partnership has been the nation's taxpayers."

Taxpayers who earned \$60,000 or less last year are eligible to choose from among 14 software products. For those who earned more, they are still eligible for Free File Fillable Forms, the electronic version of IRS paper forms. This more basic Free File option is best for people comfortable preparing their own tax return.

Free File offers easy-to-use products that ask questions and supply answers. The software will find the right forms, find the right tax credits and deductions and even do the math.

Free File also can help taxpayers with the new health care requirements. Almost everyone will need to do something new when filing a tax return this year. For each month in 2014, you and everyone on your return must either report health care

coverage, claim an exemption from coverage, or make a shared responsibility payment with your tax return. Most people will simply have to check a box to report health care coverage for the entire year.

Free File will be available through October 2015. Taxpayers who cannot meet the April 15 tax deadline can also use Free File to file a six-month extension.

Here are some common tax-related documents you will need to complete your tax return: a copy of last year's tax return; valid Social Security numbers for yourself, your spouse and children; all income statements, i.e. W-2 forms from all employers; interest/dividend statements, i.e. 1099 Forms; Form 1099-G showing any state refunds; unemployment compensation amount, if any; Form 1095-A if you purchased coverage from a Health Insurance Marketplace; and proof of health care insurance coverage for you and everyone on your return. Remember, you must also have documentation of any credit or deduction you are claiming.

Source: Internal Revenue Service ★

Upcoming Events at Atria El Camino Gardens

CARMICHAEL, CA (MPG) - Atria El Camino Gardens has some fun events coming up, which the community is invited to attend. Atria El Camino Gardens is located at 2426 Garfield Avenue, Carmichael, CA 95608. For more information, call (916) 488-5722.

Cupid's Bingo Bash

The Engage Life Team of Atria El Camino Gardens is delighted to host their first-ever Cupid's Bingo Bash Party, complete with prizes and treats. This lovely event will be held on Saturday, February 14th at 1:00 p.m. and is open to

the public.

Each bingo card costs 50 cents, but the treats and good times are free! You are invited to attend and enjoy a great afternoon.

Resident Artist Showcase

Atria El Camino Gardens will feature creations from many of their resident artists during an art exhibit at the senior living community. The art exhibit will be held on Tuesday, February 17th from 11:00 a.m. to 2:00 p.m. The event is free and open to the public. The show will include paintings, sculptures, needle point, and more.

The residents of Atria El Camino Gardens are very talented and are excited to show their works for all to enjoy. Residents enjoy regularly scheduled art classes as part of the senior living community's diverse activities calendar. Atria's signature Engage Life program provides residents with a variety of life-enriching activities that are tailored to their individual interests, including cultural, spiritual, educational, and physical activities.

Source: Atria El Camino Gardens ★

Restaurant VIPs Feed Ambition

Continued from page 1

West Sacramento's Broderick Roadhouse; Capital Dime Restaurant, Trick Pony, and several food trucks extend the culinary entrepreneur's hip empire. He grew up in a Pennsylvania steel mill town but took his first job as a greasy spoon café dishwasher. Jarosz now heads the Sacramento chapter of the California Restaurant Association and regards mentoring wannabe chefs as an after-hours mission. "Not going to college is not necessarily a terrible thing," he maintains. "Most restaurant owners I've met didn't. Some kids are forced into higher education before they're ready; sometimes having a job helps them figure out what direction they want to take."

He connects easily with kids from disadvantaged backgrounds. "Many of them are told they won't amount to much," says Jarosz. "They see my spiked up hair and tattoos and figure working in a restaurant is somewhere where they don't have to fit a mold. I tell them in this business, if they work hard and walk a straight line, the sky's the limit."

The program also serves its mentors. "We see young people as the ones who are shaping the industry," explains restaurant executive Mikki Stevens. "They tell us what a new generation of customers want from us. When I first started, who ordered anything gluten-free or vegan? The food industry attracts youth because business is fast-paced and always changing. It needs a high level of energy. If

"Insight on employee screening was also valuable. 'The Warren G. Bender executive said that after interviews, he escorts job applicants to their cars,' reported Coulter. 'He sees whether they keep it clean, if the interior is trashed. He told the students a car shows a lot about a person.'"

you're willing to put in the time and work, you'll see the benefits in your career." Her own story is proof: The 39-year-old single mom started out as an IHOP hostess in Texas. The job got her through college and she is now the Sacramento operations director for Johnny Rockets restaurant outlets and the Pinkberry Yogurt franchise.

The food industry is generously sprinkled with triumph achieved after shaky starts. VIP mentor Bobby Coyote (real name) earned his first paycheck as a Baskin Robbins ice cream scooper. He now has nine restaurants and shares ownership in several more. "Part of being in this business is teaching kids what you learned on the way up," he says. "If we can get through to a few of them, we feel it's a mission accomplished. To those who have emotional challenges and disadvantages, our message is that there's room in our business for everyone. If you can be taught, if you can work hard, you can be viable."

San Juan High culinary students heard a similar message. Mentors were Ken Le from Oshima Sushi and Fugu Lounge and Warren G. Bender executive

Roland Guillen. "What industry pros have to share is important," said the school's culinary instructor Sandi Coulter. "My students were impressed by how young some chefs are. Seeing successful people who are near their age makes their goals seem closer."

Insight on employee screening was also valuable. "The Warren G. Bender executive said that after interviews, he escorts job applicants to their cars," reported Coulter. "He sees whether they keep it clean, if the interior is trashed. He told the students a car shows a lot about a person. Some thought miniscule things like that didn't matter, but they do."

On the receiving end of FIT visitors' advice was Aaron Namoco. "The mentors inspired me," said the 17-year-old Leo A. Palmiter student. "Cooking is my passion. I love to put my heart into meal preparation and to feel I'm part of a team. What (the visiting professionals achieved in their careers) was pretty hard for me to imagine. But when I heard how they went, step by step, now it seems possible. ... You realize that a dishwasher who has a positive attitude can own his own restaurant—someday." ★

MPG Brings New Senior Publication to the Sacramento Region

SPECIAL MPG RELEASE (2/9/2015) - Messenger Publishing Group (MPG) has announced that it is launching a new premiere senior publication that will serve the greater Sacramento region.

With the recent demise of senior publications Senior Spectrum and Senior Magazine, the senior market is being underserved. MPG, with its wide resources of editorial material and broad distribution network, can immediately provide advertisers with a quality publication that will serve their needs. MPG now distributes throughout Sacramento, Placer, and Yolo

counties.

Joyful Living is produced and designed as a lifestyle magazine that will offer news for senior readers along with interesting stories, special features, local profiles, upcoming events, and reports on current issues facing older Americans. It will also carry updates on financial and tax issues and health care changes.

The magazine will have an online presence as well at www.JoyfulLivingNow.net. Advertising is available in both the print edition and online.

MPG is the publisher of eight

local newspapers. They include Carmichael Times, Rancho Cordova Grapevine Independent, Citrus Heights Messenger, American River Messenger, Placer Sentinel, North County Messenger, West Sacramento Sun, and Gold River Messenger.

To advertise in the magazine, interested businesses can contact the publisher at Publisher@MPG8.com or call Paul at (916) 773-1111. To be a contributor to the magazine, writers can contact the editorial department at (916) 483-0946. ★



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Anthem Insurance is Latest Corporation to be Hacked

Better Business Bureau Offers Advice on What to Do After a Data Breach

SACRAMENTO REGION, CA (MPG) - Tens of millions of Americans could be victims of the latest corporate data breach, this one at Anthem Insurance. Unknown hackers apparently stole personal identifying information from current and former Anthem customers, including names, addresses, Social Security numbers, dates of birth, and other information that can be used for identity theft.

Anthem has set up a separate website with information on the breach, but Better Business Bureau (BBB) recommends that consumers always go to a company's main website first and follow links from there. Scammers often take advantage of data breaches and subsequent confusion to set up spoof websites and send phishing emails.

BBB offers several suggestions for consumers concerned that their personal identifying information has been stolen.

Do not take a "wait and see" approach as you may have done with breaches involving credit card data. You must act quickly. Breaches involving Social Security numbers have the potential to be far more detrimental to victims, and the damage can be difficult to repair.

Consider taking a preemptive strike by freezing your credit reports. This will not impact existing credit cards and financial accounts, but will create a roadblock for thieves seeking to create fraudulent accounts using your personal information.

At a minimum, if you know your Social Security number has been compromised, place a fraud alert on your credit reports. While less effective than a freeze, this will provide an extra layer of protection. Click here to learn more about security freezes and fraud alerts.

Take advantage of the free credit monitoring services Anthem will be offering to breach victims. While this is not a preventative measure, this will alert you to new accounts or inquiries using your Social Security number so that you can act quickly to repair the damage.

Vigilance is key. Regularly check your credit reports at www.annualcreditreport.com for unauthorized charges or other signs of fraud. This is the ONLY free credit report option authorized by the Federal Trade Commission. For more information and complete step-by-step guidance on repairing the damage caused by identity

theft, visit the Federal Trade Commission's identity theft resources.

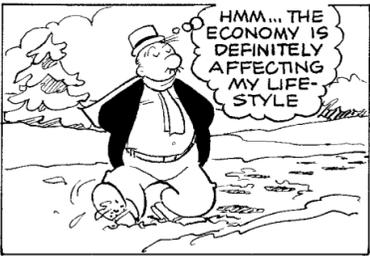
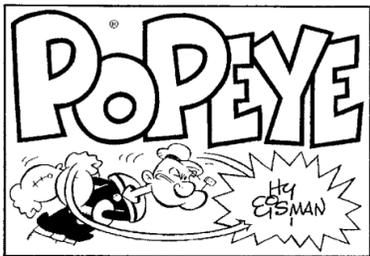
Expect that scammers will take advantage of this data breach to send out phishing emails and other messages that appear to be from Anthem, a credit bureau, or other legitimate companies. Do not click on links from any email, text, or social media messages about this or any other data breach.

All businesses that collect customer information need to make sure that they are protecting customers' data. If a data breach can happen to a major corporation with significant data security measures in place, it can happen to any business. For more information, visit BBB online at www.bbb.org/breach.

Note: Anthem Inc. also operates as Wellpoint, Inc., Anthem Blue Cross & Blue Shield, and Administar Federal, Inc. However, not all Blue Cross & Blue Shield companies are part of the Anthem network. If you aren't sure if your insurer is affected by this data breach, call the number on the back of your card or go directly to your insurer's website.

Source: Better Business Bureau ★

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Salome's Stars

ARIES (March 21 to April 19) All that flattery and fawning shouldn't affect any decision you have to make. Keep your focus on the facts and ignore all the hyperbole, especially if it gets uncomfortably personal.

TAURUS (April 20 to May 20) Your Bovine instincts are on the mark about that "favor" you're being asked to do. Agree to nothing unless you get a full explanation -- which you would check out first, of course.

GEMINI (May 21 to June 20) A somewhat unsettled recent period should give way to a smoother time going through the week. Use this quieter time to catch up on matters you might have had to let slide.

CANCER (June 21 to July 22) Feeling a little confused is understandable with all those mixed messages. Take time to list the questions you have. Then present them and insist on answers that make sense.

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LEO (July 23 to August 22) Cupid can be very helpful for Lions seeking a love connection. The chubby cherub also brings warm and fuzzy feelings to paired Leos and Leonas who already share a special love line.

VIRGO (August 23 to September 22) Travel is favored this week, whether you'll be globe-trotting or taking a trip to a nearby getaway. You might be surprised (or maybe not) by who wants to be your traveling companion.

LIBRA (September 23 to October 22) Getting advice on your next business-related move is a good idea, but only if your advisers are trustworthy. Get references that you can check out before you make any decisions.

SCORPIO (October 23 to November 21) Getting a boost in your self-esteem is one benefit that comes with a job well done. There are other plusses as well, including being noticed by all the right people. Good luck.

SAGITTARIUS (November 22 to December 21) Make time to deal with family matters, especially where they concern your elderly kinfolk. Being there for them from the start can help resolve problems sooner rather than later.

CAPRICORN (December 22 to January 19) Getting a project started can often be difficult. But the good news is that you won't want for lack of assistance from colleagues who would like to work with you. So, let them!

AQUARIUS (January 20 to February 18) A lot of work-related issues might be raised this week, and you need to be prepared for whatever comes along. Things should be easier when it comes to matters in your private life.

PISCES (February 19 to March 20) What might appear to be a very much unwanted change in your life right now could turn out to be a very welcome event after all. Give yourself a chance to see where it might take you.

BORN THIS WEEK: You exercise your strong leadership qualities well, which is why people believe in you and feel reassured by you.

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Strange BUT TRUE
By Samantha Weaver

- It was comedian Bill Maher who made the following sage observation: "Is [hunting] really a sport if you have all the equipment and your opponent doesn't know a game is going on?"
- Just like your fingerprint, your tongue print is unique.

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COUCH THEATER DVD PREVIEW

BY SAM STRUCKHOFF

COUCH THEATER -- DVD PREVIEW
By Sam Struckhoff
EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of February 16, 2015.

PICKS OF THE WEEK



Eddie Redmayne in "The Theory of Everything"

"The Theory of Everything" (PG-13) -- Renowned scientist Stephen Hawking is best known as the man who revolutionized the way we think about time and space, even as a debilitating disease left him unable to move or speak on his own. This biopic spans many decades, but focuses primarily on the romance between two brilliant Cambridge students -- Hawking (Eddie Redmayne) and his first wife, Jane (Felicity Jones) -- and their struggle as Hawking's health starts to rob him of life's simplest things.

By keeping the film centered on this story of young love and the hardships that assail it, "The Theory of Everything" has more to say about human emotion than it does about black holes or quantum mechanics. The performances by Redmayne and Jones elevate the film.

"The Interview" (R) -- James Franco plays a charismatically stupid celebrity interviewer, and Seth Rogen is his best friend/producer who grows concerned that they'll never be taken seriously. It just turns out that Kim Jong-Un, the supreme leader of North Korea, is a huge fan of Franco's show and wants an

interview. The U.S. government (represented here by Lizzy Kaplan) presses the two stooges into using the interview to covertly kill the dictator.

This goofball comedy was the spark that sent threats flying between nations and arguments raging over free speech. Even with all the hoopla, the movie is more "Pineapple Express" than "Dr. Strangelove." You'll laugh, but this isn't the movie that breaks the mold with profundity or global awareness.

"St. Vincent" (PG-13) -- Vincent (Bill Murray) is an anti-social old man who might have a heart of gold buried under his nasty rejoinders, laziness, perpetual hangover and scary gambling debts. He's thrown into babysitting for his new neighbors, a sweet single mom (Melissa McCarthy, not as an over-the-top screwball) and her picked-up young son (Jaeden Lieberher). Vincent lets the boy into his world of racetrack gambling, strippers and dive bars, which somehow helps both of them grow as people. Murray fits into this role like it was meant for him (shockingly, it wasn't), keeping things even with the movie's super-sappy sentimental side.

"Life Itself" (R) -- This documentary was started with the intent to make a film about the life of a noteworthy man, but ended up as a film about his death as well. It's also a deeply impactful documentary about what makes us love movies and how truth works its way onto film. Famed movie critic Roger Ebert collaborated with documentarian Steve James in deciding how he should be shown in the film -- as honestly as possible, even the grim reality of his last days with cancer. The result is simply moving, a movie about the past as much as it is about what's happening during its creation.

TV RELEASES

- "Game of Thrones: Season 4"
- "Doctor Who: Last Christmas"
- "The Wahlburgers: Season 2"
- "Scooby-Doo! Moon Monster Madness"

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SATURDAY
Valentines Day
February 14

top ten
Not-So-New Words

- Hipster (1938)
- Credit card (1888)
- Rap (1787)
- Ginormous (1942)
- Irregardless (1795)
- Online (1950)
- Energy drink (1904)
- Friended (1200s)
- D'oh! (1945)
- Wiretap (1902)

*Earliest known usage
Source: Merriam-Webster

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Now here's a tip!
by Jo Ann Person

If you have trouble threading a needle because the fibers seem to go in all directions, here's a tip from T.I. in Illinois: Stiffen the end of thread with hairspray before threading a needle.

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Thought for the Day:
"Bigamy is having one wife too many. Monogamy is the same." -- Oscar Wilde

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Valentine's Day Cappuccino Souffle

Souffle
1 teaspoon butter or margarine
1 tablespoon plus 1/4 cup sugar
1 tablespoon instant coffee
1 teaspoon vanilla extract
1/8 teaspoon ground cinnamon
2 large egg whites
1/8 teaspoon cream of tartar

Chocolate Sauce
1/4 cup half-and-half or light cream
1 ounce semisweet chocolate
1 teaspoon butter or margarine
1/2 teaspoon instant coffee
1/8 teaspoon ground cinnamon

- Preheat oven to 375 F. Prepare Cappuccino Souffle: Grease two 6- to 8-ounce ramekins with butter; sprinkle with 1 tablespoon sugar.
- In cup, stir coffee, vanilla, cinnamon and 1 teaspoon water until dissolved. In large bowl, with mixer at high speed, beat egg whites and cream of tartar until soft peaks form. Beating at high speed, sprinkle in remaining sugar until stiff peaks form. Add coffee mixture and beat on low speed just until blended.
- Spoon mixture into ramekins. Bake 10 minutes or until souffles are puffed and edges are browned.
- Meanwhile, prepare Chocolate Sauce: In microwave-safe 1-cup liquid measure, combine sauce ingredients. Cook in microwave oven on High 30 seconds; stir, scraping chocolate from bottom of cup. Cook 15 seconds; stir until smooth.
- Serve souffles immediately. With spoon, break centers of souffles and pour in sauce. Makes 2 servings.

¥ Each serving with sauce: About 290 calories, 12g total fat (5g saturated), 6g protein, 42g carbohydrate, 1g fiber, 11mg cholesterol, 120mg sodium.

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- CLUES**
- ACROSS**
- Cookie amount
 - "You betcha!"
 - Bartenders typically split these
 - Ancient Greeks' assembly area
 - Snake-like reef dweller
 - Gent or guy
 - Salad dressing vessel
 - African grazer
 - *Truman's "State of the ___" was first one on TV
 - *"Return to Normalcy" President
 - *Uniform ___ Holiday Act
 - A Beagle bride
 - Cowboy's prod
 - Egg cells
 - Wisecrack
 - Old fashioned expression of disapproval
 - Bruce Wayne in "The Dark Knight"
 - Chinese dynasty from 960 to 1279
 - High-strung
 - Jessica ___ of "Dark Angel"
 - Kind of test
 - Stake driver
 - *The nation did this in Nov. '63 with Jackie
 - Saintly glow
 - Stack
 - Bracelet for the arm
 - "Scene one, ___ one"
 - Feather glue?
 - Cleat
 - Bird-to-be
 - *"He Kept Us Out of War" was his slogan
 - *He hailed from Hope
 - BBQ spot
 - Building addition
 - Dry white Italian wine from Verona
 - Tim or Woody
 - *George H. W. Bush led it in the '70s
 - "The Lego Movie" hero
 - Join together by heating
 - Barbie's beau
 - Nostradamus and Tiresias, e.g.
- DOWN**
- "Cello Suite No. 1" composer
 - Site of Taj Mahal
 - ___ of duty
 - Belief
 - Detesting
 - Safecracker
 - Even, to a poet
 - Like Raphael's cherubs
 - Be inclined
 - Hipbones
 - Clever tactic
 - ___ Gabriel
 - Non-competitive race
 - White ___
 - Not safe in baseball
 - Having physical sensation
 - *"Change We Can Believe In" President
 - Courage in the face of danger
 - Vinyl collectible
 - *"No Child Left Behind" President
 - Impermanent employee
 - Characteristic
 - Throat dangler
 - *"Tippencanoe and ___ Too"
 - Anglo-Saxon nobility title
 - Apple variety
 - Bumpkin
 - *President Ford's VP
 - Chinese "way"
 - Knights' breastplates
 - T-shirt style
 - Fairytale garden dweller
 - Whip lash mark
 - It shall, for short
 - Behaved like Pinocchio
 - Family or kin
 - Like a broken horse
 - Last word in radio transmission
 - They now play in Brooklyn
 - "Hand" with claws
 - *George Washington couldn't tell one?

CROSSWORD												
1	2	3	4	5	6	7	8	9	10	11	12	
13					14			15				
16					17			18				
19					20		21	22				
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25	26	27		28		29		30	31	32	33	34
35		36		37		38		39				
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44				45		46				47		
48					49		50		51		52	
53					54			55		56		
57	58	59				60				61	62	63
64						65	66		67			
68						69			70			
71						72			73			

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

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

For Solutions See Page 11

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Sudoku Puzzle on Page 10

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

Crossword Puzzle on Page 10

BATCH YEP TIPS
AGORA EEL FELLA
CRUET GNU UNION
HARDING MONDAY
ONO SPUR
OVA GIBE TUTTUT
BALE SUNG NERVY
ALBA ESSAY MAUL
MOURN HALO PILE
ARMLET TAKE TAR
LAVE EGG
WILSON CLINTON
PATIO ELL SOAVE
ALLEN CIA EMMET
WELD KEN SEERS

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Sudoku Puzzle on Page 10

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

Crossword Puzzle on Page 10

BATCH YEP TIPS
AGORA EEL FELLA
CRUET GNU UNION
HARDING MONDAY
ONO SPUR
OVA GIBE TUTTUT
BALE SUNG NERVY
ALBA ESSAY MAUL
MOURN HALO PILE
ARMLET TAKE TAR
LAVE EGG
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Sacramento Audubon Society Presents Jumping Spiders

CARMICHAEL, CA (MPG) - The public is invited to a free program on jumping spiders at the February 19th meeting of the Sacramento Audubon Society.

The tiny creatures, some found in our own backyards, don't lie in wait like others of their kind but stalk their prey like cats, according to Dr. Tim Manolis, the speaker presenting the event. They are also remarkable mimics of ants, bees, and wasps.

Male jumpers can also be brilliantly colored, with courtship displays rivaling those of birds of paradise, noted Manolis, illustrator of the recently published Spiders of California and the Pacific Coast States.

Manolis will also touch on spider biology and the types of spiders found in Central Valley homes and yards.



Jumping spider: female Phania concoloratus. Photo by Ken Schneider. Photos courtesy of Sacramento Audubon Society

The 7 p.m. meeting will be held at the Effie Yeaw Nature Center in Ancil Hoffman Park (for directions, please visit www.sacnaturecenter.com).

There will be no charge for the program or for parking, and no entry fee to the park is required.

Source: Sacramento Audubon Society ★



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I am very excited to offer

this question and answer column in your community. First, a little about myself to introduce this new resource for homebuyers and sellers reading this paper. My second job ever was in real estate, and to this day, I truly enjoy working with buyers and sellers. With over 30+ years in this business I have worked in almost all facets of the industry. From working with first time homebuyers, to move ups whether residential, commercial or investment real estate, I've done that and developed home properties directly as well.

My family was originally from Croatia, I am fluent in the language and keep close to my culture, but always appreciate the American dream that brought my family to become citizens of the United States.

Please take advantage of our

expertise in making the right decisions for your home purchase or sale. It's easy, just email your question to us and we share the answer so everyone can learn from it. Email: ellenherrle@hotmail.com.

For those who get in touch each month you'll also receive one of three pamphlets on buying and selling strategies, and be entered in a random drawing for a dinner for two at one of our great Sacramento or Placer restaurants!

Don't spend more than you have too, or sell for less than you deserve by asking the expert first! Visit <http://www.showcaserealestategroup.com> or call us to help when you decide to buy or sell at 916-761-2108.

Next time: The three most critical issues for buying or selling your property in 2015! ★

LEGAL ADVERTISING

Continued from the previous page

ORDER TO SHOW CAUSE CHANGE OF NAME

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00174758

WHEREAS, Tyrone Lamar Henley has filed a petition with this court for a decree changing the name(s) of Tyrone Lamar Henley to Shavon Lamar Henley.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 7, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 4, 2015

Raymond M. Cadel, Judge of the Superior Court
Publish: February 13, 20, 27 and March 6, 2015
HENLEY 150204 3-6-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00174751

WHEREAS, Sayed Mustafa and FNU Mahbooba have filed a petition with this court for a decree changing the name(s) of Sayed Mustafa Hashimi, FNU Mahbooba to Mahbooba Hashimi, Sayed Iqbal to Iqbal Sayed Hashimi and Sayed Kamal to Kamal Sayed Hashimi.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 6, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 4, 2015

David I. Brown, Judge of the Superior Court
Publish: February 13, 20, 27 and March 6, 2015
HASHIMI 1502045 3-6-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00174760

WHEREAS, Anne and Valentin Tarley have filed a petition with this court for a decree changing the name(s) of Alice Tarley to Alisa Tarley.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 8, 2015, in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: February 4, 2015

Raymond M. Cadel, Judge of the Superior Court
Publish: February 13, 20, 27 and March 6, 2015
TARLEY 150205 3-6-15

COUNTY OF SACRAMENTO
ORDER TO SHOW CAUSE
CHANGE OF NAME
#34-2015-00173943

WHEREAS, Britany Ewing and Sweets Sims have filed a petition with this court for a decree changing the name(s) of Sanaa Shirley Shataira Street to Sanaa Shirley Shataira Sims.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on March 17, 2015, in Department 53, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted. Dated: January 14, 2015

David I. Brown, Judge of the Superior Court
Publish: February 13, 20, 27 and March 6, 2015
EWINGSIMS 150206 3-6-15

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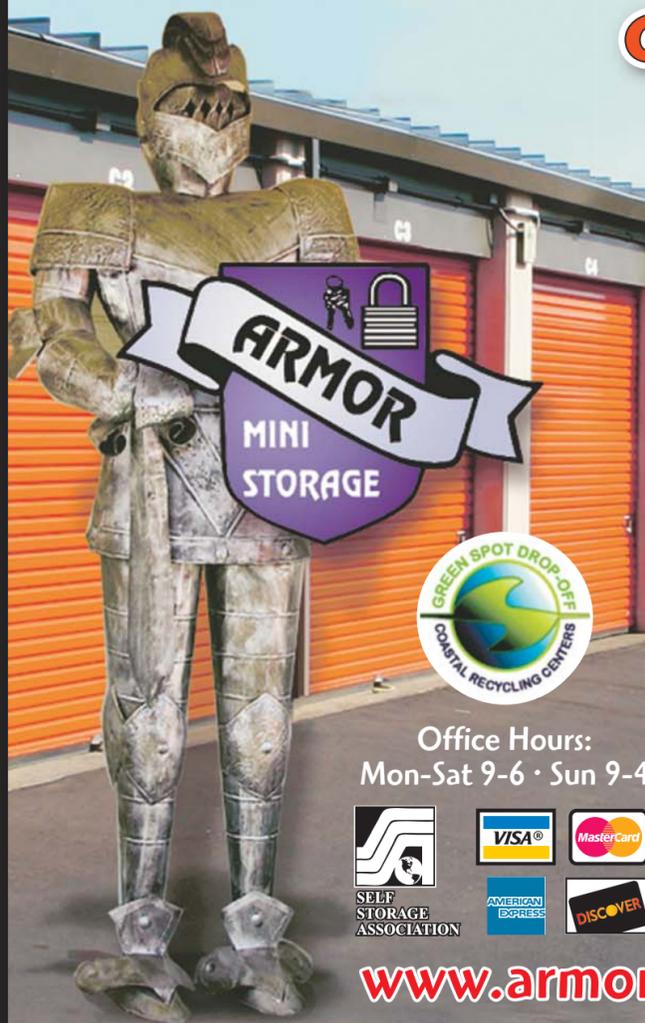
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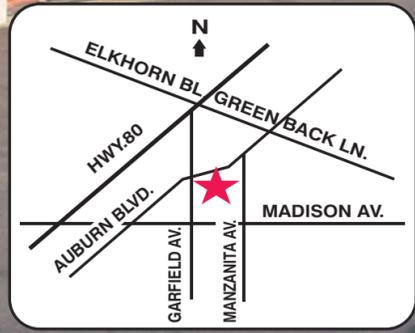
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“Ranger Jack” Koobs Passes Away at 94



Earl “Ranger Jack” Koobs recalled lost students at Carmichael’s Vietnam Memorial last year.

Story and photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - Treasured community figure Earl “Ranger Jack” Koobs died this week on Monday, February 9th. He was 94 years old.

The Fair Oaks resident served the U.S. Navy in the Pacific during WW II and was named

Carmichael Veteran of the Year in 2012. A life-long naturalist and educator, Koobs taught at San Juan School District’s La Sierra and Del Campo High Schools.

He is best remembered for galvanizing students and community to raise a monument for La Sierra alumni who fell during the Vietnam War. The home

of this monument is the Earl J. Koobs Nature Area on Engle Road.

His commemoration service is planned for March 2015. For information, call Linda Jones at (916) 944-2393.

A full tribute to “Ranger Jack” Koobs will appear in next week’s Carmichael Times. ★

Phishing Scam Spoofs BBB Questionnaire

SACRAMENTO REGION, CA (MPG) - Better Business Bureau (BBB) is warning businesses not to click on an email that claims to be a “BBB SBQ” (standard business questionnaire). The email was sent out to what is believed to be tens of thousands of businesses across the country. The email has a ZIP file attachment that links to a site that can download malware on the user’s computer. Spoofing well-known and trusted brands is a common scam tactic. Other organizations such as the IRS, the FBI, and Fortune 500 companies have been spoofed in similar phishing campaigns that victimized consumers and businesses.

“As soon as we heard about the scam, we immediately notified our security vendors and we

are in the process of taking down the website,” said Ben Steinberg, chief information officer for the Council of Better Business Bureaus, the umbrella organization for 112 local, independent BBBs across North America. “We have a structure in place to quickly address and mitigate the impact of scammers who use our name. Our highest priority is protecting the public.”

The emails are coming from the domain “BBBL.org,” which is not a BBB domain name, although it is clearly designed to look as though it is. The domain name was created last October and is registered to an individual in Antwerp, Belgium. It is not immediately clear if the domain owner is directly involved in the

phishing scam, but BBB will be turning over its information to the FBI and Interpol for further investigation.

BBB offers advice to anyone who receives this or other unsolicited emails with links or attachments. Do not click on links or open attachments in unsolicited email. If your email program allows it, tag the email as spam. Report the email to your Internet Service Provider. If you are unsure if an email is legitimate, call the sender using a phone number that you know to be correct (not from the email). Check out BBB Scam Stopper (www.bbb.org/scam) for additional information on scams.

Source: Better Business Bureau ★

Union Gospel Mission Sacramento



For more than 50 years, Union Gospel Mission has been serving Sacramento’s homeless with shelter, meals, clothing, a rehabilitation program and a life-changing Gospel message. Founded in 1962 by concerned Christians for men in need, the Mission now serves women and children, too, and is an amazing testament to the good that comes with committed volunteers, inspired leadership and the community’s support.

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Parish Family Dental Opens in Carmichael

Carmichael, CA (MPG) - Parish Family Dental is now open for business at 4005 Manzanita Ave., Suite 50, Carmichael, CA 95608. Members of the Carmichael Chamber of Commerce were in attendance at the ribbon-cutting ceremony as Dr. Dan Parish (right of center with scissors) had the inaugural honor of officially cutting the ribbon.

Source: Carmichael Chamber of Commerce

Photo courtesy of the Carmichael Chamber of Commerce



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Sat., Feb. 28, 2015, 6:00pm

EVENT THEME: ROMAN HOLIDAY

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Dessert

Venue

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END of the BENCH

by Gerry Scholl

You Know, We've Come a Long Way

Fore!! As in, "Look out! Here it comes..."

Actually, make that "four," as in, "together" we have made it through a foursome of year-long seasons of viewing the sporting life perched on our vista at the End of the Bench.

We know by now that the sports world is not flat. What goes around comes around. We've played around with and through another year of sports happenings to reach this fourth annual review of where we've been.

If you have just recently joined the fray, oh boy (as Grant Napier likes to say), have you been missing out! We hope that now you are just happy to be here, and we are hoping to win you over.

For what it's worth, here at The Bench we've often expressed some connection between sports and classic rock/pop music. That likely stems from those long-lost days in the college dorm room watching sports on TV with the sound turned down and the music up loud. With somewhat limited talents for sports and zero talent for music (other than singing in the shower), we've come to lean on an appreciation for both.

If you pick up on the frequent references blended with the creative (twisted?) usage of far too many sports clichés, good for you. If you don't, it's a big-league "hang with 'em," and you'll just have to smile on your brother and keep on truckin'.

Thanks to one timely outside influence came the reminder that "you don't have to try to be like something else." The young art teacher added, "It's all about your perception of what it is." Art can be found all around us, in life, in sport; not to say that writing about the melding of the two is in any sense art, but, rather, a vehicle to voice that it is there to be appreciated.

Confusing? Yes, and possibly pointless. As the comedian reminded us, "...when you're telling these little stories, here's a good idea: have a point! It makes it so much more interesting for the listener."

Though it changes from day to day, we've come to realize that the sphere of sports is a big, small world, after all, full of little reminders and wonders:

How often does a country host the Olympic Games on "holy ground" in a city it once invaded one week, then invade another country the next? Are we chasing fool's gold in seeking solace

in two weeks of international athletic endeavors? Can the Games still be a viable tool in building bridges over treacherous waters?

We cannot allow people such as Despicable Donald (Sterling), now the former owner of the Los Angeles Clippers, to keep us down. The incident involving his racist statements, attitudes and practices coming to light took us a sad step back, but, also, a hopeful step forward by reawakening our awareness and sensitivities to respond with perseverance.

Once again, the NCAA basketball tournament selections reinforced the notion that justice being served is, pretty much, a 50/50 proposition.

The use of the phrase "overcoming adversity" should forever be limited to the running of the Boston Marathon.

We shouldn't need Red Auerbach to tell us, "Don't let your guard down," or it could be "close, but no cigar." And, unless Wrong Way Marshall is nearby, if you want to win, don't drop the ball, losers.

Love is not for free; but certainly not worth Klay Thompson. Remember, the horse is the horse, of course; don't go "Least Mode." And, it's bad karma to not wear your school colors in a title game.

We wondered how low into limbo can the Oakland Raiders go? When the kid came to the door on Halloween in a Raiders costume we had to ask, "Don't you know that they don't scare anybody anymore?"

Each new season that comes along provides new additions, realizations, ironies, questions:

Trying on a new uniform, an opening day parade, the crack of the bat — produces a rebirth of the spirit, a sense of pride in your number and uniform and what they represent.

As bad as they may be for you, a hot dog or two smothered in an excessive amount of condiments eaten at a ball game are good for your soul — be it a Frank Gore Dog, that will bore a hole right through your stomach lining; a Stephen Curry Combo, that is a basket of skinny dogs that come in threes; or a Barry Bonds Dog, an abnormally over-sized dog that squirts juices out all over you when you take a bite.

We watch stars be born and grow, while others crash and burn in the Ever-Expanding Sports Universe — a universe perpetually in flux, as in the departure of a "variable star," Pablo Sandoval to Boston

shortly after another Ruthian postseason performance during the Giants' third World Series run. Giants fans must find some inventive uses for those old, sweaty Panda hats, while dealing with the "jilted-lover syndrome."

The Four Horsemen of the Apocalypse — Conquest, War, Famine, Death — rode in and dominated the local pro football scene.

Commissioner Coverup announced the addition of a new expansion franchise to the National (Embarrassment) Football League — the Fire-Breathing Chickens, featuring quarterback Dick the Dog Killer, the Galloping Gangstas, Phil the Philanderer, Max the Axe-Murderer, Billy Bob Brassknuckles, Igotta Gunn and Whutami Infor, among others, with Coach Denial at the helm.

We should've known that the oh so sad saga of the so-so sod at new Levi's Stadium was a bad omen of things to come for the Forty Niners. We didn't need the now-departed coach Jim Harbaugh to tell us, "We're working through something." But we hope he was right when he said, "It's sometimes darkest before the dawn."

An equally ominous memo went out the Sacramento Kings players and fans from general manager Pete D'Alessandro after coach Michael Malone was fired that read, "It wasn't about wins and losses."

A new sign is going up in the Oakland Athletics' locker room... "Land is the only thing that lasts."

Many things came in threes this past year: Yes! Yes! Yes! The Giants win! No, no, no, The Panda's gone. It's The Team, The Team, The Team, except for The Money, The Money, The Money.

One of the most-divine treasures in all of sports is the Do-Over — very uplifting. But the DVR is the Ninth Wonder of the World — if only we could replay our own lives (those that say, "I'd do it all exactly the same way," are undoubtedly lying).

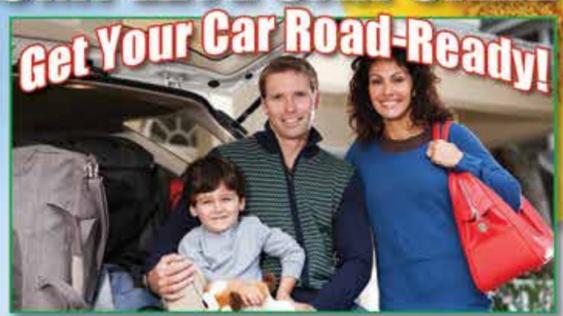
There was much more, but we've gone on too long. So, let's just say, that when it comes to sports, simply enjoy the play, because, after all, tomorrow is another day.

Remember what the Rhode Island Little League coach said, "The lessons you guys have learned along the journey, you're never going to forget. We're going to be friends forever." ★



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