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# Carmichael Times

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March 20, 2014

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## Making Life Convenient



Plans are to model a new Fair Oaks Cohousing neighborhood after this Nevada City, CA site completed in 2006.

By Elise Spleiss

*"Cohousing makes life more convenient, practical, and fun."*

Charles Durrett, author and architect

**SACRAMENTO REGION, CA (MPG)** - Local residents have secured a 3.5-acre property in Fair Oaks for a 30-home cohousing neighborhood. The Fair Oaks property is located at 4025 New York Avenue

and offers close proximity to the American River Parkway and its miles of bike paths, as well as Fair Oaks Village, Bannister Park, Sacramento Waldorf School, and Rudolph Steiner College. Cohousing provides social, environmental and economic benefits for a more sustainable lifestyle.

Cohousing combines privately owned homes with extensive community facilities to create neighborhoods that address the

needs of working parents and seniors. Homes are clustered around shared open space and common facilities. A "common house" typically includes a dining room, kitchen, lounge, workshop space, kid's playroom, and guest rooms; it is the heart of the neighborhood for a variety of other activities. Cars are kept to the edge of the site making the neighborhood pedestrian-friendly and safe for children. Future residents

are involved in the design and development so that it reflects their needs and priorities, creating a truly custom neighborhood. There are now more than 130 cohousing communities in the U.S. and Canada, including 40 in California.

The use of this unique housing concept has been the vision of EcoHousing founder Marty

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## Two Historic Parks Unite To Host Shopping Weekend

**Sutter's Fort & State Indian Museum Present Traders' Faire and Indian Arts & Crafts Market**

**SACRAMENTO REGION, CA (MPG)** - Sutter's Fort State Historic Park (SHP) and the State Indian Museum are teaming up to host their annual spring time artisan shopping events on the same weekend -- April 12 & 13, 2014. Sutter's Fort SHP will host its popular "Traders' Faire - California's First Mall" while the State Indian Museum will present its annual spring time "Indian Arts & Crafts Market," both open from 10 a.m. to 5 p.m. each day. While the available wares are different at each location and true to their respective histories, both offer unique, hand-crafted items that make for treasured gifts and collectibles.

Amid a fun and lively shopping atmosphere, Fort visitors can watch artisans create pioneer goods for sale such as clothing, housewares, toys, beads and knives. Guests will also have the opportunity to make their own crafts, haggle with traders, hammer square nail and enjoy demonstrations of black powder weapons. And at nearby State Indian Museum, shoppers can peruse hand-crafted custom beaded jewelry, beautiful Native American artwork, intricately woven baskets, unique gourds, genuine soapstone and elk horn carvings, ceremonial drums

and much, much more.

The special event "combo" ticket prices are \$8 for adults and \$6 for youths ages 6-17 (children five and under are free) and includes entrance into both the "Traders' Faire" and the "Indian Arts & Crafts Market." Visitors are encouraged to support and learn from artisan crafters while also exploring two historic parks. For more information, call 916-445-4422 (Sutter's Fort SHP) or 916-324-0971 (State Indian Museum) or visit [www.suttersfort.org](http://www.suttersfort.org) or [www.parks.ca.gov/indianmuseum](http://www.parks.ca.gov/indianmuseum).

On Friday, April 11, the Traders' Faire will be open at Sutter's Fort SHP with a focus on education. Special event cost for that one-day-only is \$7 for adults; \$5 for youth (free for children five and under) and does not include entrance to the State Indian Museum.

Sutter's Fort State Historic Park is operated by California State Parks with financial assistance from the nonprofit Friends of Sutter's Fort. Sutter's Fort State Historic Park is open daily from 10 a.m. to 5 p.m. Located in midtown Sacramento on L Street between 26th and 28th Streets, the Fort offers monthly "Hands

on History" activities and special events throughout the year. Established in 1839 by Swiss immigrant John Augustus Sutter, Sutter's Fort was at the center of a flourishing agricultural empire named New Helvetia (New Switzerland.) This empire established Sacramento's earliest settlement and the first European settlement in California's Central Valley. For more information, call (916) 445-4422 or visit [www.suttersfort.org](http://www.suttersfort.org)

The State Indian Museum is operated by California State Parks and supported by the California Indian Heritage Foundation. The Museum is open daily, 10 a.m. to 5 p.m. (except Thanksgiving, Christmas and New Year's Day) for self-guided tours and school group visits. The museum is located in midtown Sacramento at 2618 K Street. Current exhibits include traditional basketry, beadwork, ceremonial regalia and hunting & fishing items associated with many of the tribes of California, as well as contemporary artwork. For more information, please call (916) 324-0971 or visit [www.parks.ca.gov/indianmuseum](http://www.parks.ca.gov/indianmuseum) ★

## County Launches 311 Connect One Number To Connect With County And Report Issues

**SACRAMENTO, CA (MPG)** - Where do I report an abandoned vehicle? Who fixes broken street lights? Who cleans up illegal dumping? These are just a few of the hundreds of questions coming to County operators every day. It's easy to be confused about where to start when you have a question or want to report a problem. Now there is one number to connect with Sacramento County service; on the web, by mobile app or by phone; the number is 311.

"We believe we are one of the few counties in California to bring 311 to an unincorporated area, and this service will enhance our efforts to revitalize some of Sacramento's core neighborhoods," said County Executive Bradley J. Hudson. "Residents can report concerns directly to 311 and representatives will do the rest."

Customer service representatives are available every day except holidays to answer questions, route calls, and manage cases for verification and resolution. Never remember another County number again... call 311!

**Report issues in unincorporated area such as:**

- Abandoned vehicles or shopping carts
- Animals, stray, deceased or dangerous
- Code violations
- Curb, gutter or sidewalk repair
- Graffiti
- Illegal Dumping
- Potholes
- Street light problems

To report an issue within the unincorporated Sacramento County, simply call 311 (or 875-4311 if calling from outside the area), visit [www.311.saccounty.net](http://www.311.saccounty.net), or download Sac County 311 Connect in the app store on your smartphone. ★



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# Luxury Retirement Community to Open in September

By Linda Harper

**CARMICHAEL, CA (MPG)** - If you've driven down Engle Road recently and been greeted by a "flagger," you're probably wondering what the massive building is, that's causing all the roadside activity. It's Oakmont of Carmichael, the area's newest premier Senior Community, scheduled to open in September with 70 residential units available.

Oakmont is a Retirement Community that offers quality, comprehensive Independent Living, Assisted Living, Memory Care and Respite Care. It's a community dedicated to engaging, pampering and connecting with their residents to insure all their needs are met. Amenities will include a Movie Theatre, Salon and Day Spa, a Fitness Center, Library, Indoor and Outdoor Patio Dining, a Bistro, a Pet Park and more. Oakmont provides professional staffing 24 hours a day. Their employees are selected for their skills, previous experience and their passion for working with the elderly. Approximately 70 people from the area will be hired

to staff Oakmont of Carmichael. A few of the services offered to residents include weekly house-keeping and laundry service, educational, social and recreation programs, three meals a day, safety and security systems, wellness and fitness programs. Concierge service is offered as well as Chauffeured transportation to and from appointments and outings. Additional services are designed to meet individual resident needs.

Oakmont of Carmichael is conveniently located near fine dining, the arts and world class entertainment. There are countless daily activities offered on the campus. For those who prefer to be adventurous, residents are invited to help plan trips and activities that take them out into the community to enjoy diverse entertainment venues. There are plenty of parties and celebrations arranged throughout the year. Enhancing everyone's quality of life is a priority at Oakmont of Carmichael.

Oakmont presents "Traditions," a program designed to provide caring support to residents experiencing memory impairments.

Each individual is engaged by staff and honored for who they are now, and who they were in the past. The safe and comfortable environment the "Traditions" program offers encourages self sufficiency and well being.

Oakmont of Carmichael was developed by William P. Gallaher and his wife Cindy. They are owners of Oakmont Senior Living, the management and development entity for 30 Retirement Communities in the Western United States. They have proven to be a leader in the retirement industry since 1970. Their experience has given them an intimate understanding of the construction process. Blending beauty and function with a keen sensitivity to the changing market has been their trademark. The company is pleased to serve the Carmichael community.

For more information about Oakmont of Carmichael, or to schedule a tour of their sister community in Roseville, call (916) 483-3800 or log on to [www.oakmontofcarmichael.com](http://www.oakmontofcarmichael.com) ★

# Carmichael Chamber Demonstrates Communication M.A.G.I.C.

**CARMICHAEL, CA (MPG)** - Have you ever had a GREAT idea: a product to sell, a proposal for your boss, a project to pitch to the PTA? AND you only had a few minutes to convey that idea? (Maybe only 30 seconds or less). You might have felt frustrated on what to say and how to say it the best way possible... you might have felt up a creek without a paddle. GOOD NEWS! We have a paddle for you!

On Tuesday, March 25 from 11:30 am to 1:30pm, Susan Dakuzaku of XLeration Services explains her M.A.G.I.C. formula that provides a proven strategy to build communication bridges in 30 seconds or less! What's more, the formula works for a 30-second commercial, 10-minute presentation, flyers or ads, AND on your website. Whether you have a business to build or a proposition to pitch, you'll want to learn this "secret". Learning effective communication skills isn't "rocket science", it's M.A.G.I.C.

To register, visit [www.CarmichaelChamber.com](http://www.CarmichaelChamber.com) or



Susan Dakuzaku of XLeration Services will explain her M.A.G.I.C. formula that provides a proven strategy to build communication bridges in 30 seconds or less!

workshop on April 17. Visit [magic.GetYourNetInGear.com](http://www.magic.GetYourNetInGear.com)★ there will be a followup

## NEW TO CARMICHAEL

# Luxury Senior Living

Assisted Living • Memory Care

Oakmont Senior Living's newest project is now under construction and scheduled to open in 2014!

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Studio, One Bedroom and Two Bedroom Apartment Homes Now Available for Reservation

# Change to Zero Water Delivery Policy Welcome News to Agriculture

**SACRAMENTO, CA (MPG)** - The State Water Resources Control Board's Executive Director (SWRCB) took action late Tuesday (March 18<sup>th</sup>) to potentially allow, temporarily, changes to the proposal for zero water delivery to agriculture and provide some supplies for senior water rights holders in the Sacramento and San Joaquin valleys.

This order allows the possibility of providing additional water and a reasonable and balanced process to determine water allocations.

"I am so pleased that water officials have focused on and have respected historic water rights," said Senator Jim Nielsen (R-Gerber). "Californians can breathe a sigh of relief that food supplies, food prices and jobs may be more secure."

Specifically, SWRCB Executive Director, Tom Howard, authorized two amendments to the Temporary Urgency Change orders - relaxing the restrictive environmental requirements for Delta outflows and permitting Delta exports for purposes beyond the immediate human health and safety needs.

In January, the Board issued an emergency drought order to eliminate water from the State



Senator Jim Nielsen (R-Gerber)

Water Project to agriculture. This prohibitive policy, if carried out by SWRCB as planned, would mean that the agricultural community will not have access to water.

These modifications were brought about due to February's substantial rainfall and overwhelming support voiced for this change in the past few weeks. Senator Nielsen held several meetings with those affected.

While temporary, this change in the emergency drought order was welcomed by farmers, farm workers and lawmakers.

"Respecting senior water rights is paramount. Without water, farmers will not be able to irrigate their trees, crops

and water their livestock," said Senator Nielsen as he called for stakeholders to continue their efforts to voice the concerns of agriculture and needs of all water users.

To bring further relief from the hardships of California's cyclical droughts - and anticipating future water shortages - Congressmen Doug LaMalfa (R-Richvale) and John Garamendi (D-Fairfield) introduced a federal bill to authorize the construction of Sites' Reservoir in Colusa County. If passed and Sites is built, it will generate 1.9 million acre feet of new water storage.

"I applaud Congressmen LaMalfa and Garamendi for their bi-partisan approach to our state's water needs. New storage will be a significant benefit for future generations of California's farmers, ranchers and urban residents."

Senator Jim Nielsen represents the Fourth Senate District, which includes the counties of Butte, Colusa, Del Norte, Glenn, Nevada, Placer, Sacramento, Shasta, Siskiyou, Sutter, Tehama, Trinity and Yuba. To contact Senator Nielsen, please call him at 916-651-4004, or via email at [senator.nielsen@senate.ca.gov](mailto:senator.nielsen@senate.ca.gov). ★

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Be sure to place in the subject field "Attention to Publisher".  
If you do not have email access, please call us at 916-773-1111.

## Donaldson, Gray, Sogard, Russell, Moss Announced as Home Grown Garden Gnomes

**WEST SACRAMENTO, CA (MPG)** - In keeping with the Sacramento River Cats 2014 "Home Grown" theme, the team will give away five Home Grown Garden Gnomes depicting different current and former River Cats players — Josh Donaldson, Sonny Gray, Eric Sogard, Addison Russell, and Brandon Moss — as chosen by a fan vote.

Voting began on Feb. 14 at rivercats.com, and allowed fans to choose which players they wanted to be made into garden gnomes. The giveaway dates for all five Home Grown Garden Gnomes are as follows:

Josh Donaldson - Friday, April 25  
Sonny Gray - Friday, May 16

Eric Sogard - Friday, June 23  
Brandon Moss - Friday, July 11  
Addison Russell - Friday, Aug. 1

2,500 of each gnome will be given away on their respective days. Fans who would like to ensure receipt of all five gnomes are encouraged to purchase our 2014 Super Pack, which guarantees the buyer all five Home Grown Garden



Gnomes, and includes tickets to the 13-best River Cats games of the season—Mother's Day, Father's Day, July 3 Independence Day Celebration, Fan Appreciation Day, and more.

River Cats Season Tickets, Mini-Plans, and Flex Plans can be purchased for the 2014 season by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Single-game tickets can now be purchased at Raley Field's Round Table Pizza Ticket Office or online at rivercats.com or ticketmaster.com.

For more information about the River Cats, visit www.rivercats.com.

For information on other events at Raley Field, visit www.raleysfield.com. ★

### IN MEMORIAM

#### Kevin M. Swaney

October 7, 1960 - January 21, 2014

Kevin was born October 7, 1960 and went to be with our Lord January 21, 2014.

While his time on earth was shorter than we would have liked, he lived a full and fruitful life. Kevin grew up in Rancho Cordova, graduating from Cordova High School in 1978 and UC Davis in 1983 with degrees in Mechanical and Aeronautical Engineering. His life's work was spent in aeronautical engineering at McClellan AFB, the Flying Car development project trials and research, Boeing, Goodrich and lastly with UTC Aerospace Systems in San Diego. Along the way, he earned his private pilot's license, enjoyed hiking and backpacking, playing the trumpet in the jazz Band at CHS and later in church and fell in love.

Together, Kevin and Maria raised their family to know and trust in the Lord. They laughed, joked, prayed,



sang, worshipped, played and completed each other. Whenever they had some spare time, you would find them visiting the coast and discovering new restaurants to enjoy.

Kevin like to laugh, joke around, help others any way he could and talk and talk and talk some more! He was never a stranger for long finding it easy to talk to just about anyone. It was his friendliness and strong Christian values he used to help others.

Kevin will be greatly missed by his family: his Sweetie, wife Maria; children Gina (Mike) and V.J.; grandchildren C.J. and Mike Jr.; mother Violet Swaney; brother Dennis Swaney (Mary); sister Sharon Wurst (Rod); nephew Sean Worst; and many friends and coworkers. However, we also know and look forward to the day we will see him again when we join him in heaven!

His wishes were to have a small, private gathering celebrating his life, not mourning his death. He also acknowledged it was ok to grieve and cry, but we had to follow that with laughter. So remember his life and laugh!

In lieu of flowers, remembrances can be made to the New Life Center's Children Ministry in Rancho Cordova.

*From our family to you, thank you for your love and friendship. May God richly bless you as He has us.*

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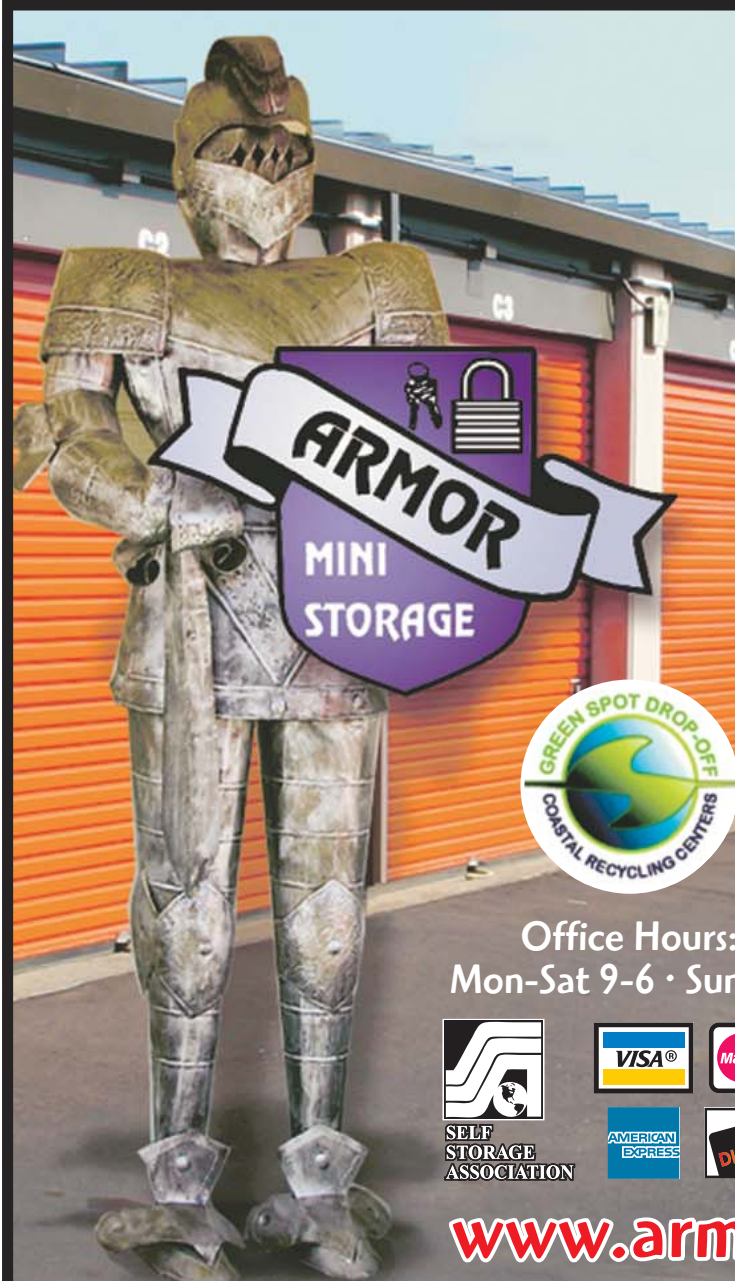
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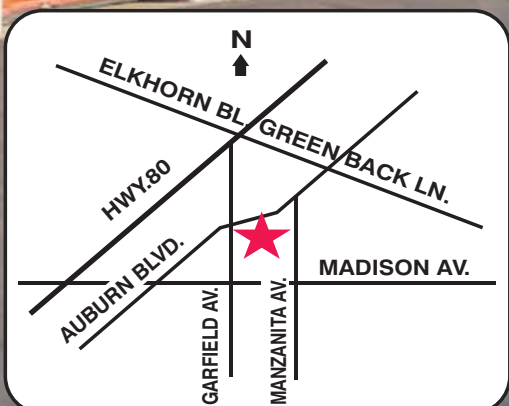
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## Reports from Sacramento Metropolitan Fire District

### Rapid Response To Working Fire in Rio Linda Limits Fire Spread



**SACRAMENTO REGION, CA (MPG)** - Just after 11 this morning, Metro Fire crews were dispatched to the 8200 block of Manhart Way to find a working fire in a home. The fire, which had started in a bedroom, quickly spread to the attic and other areas of the residence. Crews quickly entered the home and began attacking the fire. The home's occupants were reported to have evacuated themselves before crews arrived, but a rapid search was still completed to verify that nobody was in danger. Four engines, two trucks and one medic engaged in fire attack,

searching, ventilating, salvage and overhaul. Significant fire, smoke and heat damage occurred to the interior of the residence, but crews were able to save the exterior, approximately \$100,000 in personal property. Metro Fire paramedics on scene evaluated one person with a medical complaint, but he declined transport to a hospital. No firefighters were injured in the fire. The cause is undetermined, though it was found to have started in a bedroom. Since 2008, Metro Fire has been forced to close six stations

to address a significant loss of property tax revenues. "The station closest to this home was not one of the closed stations, so the engine was available in quarters. Fire crews were able to arrive quickly and knock down the fire before more damage could occur, but unfortunately this isn't always the case." Battalion Chief Maurice Johnson simply stated, "When the emergency is yours, especially with a fire like this, response time is all that really matters." For more information, check out [www.metrofire.ca.gov](http://www.metrofire.ca.gov) and sign up for our E-newsletter. ★

## Making Life Convenient

Continued from Page 1

Maskall since 2005. After searching for a suitable property in over 100 different locations, it was exciting to finally be able to begin making plans to build. Maskall says, "We are excited to have secured such a great property for our community, with its easy access to the American River Parkway and Fair Oaks Village. We look forward to designing a beautiful neighborhood that will fit in well with the surroundings."



On February 22, 2014 eleven prospective residents visited the site of a new cohousing neighborhood being planned in Fair Oaks. Marty Maskall (3rd from the left), founder of Fair Oaks EcoHousing holds the civil engineer's aerial shot of the site.

The community will be working with married couple Charles Durrett and Kathryn McCamant, both international cohousing experts and architects. They introduced cohousing to North America in the 1980s with their seminal book, *Cohousing: A Contemporary Approach to Housing Ourselves*, after studying the movement in Denmark. Together McCamant and Durrett have worked on over 50 cohousing projects with their firms McCamant & Durrett Architects and Cohousing Partners. They now live in Nevada City Cohousing. Durrett grew up in Sacramento. As part of the kick off for the new community, Durrett--who will be the architect for the new community--will be giving a public presentation about these

socially and environmentally sustainable neighborhoods. The presentation will provide an overview of the cohousing movement with examples of communities that have built around the country over the last two decades including Southside Park in Sacramento, Nevada City Cohousing, and Wolf Creek Lodge in Grass Valley, a recently completed community designed for pro-active adults. The presentation will be held on Saturday, March 29th at 7 pm at the Fair Oaks Library, 11601 Fair Oaks Blvd. Admission is free. Environmental sustainability is a core value in these neighborhoods with smaller homes, green building attributes and renewable energy systems made possible

by combined efforts and shared resources. On-site activities and companionship enable residents to socialize close to home and reduce the need to drive as much for day-to-day activities. McCamant and Durrett have won numerous awards for their cohousing designs and implementations including the Governor's Award for Environmental and Economic Leadership in 2011 for Wolf Creek Lodge, a 30-unit senior cohousing community located in Grass Valley, CA. [www.wolfcreeklodge.org](http://www.wolfcreeklodge.org). For more information on cohousing see: [www.FairOaksEcoHousing.org](http://www.FairOaksEcoHousing.org) and [www.cohousingco.com](http://www.cohousingco.com). ★

### Critical Failure of County Radio System Demonstrates Effectiveness of Back-up Plans

**SACRAMENTO REGION, CA (MPG)** - Just before 10am, Sacramento County radio systems experienced a critical failure during a scheduled test. Primary radio communications were lost in the county and cities. The Public Safety Radio System, the primary communication system for fire, law and a host of other public safety agencies, became inoperable. The events that followed made it clear that the communication systems in place throughout Sacramento County and beyond are redundant enough to allow operations to continue without incident. The moment Fire Dispatchers

and field users determined there was a failure, we exercised our Radio Failure Plan, utilizing a back-up radio system. Notification of the failure and the implementation of the back-up system was immediately sent to all field units, pagers, fire station printers, and station alerting systems. Volunteer and reserve firefighters were sent alpha-numeric pages. The transition occurred quickly and seamlessly. The system failure lasted roughly 10 minutes. Tyler Wagaman, Metro Fire Communications Captain, stated "We learned today that the system we have in place is completely effective. Even with a primary



system failure, none of the services we provide were interrupted, and there was no compromise to our operations." ★

### Sacramento Concert Band to Hold Free Concert



The Sacramento Concert Band invites you to a free Spring Concert at 7:30 p.m. on Monday, May 12, 2014 at Christ Community Church, 5025 Manzanita Ave., Carmichael. Concert highlights include a Dave Brubeck medley "Scottish Rhapsody", and "Tahiti Trot". Under the direction of Grant Parker, the Sacramento Concert Band has performed for more than 40 years in the Sacramento area. Come and enjoy the music!

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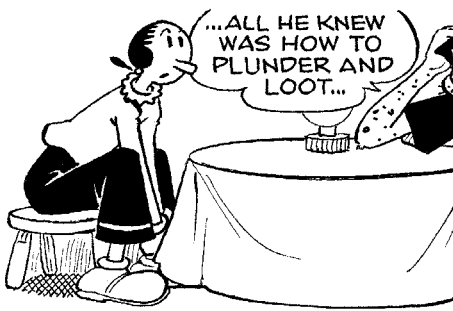
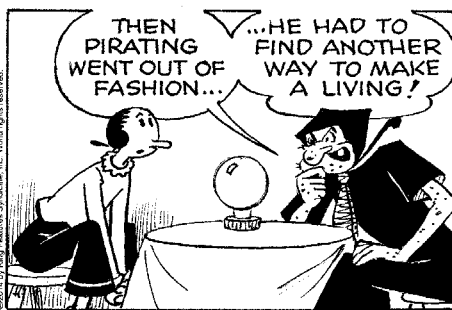
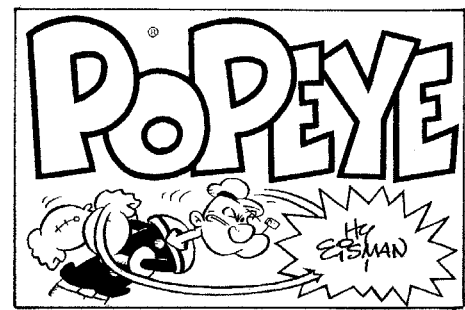
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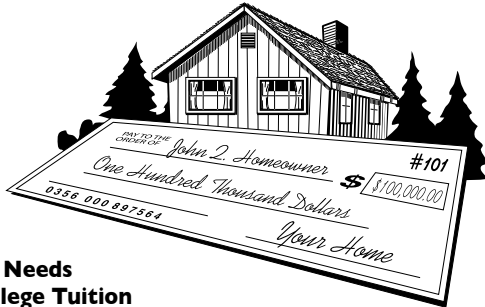
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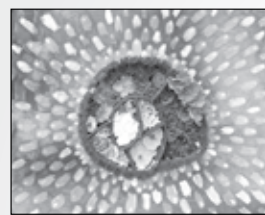


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**Skip Lee**  
An Exhibit of Recent Work

Carnie by Skip Lee

March 1-31, 2014, Gallery 3

**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.

**Poetry/Art/Jazz... Live at the Arts Center**



A cross-genre concert of art, poetry and jazz on March 22, 2014, featuring the Dave Brubeck Institute Quintet.

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### A New Study System To Help Students Pass AP Course Exams

(NAPSA)—There's good news for high school students who take Advanced Placement (AP) courses. A new study system from McGraw-Hill, **5 Steps to a 5 on the Advanced Placement Examinations**, has been created to help students prepare more effectively for these rigorous tests.

AP courses are intended to help students stand out during the college admissions process, earn college credits before entering school—helping reduce the cost of tuition—and, in some cases, skip introductory-level classes.

On the AP exam, 5 is the top score. But if students don't score at least a 3, all their work on the course for a year is wasted. Recent statistics show that approximately 40 percent of high school graduates who took at least one exam failed to score even a 3.

Better exam preparation and study habits are needed to ensure that students pass the test.

#### New Study System

The new study system—outlined in the test prep guides **5 Steps to a 5 on the Advanced Placement Examinations**—is designed to coincide with the most current AP exams. Each subject-specific course guide is structured around a five-step plan and contains several features that separate the system from other guides.

The first step is to develop a study plan, the second step is concerned with building knowledge, the third and fourth steps focus on honing test-taking skills and strategies, and the fifth is designed to foster the confidence students need to ace the tests. The unique system also takes into account the fact that not everyone learns the same way.



AP courses are designed to help high school students acquire study skills and information that can benefit them as they move on to college.

There is one approach that follows the school year, another that follows the calendar year, and one that accommodates the "last-minute" student who is just looking for the highlights of the course.

#### Sample Tests and Links

Other student-friendly features include:

- Sample tests that closely simulate real exams
- Review material based on the contents of the most recent tests
- Icons highlighting important facts, vocabulary, and frequently asked questions
- Advice from AP teachers, college professors, and students who have achieved high marks on previous exams
- Access to websites and links to valuable online test resources, along with author e-mail addresses for students with follow-up questions.

To learn more and get more tips for your child or classroom, visit [www.facebook.com/aptestprep](http://www.facebook.com/aptestprep).

## Healthy Ideas

(NAPSA)—Pet owners with allergies can use the new BEAM Alliance Central Vacuum System by Electrolux to remove 100 percent of captured dander from the living area without stirring up dust. Its quiet operation also prevents startling the dog or cat. Learn more at [www.beam.com](http://www.beam.com).

\*\*\*



### Don't Feed the Dogs

Sharon from New Whiteland, Ind., likes to feed extras to the birds like bread and popcorn. To prevent her beagles from eating these items, she throws the extra snacks on her garage roof. "The birds enjoy this and the dogs can't get to it. Problem solved!" Thanks for sharing, Sharon!

E-mail: [birdlingbits@cfl.rr.com](mailto:birdlingbits@cfl.rr.com)  
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**Better be sparing at first than at last.**

—Irish Proverb  
\*\*\*

**If you buy what you don't need you might have to sell what you do.**

—Irish Proverb  
\*\*\*

## The Facts About Your Weight And Well-Being



A bowl of oatmeal and fruit for breakfast can help you control your appetite and your weight. Photo Credit: CDC/Debora Cartagena.

(NAPSA) – If you or someone you care about feels there's a slim chance of keeping fit, it may be because of certain common but false ideas. Here's a look at a few, as well as some facts about weight loss and nutrition.

#### 1. Myth: Healthy eating costs too much.

**Fact:** Eating better doesn't have to cost a lot. Try these ideas for healthful eating on a budget:

- Use canned or frozen fruits and vegetables, which may provide as many nutrients as fresh ones at lower cost. Rinse canned veggies before you cook them to remove extra salt. Choose fruit canned in its own juice or packed in water.
- Canned, dried or frozen beans, lentils and peas are healthful sources of protein that last a long time and may not cost much.

#### 2. Myth: If I skip meals, I can lose weight.

**Fact:** Skipping meals may make you feel hungrier and lead you to eat more than you normally would at your next meal. Consider these ideas:

- For a quick breakfast, make oatmeal with low-fat milk, topped with your favorite fruit.
- For healthful snacks on the go, pack a small low-fat yogurt, whole-wheat crackers with peanut butter, or veggies with hummus.

#### 3. Myth: Physical activity only counts if I can do it for a long time.

**Fact:** The U.S. government recommends 150 to 300 minutes of activity each week, but you don't need to do it all at once. To benefit, you can exercise for as few as 10 minutes at a time. Here are some ways to fit activity in:

- If you're in a safe, well-lit area, get off the bus or train one stop early and walk the rest of the way to where you're going.
- Plan a game of basketball or soccer or go dancing with friends.

#### Learn More

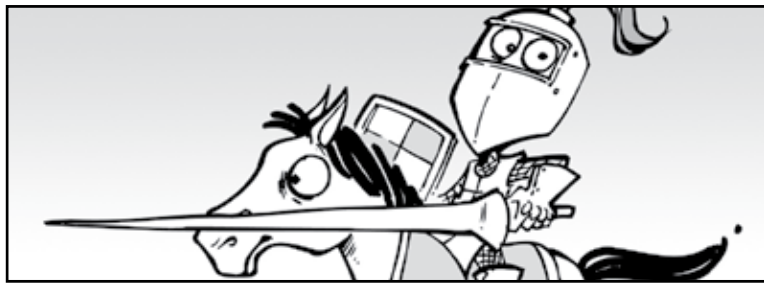
You can get more information from the "Weight-loss and Nutrition Myths" fact sheet created by the Weight-control Information Network (WIN), a national information service of the National Institute of Diabetes and Digestive and Kidney Diseases, part of the National Institutes of Health. The fact sheet covers more myths, presents facts and offers ways to make healthy eating and physical activity part of your daily life. It also explains the Nutrition Facts label, suggests ways to "eat the rainbow" of healthful fruits and veggies, and lists smart choices for vegetarians and people with lactose intolerance.

For a free copy or more information, call (877) 946-4627 or visit [www.win.niddk.nih.gov](http://www.win.niddk.nih.gov) or [www.facebook.com/win.niddk.nih.gov](http://www.facebook.com/win.niddk.nih.gov).

### Did You Know?



A klazomaniac is someone who feels like shouting.



The term "Freelance" comes from a knight whose lance was free for hire, i.e. not pledged to one master.

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## Salome's Stars

**ARIES (March 21 to April 19)** You'll want to discourage well-meaning but potentially ill-advised interference in what you intend to accomplish. Your work has a better chance to succeed if it reflects you.

**TAURUS (April 20 to May 20)** The Bovine's well-deserved reputation for loyalty could be tested if you learn that it might be misplaced. But don't rely on rumors. Check the stories out before you decided to act.

**GEMINI (May 21 to June 20)** You've been going on adrenaline for a long time, and this unexpected lull in a recent spate of excitement could be just what you need to restore your energy levels. Enjoy it.

**CANCER (June 21 to July 22)** Friends can be counted on to help you deal with a perplexing personal situation. But remember to keep your circle of advisers limited only to those you're sure you can trust.

**LEO (July 23 to August 22)** Security-loving Lions do not appreciate uncertainty in any form. But sometimes changing situations can reveal hidden stresses in time to repair a relationship before it's too late.

**VIRGO (August 23 to September 22)** This is a good time for single Virgos to make a love connection. Be careful not to be too judgmental about your new "prospect" -- at least until you know more about her or him.

**LIBRA (September 23 to October 22)** Your sense of justice helps you resolve a problem that might have been unfairly attributed to the wrong person. Spend the weekend doing some long-neglected chores.

**SCORPIO (October 23 to November 21)** You might feel justified in your anger toward someone you suspect betrayed your trust. But it could help if you take the time to check if your suspicions have substance.

**SAGITTARIUS (November 22 to December 21)** Ignore distractions if you hope to accomplish your goal by the deadline you agreed to. Keep the finish line in sight,

and you should be able to cross it with time to spare.

**CAPRICORN (December 22 to January 19)** Your creative self continues to dominate through much of the week. Also, despite a few problems that have cropped up, that recent romantic connection seems to be thriving.

**AQUARIUS (January 20 to February 18)** As curious as you might be, it's best to avoid trying to learn a colleague's secret. That sort of knowledge could drag you into a difficult workplace situation at some point down the line.

**PISCES (February 19 to March 20)** Instead of spending too much time floundering around wondering if you can meet your deadline, you need to spend more time actually working toward reaching it.

**BORN THIS WEEK:** You have a natural gift for attracting new friends, who are drawn to your unabashed love of what life should be all about.

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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 March 24, 2014.



Toni Servillo in "The Great Beauty"

### PICKS OF THE WEEK

**"The Wolf of Wall Street" (R)** -- Jordan Belfort (Leonardo DiCaprio) was a kid from Long Island who went from working in a strip mall to the financial district in a whirlwind of corruption and indulgence. Before he was 30, he already had inflicted considerable harm on the economy, not to mention the damage to his brain and his soul. In the late '80s, the twentysomething penny-stock broker learned a few (illegal) tricks of the larger stock trade, and rocketed to a world of sex, drugs and vulgar displays of wealth. Martin Scorsese put this movie in fast-forward and full volume. I don't think there's another movie about financial fraud that has this much reckless abandon. Yet it all still works: the film pulled five Oscar nominations, including Best Picture.

**"The Great Beauty" (unrated)** -- This Oscar-winning Italian film could be considered the older, more thoughtful cousin to "The Wolf of Wall Street" or the latest version of "The Great Gatsby." It begins with the lavish 65th birthday party of Rome's most jaded journalist, Jep (Toni Servillo). While his gorgeous

guests swirl around him, he's concerned with existential problems that amount to bubbles in the champagne. His character starts to shift when he learns that his sweetheart from his teen years has recently passed away. The movie features the highest, lowest and strangest people in Rome -- each one serving as a different jumping-off point for Jep's musings. Servillo is an accomplished and immensely watchable performer. His character is at once smug and vulnerable, curious and disillusioned.

**"Delivery Man" (PG-13)** -- David Wozniak (Vince Vaughn) is an adult underachiever who never grasped the whole responsibility thing. His chance to change as a person comes from a lawsuit -- 142 of his 533 children want to know who he is. David made plenty of contributions to a sperm bank in the '90s, and he has a chance to connect with his many offspring, who are now in their 20s. While Vaughn is charming enough, the movie takes a slow slide into distracted storytelling and sentimentality.

**"Odd Thomas" (unrated)** -- In a small desert town somewhere, there's a fry cook (Anton Yelchin) who can see the invisible demons lurking all around us. His name is Thomas, and his condition has made him understandably odd. Only Thomas can see the "bodachs" moving in -- bodachs are these are unbelievably cool-looking and well-animated monsters that show up just before awful things happen. Thomas and his girlfriend (Addison Timlin) team up with the sheriff (Willem Dafoe) to take up the fight against supernatural evil and Thomas' unending weirdness.

### TV RELEASES

"Mystery Science Theater 3000: XXIX3"  
"Continuum: Season 2"  
"Californication: Sixth Season"  
"Dragons: Defenders of Berk Part 1"  
"Veep: The Complete Second Season"

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



## Dog Can't Resist Jumping on People

**DEAR PAW'S CORNER:** Our dog "Bailey" is about a year and a half old, and he has always gotten very excited around the kids and guests, and jumps up to paw at them. The kids love to play with him, which encourages him to jump up more. He is otherwise very lovable. How can I stop this behavior? -- Sign me "Muddy Shirt" in Madison, Wis.

**DEAR MUDDY SHIRT:** Jumping up is a very common behavior in dogs. The key here is to teach Bailey that it isn't acceptable.

How? Well, yelling or getting excited yourself when Bailey jumps up will likely do nothing, or even make the problem worse. Pushing Bailey away or swatting his nose isn't helpful, either.

Instead, try the "I'm not interacting with you" method. When Bailey starts to jump up (such as when you come home) stay calm, but look away and fold your arms. Say "off!" in a strong but calm voice. Turn your back on him if need be.

Now -- this is important -- as soon as Bailey stops the behavior, reward him by looking at him and calmly petting him. If he starts to jump again (and he will), repeat the steps.

Basic obedience training plays a key role here. Every day, teach Bailey to sit, stay, lie down, come and heel. When he begins to jump or get hyper, use the non-interaction method, and as soon as he stops jumping, say "sit." When he obeys you, reward him with calm petting.

What you're teaching Bailey is that he will not get the attention he craves if he behaves a certain way (jumping). Make sure to teach your kids to do the same.

There are lots of resources and methods to address jumping up, such as the ASPCA's pet-care section. Keep researching, or contact a professional trainer to help.

Send your questions or comments to ask@pawscorner.com.

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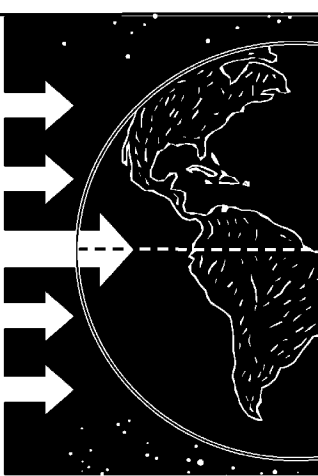
## The Garden Bug

### Spring begins

In 2014, the vernal equinox (a term derived from the Latin words for spring, equal and night) occurs March 20. On this day, the sun shines directly on the equator, and the length of day and night is nearly equal.

It marks the start of springtime in the northern hemisphere: increasing daylight, warming temperatures, and the rebirth of plant and animal life. - Brenda Weaver

Source: www.almanac.com, www.timeanddate.com



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# Persian Lamb Chop Kabob \$14.99

Juicy marinated pieces of lamb chops, delicately prepared and cooked over an open flame, served over aromatic long grain Basmati Saffron rice, and grilled Tomatoes.

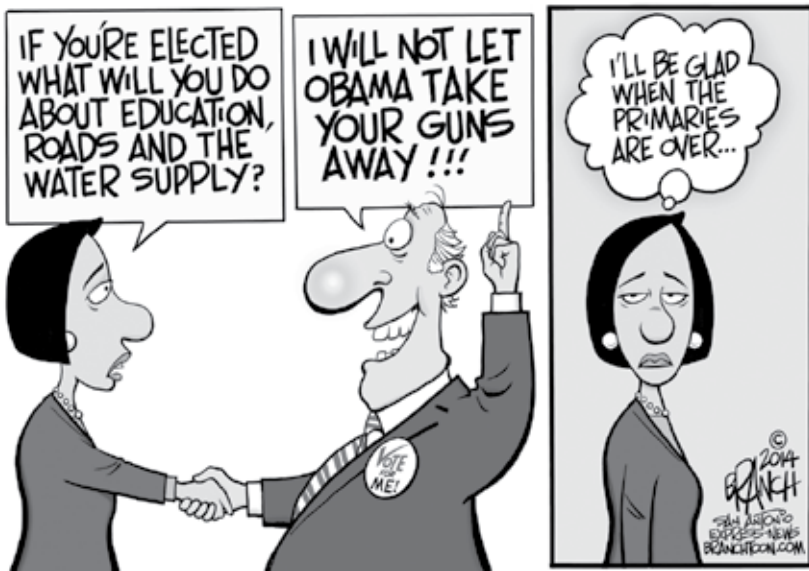


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THE SACRAMENTO BEE  
FOOD REVIEW  
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like them. I didn't have a dad in the house. And I was angry about it, even though I didn't necessarily realize it at the time. I made bad choices. I got high without always thinking about the harm that it could do. I didn't always take school as seriously as I should have. I made excuses. Sometimes I sold myself short."

This is a potent message from one of the most powerful and famous men on the planet to kids who find themselves growing up in exactly such tough circumstances. He coupled his message of encouragement with a call to reject "excuses" and to realize "you've got responsibilities, too."

At times, the president spoke in terms you would expect to hear at the American Enterprise Institute, the conservative think tank. He cited the dismaying numbers of black and Latino kids who grow up in fatherless households, before noting, "We know that boys who grow up without a father are more likely to be poor, more likely to underperform in school."

It may have been the most conservative speech of his presidency (granted, a low bar), in that it acknowledged contributions of family that can't be replaced by government. When it comes to the lives of these kids, government interventions "cannot play the only -- or even the primary -- role."

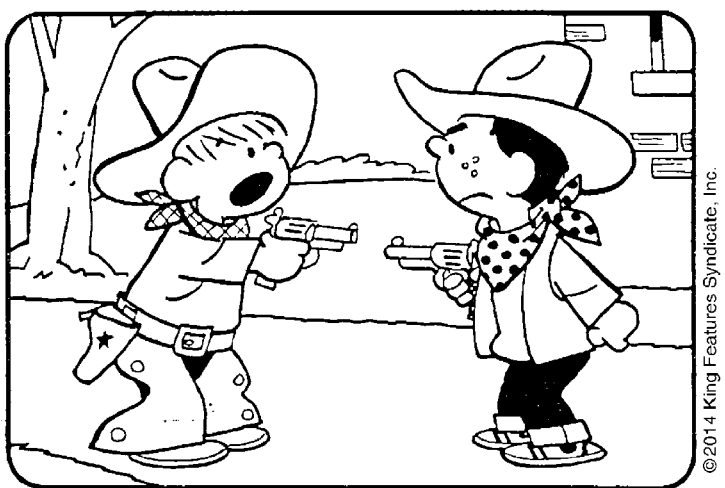
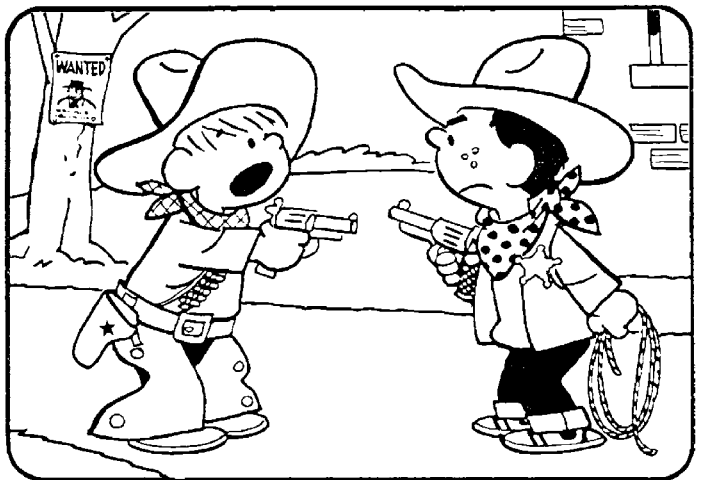
The building block of family is, of course, marriage, a word that the president uttered only once, when he said we should remove "the barriers to marriage." He didn't say that couples should marry before they have kids and that fathers should be married to the mothers of their children. He said instead, in deliberately hazy language, that "we need to encourage fathers to stick around."

But the absent-father crisis is almost entirely a function of the breakdown of marriage. "For most men, marriage and fatherhood are a package deal," University of Virginia scholar Bradford Wilcox points out. "If you want one, you need the other." President Obama has often said that he set the goal for himself of being a better dad than his own AWOL father. But it's not just that Obama is involved in his daughters' lives, it's that he's married to Michelle.

The president doesn't want to outrage elite left-wing sensibilities by forthrightly advocating heterosexual marriage. So he leaves out the one institution that can have the biggest impact on the lives of children he is passionate about. Until he is willing to cross this cultural red line, his bully pulpit can only be half-full.

Rich Lowry is editor of the *National Review*.  
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**HOCUS-FOCUS** BY HENRY BOLTINOFF



**CAN YOU TRUST YOUR EYES?** There are at least six differences in drawing details between top and bottom panels. How quickly can you find them? Check answers with those below.  
Differences: 1. Poster is missing. 2. Holster is reversed. 3. Bullet belt is missing. 4. Gun is missing. 5. Star is missing. 6. Rope is missing.

**THE RICH LOWRY COLUMN**  
By Rich Lowry

**President Obama's Potent Changes**

There are few, if any, people who have more moral authority in the black community than President Barack Obama. A few weeks ago, he put it to good use.

The president launched the "My Brother's Keeper" initiative, aimed at fostering achievement among minority young men. He gathered black and Latino teenagers in the East Room of the White House to exhort them in a highly personal speech.

He recounted visiting a program in Chicago for promising kids who have gotten into some trouble. They sat in a circle and shared their stories. "I explained to them," the president said, "that when I was their age I was a lot

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**THE SACRAMENTO BEE**  
Monday, September 23, 2013

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### CLUES

**CROSSWORD**

ACROSS  
1. "Haste makes waste," e.g.  
6. Helicopter landing  
9. Deadly slitherers  
13. Bad car  
14. Pub offering  
15. Do this or forever hold your peace  
16. Say pretty please  
17. Junior's junior  
18. Down and out  
19. \*Sweet number in March  
21. \*Point and shooting players  
23. Coltrane's woodwind  
24. Not in favor of  
25. Final, abbr.  
28. Essen basin  
30. Firstborn  
35. Story part  
37. Plenty  
39. 6 in 1/6  
40. Fill to satisfaction  
41. Pisa attraction  
43. Not far  
44. Correct  
46. Japanese stringed instrument  
47. Any of several languages of Celts  
48. It's to be brushed off  
50. Invitation letters  
52. England's favorite drink in French  
53. Exclamation of disgust  
55. Diamond stat  
57. Gluteus, pl.  
60. \*Grid  
64. Grassy plain  
65. \*What teams do  
67. Brownish gray  
68. Fluorescent red dye  
69. Down with the flu  
70. Blew it  
71. Wild goat  
72. Red Cross bed  
73. Midway attractions

DOWN  
1. "The Sound of Music" backdrop  
2. Koshier establishment  
3. Unacceptable to some merchants  
4. \*As opposed to heroes  
5. Ingratiate  
6. Sacrificed for gain?  
7. Formerly Cassius Clay  
8. Condescend  
9. Copycat  
10. \*One of basketball sixteen  
11. Stationer's stock  
12. \*NCAA's Big \_\_\_ Conference  
15. Escargot  
20. Feel like a champ  
22. Shoshonean  
24. MOMA display  
25. \*A #16 over a #1, e.g.  
26. Andean pack animal  
27. Luggage handler, e.g.

CROSSWORD												
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# Bera speaks Out on Hobby Lobby Birth Control Case

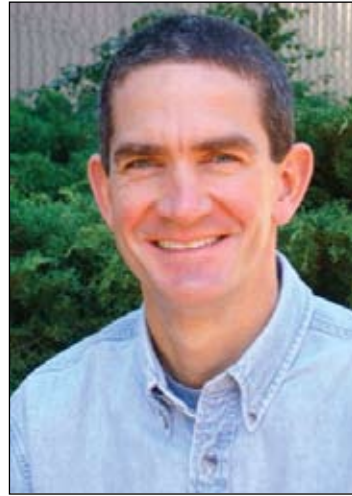
**SACRAMENTO COUNTY, CA (MPG)** - Congressman Ami Bera, M.D. spoke out on March 13th about the Hobby Lobby Supreme Court case that will be heard later this month. The case will determine whether corporate CEOs can deny women their right to insurance coverage for birth control. "As a doctor, I took an oath to provide my patients with the best options available to them and to explain the risks and benefits of these choices," said Bera.

"Women should be free to make health care decisions that work best for them, and respect their own faith, family and personal circumstances. Bosses and out-of-touch politicians have no right to impose their religious views on others, and they have no place in the exam room." Congressman Ami Bera, M.D. represents Sacramento County. For more updates on Rep. Bera visit <http://www.bera.house.gov>. ★



Congressman Ami Bera

# Oscar Hopeful 'Facing Fear' Turns Spotlight On Power Of Forgiveness



By Eric Nelson

Hearing the story of Matthew Boger and Tim Zaal makes you wonder if anything is truly unforgivable.

In 1980, a teenaged Boger found himself living on the streets of West Hollywood after having been thrown out of his home for being gay. One evening, he was brutally beaten by a group of neo-Nazi skinheads, including Zaal, who had attached razor blades to his boots prior to kicking

Boger in the face and leaving him for dead.

Twenty-eight years later, the two happened to meet again by chance in, of all places, the

Museum of Tolerance in downtown Los Angeles. What followed was an unimaginable journey of forgiveness and reconciliation, an improbable collaboration and a friendship that remains to this day.

"To tell you the truth, I don't know if I could forgive somebody the way he's been able to forgive me," says Zaal in "Facing Fear," nominated for an Academy Award this year for "Best Documentary Short Subject."

"The words [he said] and what I saw were far more painful

throughout my life than the boots and the blades," says Boger. "I knew the only way I was going to get past it was to forgive him."

The question is, how could anyone forgive such a heinous act? And why bother?

Both questions were touched on in an earlier column about Dr. Fred Luskin, who characterizes forgiveness as a kind of practical spirituality that not only makes you a better person but can improve your health as well.

"Forgiveness is one of those ways where we wipe clean a major threat to our well-being," said the Stanford psychologist and author of *Forgive For Good*. "That causes the body to have more time to repair. Immune function goes up, blood pressure goes down."

As Luskin describes it, forgiveness is one of the best tools we have to protect ourselves from further pain, mentally and physically. He also describes forgiveness as an innate if latent quality of thought that can be taught and nurtured.

Given Luskin's 20-plus years of research on the subject – not to mention Boger and Zaal's remarkable example – one can also assume that the capacity to forgive is not just a nice add-on but an indispensable element of our personal and societal well-being.

When asked to offer up a good role model or two of forgiveness, the first name Luskin mentions is Jesus.

Most are probably familiar with Jesus' encouragement during his so-called Sermon on the Mount to "forgive us our sins as we have forgiven those who sin against us." What is often

overlooked, however, is that he amplifies this same message only moments later, as if to say,

"For those of you who may

have shown up late, this is the crux of what I've been preaching all afternoon."

Jesus knew perhaps better than anyone else that forgiveness isn't so much about what the

Divine is asking us to do, but what He or She is forever causing us to express – an irresistible if delayed impulse to do the right thing.

Luskin is quick to point out, however, that it's not just religious types like Jesus that inspire us, but people like Matthew Boger and Tim Zaal whose stories may resonate with a more contemporary-minded audience.

Speaking of which, "Facing Fear" Director Jason Cohen would like to see his film audiences finding ways to relate this story to their own lives. "We obviously hope people haven't gone through as dramatic a situation as Matthew and Tim," said Cohen in an interview on the

"Entertainment Weekly" web site, "but we do feel there are themes in this film that anyone could take away and apply on a smaller scale."

As we learn that little if anything in life is truly unforgivable, it's likely that the desire for revenge – and the pain that often goes with it – will become less tolerable, and the world a more-forgiving place to live. ★

*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 (norcalcs.org). This article originally appeared on Communities @ WashingtonTimes.com and is used with permission.*

# Ose Wins RRC Endorsement Again

**SACRAMENTO COUNTY, CA (MPG)** - Carl Burton, Chairman of the largest Republican volunteer club in Sacramento County, released the results of the club's February mail-in ballot poll. Former Congressman Doug Ose, who is running for congress in the 7th Congressional District, won with 88% of the vote.

Burton said it was no surprise to him when the members of RRC once again voted to endorse Doug in his effort to return to Congress.

He also reminded members that Ose was one of the few members of Congress to honor his pledge of serving no more than three terms and didn't run for reelection in 2006.

Burton, Past Executive Director of the Sacramento County Taxpayer League told the members of RRC that Ose voted for a \$1.35 trillion tax reform package that ended the marriage penalty tax, lowered the estate tax and increased child tax credits

for American families.

And while in Congress Ose voted to use new technology and additional agents to secure America's borders, and fought the Democrats efforts to block construction of a border fence. Ose also authored a resolution in keeping the phrase "under God" in the Pledge of Allegiance and he supported legislation against defiling the American flag.

Ose told the members of RRC that his first action if elected this time will be to protect our local water supply by slowing the discharge of water from Lake Folsom to the ocean and secondly to help stop Governor Browns big pipe dream to send more of our water to the LA area. Ose said we need to protect local water for future generations of California's and build more water storage.

Ose said, "If Obamacare truly provided better healthcare at a lower

cost, big business, big labor and all members of Congress would not demand exemptions that treat them differently than average American citizens," And "the laws Congress passes should also apply to members of Congress too."

Ose was born and raised in Sacramento. He attended Rio Americano High School and received a degree in Business Administration from the University of California at Berkeley. He is a developer and businessman in Sacramento.

RRC is the largest volunteer membership organization in the county; we are a year-round Republican organization focused on registering Republicans to vote, recruiting and endorsing candidates, helping grass roots volunteers and actively communicating our endorsed list of candidates to RRC membership and fellow Republicans <http://www.rreogp.org>. ★

# Haaland Calls on Legislators to Oppose SCA 5

**SACRAMENTO REGION, CA (MPG)** - Candidate for the 8th Assembly District Doug Haaland (R-Arden Park) today issued the following statement in response to Senate Constitutional Amendment (SCA) 5 (E. Hernandez), which, if passed, will allow California's public colleges and universities to discriminate based on an applicant's race, sex, color, ethnicity or national origin:



8th Assembly District candidate Doug Haaland (R-Arden Park)

"Last night I attended a forum hosted by the Asian Pacific Islander American Public Affair Association (APAPA) to discuss the merits of SCA 5. I agree with the leaders of this group that the enactment of such a measure would hurt not just the Asian-American community, but potentially all communities of color.

"Regardless of its intent, this bill would undo a generation of civil rights progress here in California. While we all want to ensure that California's top-notch public universities are available to all

ethnicities, SCA 5 would do just the opposite and instead give these institutions carte-blanche authority to discriminate based on an applicant's race, sex, color, ethnicity or national origin.

"This Legislature wants to ignore the inspiring words of Dr. Martin Luther King Jr. 50 years ago when he proclaimed: 'I have a dream that my four little children

will one day live in a nation where they will not be judged by the color of their skin but by the content of their character.' SCA 5 seeks to erode this dream and return us to those troubling times by reversing the work of Dr. King and others who sought to focus our institutions on individual merit.

"Immigrants come to this country and our state seeking an opportunity of a better life for themselves and their children. We cannot make it more difficult for that dream to come true by ignoring the talents that they bring to our shores!!

"I believe, that in order to ensure the opportunity for success is preserved for all of our children as established by the people of California, SCA 5 must be stopped. I call on the Legislature and our local representatives to uphold the ideals of Dr. King and oppose this measure."

Assembly District 8 includes the communities of Arden-Arcade, Carmichael, Citrus Heights, Rancho Cordova, Rancho Murieta, Rosemont, Wilton and portions of unincorporated Sacramento County. ★

## LEGAL ADVERTISING

*Continued from Page 12*

### NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

Hazel Mini Stor  
6108 Hazel Avenue  
Orangevale, CA 95662

On April 3, 2014 at 10:00 AM in accordance with Section 21700 et seq of the Business and Professions Code of the State of California. The Auctioneer is Forrest O'Brien, Bond # 001040533207, telephone # (925) 679-8679. General Description of the goods: clothing; furniture; appliances; misc. household goods; bicycles, scooters, and similar misc. motorized & non-motorized wheeled transportation devices; hand/garden and power tools; construction and hardware equipment/supplies/tools and materials; musical instruments; exercise equipment; ambulatory equipment; beds and bedding materials and soft goods; misc. boxes/containers and bags, contents unknown; craft, hobby and pet supplies/materials; artwork; sporting goods; engine and auto parts and accessories; toys; electronic and audio/video equipment; office machinery, supplies and equipment; misc. computer parts and components; fishing equipment; electric scooter; deer (buck) taxidermy; baseballs & gear; plastic (+/-4x5x4) Thermosafe durable transport box with hinged lid on casters.

The self-service storage units under contract with the following tenants will be auctioned at this public lien sale:  
(Hawkins) Crews, Cindy G.; Bond, Samantha; Cabral, Steffanie; Flachman, Jennifer; Harless, Clint; Harrison, Michelle; Hayden, Joseph; Jobbins, Wayne; Kneppshild, Mike & Lou Anne; Lui, Marc; Marshall Jr., Charles A.; McCary, Brad; Pratt, Michael; Veiga, Vicki

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

### NOTICE OF PUBLIC SALE OF LIENED PROPERTY

Notice is hereby given that a public lien sale will be held at:

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The units belonging to the following self-service storage unit tenants will be auctioned at this public lien sale:

Arnett, Jeff; Banks, Donna; Besso, Rozalyn R.; Blodgett, Tara; Downes, Amanda; Fairchild, Adriane; Garrett, Richard; Haggerty, Robert; Hart, Cheryl; Jolley, Jamie; Kendrick, Erick; Ostby, Duane Carl; Rivas, Noelle; Salazar, Sheena R.; Taufavaki, Heu.

This is a cash-only auction due immediately when sold; no checks or credit/debit cards accepted. Each person attending 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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Kevin VanDam is a Member of the Bass Pro Shops' National Fishing Team  
For more tips, log onto [basspro.com](http://basspro.com) and click on News & Tips

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# Sacramento County DA Reports

Recent cases of interest



**CASE: Jermaine Barnes, Fitima Goodman, Alexander Lewis & Laquwon Warr (03/14/14)**

**PROSECUTOR: Deputy District Attorney Jeff Hightower, Homicide Unit**

District Attorney Jan Scully announced today that the Honorable Raoul Thorbourne sentenced Jermaine Barnes to life in prison without the possibility of parole plus 25 years to life in prison. Barnes was the gunman in the murder of Fernando Vichez in the course of a robbery that occurred on Howe Avenue on June 15, 2010.

Fitima Goodman was sentenced to life in prison without the possibility of parole plus 1 year for her role as the getaway driver. Alexander Lewis and Laquwon Warr were sentenced to 25 years to life in prison for their roles in the robbery.

**CASE: Matthew Steven Jones (03/07/14)**

**PROSECUTOR: Deputy District Attorney Nancy Cochrane, Special Assault & Child Abuse Unit**

District Attorney Jan Scully announced that Matthew Steven Jones, known as the Carmichael Creeper and the Boogey Man, was sentenced by the Honorable Laurie Earl to 7 years, 4 months and 115 years to life consecutive to four terms of life without the possibility of parole. This is the first time in Sacramento County that the District Attorney's Office has charged an individual with a life without possibility of parole crime based on a sexual molest against a child occurring during the commission of a residential burglary.

Matthew Jones was an 18-year-old resident of a sexual offender group home in Sacramento County. He devised a plan and scheme to break out of the group home at night and wander the streets searching for homes where young children lived. In July and August of 2012, Jones entered at least five homes with the specific intent to molest children he found inside the home.

In two of those homes, Jones found children who were 10 and 12 years old asleep in their beds and committed numerous sexual acts against them. Because surveillance cameras caught Jones entering and leaving one of the residences, he was identified after a media release by the Sacramento County Sheriff's Department.

During the investigation, Jones admitted that while housed in a sexual offender program in Stockton in December 2009 and January 2010, he entered the home of a family near the group home on five separate occasions, spending up to three hours at a time molesting a 5-year-old disabled boy in his bed. The child had a feeding tube and was unable to communicate or move. On four separate occasions during this time, the boy's mother found him in states of undress in the morning and was puzzled how her son's clothing and diaper came off since he did not possess the motor skills to do that himself. That remained a mystery until the detective contacted her. In addition to this boy's home, Jones admitted to breaking into three other homes in Stockton with the same intent of molesting children.

Deputy District Attorney Nancy Cochrane states, "Special thanks go to Sacramento County Sheriff's Detective Earl Helfrich and Sergeant John Linke for their tireless effort and compassion in investigating this case. I also commend the hard work and dedication of District Attorney Victim Advocates Ann Tran and Rafaela Perez and District Attorney Investigator Dale Jo for making the victims feel comfortable and secure in coming forth to testify in this matter."

The Honorable Laurie Earl stated during sentencing that "Jones made a choice to hunt for and molest victims" and that he "stole the victims' innocence, trust, and sense of security."

# River City Bank Welcomes Eric Johnson as Senior Vice President, Chief Information Officer

Information Technology Expert And Industry Leader Joins Bank To Execute Technology Vision

**SACRAMENTO REGION, CA (MPG)** - In its efforts to deliver the best possible banking experience for its valued clientele, River City Bank is proud to announce the hiring of Eric Johnson as senior vice president (SVP), chief information officer. Johnson brings a unique combination of information technology (IT) acumen and leadership experience to his new role.



**Eric Johnson, Senior Vice President, Chief Information Officer**

Johnson boasts a successful and extensive career in the IT industry, beginning with his work in computer technical support and software development at Apple. For more than six years, he was a partner at Vital Networks, where the company provided outsourced IT services to small and mid-sized businesses.

"Eric is ideally qualified to aid in our mission of delivering premier business banking services to the Sacramento region," notes River City Bank President and CEO Steve Fleming. "As chief information officer, Eric will develop and implement strategic plans for banking technology, both employee and client-facing, while overseeing the daily information services function for River City Bank. In addition, we are excited to have a Davis resident and UC Davis alumnus in this integral position, as he already possesses the local roots that are so important to our

central part of that experience." Johnson attended the University of California, Davis earning both a Bachelor of Science in Computer Science and a Master of Science in Agricultural and Resource Economics. Married and residing in Davis, Johnson enjoys playing golf and staying plugged-in to all things tech-related.

**About River City Bank:** River City Bank is the Sacramento region's premier business bank with assets of more than \$1.2 billion. River City Bank offers a comprehensive suite of banking services, including loans, deposits and cash management tools to the business, consumer and commercial real estate sectors. With tailored, executive-level service and a Five-Star "Superior" financial rating from the nation's leading independent bank-rating firm, BauerFinancial, River City Bank redefines the banking experience and every touch point that surrounds it. River City Bank is the largest, independent, locally-owned bank in the Sacramento region, maintaining 12 branches in El Dorado, Placer, Sacramento and Yolo counties. For additional information, please visit [www.rivercitybank.com](http://www.rivercitybank.com) or call (916) 567-2600. Member FDIC. Equal Housing Lender. ★

business culture."

Johnson's additional duties at River City Bank include the management of technology maintenance and acquisition, including software, hardware, application development, systems programming, systems support, data processing operations, telecommunications, ATMs, Internet banking, cash management, voice response and related systems. With information security threats at a record high, a primary focus for Johnson is to oversee River City Bank's information security program.

"I'm thrilled to be joining the most distinguished bank in the region," states Johnson. "River City Bank prides itself on providing its clients unmatched business banking, and IT is a

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Seating is limited to 30 attendees per seminar



# Dare to Live Without Limits

The Power of the Individual by Bryan Golden



"You can't fight city hall." "What can one person do?" "Things never change." "That's just the way it is." "There's nothing you can do." "You're just beating your head against the wall."

"You have to learn how to accept reality."

You've probably heard all of the above phrases. The only purpose they serve is to obstruct individual initiative and achievement. This results in the propagation of the erroneous belief that individuals are at the mercy of groups, governments, and committees.

History has repeatedly shown that the power of the individual is the basis for all discoveries and advances. There has never been a statue erected to any group. Just think of all the notable people you are aware of.

After many years of conditioning, we conclude that we are virtually powerless as individuals.

It's ironic that we develop this erroneous belief in the face of thousands of years of evidence to the contrary. Holding on to this outlook impedes your success and can even limit your happiness.

Feeling powerless as an individual leads to the formation of a victim mentality. This attitude causes you to blame others for your circumstances while looking outside yourself for solutions.

In so doing, you put the direction of your life in someone else's

hands. Within you exists the power to change, innovate, and create. Don't be deterred by truisms. I'll debunk each one listed in the first paragraph. As you exercise your power on a consistent basis, you will make things happen rather than waiting for them to happen.

"You can't fight city hall." The government is nothing more than a collection of individuals who are supposed to serve the people. You can fight city hall if you have a strong enough motivation and drive. The history of our country is filled with individuals who took a stand and made a difference.

"What can one person do?" Every accomplishment starts with one person who has a dream.

Some people are leaders who attract others to their cause. Some people work alone. Either way, everything that has ever been attained is traceable to an individual.

"Things never change." Circumstances don't change on their own. If you want things to change, you have to change them. It doesn't matter how old you are or how long your situation has persisted. You can begin to take action today to change it.

"That's just the way it is." If this were true, the human race would never have advanced from living in caves. This phrase is used to justify inaction. Things are the way they are until one person decides to alter them.

"There's nothing you can do." If you are willing to put in the effort, there is always something you can do. When you do nothing, nothing happens. It is a proven fact that it's the squeaky wheel that gets the grease.

"You're just beating your head against the wall." A definition of insanity is doing the same thing and expecting a different result. If what you are doing isn't working, alter your strategy. Often, only a small adjustment is needed for a successful outcome.

"You have to learn how to accept reality." Who's reality does this statement refer to? Your reality is defined by your beliefs. If you think something is possible, you are right. Conversely, if you feel something is impossible, you are also right. Your mind won't allow you to act in a manner contrary to your ideology.

As an individual, you have the power to accomplish anything you set your mind to. Looking anywhere else for satisfaction in your life will lead to disappointment. Whatever you can conceive and believe you, as an individual, can achieve. ★

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



## ROCK DOC

By Dr. E. Kirsten Peters

We've all seen globes in classrooms. They represent the Earth well -- better than flat maps can do. But all the globes I've seen in schools have national boundaries on them, usually indicated by having nations in different colors. The U.S. is yellow, Canada is light green, Mexico is pink, and so on. When I was a child my big brother owned a globe like that, and I got to pore over it sometimes.

My sister-in-law has a different globe, one specially purchased for her by her father. It has no national boundaries -- so all of North America is presented as a unit, as indeed is each of the land masses. I think her globe may have been inspired by the view of Earth from the moon, an image beamed back to us by astronauts.

Recently I thought of my sister-in-law's globe when I read

# Air Pollution Knows No Borders

the news about a study concerning how air pollution in China affects us here in North America.

"Pollution from China is having an effect in the U.S.," said Dr. Don Wuebbles, a faculty member in atmospheric sciences at the University of Illinois at Urbana-Champaign. His remarks were reported by CNN.

Wuebbles is co-authored a piece recently published in the Proceedings of the National Academy of Sciences. At first, I was taken by surprised by the research findings. My thinking was that the Pacific Ocean is vast and would protect us from Chinese air pollution. But apparently winds carry particulates and ozone over the ocean and some of it reaches our shores. It takes just days for the pollution to travel long distances, crossing both the Earth's largest ocean and national boundaries as it does so.

It's not that China can be criticized for air pollution while we congratulate ourselves for being "green." One of the reasons China is the world's leading emitter of man-made air pollution is that China is producing so much of the world's manufactured goods. A lot of those goods come to us. In other words, we have outsourced our manufacturing to China, and that means we've outsourced

the associated air pollution as well.

Wuebbles and his colleagues argue that air pollution in China that's related to exports contributes meaningful amounts of sulfate pollution in the western U.S. Ditto for ozone. Those results are nothing to sneeze at.

One way of putting the facts in simple terms is to note that it's a small world. We don't see China's smokestacks from our shores, but they impact the air those of us in the western U.S. breathe. We Americans are connected to our Chinese brothers and sisters, just as they are to us for a market for their many goods.

The bottom line for me is that my sister-in-law's globe has the best representation of the Earth I've ever seen. There are no national boundaries when it comes to either Earth processes or man-made pollution. And what happens in one place can affect conditions on the ground thousands of miles away. ★

*Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at [rockdoc.wsu.edu](http://rockdoc.wsu.edu) and on Twitter @RockDocWSU. This column is a service of the College of Agricultural, Human, and Natural Resource Sciences at Washington State University.*

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