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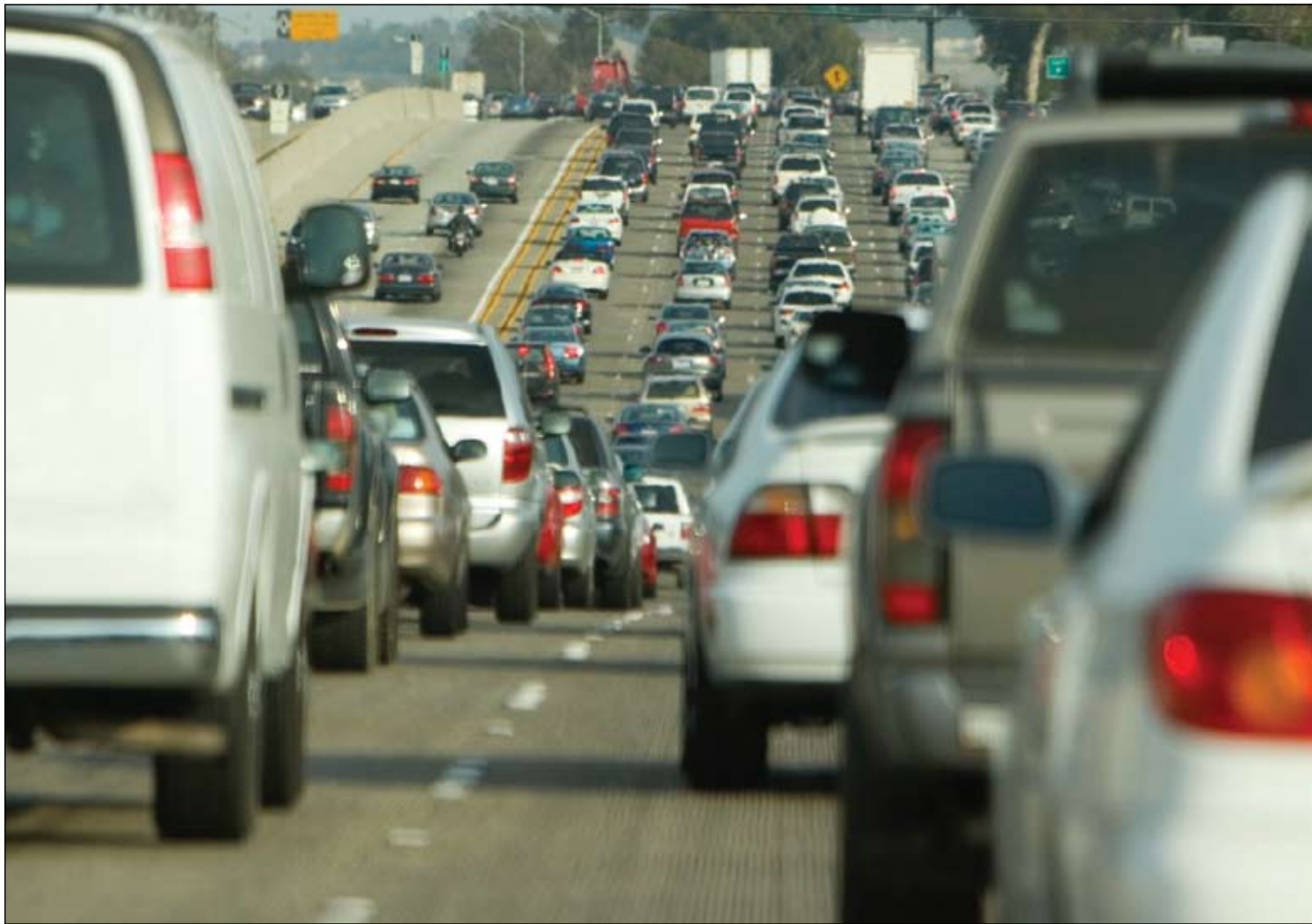
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Antique Evaluation Day: A Treasure or Trash?



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Get Ready for a Headache



Caltrans will soon begin to rehabilitate Highway 50.

By Jan Dalske

SACRAMENTO REGION, CA (MPG) - Caltrans is scheduled to rehabilitate a section of U.S. Highway 50, known as the W/X Viaduct, in 2014. Built in 1968, this section of freeway is comprised of two 2,530 foot-long parallel structures that carry six lanes of traffic over city streets, freight, and light rail lines in downtown Sacramento. These structures have extensive cracking on the deck and are in need of rehabilitation in order to enhance safety,

reduce recurring maintenance costs, and increase the life of the concrete decks.

The project broadly includes: 1) Placing a 4-inch concrete deck on top of the existing deck and tying it to the girders 2) Repairing cracks in the existing deck 3) Adding steel column casings for seismic strengthening. 4) Improved traffic operations throughout the project area. The service life of the structure decks will be extended to about 20 years, which will significantly reduce maintenance expenditures. The

completed project will also provide widening at the shoulders, new joint seals, new concrete barriers and railings, energy-efficient lighting standards, and enhanced safety. Project Schedule: The project is broadly organized into two Stages: Stage 1 – May 2 – 22, 2014: Eastbound Highway 50 Stage 2 – May 28 – June 17, 2014: Westbound Highway 50. Two-way traffic will flow on the opposite side of the roadwork.

The following ramp closures will occur: Stage 1: 11th Street On-Ramp, 16th Street

On-Ramp, Southbound Highway 99 connector ramp from eastbound Highway 50, Eastbound Business 80 connector ramp from eastbound Highway 50, Stage 2: 16th Street Off-Ramp, 10th Street Off-Ramp, Connector Ramp from westbound Business 80 to westbound Highway 50, Connector Ramp from northbound Highway 99 to westbound Highway 50.

Here is some key information: Where is the work happening? The closure will take place in Sacramento on the elevated

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American River Parkway to Receive Annual Spring Clean Up

Volunteers Encouraged to Register for Scouring of Nine Sites Along Riverbank

SACRAMENTO, CA (MPG) -- In concert with Earth Month and for the 9th consecutive year, the American River Parkway Foundation will conduct a spring clean-up on April 5th courtesy of a band of volunteers.

The Parkway's Spring Clean-Up will take place from 9 a.m. to noon Saturday, April 5th. The event is organized by the non-profit American River Parkway Foundation, and will incorporate volunteer groups scouring riverbanks for garbage at nine sites along the American River. Those sites include Discovery Park, Northgate at Highway 160,

Howe Avenue, Paradise Beach, Watt Avenue, Ancil Hoffman Park, River Bend Park, El Manto at Rossmoor Bar, and Sunrise Boulevard.

Each year approximately 8 million people visit the American River Parkway. That is an average of 22,000 visitors daily. With these visitors also come large amounts of litter. Through these annual clean-ups, ARPF volunteers are able to keep the Parkway a beautiful and scenic community treasure. This popular annual event will not only serve to refresh the riverbank's appearance, but by eliminating trash it will help to restore natural habitat for plants and animals and prevent river pollution from foreign toxins.

Due to the extremely low water levels, debris along the dry riverbeds will be easily assessable. Many of these items have been covered with water for the past few years. This is the first of many large-scale volunteer events of the year for ARPF, which exists to "support the preservation and enjoyment of the American River Parkway by fostering environmental education, stewardship and volunteer opportunities" along the 23-mile section of the American River, that begins at the confluence of the Sacramento River and extends east to the Nimbus Fish Hatchery. Cyclists, runners, picnic-goers, water enthusiasts and nature lovers are some of the groups who enjoy the parkway for various recreational activities.

Last year over 4,020 volunteers put in more than 15,519 hours of time on the Parkway, which is maintained jointly by the County of Sacramento and the ARPF. "We are expecting a good turnout and encourage the community to get involved," said Dianna Poggetto, executive director of the ARPF. "We consider it a privilege to partner with the community in being stewards of this beautiful stretch of land we are all passionate about."

Those interested in registering as a volunteer for the Spring Clean Up can do so online at <http://www.arpf.org/clean.shtml> or call the ARPF at (916) 486-2773 for more information.

Source: American River Parkway Foundation

Show of Hands on Park Options Master Plan Concepts Unveiled

Story and Photo by Susan Maxwell Skinner

CARMICHAEL, CA (MPG) - The results of public workshops on the Carmichael Park Master Plan were aired last week. Over 80 residents -- from school kids to seniors -- had an opportunity to view visions for the area's name-sake park.

Following several months of meetings and input from hundreds of people, two master plan concepts were presented by the district's consultant HLA Group. Central to both was a "great Lawn." This open space would be used for large gatherings such as Founders Day and food truck events. A skateboard park, walking trails and an events pavilion have also been proposed.

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At last week's public forum, park district Administrator Tarry Smith (right) observes voting on proposals for a Carmichael Park makeover.



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Caltrans to Rehabilitate Hwy 50

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section of U.S. Highway 50 known as the W/X

Viaduct, south of downtown, between 18th and 24th Streets. When does the project start? Traffic-interfering work on the project will occur in two stages: •Stage 1: May 2 – 22 (Eastbound US Highway 50) •Stage 2: May 28 – June 17 (Westbound US Highway 50) Non-traffic interfering work will take place through the spring, summer and fall of 2014.

Will the whole highway be closed? Only one direction of the freeway will be closed at a time. Two-way traffic will be diverted to the westbound lanes of Highway 50. Alternate routes are available here for maps showing alternate routes and detours to go around the project work. Will the highway be closed at night too? Work will continue 24 hours a day on each side of the highway until it is resurfaced.

Will there be any ramp closures? During Stage 1 (May 2 – 22), the following ramps



will be closed: •11th Street On-Ramp •16th Street On-Ramp •Connector ramp from eastbound Highway 50 to southbound

Highway 99 •Connector ramp from eastbound Highway 50 to eastbound Business 80.

During Stage 2, the following

ramps will be closed: •16th Street Off-Ramp •10th Street Off-Ramp •Connector ramp from westbound Business 80 to westbound Highway 50 •Connector Ramp from northbound Highway 99 to westbound Highway 50.

Why is this project happening? Age and heavy use have caused extensive wear and cracking. The roadbed, which was built in 1968, needs to be completely resurfaced in order to reduce recurring maintenance costs, and increase the life of the concrete deck. The existing highway deck will be sealed with a protective coat to minimize future cracking and a new four-inch thick slab of concrete will be applied and secured to the girders.

What impact will this project have on traffic? There will be significant traffic delays on the Viaduct, as well as on other freeways and roadways serving the Sacramento area. Plan your commute route now using the alternate route maps to avoid confusion when the project starts. Commuters can help to reduce

traffic congestion by temporarily changing work schedules to avoid rush hour, carpooling, reducing unnecessary trips, and using other forms of transportation such as biking, walking, or Sacramento Regional Transit (Light Rail and bus) system.

Is the W/X Viaduct structure safe? The W/X Viaduct is safe to drive on. There are no structural problems — only the top surface deck needs work to be resurfaced. Although there are no safety problems with the Viaduct, the completed project will also enhance future safety and traffic operations by creating wider shoulders and installing new joint seals, new concrete barriers and railings, new energy efficient lighting standards, and steel column casings for seismic strengthening.

Will there be closures during the State Fair? No — there will be no closure during the month of July.

Will there be closures over Memorial Day Weekend? The highway will be open over

Memorial Day Weekend. Work on the eastbound side is scheduled to be completed by May 22nd, before the Memorial Day Weekend. Westbound work will resume after the weekend, on May 28th.

What is the easiest way to get updates about the project? Sign up for news updates about the project. •Facebook: www.facebook.com/Fix50WX •Twitter: @Fix_50

What does the non-traffic interfering work include? Some work will take place underneath the viaduct to strengthen the supporting columns for earthquake preparedness. This work will not require any road closures.

What will Highway 50 look like after the closure? The existing highway deck will be sealed with a protective coat to minimize future cracking and a new four-inch thick slab of concrete will be applied and secured to the structure. The completed project will include wider shoulders, new joint seals, new concrete barriers and railing, new energy-efficient lighting, and steel column casings for seismic strengthening. ★

Master Plan Concepts Unveiled

Continued from page 1

Additional restrooms, picnic tables, parking areas and enhanced lighting were included in both plans.

The community clubhouse, tennis courts, Veteran's Hall and concert shell would also be upgraded. While studies conclude that building a new swimming pool is not financially possible for now, a large splash park near Grant Avenue is proposed as a summer cooler. This family amenity would include a waterslide.

The park would retain its popular disc golf course and dog park — with improvements.

Last week's gathering aired spirited discussion on baseball sites. "More possible locations might be found at La Sierra Community Park on Engle Rd," suggested District Administrator Tarry Smith. "We've expected differing opinions; we appreciate everyone's input in the planning process so far."

How are park improvements to be funded? Property owners within the Carmichael Park

District are being asked to vote on an annual benefit assessment added to their property tax bills. Voter approval would generate about \$666,000 per year. Most district parks — including Del Campo, Jan, Jensen, O'Donnell, Schweitzer Grove and Sutter-Jensen — would benefit from the measure. Ballots were mailed on February 24. Qualified voters should return their votes by April 17. For further information, call the park district at (916) 485-5322. ★

Meet Award-Winning Author Michael Parenti at the Italian Center in Carmichael on Sunday April 6th

CARMICHAEL, CA (MPG) - The Italian Cultural Society of Sacramento welcomes award-winning author Michael Parenti to the Italian Center in Carmichael on Sunday, April 6th at 2:00 pm for a special discussion of his book entitled "WAITING FOR YESTERDAY – Pages From A Street Kids Life."

Growing up in the Italian working class neighborhood of East Harlem, New York, Michael Parenti revisits his neighborhood and reflects on his personal experiences with family, school, religion and his Italian-American identity with a fresh understanding.

From the 1890s to the late 1950s East Harlem was predominantly Italian. The area referred to as Italian Harlem was the largest Italian community in the United States numbering over 90,000 during Parenti's youth. Join us for his informative reflections on Italian American life and culture.

MEET THE AUTHOR: "WAITING FOR YESTERDAY – Pages From A Street Kids Life."

SUNDAY, APRIL 6 • 2:00 pm Meet Michael Parenti Books will be available for purchase and signing.

ADMISSION: \$10 (Refreshments Included) at the ITALIAN CENTER: 6821 FAIR OAKS BLVD, CARMICHAEL 95608

There are over 100,000 Italians and Italian-Americans in the Sacramento region alone. The Italian Cultural Society of Sacramento was founded in 1981 and is a non-profit organization promoting the culture and heritage of Italians and Italian-Americans through our cultural programs, museum and cultural center, travel Italy tours and Italian language school. ★

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EDUCATION: It's Everybody's Business

By Edric Cane

I went earlier this month to a talk at the Crocker Museum on the topic of: "Endangering prosperity—A global view of the American school." We were given some sobering statistics. We've heard similar concerns expressed by many. Asked what he felt was the major threat to this nation, a former Secretary of Defense put education deficiency at the top of his list. He should know from would-be enlistees the army has to turn down. So we know the diagnostic. My special interest is how it bears on mathematical knowledge. As I see it, the problem is not so much with those in our High Schools who 'get it': many do, and they are as good as in any other country. The problem is with the considerable proportion of those who don't and who remain essentially in-numerate.

The California High School Exit Exam is a measure of our deficiency. Everyone can check sample test questions on the internet. In Mathematics, it is essentially Elementary and Middle School material. Students are encouraged to try it once in 10th grade, twice in 11th grade, and are allowed to try passing it five more times in 12th grade. What message are we sending? Some students are in 10th grade and have already passed the High School EXIT exam! For others, this Middle School material remains a major challenge in 12th grade. Clearly, the knowledge deficit that so many are concerned about has its roots in the very early grades. What concerns the Secretary of Defense, why would-be enlistees have to be turned down for academic reasons, is not because they didn't pass High School calculus or algebra 2. It is because too many are still essentially in-numerate.

What can we do about it? The

Common Core State Standards that are being introduced, in my mind, are a step in the right direction. Apart from the specific topics for each grade level, which may or may not be significantly different or significantly better than what was done before, the main thrust of the change can be seen if we read them without reading what they apply to, if we focus on the verbs instead of the nouns that follow:

"Make sense...persevere... make conjectures...evaluate... change course if necessary... explain...conceptualize...plan a solution pathway rather than simply jumping into a solution attempt...check answers... use a different method...continually ask: "Does this make sense?"...understand...identify correspondences between different approaches..." (This list is extracted from the first paragraph only.)

This shows the difference with the past. Instead of math being seen as facts and procedures that students either know or don't know, which they can blurt out if they know and get bad grades if they don't, mathematical knowledge is seen as the mind in action: understanding, making choices, comparing, applying. It's a major change that will not be achieved in one year and a few in-service seminars for teachers. It's a change in culture, and that is always difficult to achieve.

Also, it does not eliminate the need to know those facts and procedures. And there's the challenge. Just saying that we want students to understand and apply to real life doesn't of itself create students who understand and know how to apply to real life. The understanding and the creativity have to be built into the learning process itself, and at the very early stages of our schooling. Some of that is

being done and attempted, but not enough.

In my book Teaching to Intuition I try to build mathematical knowledge of essential topics on what everybody knows even before they study mathematics in school. Those "Aha moments" that teachers talk about happen when the mind of a child links some new material to knowledge, patterns, and thinking processes that are already well anchored in his or her mind. It is a privileged moment of recognition. Teaching to Intuition seeks out that pre-existing knowledge that all of us essentially know without really realizing that we do, and seeks to use it as the foundation on which essential mathematical knowledge can be built and retained. This leads to a level of understanding significantly different and more intimate than when explanations are given after the fact to justify some mathematical procedure and soon forgotten as students are allowed to remember the procedure and forget the understanding. Knowledge itself is understanding.

Tried in a local Middle School, this approach of teaching to intuition led to a chapter test score average for the class of 83% when the expected score on that important pre-algebra topic was in the middle or low 60%. A student from a remedial class on the topic came back from High School to his Middle School teacher to share his pride in getting a B in his High School algebra class. He took some of the credit for the dramatic shift from remedial to a very honorable grade, but also credited what he had learned in that remedial class. Teaching mathematics to students' intuition allows them to see mathematics as something that they own, that is theirs instead of something imposed from the outside.

Earlier this year I participated in a remedial class for 8th grade students in a local Middle School. We were reviewing basic 3rd and 4th grade material, in particular essential multiplication facts. The students made some progress, but eighteen after-school sessions is no match for the daily activity spread over two years that should occur four or five years earlier. The text we used was my collection of creative worksheets Making Friends with Numbers. It seeks to use learning those basic facts as an opportunity to acquire number sense and discover math as a thinking activity.

I'm just a parent who, as his children went through

Elementary and Middle School, saw them being held back by an approach to mathematical knowledge that seemed artificial and unrelated to the natural pathways in the mind; a parent who, after they had left for college, decided to get his teaching credentials and become a math teacher himself. I see the early years of children's education as the crucial time where re-thinking our approach needs to occur.

We have excellent teachers, dedicated, creative and concerned. We can't expect them to do things significantly better. But perhaps things can be done differently. State Superintendent Torlakson recently

told a group of parents: "Being an activist is going to be important. This is a call to action." I can only relay his call and, as a parent and grand-parent, and also a teacher, do the best I can to try, probe and explore how things can be done differently and cooperate in that quest with other parents and teachers.

Edric Cane is the author of Teaching to Intuition and of Making Friends with Numbers. (See Teachingtointuition.com or Makingfriendswithnumbers.com.) He can be reached by checking his phone number in the local directory or going to the Carmichael Chamber of Commerce web site. ★

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61% of California Renters Unable to Afford Modest Two-Bedroom Apartment

State Action Needed to Get California Building Affordable Homes Again

SACRAMENTO REGION, CA (MPG) - A new report released today finds that the typical renter in California earns nearly 30% less than what is required to rent a modest, two-bedroom apartment.

The typical renter in California earns \$18.50 an hour, which is \$7.54 less than the \$26.04 hourly wage needed to afford a modest unit at Fair Market Rent.

\$26.04 is California's 2014 Housing Wage, revealed in *Out of Reach 2014*, a report jointly released by the National Low Income Housing Coalition, a Washington, DC-based research and advocacy organization, and Housing California.

Every year, *Out of Reach* provides this figure, referred to as the Housing Wage, and other housing affordability data for every state, metropolitan area, combined non-metropolitan area, and county in the country.

An estimated 61% of renters in California do not earn enough to afford a two-bedroom apartment at the Fair Market Rent.

"California is short one million affordable homes for working families. Unless we act to replace the state housing finance tools we've lost as bond funds dried up and redevelopment was eliminated, record-setting rent increases and increased homelessness will be the new normal in California. It's time for action to dedicate a long-term source of state funding to build affordable

homes for Californians in need, including families, seniors, veterans, and people with disabilities," said Sen. Mark DeSaulnier, Chair of the Senate Transportation and Housing Committee and author of the California Homes and Jobs Act. "SB 391 is a critical part of the solution to spur creation of affordable homes and reduce the number of homeless Californians."

Working at the minimum wage in California, a family must have 3.3 wage earners working full-time, or one full-time earner working 130 hours to afford a modest two-bedroom apartment. Even with the upcoming two-part minimum wage increase in California, too many workers will be left without an affordable home.

The national Housing Wage is \$18.92 in 2014. This year, California is the second most-expensive state in the nation for renters.

With the elimination of redevelopment that provided \$1 billion in state investment for affordable homes each year and the exhaustion of funds from the state's voter-approved housing bonds, California's affordability crisis will only grow worse unless legislators act to identify new sources of state investment.

An important piece of the solution to California's affordable homes crisis is the California Homes and Jobs Act (SB 391), which dedicates investment

to public-private partnerships that will build 10,000 safe and affordable single-family homes and apartments each year for Californians in need. This state investment of approximately \$500 million per year would leverage another \$2.79 billion in federal, local, and bank dollars to build affordable rental and for-sale homes for families, seniors, veterans, and people with disabilities. At the same time, this investment would reduce homelessness, and result in significant savings to taxpayers. SB 391 is a wise investment for all of California, creating 29,000 jobs annually, primarily in the beleaguered construction sector and help businesses attract and retain the talent that fuels California's economy.

The California Homes and Jobs Act is endorsed by more than 600 organizations and hundreds of individuals who know that building homes and creating jobs is a business imperative, a public-safety issue, and critical to helping California's budget live within its means.

Housing California is the voice in the state Capitol for children, seniors, families, people experiencing homelessness, and everyone who needs a safe, stable affordable place to call home. For additional information, visit: <http://www.nlihc.org/oor/2014> ★



Dave Ramsey is America's trusted voice on money and business. He has authored four New York Times best-selling books: Financial Peace, More Than Enough, The Total Money Makeover and EntreLeadership. His newest book, written with his daughter Rachel Cruze, is titled Smart Money Smart Kids. It will be released April 22nd. The Dave Ramsey Show is heard by more than 6 million listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Financial Russian Roulette

Dear Dave,

My wife and I are debt-free except for our home. She travels one week per month and charges her expenses to a personal credit card for reimbursement later. I'd rather we open a checking account with debit card privileges just for these expenses. What do you think?

- Dustin

Dear Dustin,

I've got to say I like your idea better. The problem you're both facing now is this: if her company ever shuts down, there's a good chance you guys are stuck with credit card debt.

Years ago I had a client who

Dave Says

was working for a company, and he'd run up travel and business expenses on his American Express card. Like your wife's situation, his company would then reimburse him for expenses. Then, he made a business trip to Europe, and, while he was there, his company asked him to pick up some computer equipment. The cost of the trip and equipment was about \$22,000. When he returned to the office with all the computer stuff in tow, the front door was padlocked. The IRS had shut them down, and they went into bankruptcy. And guess what else? He never got the \$22,000 from the company!

Credit card companies don't care about the circumstances. They want their money, period. You guys have done pretty well if you're debt-free except for your home. But your wife is playing a game called Financial Russian Roulette, and it could backfire on you both at any time.

Never take personal responsibility for company expenses.

- Dave

Trading Debt for A Career

Dear Dave,

I'm considering a career change and becoming a financial advisor. It would mean a 45 percent cut in salary for three to four years, and I'd have to take on debt in order to survive the cut. Is this a smart move?

- Travis

Dear Travis,

No, it's not. You didn't give me a lot of details about what kind of "financial advisor" you're thinking about becoming,

but there are all kinds of people who put themselves in the category of financial advisor. A little voice in my head tells me you're actually talking about life insurance sales. If that's the case, then there are some things you need to understand. One, you wouldn't be a financial advisor; you'd be an insurance salesman. And two, there's about an 80 percent fall-out in that world. Eighty percent of the people who start as insurance salesmen don't make it in that line of work.

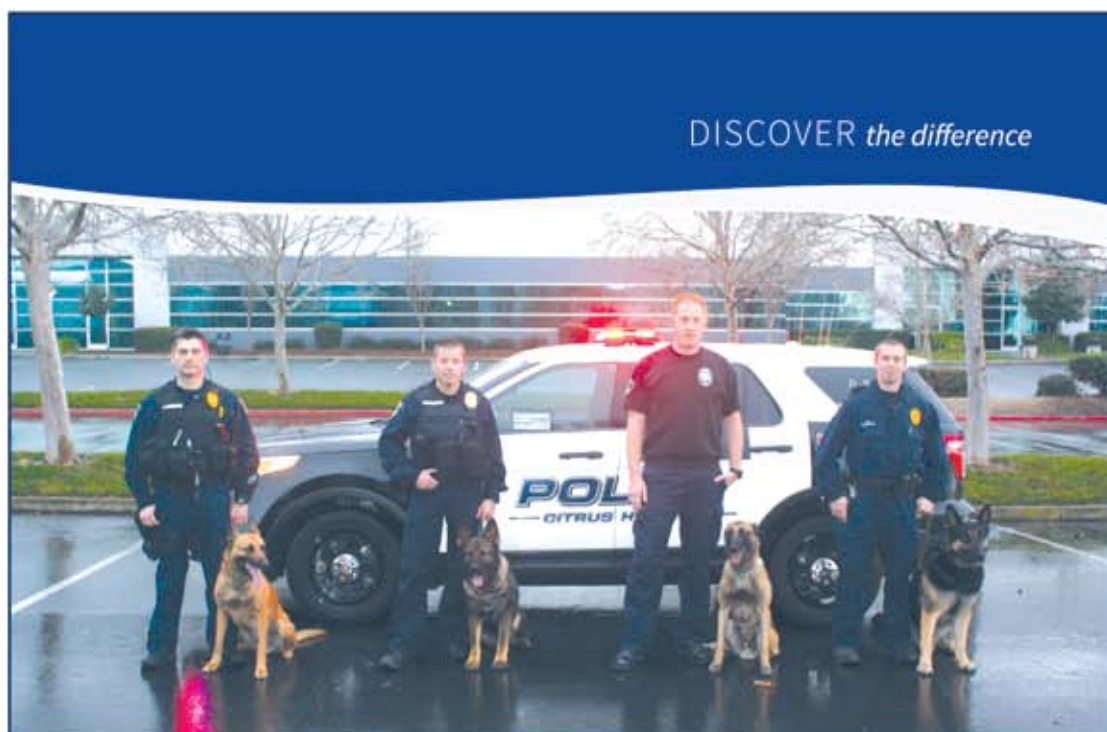
Now, you could be making \$200,000 right now. And if that were the case, you'd still be making good money while this new career takes root. Still, I'm not going to send you into debt for a career change. There's got to be a way around that, whether it's delivering pizzas at night or beginning your career change on a part-time basis before making the jump.

Travis, I want you to live your dream. I also have no qualms about you going into the financial world if it's what you really want to do with your life. But I'm not going to tell you it's okay to go tens of thousands—maybe even hundreds of thousands—of dollars into debt to make it happen. Going deeply into debt to become a financial advisor sounds pretty oxymoronic to me. Doesn't it to you?

Don't do something really dumb with money in the name of advising other people on their finances. That just seems wrong.

- Dave

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New Series *Red Hot Design* is Casting in Sacramento!

SACRAMENTO REGION, CA (MPG) - Calling all Sacramento home and business owners! Cineflix's brand-new series *Red Hot Design* - slated to air on A+E Networks' new lifestyle TV network FYI - wants to create a custom design piece for you that's guaranteed to impress! The *Red Hot Design* team transforms scrapyard junk into one-of-a-kind showstoppers.

The series follows Shasta Smith, an edgy queen of interior design and "upscaling." Smith and her design team take unusual and cast-off materials - from vintage motorcycle parts to airplane wings - and modify them into upscale pieces of furniture and artwork for their clients.

outgoing and dynamic applicants, who have an open space in their home or business, but are lacking a theme or a signature piece. Individuals interested in potentially being on the show can apply by emailing: AEdesignshow@gmail.com.

Red Hot Design is a Cineflix (Beauty & Grease) Inc. production, in association with FYI. Mark Poertner is the Executive Producer and Mary Swanhaus is the Showrunner.

Cineflix Media Inc. is a leading international media company that brings together global broadcast and production partners, major talent, and key executives to create top quality original content produced and

distributed for television and other platforms. Producing more than 300 hours per year of multi-genre television for international broadcasters, and with a rapidly expanding library of more than 3600 hours, Cineflix Media is a recognized leader with offices in Montreal, Toronto, London, New York, Los Angeles, and Dublin.

The Vintage Monkey acquires vintage motorcycles and architectural artifacts, and then respectfully modifies them based on designs by Shasta Smith. In support of the grease, the Vintage Monkey creates architectural fixtures, elements, apparel, and is a motorcycle race sponsor. www.thevintagemonkey.com ★

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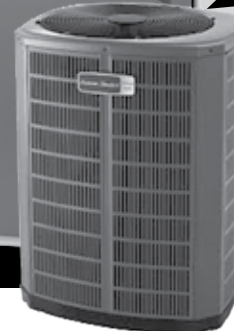
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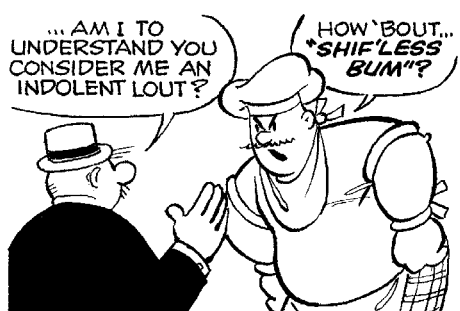
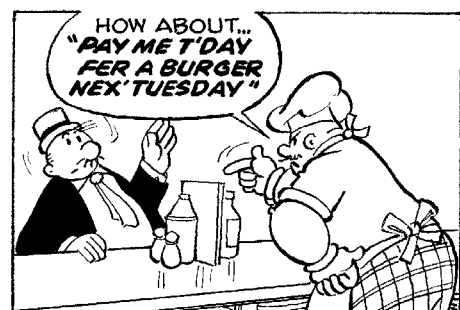
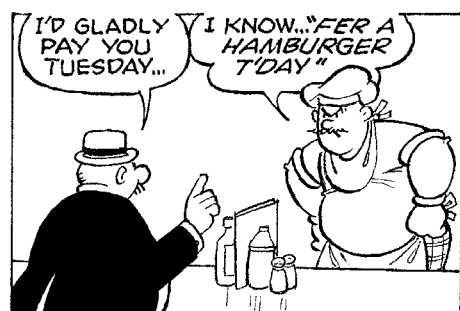
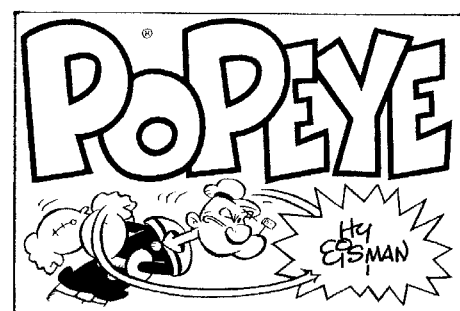
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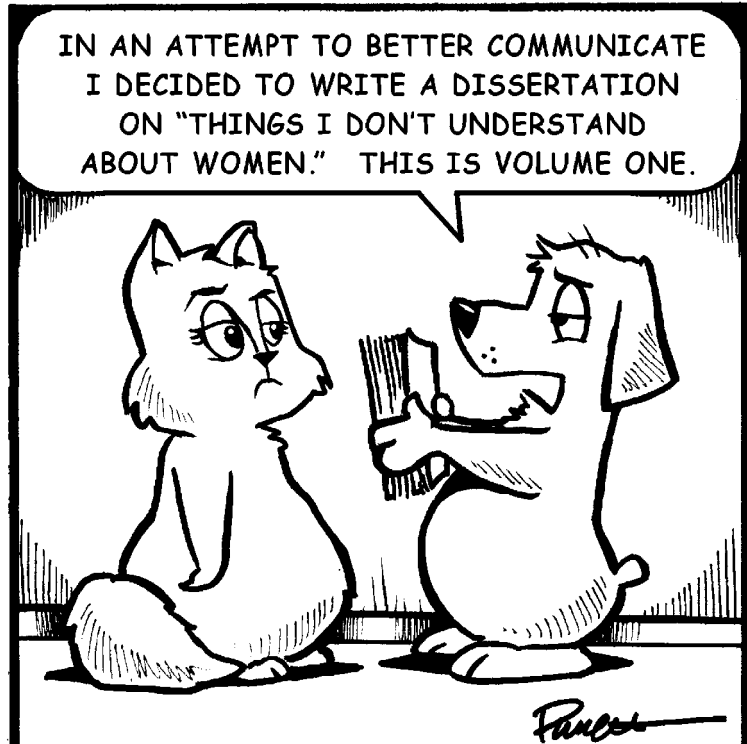
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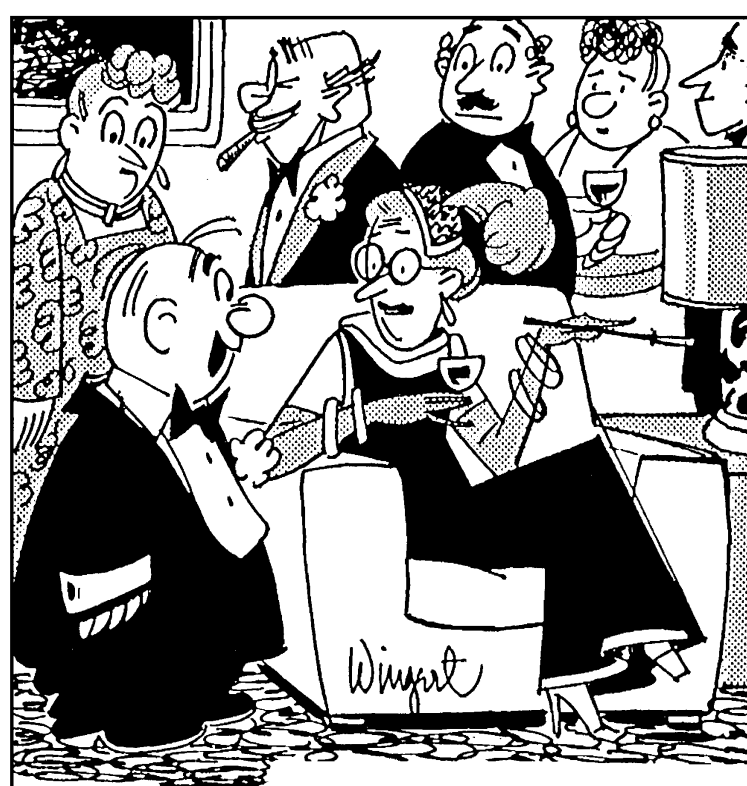
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Just Like Cats & Dogs by Dave T. Phipps



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Watercolor Artists of Sacramento Horizons WASH 2014 Members Show
The 2014 Annual WASH Member Watercolor Competition, Awash With Color will be on display from April 1st through April 19th at the Sacramento Fine Arts Center. The Artists Reception and Awards Ceremony is scheduled for the Second Saturday on April 12th from 5:30 p.m. – 8:30 p.m. See website for more information.

The Complete Pouring Watercolor Workshop
Presented by Tony Rogone
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Hours: Tuesday 11 am-7 pm, Wednesday through Saturday 11 am-3 pm.
www.sacfinearts.org

Skip Lee
An Exhibit of Recent Work
March 1-31, Gallery 3

Carnie by Skip Lee

Club Meetings
Wash Inc. Next meeting is 7 pm
April 14, 2014 • Judy Lew Loose

NCA Next meeting is 7 pm
April 9, 2014 • David Lobenberg
"California-Vibe Portraiture!"

Photo Club Meets • 4th Thursday 7 PM

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Tips For Raising A Good Communicator

(NAPSA)—Most parents eagerly await their child's first word—and many wonder about every language and literacy milestone thereafter. Language, however, is about so much more than just words and healthy communication. It can be the foundation of a child's ability to succeed emotionally, socially and academically.

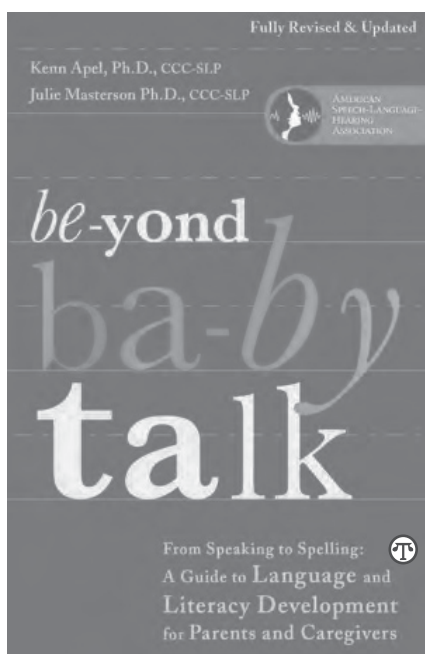
To help, a book revised to guide a new generation is back. "Beyond Baby Talk—From Speaking to Spelling: A Guide to Language and Literacy Development for Parents and Caregivers" (Random House) by Kenn Apel, Ph.D., CCC-SLP and Julie Masterson, Ph.D., CCC-SLP, experts in child language, takes the mystery out of the developmental process. It shows simple milestones and easy activities that parents and grandparents can do to build strong language skills at home and on the go.

For example, parents should know that most infants have an inner desire to communicate and the ability to pick up at least the basics with minimal exposure to language. You don't need flash cards, computer programs, lessons, incentives, correction or bribes to get your youngster to learn language. The best thing you can do is talk and read to your child.

Children's brains are "wired" to learn a tremendous amount about language and communication. According to the book, parents should:

- Talk with their infants from their first day of life!
- Use changing time, bath time and mealtime to "chat";
- Establish a book-reading routine by the time a child is 2.

A recent study in *Pediatrics* showing that U.S. children 8 months to 8 years old are exposed to nearly four hours of background television in a typical day reminds parents to limit background media distractions while



Most infants come into the world eager and able to learn language, a book by experts explains.

interacting with their kids. Previous research has shown negative associations between background television and kids' cognitive and social outcomes.

The book highlights checkpoints to gauge a child's progress and easy methods to:

- Understand the influence of media and technology on language development—and navigate through it;
- Evaluate and monitor spoken language development;
- Enhance literacy skills for improved spelling, reading and writing;
- Recognize the signs of language and literacy progress problems—and know when to seek professional help from a certified speech-language pathologist (SLP).

Save 20 percent*! Use promo code BBT20 at www.asha.org/BeyondBabyTalk for special pricing.

*Offer is valid through 3/31/13 and cannot be combined with any other offers.

Tips On Trips

Choosing Cruising

(NAPSA)—A growing number of people—an estimated one in five Americans—have already found that a cruise can be a hassle-free vacation.

When asked what they enjoy the most, some immediately point to the convenience factor while others say they like the fact that many cruises are "family friendly," with quality programs for children that are managed by professionals.



When surveyed, 80 percent of cruise passengers list "relaxing" and "getting away from it all" as top reasons for cruising.

Many also say it can be surprisingly affordable—particularly when compared to the total cost of many land-based vacations.

Other cruising veterans point to the fact that there is always something to do—from entertainment to sports to dancing—some cruises even offer casino action. Plus, if you are focused on meditation and yoga, pilates or aerobics, you can find a cruise that tends to those needs as well. In most cases, people say, the cruise just lets them do as they please.

While a cruise can be a great way to relax, it can also be an excellent way to see the world—whether it's a favorite destination or a new and exotic port of call.

And then there is the food. Whether you are interested in convenience or fine dining or have to follow a special diet, chances are there will be a cuisine that fits your style.

With cruises setting sail in locations around the country, most people can drive to a home port, reinforcing the convenient and affordable aspects of cruising.

You can speak to, online chat or e-mail a cruise expert or book online and receive onboard credits. To learn more, visit the website at www.DiscountCruises.com or call 877-660-1467.



Furnishing The Nursery

Soft, sheer window shadings soften incoming light and have a cordless lifting system option to help keep children safe.

(NAPSA) – When there's a little one on the way, certain small steps can make a big difference. Here are a few hints on helping to keep the nursery safe and secure from industry expert Sally Morse:

The crib: See to the slats. They should all be there, spaced no more than 1/4 inch apart. The mattress should fit snugly with no more than two fingers' width between its edge and the side of the crib. Be sure the mattress support is securely attached to the headboard and footboard and the drop-side latches hold securely.

Crib toys: Keep them fun. They should not have strings or cords that dangle into the crib or any parts small enough for a baby to swallow.

High chair: It's a tasteful idea to be sure it has restraining straps with buckles that are easy to fasten and unfasten independently of the tray, which should lock securely. The chair needs a wide base for stability. A folding high chair has an effective locking device.

Playpen: Don't mess with the mesh. Playpen mesh should be securely attached to the top rail and floor plate and have a small weave of less than 1/4 inch openings, with no tears or loose threads. The top rails should lock automatically when lifted into the normal-use position.

Changing table: Parents and babies tend to spend a lot of time here. It should have safety straps to prevent falls, and drawers or shelves that are

easily accessible so you don't have to leave the baby unattended.

Windows: Any above the first floor should have guards. Look for quick-release features for easy emergency exits. Locks that limit the size of the opening will let you open the windows for ventilation.

The windows should also provide a serene environment with soft incoming light. You can do this with Silhouette window shadings or Duette honeycomb shades from Hunter Douglas. These have two fabric layers so light is filtered and diffused to eliminate harsh glare and shadows. The shades can also dim the light for daytime naps. They come in dozens of colors, so you can coordinate with the wall color or the trim.

Whatever window treatment you have, make sure it doesn't have accessible cords that young children can get entangled in. Hunter Douglas has many options that eliminate lift cords or substantially reduce access to them. The company's LiteRise cordless system is available on a wide variety of product styles.

For more information, visit www.hunterdouglas.com/safety, call 1-800-99SAFTY (1-800-997-2389) or find them on Facebook.

¥ Hunter Douglas Inc., the leading manufacturer of custom window fashions in North America, is a national sponsor of Habitat for Humanity, covering windows in every Habitat home.



Did You Know?

It is said to be impossible to sneeze with your eyes open.



Did You Know?

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Salome's Stars

ARIES (March 21 to April 19) Putting yourself in someone else's shoes isn't easy for you. But if you do it, you'll gain a better perspective of what you need to do to achieve your goals. Be open to new ideas.

TAURUS (April 20 to May 20) There are still some problems you might have to deal with before moving on to your next project. It's a good idea to accept help from those who share your objectives.

GEMINI (May 21 to June 20) It's time to recognize the difference between those who are truly concerned for you and those who simply plan to use your good nature to their advantage. New ideas become increasingly attractive.

CANCER (June 21 to July 22) Depending on a promise made becoming a promise kept could be more than a mite unwise at this time. It's best to proceed on your own rather than wait for aid that might never arrive.

LEO (July 23 to August 22)

A recently revitalized relationship might not be quite what the Big Cat expected. But give yourself more time to deal flexibly with the changes. A little can go a long way. Good luck.

VIRGO (August 23 to September 22) A major change could prompt more adjustments. Some of them might be difficult to deal with at first. But hang in there, and before you know it, you'll be coasting to your next goal.

LIBRA (September 23 to October 22) Your sense of justice prompts you to speak out against an unfair situation, even if you seem to be the only one who feels that way. But you soon learn that many others agree with you.

SCORPIO (October 23 to November 21) Creating a fuss is not usually your style. But that doesn't mean you should tolerate an ill-mannered attitude. Speak up for yourself, and you'll earn the respect of others.

SAGITTARIUS (November 22 to December 21) You might have a few loose ends

to tie up before you can stamp your project as complete. But once that's done, you might want to celebrate with someone special in your life.

CAPRICORN (December 22 to January 19) Disappointment darkens the Goat's mood. But close friends rally to pull you through with words of encouragement. Use their confidence in you to rebuild your own self-esteem.

AQUARIUS (January 20 to February 18) An upcoming decision might be more difficult with inaccurate information. Best to recheck the data you have at hand right now to be sure it won't mislead you later.

PISCES (February 19 to March 20) An offer you previously turned down might no longer be available. But if you do some checking around, you could find something else that would suit you just fine.

BORN THIS WEEK: You believe in helping those who cannot help themselves. Although it embarrasses you, the fact is, people like you and tell you so.

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COUCH THEATER -- DVD PREVIEW

By Sam Struckhoff

EDITOR'S NOTE: DVDs reviewed in this column will be available in stores the week of March 31, 2014.

PICKS OF THE WEEK



Will Ferrell in "Anchorman 2"

"47 Ronin" (PG-13) -- After their master is betrayed and forced to commit suicide, 47 samurai warriors vow to get revenge. Kai (Keanu Reeves) is a half-breed who will somehow play an instrumental role in vanquishing the supernatural evil that awaits the ronin. Set in a dour and mystical version of feudal Japan, the titular warriors must do battle with a sly sorceress (Rinko Kikuchi) and a limping plot.

Really, for an action-adventure story about revenge and shape-shifting monsters, this film is kind of a bummer. None of the samurai get to be three-dimensional characters. Reeves looks committed to his role as the honor-bound servant, but even he seems like he'd rather be in a different movie.

"The Bag Man" (R) -- Jack (John Cusack) is a hitman with a simple task: pick up a bag, take it to a seedy hotel in the middle of nowhere, and wait for his boss to come pick it up. Oh, and do not look in the bag, under any circumstances. Things go awry from the start, and Jack

arrives at the creepy hotel with a body in his trunk and a bullet hole in his hand. A steady trickle of bizarre characters appear as the body count piles up.

Robert De Niro plays Dragna, the crime boss who tends to blather on with pseudo-philosophical nonsense. With a script this full of weirdness and unearned violence, you really get the idea that Cusack and De Niro weren't interested in the project for its artistic merits.

"Anchorman 2: The Legend Continues" (PG-13) -- Ron Burgundy (Will Ferrell) and his crack news team return for more absurd, man-child antics. The last movie left off with Ron on top of the world, married to his beautiful rival/co-host, and the toast of San Diego. Seven years later, the decadent '70s are over, and Ron must reassemble his original news team to take on an early 24-hour news channel. Ferrell and director/friend Adam McKay follow the same formula that worked in the past -- let funny people improvise their way through the scenes and see what makes people laugh.

"Knights of Badassdom" (R) -- Three friends (Peter Dinklage, Steve Zahn and Ryan Kwanten) are out LARPing (that is Live-Action Role-Playing, or dressing up like fantasy adventurers and fighting outside with foam swords), and it's all going well until one of them recites a spell from an old book bought online. Suddenly, the pretend warriors are threatened by a real succubus from real Hell. It's an oddball comedy made with loving care for geeks and the people who love them.

TV RELEASES

- "George Gently, Series 6"
- "Psych: The Complete Eighth Season"
- "Broadchurch: Complete First Season"
- "Power Rangers: Seasons 13-17"
- "Sesame Street: Elmo & Friends"

(c)2014 King Features Synd., Inc. Series"

Strange BUT TRUE

By Samantha Weaver

- It was nonviolent Indian activist Mahatma Gandhi who made the following sage observation: "First they ignore you, then they laugh at you, then they fight you, then you win."

- Beloved children's author Dr. Seuss had a hobby that few people were aware of: He collected hats.

- With the summer holidays approaching, you might want to keep in mind this tidbit: Every year, 75,000 stuffed animals are left behind in hotels. Be sure to check under the bed before you leave!

- It was long believed that a single piece of paper couldn't be folded more than seven times, but in 2002, high-schooler Britney Gallivan disproved that notion. She ordered a 4,000-foot-long roll of toilet paper and, along with her family, headed to a shopping mall to try to break the seven-fold limit. After seven hours, she and her family had succeeded in folding the paper 12 times, putting an end to the myth.

- Ancient Mayan warriors were known to throw hornets' nests at each other in battle.

- At some point you've almost certainly heard a coward described as "lily-livered," but did you ever wonder where that expression came from? It was once believed that the seat of courage in the human body was the liver; therefore, someone who was timid presumably lacked blood in the liver, causing that organ to become white.

- If you're like the average American, you spend 38 hours in traffic every year. If you live in Chicago, you're stuck for 46 hours. If you're unlucky enough to be driving in Los Angeles, you'll be at the mercy of traffic for a whopping 72 hours every year.

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Home Sweet Nest
Birds are gathering material for their nests, and you can help. Put out soft stuff like string, yarn or (clean) dog hair. These items can be hung from tree branches or scattered on the ground. They'll be easy to spot and will provide extra insulation for new hatchlings.

E-mail: birdingbits@cfl.rr.com © 2014 King Features Syndicate, Inc.

The Garden Bug

Planting dahlia tubers

After danger of frost is past, select some ground that gets full sun, is protected from strong winds, and has rich, well-drained, slightly acidic soil. Smaller-flowering types should be spaced 1 to 2 feet apart; taller, larger-flowered dahlias should be 3 feet apart. Plant the dahlia tubers whole, with the eyes, crown, stems and buds directed upward. Do not over-water!

- Brenda Weaver
Source: www.almanac.com, www.ipm.iastate.edu

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THE RICH LOWRY COLUMN
By Rich Lowry

The Russian Reset to Nowhere

The “reset” with Russia had a brief, unhappy life. It began with then-Secretary of State Hillary Clinton presenting her Russian counterpart with a mistranslated reset button reading “overcharged.” It ended with current Secretary of State John Kerry denying knowledge of the late, unlamented policy on “Meet the Press”: “Well, I don’t know what you mean by the reset.”

Memories are short in Foggy Bottom. And understandably. Who wouldn’t try to forget a geopolitical initiative that has been exposed as willful naivete and strategic obtuseness from the beginning?

George Kennan wrote the famous “Long Telegram” at the outset of the Cold War. President Barack Obama would have needed only “A Very Brief Telegram” at the outset

of his administration: “Bush’s fault.” This was a perverse misreading of history. Of all President George W. Bush’s failings, not giving the Russians a chance wasn’t one of them. He notoriously looked into Russian President Vladimir Putin’s eyes at the beginning of his presidency and saw sweetness and light. By the end, his illusions were shattered by the Russian invasion of Georgia in 2008.

President Obama picked up like this Russian act of aggression had been perpetrated long ago by the Grand Duke of Muscovy, instead of by the very regime he was resetting with.

In a 2009 visit to Moscow, the springtime of reset, President Obama professed his belief “that Americans and Russians have a common interest in the development of rule of law, the strengthening of democracy, and the protection of human rights.” He was 0 for 3.

It didn’t take a student of Russian history, or of international relations or even of the model U.N., to know that this would end in ashes.

At one level, the Obama administration was guilty of the human impulse of wanting to see the world as you would like it to be, rather than as it is.

At another, the president is not particularly interested in international relations. It was appropriate that one of his statements on the crisis came at an

elementary school while announcing his latest budget, which reduces the U.S. Army to pre-World War II levels. Because we all know that we will never face an unexpected, unpredictable international crisis again.

Whereas Obama has the left’s traditional discomfort with American power, Putin has no such guilty conscience. Whereas Obama believes we’ve entered a paradisiacal new period in history when everyone can be constrained by international norms, Putin has no such delusions.

President Obama said recently that Ukraine’s stability and success are “in Russia’s interest.” Not if you are Vladimir Putin and stung by the humiliation of the Russian empire’s diminishment after the end of the Cold War and informed by Catherine the Great’s belief that the only way to secure Russia borders is to extend them.

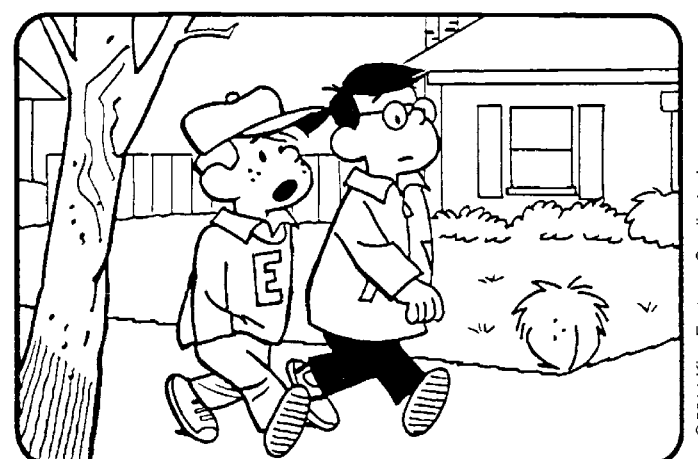
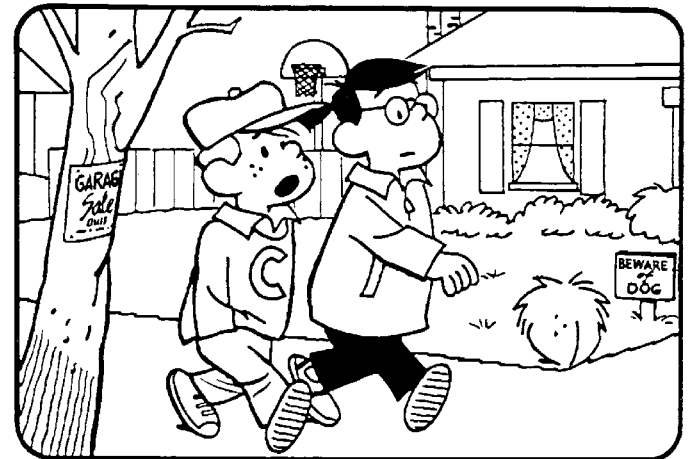
President Obama declares that Russia is on the wrong side of history. That may be a clinching argument in a debate over gay marriage at Wesleyan University, but won’t carry much weight with Putin. He thinks he can make history move with lies, thuggery and iron.

It’s now Obama’s challenge to prove him wrong.

Rich Lowry is editor of the National Review.

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- ACROSS
- 1. Bodily lumps
 - 6. Be in the red
 - 9. Flexible mineral
 - 13. Unusual or eccentric
 - 14. Pen ____
 - 15. *National ____ of Science, awarded inventors
 - 16. "Holberg Suite" composer
 - 17. Put to work
 - 18. Do penance
 - 19. *Denim pants inventor
 - 21. *Ford's assembly line product
 - 23. ____ 7, 1941
 - 24. Blondie's hit "The ____ Is High"
 - 25. "Just kidding!"
 - 28. *Richard ____, inventor of Scotch Tape
 - 30. *Inventor of engine of same name
 - 35. Crude group
 - 37. Seed coat
 - 39. Accent mark
 - 40. "Good" to Sophia Loren
 - 41. Betty Page, e.g.
 - 43. To defeat decisively
 - 44. Grind down
 - 46. Largest volcano in Europe
 - 47. Write on tombstone, e.g.
 - 48. City on the Rio Grande
 - 50. Hideous
 - 52. Get the picture
 - 53. Shakespeare's metrical unit
 - 55. Sushi restaurant staple
 - 57. Morally pure
 - 60. *Tactile writing inventor
 - 64. Domenikos Theotokopoulos, a.k.a. El ____
 - 65. Wade's opponent
 - 67. Remained firm
 - 68. European finch
 - 69. DNA transmitter
 - 70. Not these
 - 71. Dumbfounded
 - 72. Japanese capital
 - 73. Red Sea nation
- DOWN
- 1. Wheel teeth
 - 2. Nomad's round house
 - 3. Affect emotionally
 - 4. *Now found on the invention by Dunlop
 - 5. Proceeded without pause
 - 6. "Moonlight Sonata," e.g.
 - 7. Singular past tense of "be"
 - 8. Fragrant resin
 - 9. Dole out
 - 10. Object of worship
 - 11. Not in optimist's vocabulary?
 - 12. Draft pick
 - 15. Conquered the Everest, e.g.
 - 20. Junk yard stuff
 - 22. 1, e.g.
 - 24. Washer/dryer unit
 - 25. *Dynamite inventor
 - 26. "Carmen," e.g.
 - 27. Luciano Pavarotti, e.g.
 - 29. U.S. city and lake
 - 31. De Valera's land
 - 32. Gambling choice, pl.
 - 33. Bring out
 - 34. River in Hades
 - 36. Surrender territory
 - 38. *Cousteau's aqua-____
 - 42. More pale
 - 45. *Motion-picture camera inventor
 - 49. Granola grain
 - 51. Possible adjective for bread
 - 54. Like Christmas
 - 56. Quality of many a ballerina
 - 57. Captain and his party
 - 58. Not there
 - 59. *a.k.a. LSD, invented by Albert Hofmann
 - 60. Chili seed
 - 61. Rumpelstiltskin machine
 - 62. Eminem's hit "____ Yourself"
 - 63. "I Dream of Jeannie" star
 - 64. Fed. property manager
 - 66. Two halves

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For Solutions See Page 11

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Atria El Camino Gardens Performs Random Acts of Kindness in Carmichael



Photo courtesy Atria El Camino Gardens

CARMICHAEL, CA (MPG) - On Wednesday, March 19th the Residents of Atria El Camino Gardens set out to perform random acts of kindness in the Carmichael area, with the help of the Atria Engage Life Team. The group was able to share many things with unsuspecting families, workers at local businesses, and people on the street.

Amongst the gifts given were food items like cookies, nuts, coffee and candy, a therapeutic pillow, kitchen utensils, decorative items, children's hats and of course smiles and good will. With each gift they gave a note that included a request to "pay it forward" and perform a random act of kindness for someone else. It was a delightful trip for

the residents that left them with warmth in their hearts, thoughts of thankfulness, and the question of when they will be doing it again. The next trip is being planned now!

To learn more, log onto www.atriaseniorliving.com.

Source: *Atria El Camino Gardens.* ★

Cancer Researcher Kelly Turner Redefines Spontaneous Remission



By Eric Nelson

For Kelly Turner, a researcher and lecturer in the field of integrative oncology, the realization that spontaneous remission of cancer was even a possibility blew her mind. For the rest of the world, perhaps particularly those who have been diagnosed with cancer, having a better understanding of this largely misunderstood phenomenon could literally save their lives.

This first installment of a two-part column looks at the inspiration behind Dr. Turner's just-released book, *Radical Remission: Surviving Cancer Against All Odds*, the nature and implications of her research, and the reception she's received from her peers. Next week, part two will examine her most startling discovery and take a deep dive into the role of spirituality in the treatment of this disease.

It all began when Turner was just eight years old. Her uncle, who lived nearby and was the same age as her father, died of leukemia. Just six years later, a classmate and dear friend was diagnosed with stomach cancer and passed on shortly thereafter.

Fast forward another nine years and Turner found herself working on her master's degree and counseling cancer patients at the University of California, San Francisco's Comprehensive Cancer Center. It was then that she picked up a copy of *Spontaneous Healing*, a book by integrative medicine guru, Dr. Andrew Weil.

"I remember reading it on my lunch break and I got to the point in his book where he brings up a spontaneous remission case from cancer and I just froze," she said during an interview last year. "It's still hard for me to believe that I hadn't heard of these cases before. Maybe I had and I'd never taken them seriously, but to see one in print in front of me, it just stopped me in my tracks, and I said, 'Even if this just happened once, it should have been national news.'"

That same day Turner went home and stayed up until midnight reading anything she could find on the Internet about spontaneous remission. This included a comprehensive study done by the Institute of Noetic Sciences documenting over a thousand cases of spontaneous remission from malignant cancer.

"I remember just being angry,"

she said. "I was like, what the heck? I'm finding cases from 1790 and I had not heard about this? That's when I decided to continue on for my PhD and just study this really intensely."

One of the first things Turner noticed was that few if any of the medical studies she read made any mention of the people who actually experienced the spontaneous remission.

"I would read case after case after case in the medical journals and after every one I would write on the bottom, 'What does the patient think healed him or her?'" No one in these medical reports was asking that," she said. She also noticed that no one seemed interested in the non-allopathic, non-western healers involved.

This prompted Turner, as part of her doctoral dissertation, to take a ten-month tour of the world to interview 50 alternative cancer healers in 11 different countries including the United States, China, Japan, New Zealand, Thailand, India, England, Ireland, Zambia, Zimbabwe, and Brazil. By the time she returned, she had also uncovered 20 new cases of spontaneous remission and conducted interviews with the survivors. This included individuals who had either been diagnosed with cancer and chose to receive no conventional medical treatment, or cancer patients who had given conventional medicine a try and then gave it up for something else. Since then, Turner added a third category to include those who combined multiple methods of treatment.

One of the first things she discovered during her research was that she needed to come up with a better definition of spontaneous remission.

"The issue that I have with the word 'spontaneous' is that, by definition, it means 'without a cause.' Like it just happens out of the blue, unpredictably," said Turner. "To use the word 'spontaneous' really takes away from what I have found in my research, which is that many of these people worked very hard to get better. They didn't just sit there and twiddle their thumbs and poof, one day their cancer was gone."

Using the word "unexpected" instead of "spontaneous" was not much better, since most of the cases she was studying were anything but unexpected by the individuals involved.

"Many of these people believed from the very beginning that they were going to beat this," Turner said, "that they were going to live and they were going to heal."

Many years and many focus groups later, Turner has finally settled on "radical remission."

"I think 'radical' indicates two things," she said. "It indicates that this is a radical occurrence. This is out of the ordinary. Number two is that it involves radical changes, which is really the heart of my research - that these people made radical

changes to their lives."

Broadly speaking, these radical changes included one or more of the following: change of diet; experiencing a deeper spirituality; feeling love, joy, or happiness; releasing repressed emotions; taking herbs or vitamins; using intuition to help make treatment decisions; taking control of health decisions; having a strong will to live; and receiving social support.

What surprised Turner most was that of these nine "treatments," as she describes them, seven had to do with emotional and spiritual, as opposed to physical, factors.

"I was not expecting it to be one way or the other," she said. "I just wanted to hear whatever [the survivors] had to say, so to hear so much come up regarding psycho-emotional-spiritual stuff was very surprising to me. What it tells me is that the mind/brain is running the whole show."

Next week's column will more deeply explore this "psycho-emotional-spiritual stuff," a subject that is perhaps at the root of some of the resistance Turner encounters when presenting her findings to doctors who are prone to questioning whether the individuals involved actually had cancer to begin with.

"It's understandable, because they were trained in a very reductionistic model," she said, "where the only thing that matters is the biological [aspect]."

Even so, Turner finds increasing interest from oncologists who have themselves witnessed cases of spontaneous or, to use her word, "radical" remission.

"Whenever I go to medical conferences I say, 'How many of you have had a case like this in the history of your practice?,' and a bunch of hands go up," she said. "Then I say, 'How many of you who just raised your hands took the time to write an article and submit it for publication?,' and then all the hands drop."

It is possible that this failure to report what until recently was thought to be little more than an anomaly could change as the next generation of doctors becomes better acquainted with the practicalities of the so-called mind-body connection.

"The new wave of doctors are much more open to this idea that the body works as an integrated system as opposed to, 'This is how the heart works, and this is how the liver works, and they don't talk to each other,'" said Turner. "The idea that we're really this integrated system that's really, really talking to all levels at all times - that's the new medicine and the new understanding." ★

Eric Nelson's columns on the link between consciousness and health appear weekly in a number of local and national online publications. He also serves as the media and legislative spokesperson for Christian Science in Northern California. Follow him on Twitter @norcalcs.

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Continued from Page 12

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The self-service storage units under contract with the following tenants will be auctioned at this public lien sale:

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This is a cash auction due immediately when sold; no checks or credit cards accepted. Each person attending as bidder must sign in and agree to follow all Rules and Regulations of the sale. All purchased goods are sold "as is" and must be removed by 12:00 PM (Noon) on the second day following the sale. This sale is subject to cancellation in the event of settlement between landlord and obligated party.

Published in the Carmichael Times and Grapevine Independent on the following dates: 03/20/14, 03/21/14, 03/27/14 & 03/28/14

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Published in the Carmichael Times and Grapevine Independent on the following dates: 03/20/14, 03/21/14, 03/27/14 & 03/28/14

Outdoor World

WALLEYE SPOONS
Spoons are sometimes overlooked as walleye baits, although they can be very effective - especially when fish are using weedbeds in water 10 feet deep or shallower.

When fishing areas like this for walleyes, try casting a spoon and fishing it as if you were after a bass. Vary your retrieve, pausing often to let the spoon flutter down like a wounded baitfish.

Many anglers use a snap or snap-swivel to attach spoons to their line, which assures that the lure will move through the water with maximum action. Experiment with lure size and retrieve until you start catching fish. Then concentrate on consistency to "spoon feed" more walleyes on your next trip.

Gary Parsons is a Member of the Bass Pro Shops' National Team

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Sacramento County DA Reports



Recent cases of interest

CASE: Fidel Moralez (03/21/14)

PROSECUTOR: Deputy District Attorney Kelly Clark, Career Criminal Prosecution Unit

District Attorney Jan Scully announced today that the Honorable Ernest Sawtelle sentenced Fidel Moralez to 27 years in state prison. A jury had previously convicted Moralez of robbery with the use of a weapon causing great bodily injury and assault with a deadly weapon.

On October 15, 2013, Moralez went into the Safeway located at 1814 19th Street, selected items of food, and exited the store without paying for the items. Two loss prevention officers followed Moralez out of the store and attempted to detain him for shoplifting. In a matter of seconds, Moralez pulled out a knife and sliced the forearm of the loss prevention officer. The officer suffered a 5-inch slash to his forearm and damage to his tendons and muscle, requiring surgery.

Moralez has a criminal history dating back nearly 30 years. His prior felony convictions include robbery, grand theft, multiple buying or receiving stolen property charges, vehicle theft, and drug possession.

Deputy District Attorney Kelly Clark states, "This defendant has been in and out of prison since 1984. The choice he made that day to commit this brutal and vicious attack will forever affect the loss prevention officer."

CASE: Christopher Gibson (03/21/14)

PROSECUTOR: Deputy District Attorney Allison Dunham, Special Assault & Child Abuse Unit

District Attorney Jan Scully announced that the Honorable Russell Hom sentenced Christopher Gibson to 38 years to life in prison. A jury had previously convicted Gibson of forcible rape and unlawful sexual intercourse with a 15-year-old girl.

On June 24, 2010, Gibson, then 46 years old, entered the victim's bedroom while she was asleep and forcibly raped her.

Deputy District Attorney Allison Dunham states, "The defendant has been in and out of prison since 1983. The forcible rape conviction was his third strike and he will now serve the rest of his life in prison, never to victimize anyone else again."

CASE: Brian Keith Jones (03/19/14)

PROSECUTOR: Deputy District Attorney Donell Slivka, Homicide Unit

District Attorney Jan Scully announced that yesterday Brian Keith Jones was convicted by jury for the December 2012 first-degree murder of Duane Lomax. Jones was also convicted of shooting into an occupied motor vehicle.

Sentencing is scheduled for April 15, 2014 at 9:00 a.m. in Department 16 before the Honorable Marjorie Koller.

CASE: Donald Ortez-Lucero & Christopher Strong (03/18/14)

PROSECUTOR: Deputy District Attorney Eric Kindall, Homicide Unit

District Attorney Jan Scully announced today that Donald Ortez-Lucero and Christopher Strong were convicted by jury for the murders of Sean Aquitania Sr. and his 7-month-old son, Sean Aquitania Jr. The murders were committed during the course of a home invasion robbery on September 14, 2007.

Both defendants are facing terms of life in prison without the possibility of parole. Sentencing is set for May 9, 2014 at 10:00 a.m. before the Honorable Patrick Marlette.

Antique Evaluation Day: A Treasure or Trash?

A Mental Health Fundraiser



Photo courtesy Welcome Home Housing.

SACRAMENTO REGION, CA (MPG) - Sacramento's Mr. Antique, Gary Cox and Randy Abbott, Asian art, Bob and Mary Hensley, western, Indian, generalists and Chuck Breitsprecher, gemologist, Tony DaVigo, baseball cards are among the eight appraisers who will be available to evaluate your collectables and treasures.

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Asian art, time pieces, inherited treasures and garage sale finds are just some items to consider bringing. Please contact Lynn Smith if you are bringing furniture. 916-505-5232

Suggested donation is \$8 for one item and \$35 for 5 items.

Proceeds to benefit Welcome Home Housing: A non profit housing program for adults with mental illness. Website: www.welcomehomehousing.org

Saturday – April 12 from 11:00 am – 2:30 pm

Unitarian Universalist Society of Sacramento

2524 Sierra Blvd. Between Howe Ave and Fulton Ave - just north of Fair Oaks Blvd.

Learn if you have a treasure or is it trash. Insure it or toss it. ★

Open Garden Day Event at the Old City Cemetery

From Anita Clevenger

SACRAMENTO, CA (MPG) - The gardens of the Historic City Cemetery will be in full bloom during our annual Open Garden. The fragrance of the old roses of the award-winning Historic Rose Garden will fill the air as 500 roses clamber up trees, cover archways and bloom on big shrubs in this unique 19th century setting. Perennial and native plant gardens will also be featured. The day begins with a sale of rare heritage rose plants and continues with free tours of the gardens and cemetery, a Silent Auction, and sales of rose merchandise.

The cemetery is located at 1000 Broadway, Sacramento. Free parking is available in the lot at 10th & Broadway, across the street from the 10th Street entrance. Tours are free; however, donations and proceeds will benefit cemetery preservation projects.

What: The Old City Cemetery Committee's event features its beautiful gardens, including the Historic Rose Garden, Hamilton Square Perennial Garden and the California Native Plant Demonstration Garden, with tours, the sale of rare heritage rose plants and rose merchandise.

When: Saturday, April 12, 2014 – 9:30 – 2:00 p.m.
Where: Sacramento Historic City Cemetery, 1000 Broadway, Sacramento

For more information, call (916) 264-7839. ★

The mission of the OCCC is to join hands with the community to restore, beautify, preserve, and protect the Historic City Cemetery, while maintaining access by descendants of the deceased, and to provide educational services to all visitors to the Historic City Cemetery of Sacramento.

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April 25, 2014 • Friday, 8-11am

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Friday, April 11 • Thursday, June 12

11:30 am to 12:30 pm

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Wednesday, April 16 • Wednesday, June 18

(Spanish & English)

11:30 am to 12:30 pm

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3939 Fruitridge Road • Sacramento

RSVP Required: 916.732.2026

Thursday, April 24 • Wednesday, May 21

11:30 am to 12:30 pm

SIERRA HILLS MEMORIAL PARK & EAST LAWN MORTUARY

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RSVP Required: 916.732.2020

Friday, May 16 • Wednesday, July 16

11:30 am to 12:30 pm

ELK GROVE MEMORIAL PARK & MORTUARY

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Reservations Required, please RSVP to the location of your choice, or to Lisa West at LisaW@EastLawn.com

Seating is limited to 30 attendees per seminar



Dare to Live Without Limits

An Eagle Soars Above the Storm by Bryan Golden



An impending storm always dominates weather forecasts and commands prominent headlines. There is a legitimate fear of destruction. If the threat is substantial enough, evacuation is urged. The only way to ensure safety is to get out of the way.

Eagles however, have other options. They actually use the winds of the approaching storm to soar above it. For an eagle, it takes far less energy to spread its wings to fly above the turbulence than to fight the storm on the ground or perched. Rather than being devastated by the turbulence, eagles use the storm's power to escape its wrath.

How does this apply to you? What can you learn from the eagles? In life you will encounter numerous storms. Some you have no control over, others you play a definite role in creating or sustaining.

Let's first look at storms beyond your influence. Although you can't control a storm, you do have control over your response. The first step is believing you will get through it and be OK. Next, don't allow other people or situations to manipulate your emotions.

Don't worry. Worry is a futile waste of energy. It's like being in a rocking chair; a lot of activity that won't get you anywhere. Resist the urge to become angry, bitter, or resentful. These

emotions are poisons in your body which will cause great harm.

Even though a situation is outside of your control, more often than not you can take some mitigating action. Allowing your emotions to be effected clouds your judgment while making it more difficult to spot opportunities where you can make a difference.

Changing your perspective to look at your circumstances as a detached observer, rather than a participant, will provide a fresh perspective. Granted, this isn't always easy, but it can be done. This strategy enables you to fly above your storm to more objectively assess your options. A person with a clear mind is in the best position to make sound decisions.

Storms of your own creation are generated by decisions you make. Most people do not make bad choices on purpose. All you can do is make the best decision possible at the time based on the information you have at hand. If it later turns out your decision was flawed, do whatever possible to either correct it or adapt to it.

Don't make a bad situation worse with a knee jerk reaction devoid of thought. Trying to dig yourself out of a hole will only get you embroiled in the storm. Also, self-destructive or reckless behavior is guaranteed to make matters much

worse. It's nearly impossible to see clearly with the dust and wind swirling around you.

There are people who will pull you into a storm before you realize what is happening. Someone who pushes your emotional buttons can cause you to react without thinking, which can lead you to behave in a manner you will later regret. When you are caught off balance, the tendency is to react emotionally rather than thoughtfully.

This scenario can be avoided when you understand your sensitivities and don't react emotionally when someone needles you. You advertise what your hot buttons are by jumping when they are pushed. This results in your becoming an incessant target for those with malevolent intentions.

Bad weather is part of life. But even in the midst of the darkest storm, the sun is shining above the clouds. When caught in a storm, get through it as quickly as you can. Where possible, get above the storm or avoid it altogether. ★

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden.com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2009 Bryan Golden



ROCK DOC

By Dr. E. Kirsten Peters

Energy companies work night and day to bring us oil and the many products made from it. Most of that work is uneventful and unseen by the public. But when things go wrong, a disaster of epic proportions can ensue.

Twenty five years ago — on the night of March 23, 1989 — the Exxon Valdez left the Alaskan port of Valdez filled with 53 million gallons of crude oil from the North Slope. The story of what happened after the giant ship, nearly 1,000 feet long, left the dock is documented by Angela Day in her new book *Red Light to Starboard: Recalling the Exxon Valdez Disaster* (WSU Press).

Day tells the story of how the captain of the Valdez made some fateful decisions, including turning over the ship's controls to

The Total Costs of Crude Oil

a junior officer. Despite warnings from the lookout, within minutes the ship slammed into Bligh Reef, where it was grounded. As later inspection would reveal, the seven-eighths-inch steel hull had been punctured by the force of the impact of the ship on the reef.

Day's book relates the story of what happened to Alaskans — particularly fishermen and people who relied on the pristine waters of Prince William Sound for their living — in the wake of the Exxon Valdez spill. The events of just one night were to change the lives of thousands of fishermen for many years. The book centers on the story of one fisherman and brings to life the personal impacts of the spill. Following one person through the aftermath of the spill makes for a good read that illuminates the full cost some people in our society pay for our use of petroleum.

The giant spill launched enormous legal battles. Many millions of dollars of fines and compensation were imposed on Exxon. But corporate payments, however large, have not fully restored parts of Prince William Sound. While the salmon catch and prices did eventually rebound, other parts of the fishing industry, such as the

bait herring season, the spring roe herring fishery and a pot shrimp fishery, have not recovered. At this point, it remains a challenge to predict whether the fish and the wildlife of the Sound will ever recover to what they were before the spill.

What can we learn from the Exxon Valdez disaster and its aftermath? Day's book points out that Alaskans from various walks of life had raised safety concerns before that fateful night 25 years ago. As she argues, employees in giant companies can be encouraged to raise safety issues rather than ignore them or remain silent for fear of reprisal. We need corporate cultures that value, rather than penalize, workers who raise safety concerns.

We can learn more from the tragedy that unfolded 25 years ago. Day's book is a good place to start cogitating on the full costs of the petroleum we use each day. ★

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.

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SATURDAY

Sunrise Mall Farmers Market
6190 Sunrise Boulevard, Citrus Heights (behind Sears located in SE Parking Lot). Open every Saturday from 8 am to 1 pm - all year round.

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Lower dentures almost never fit properly. They are loose fitting due to less surface area which can't create a suction, shrinking gum tissue and bone loss, which can cause irritation in the mouth, sores and pain. The only relief is using sticky dental adhesive to help it, but it is very messy, hard to clean off and needs multiple applications throughout the day.

Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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