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# Carmichael Times

Volume 34 • Issue 10

Serving Carmichael and Sacramento County since 1981

March 13, 2014

## A Man and His Faithful Dog Rescued Together



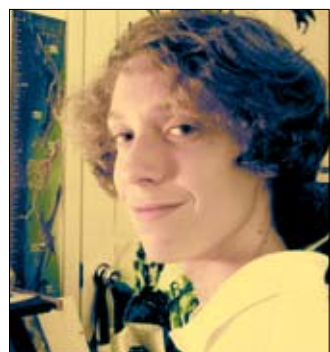
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# Baroque Soloists Seduce



(In photo: Sacramento Baroque Soloists from left: Ellen Schinnerer Deffner, Marieke Furnee, Michael Lawson, Steven Coughran, Lisa Marie Lawson.)

**SACRAMENTO REGION, CA (MPG)** - Traveling from the New World to Spain and then to spread throughout Europe, the musical form chaconne—with its hypnotic bass line—became an accompaniment and provocation for dancing. Sacramento Baroque Soloists explore the scope of this seductive, mystical dance along with its counterparts, the passacaglia and the bergamasca, in their last concert set of the season, March 15, 16, and 22.

The Soloists will be joined by soprano Anne-Marie Dicce, who will perform vocal chaconnes of Monteverdi and Charpentier, as well as selections from Handel's Nine German Arias. The ensemble will also perform chaconnes, passacaglias, and

bergamascas by Uccellini, Merula, Lully, and Purcell.

Dicce is a co-founder of the early music group Bach Collegium San Diego and performs regularly with that group as a soloist. She returns to her native Sacramento to perform for the first time with Sacramento Baroque Soloists.

Dicce will be joined by Sacramento Baroque Soloists violinists Lisa Marie Lawson and Marieke Furnee, cellist and guitarist Michael Lawson, and harpsichordist Ellen Schinnerer Deffner.

Sacramento Baroque Soloists, formed in 2001, is Sacramento's leading instrumental baroque ensemble. The group performs

on period-style instruments music written between 1600 and 1800. In their twelfth season, the Soloists expanded to three venues, adding the popular Harris Center in Folsom.

Concerts will be performed Saturday, March 15 at 7:30 p.m. at St. Paul's Episcopal Church, 1430 J St., Sacramento; Sunday, March 16 at 3:00 p.m. at Rudolf Steiner College, 9200 Fair Oaks Blvd., Fair Oaks; and Saturday, March 22 at 7:30 p.m. at Harris Center, Folsom Lake College, 10 College Pkwy., Folsom. Admission is \$ 25 general/\$20 senior/\$10 student. Information and tickets at (916) 705-3806 or www.sacramentobaroque.org. ★

## IRS Seeks Volunteers for Taxpayer Advocacy Panel

**WASHINGTON, DC, (MPG)** - The Internal Revenue Service seeks civic-minded volunteers to serve on the Taxpayer Advocacy Panel (TAP), a federal advisory committee that listens to taxpayers, identifies major taxpayer concerns, and makes recommendations for improving IRS services.

The TAP provides a forum for taxpayers to raise concerns about IRS service and offer suggestions for improvement. The TAP reports annually to the Secretary of the Treasury, the IRS Commissioner and the National Taxpayer Advocate. The Office of the Taxpayer Advocate is an independent organization within the IRS and provides oversight of the TAP.

"In trying to comply with an increasingly complex tax system, taxpayers may find they need different services than the IRS is currently providing," said Nina E. Olson, National Taxpayer Advocate. "The TAP is vital because it provides the IRS with the taxpayers' perspective as well as recommendations for improvement. This helps the IRS deliver the best possible service to assist taxpayers in meeting their tax obligations."

The TAP includes members from all 50 states, the District of Columbia and Puerto Rico. Each member is appointed to represent the interests of taxpayers in his or her geographic location as well as taxpayers as a whole.

The TAP is also seeking to include at least one additional member to represent international taxpayers. For these purposes, "international taxpayers" are broadly defined to include U.S. citizens working, living, or doing business abroad or in a U.S. territory. The new international member will not be required to attend any face-to-face meetings.

To be a member of the TAP you must be a U.S. citizen, be current with your federal tax obligations, be able to commit 200 to 300 hours during the year and pass an FBI criminal background check. New TAP members will serve a three-year term starting in December 2014. Applicants chosen as alternate members will be considered to fill any vacancies that open in their areas during the next three years.

The TAP is now seeking members in California.

Candidates from underrepresented groups, including but not limited to U.S. taxpayers living abroad, Native Americans, and non-tax practitioners, are encouraged to apply.

Applications for the TAP will be accepted through April 11, 2014. Applications are available online at www.improveirs.org. For additional information about the TAP or the application process, please call 888-912-1227 (a toll-free call) and select prompt number five. Callers who are outside of the U.S. and U.S. territories should call 954-423-7973 (not a toll-free call). You may also contact the TAP staff at taxpayeradvocacy-panel@irs.gov for assistance. ★

# Hook A Trout; Win A Prize

## Rancho Seco Recreational Area To Host Fishing Derby

**SACRAMENTO REGION, CA (MPG)** - A lake full of trout is up for grabs at the Sacramento Municipal Utility District's (SMUD) annual trout derby at Rancho Seco Recreational Area on March 29 and 30. Anglers reeling in the heaviest trout will be awarded cash and prizes, including a grand prize for the biggest trout caught—a fishing kayak provided by The Fish Sniffer magazine.

The fishing event has become a tradition for many and has attracted thousands of local anglers since starting in 1993.

### Specifics:

Date: Saturday, March 29 and Sunday, March 30  
Time: 6 a.m. to 5 p.m. daily (rain or shine)  
Location: Rancho Seco Recreational Area 14440 Twin Cities Road, Herald, CA 95638

Background: Anglers can cast a line into the 160-acre lake from the shoreline or one of six fishing



Gates open at 6 a.m. and close at 5 p.m., rain or shine. Derby tickets are \$5 per person plus a daily park fee available at the park gate both days.

piers. Small boats with electric motors are also allowed (no gas motors). In addition to trout, the freshwater lake is home to

bass, bluegill, red-ear sunfish, crappie and catfish. In preparation for the derby, Rancho Seco Lake was recently stocked with

thousands of pounds of catchable trout. Additionally, hundreds of pounds of trophy size trout

Continued on Page 2



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# SCOE Accepting Entries for \$500 Scholarship Program

**SACRAMENTO COUNTY, CA (MPG)** - The Sacramento County Office of Education (SCOE) is accepting submissions for an essay contest designed to honor local military veterans. The winning high school student will receive a \$500 college scholarship courtesy of SAFE Credit Union.

Every year, SCOE honors the many contributions of local veterans who left high school to serve in the U.S. military during World War II, the Korean War or the Vietnam War through the Operation Recognition program. Qualifying veterans who received an honorable discharge may contact SCOE to receive their high school diplomas. Diplomas are also presented to

Japanese American citizens who were forced to leave high school due to WW II internment.

The 2014 Operation Recognition Scholarship essay theme is "How Our Veterans Exemplify Courage and Sacrifice."

Contestants must be high school juniors or seniors who are currently attending public high schools in Sacramento County. The completed 500 word essay, with a cover letter, must be received by the Sacramento County Office of Education by April 25, 2014.

Essays will be judged on how well the student understood, developed and presented the theme. The winning entrant must

be able to attend the Operation Recognition diploma ceremony at 6:30 p.m. on May 20, 2014 to read his or her essay, join in honoring the diploma recipients, and receive the scholarship award from a SAFE Credit Union representative.

Contestants must send submissions to:

Operation Recognition Scholarship Contest  
c/o Sacramento County Office of Education  
P.O. Box 269003  
Sacramento, CA 95826-9003

For more information, contact Tim Herrera, SCOE Communications Director, at (916) 228-2713 or [therrera@scoe.net](mailto:therrera@scoe.net). ★

## Carmichael Survivor Featured In Documentary KVIE's ViewFinder Examines Little-Known Disease: Valley Fever

**SACRAMENTO REGION, CA (MPG)** - KVIE Public Television presents a compelling look into the growing problem of Valley Fever in California and other western states. The fungal disease affects 150,000 people each year, but remains little-known and often misdiagnosed.

ViewFinder: Deadly Dust - Valley Fever in the West (airing at 7pm Wednesday, March 26 on channel 6) features interviews with researchers, doctors, and survivors. The directors of the Centers for Disease Control and Prevention and the National Institutes of Health (Tom Frieden and Francis Collins, respectively) will discuss new research underway to better understand this mysterious soil-borne disease.

Carmichael resident Sharon Garrett discusses her struggle with Valley Fever during the program.

A free premiere screening open to the media and the public will be held Wednesday, March 19, at 5:30pm at KVIE Studios (2300 W. El Camino Avenue, Sacramento). Hors d'oeuvres will be served at 5:30pm, followed by the thirty-minute screening at 6pm. A question-and-answer session will follow with UC Davis Researcher Dr. George Thompson, who also

appears in the documentary.

RSVP to the advanced screening at [kvie.org/rsvp/deadly\\_dust/default.htm](http://kvie.org/rsvp/deadly_dust/default.htm).

The screening and program are sponsored by UC Davis Health System. The ViewFinder series is sponsored by SAFE Credit Union.

Broadcasting from California's capital, KVIE Public Television

helps everyone explore the world through television experiences in history, current events, drama, nature, and science. And for the natural-born explorer, KVIE serves as a trusted guide for children with the best educational programming. Established in 1959, KVIE serves more than 1.4 million households. ★

## Hook A Trout; Win A Prize Rancho Seco Recreational Area to Host Fishing Derby

*Continued from Page 1*

will be stocked for the derby weekend.

Gates open at 6 a.m. and close at 5 p.m., rain or shine. Derby tickets are \$5 per person plus a daily park fee available at the park gate both days. A valid California state fishing license is required for those 16 or older. Anglers hoping to win a cash prize must check in their fish before 5 p.m. on the day of the catch. Cash prizes will be awarded to those catching the heaviest fish in three separate categories - adult, youth and kids.

The 400-acre Rancho Seco

Recreational Area offers more than just fishing. The full-service facility offers picnicking facilities, RV and tent camping sites, and beach and swimming areas. Kayaks, rowboats, paddleboards and fishing boats are available to rent.

Rancho Seco Recreational Area is 35 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. Admission to the park is \$10 per car (\$8 for seniors). For more information about the derby or camping, visit [smud.org/ranchoseco](http://smud.org/ranchoseco) or call (916) 732-4913 or (209) 748-2318. ★

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Thursday, March 20 • Friday, May 16  
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# Carmichael Times

"Written by the people and for the people"

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# A Man and His Faithful Dog Stranded, Then Rescued Together, on the Bluffs



Fortunately for Jenna (the dog shown here) and her owner, the regular training by Rescue, Boat, and Engine crews prepared them to quickly set up a system that would ultimately save the dog and her owners' lives.

**FAIR OAKS, CA (MPG)** - Just before 4 pm on March 6, a man and his dog were walking along the river. While climbing from the river, back up to the Bluffs, they found themselves stuck in wet, slippery terrain, unable to continue. Fearing that they would fall, the man began calling for help. Shortly after, Metro Fire units were dispatched for a vertical rescue at Riverfront and Central, in Fair Oaks.

In addition to an engine, Metro Fire's Heavy Rescue and Boat responded to this location on the Bluffs. They quickly made verbal contact with the man, who was stuck 15-20 feet down the cliff. His dog, Jenna, had continued

to climb, and was about five feet higher than him. After confirming that the two were uninjured, and that the man was in a secure spot, crews began to set up for a rescue.

Metro Fire Captain Randy Wootton was in charge of the Rescue operation. His crew set up a rope system and lowered Firefighter Brad Dessert to the dog. "We were concerned that if we passed by Jenna to reach the man, she would follow us and possibly fall," Captain Wootton stated. "After verifying that the man had secure footing and was in no immediate danger of falling, we decided that it was safer to rescue Jenna first." Firefighter

Dessert was lowered to Jenna, placed a rescue harness on her, and the two were raised back to the top. Once Jenna was safe and secure, Firefighter Dessert was again lowered down the cliff, placed the man into a harness, and the two were lowered to the boat waiting below.

Fortunately for Jenna and her owner, the regular training by Rescue, Boat, and Engine crews prepared them to quickly set up a system that would ultimately save their lives. Because of this training, they walked away from a terrifying experience, completely unharmed. ★

## Sacramento County DA Reports



### Recent cases of interest

**CASE: Safeway, Inc. (03/06/14)**

**PROSECUTOR: Deputy District Attorney Ruth Young, Consumer & Environmental Protection Unit**

District Attorney Jan Scully announced today that Safeway, Inc. has agreed to settle a civil law enforcement action alleging Safeway engaged in false advertising and unfair competition as well as violated a 2008 injunction. In the action, which was filed in Marin County Superior Court by district attorneys from Sacramento, Marin, Alameda, Fresno, Napa, Santa Cruz, Solano, Sonoma, and Ventura Counties, Safeway agreed to pay \$2,250,000 in costs and fines. The Sacramento County District Attorney's Office will receive \$222,000 and the Sacramento County Department of Weights & Measures will receive \$54,000.

The complaint filed by the district attorneys alleges that within at least the last four years Safeway unlawfully charged consumers prices higher than Safeway's lowest advertised price, misrepresented the weight of Safeway branded products, and made statements on in-store signage that conveyed the impression certain Safeway produce was "locally grown" when in fact they were sourced from other countries.

The complaint further alleges that Safeway failed to abide by provisions of a 2008 injunction requiring Safeway to initiate and maintain a program to minimize pricing discrepancies. The injunction mandated Safeway institute a price accuracy policy requiring Safeway to give consumers an item free if they are overcharged for the item and the lowest advertised price was \$5.00 or less; or if over \$5.00, charge the correct price and give the consumer a \$5.00 gift card. The complaint alleges Safeway failed to always honor the requirement and adequately notify consumers of the requirement with signage at every check stand.

Under the settlement, Safeway agrees to be bound by a permanent injunction prohibiting them from: making any false or misleading statements; charging an amount greater than the lowest price posted on a commodity or on a shelf tag; failing to honor any valid Safeway coupons, discounts or offers; and failing to clearly and conspicuously disclose any inclusions, exceptions or limitations to any Safeway offers, coupons or discounts. Safeway has also agreed to take significant measures to increase price accuracy including, but not limited to: increasing the number and visibility of store signage notifying consumers of the price accuracy policy; instituting training for employees on complying with the price accuracy policy; and hiring an independent third party auditor to conduct annual audits of Safeway's compliance with the injunction provisions.

**CASE: Damon Gardner (02/26/14)**

**PROSECUTOR: Deputy District Attorney Robert Clancey, Special Investigations Unit**

District Attorney Jan Scully announced today that the Honorable Maryanne Gilliard sentenced Damon Gardner to 30 days in jail and placed him on three years informal probation after he pled guilty to a misdemeanor charge of carrying a concealed firearm. Gardner was a prosecutor on leave with the Mendocino County District Attorney's Office at the time of the event.

On October 17, 2013, at approximately 12:24 a.m., Gardner was engaged in a verbal confrontation with a pedestrian near the intersection of 15th and L Street. The argument grew into a physical altercation, during which Gardner punched the pedestrian in the face with a closed fist. He and his friend retaliated, forcing Gardner to the ground in the fetal position. A witness observed the pedestrian get on top of Gardner and punch him in the mid-section, while his friend repeatedly kicked Gardner's head like it was a "soccer ball." Gardner retrieved his .38 caliber handgun from his back pocket while lying on the ground and fired one shot at the pedestrian in self-defense. The pedestrian suffered a non-life-threatening gunshot wound and received medical treatment. Gardner suffered nasal fractures as well as eye, head, and rib contusions.

Gardner consumed alcoholic beverages at local restaurants and bars beginning at 5:30 p.m. and was under the influence at the time of the altercation. These acts violated the terms and conditions of Gardner's permit to carry a concealed weapon, which was issued from Mendocino County in November 2012.

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This year Swanberg will appear at over 150 churches, conferences, businesses and concert events. He has also authored seven books and an additional book on men's ministry has re-cently hit the marketplace. He has recorded a radio show. And as always, he'll be bringing a note of encouragement, a pocketful of hilarious stories and a great big bag of joy and laughter wherever he goes.

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**6:00pm**

**La Sierra Community Center**  
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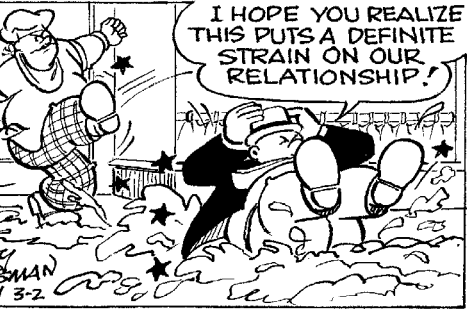
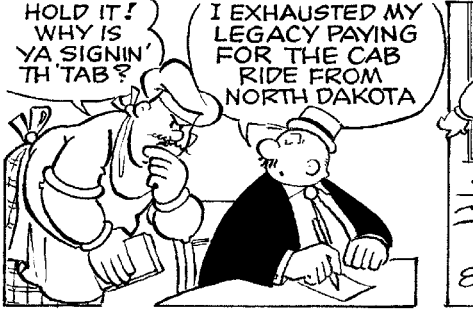
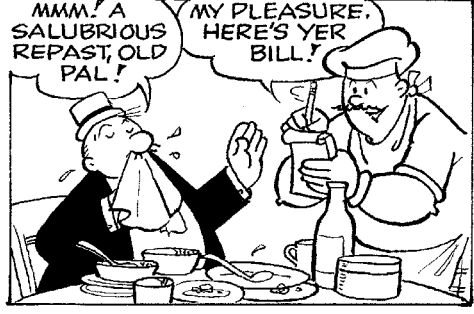
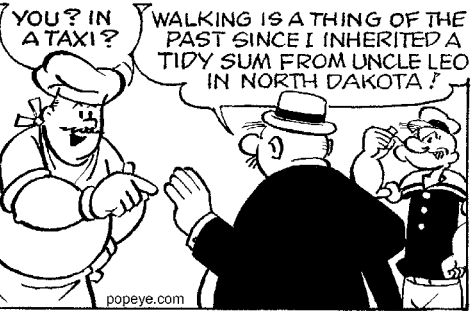
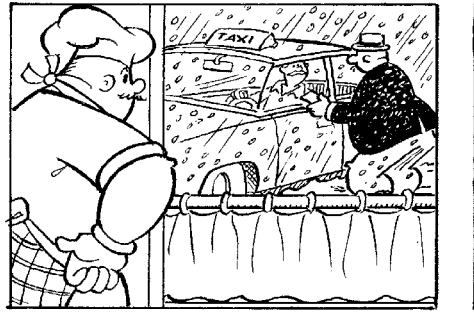
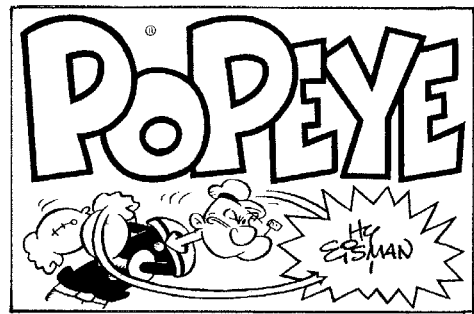
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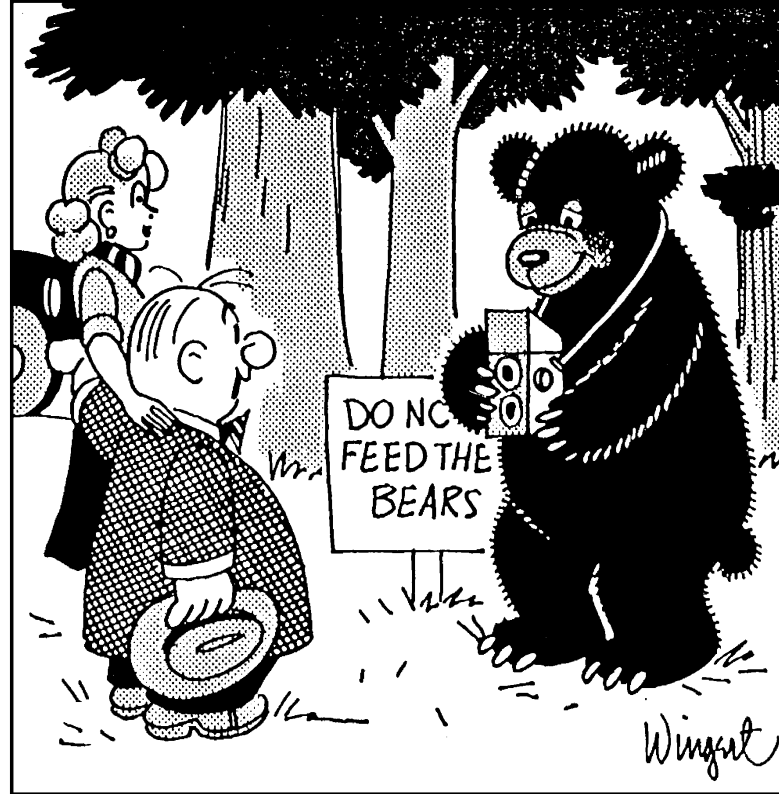
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**Just Like Cats & Dogs** by Dave T. Phipps

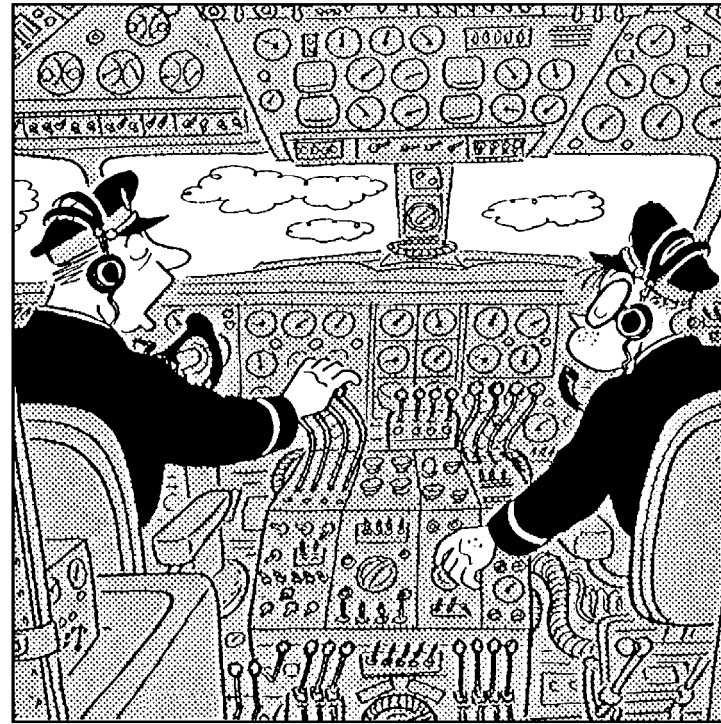


**HUBERT** - - By Dick Wingert



"See? I told you some of them were real friendly."

**MISTER BREGER** By Dave Breger



"Some day we might try finding out what most of these dials and gadgets are for..."

**LAFF - A - DAY**



"We should have long chats like this more often—"

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The Sacramento Symphonic Winds, conducted by Dr. Les Lehr, features a sing-along for *Oklahoma!*, *Carousel*, *South Pacific* and *The Sound of Music*, all by Richard Rodgers; *The Cowboys* by John Williams; our Youth Artist Competition winner, and more!

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 Reception March 14, 4-7 pm!

**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.

**Faux Stain Glass Workshop** March 15 & 16, 2014

**Skip Lee**  
 An Exhibit of Recent Work  
 March 1-31, 2014, Gallery 3

**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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### Helping Well Owners Keep Their Water Safe

(NAPSA)—There is good news for homeowners who want to protect the safety and quality of their well water.

There is a new set of information tools designed to help household well owners operate and maintain their wells to provide safe water for their families.

The tools, which are being developed by the National Ground Water Association (NGWA) through assistance from the U.S. EPA, include:

- A series of live webinars
- A series of online lessons
- A Private Well Owner toll-free hotline (855-420-9355)
- A monthly Private Well Owner Tip Sheet.

To access these private well owner information tools and more, visit [www.WellOwner.org](http://www.WellOwner.org).

#### Testing, Treatment And More

“Household water well owners are responsible for monitoring their water quality and taking action when necessary,” said NGWA Public Awareness Director Cliff Treyens. “To help, these new information tools are designed to give well owners next steps and guide them to the help they need.”

Among the specific areas covered by the new information tools are:

- Water testing
- Water treatment
- Well maintenance
- Water testing related to hydraulic fracturing
- Groundwater protection
- Well construction
- Well flooding.

#### Webinars On Demand

The live webinars will be recorded for viewing at any time. Both the webinars and the online lessons will be added to the collection as they are done, so well own-



There are new information tools designed to help household well owners operate and maintain their wells to provide safe water for their families.

ers are advised to check periodically for new offerings.

Registration links for the webinars and online lessons will be accessible through the Well Owner.org home page, where visitors can also subscribe to the free monthly Tip Sheet.

The telephone hotline is operational Monday through Friday, 10 a.m. to 4 p.m. Eastern Time (except national holidays).

To encourage learning, the online lessons and the webinars will have a short pre-lesson/webinar quiz and a post-lesson/webinar quiz. Those who successfully complete the final quiz will receive a certificate of completion.

“There is no replacement for certified drinking water testing labs and qualified water well system professionals in providing accurate diagnoses and remedies for water quality issues,” Treyens said. “What these tools are intended to do is arm the well owner with important basic information and direction.”

### Online Talk Show Explores Retirement

(NAPSA)—There is good news for adults who are about to retire. There is a new Web-based talk show designed to give them fresh perspectives on aging and creative ways to approach their lives in retirement.

In partnership with Lutheran Social Services of New York, the Ammerman Center for Creative Aging has launched an initiative called “Ignite Your LIFE.” The mission of this initiative is to



A new talk show offers retirees insight on how to share their skills with their community as they enter a new phase of life.

serve, educate, support and engage individuals and the wider community in celebrating the aging process.

The initiative’s “Ignite Your Life Talk Show” is streaming live from Valparaiso University on Wednesday, March 12, 2014 at 1 p.m. Central Time.

With the help of the University and Thrivent Financial for Lutherans’ sponsorship, the show will highlight newly developed research related to aging, and engage and inspire participants by redefining what it means to be 50 and beyond.

To learn more, visit [www.igniteyourlife.info](http://www.igniteyourlife.info).



### Keeping Your Health In Check Starts With Lunch

If you’re looking for a quick and easy way to take charge of your health, try packing your lunch. By stocking up on key pantry staples and fresh fruits and vegetables, you can have healthful options all week long.

(NAPSA) – Taking control of your midday meal can benefit both your health and your wallet. One of the easiest ways to reach your wellness goals is by taking charge of your lunch with simple, flavorful ingredients you can stock in your pantry or desk drawer.

When you just have a few minutes for lunch, Minute(r) Ready to Serve Rice can be a wholesome solution. In just 60 seconds and with nothing to add, you have delicious, fully cooked rice. Plus, there are a variety of options to change up your midday meal or on-the-go snack. Packaged in individual, single-serve cups, the rice makes portion control simple, too. With whole-grain options such as Brown Rice, Multi-Grain Medley, and Brown & Wild Rice and flavors including Black Beans & Rice and Fried Rice Mix, you can revamp last night’s leftovers, jazz up a boring salad or turn your favorite ingredients into a tasty and filling wrap.

Packing your lunch doesn’t have to be drab or time consuming when you

plan ahead and use common ingredients from your fridge or pantry. Try this delicious, satisfying Provençal Rice Salad recipe and challenge yourself to create other healthful lunch options a few days a week.

#### Provençal Rice Salad

1 container Minute(r) Ready to Serve-any whole grain variety such as Multi-Grain Medley, Brown & Wild Rice, or Whole Grain Brown Rice

- 1 can (6 ounces) canned tuna, drained
- 4 cherry tomatoes, halved
- 4 black olives, sliced
- 2 tablespoons red wine vinaigrette
- 1 cup salad greens

Prepare rice according to package directions. In a medium bowl, combine rice, tuna, tomatoes, olives and vinaigrette; mix well. Serve over greens and/or with pita chips.

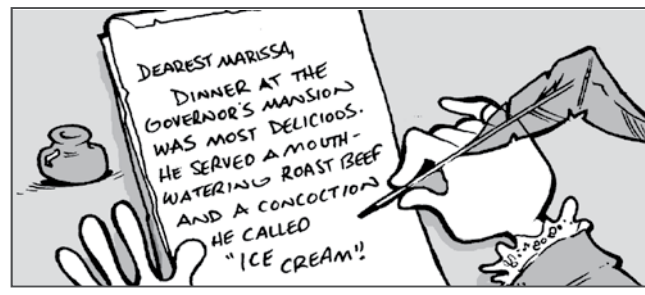
Serves: 2 (about 1 cup each)

#### Learn More

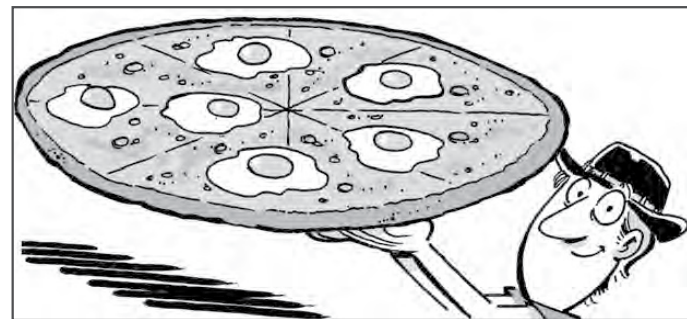
For this recipe and many more, visit [www.minuterice.com](http://www.minuterice.com).



The ancient Greeks chewed a chewing gum made from the resin of the mastic tree. The Mayans chewed chicle, which is the sap of the sapodilla tree. In 1906, Frank Henry Fleer invented a bubble gum that he called Blibber-Blubber.



The first written mention of ice cream in this country can be found in a letter from the 1700s, which admirably describes the ice cream and strawberry dessert a Maryland governor served at a dinner party.



In Australia, the most popular topping for pizza is eggs.

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## Salome's Stars

**ARIES (March 21 to April 19)** Although you tend to bore easily and leave others to finish what you start, this is one time when you'd be wise to complete things on your own. Then you can move on to something new.

**TAURUS (April 20 to May 20)** Your indecision about a personal situation might come out of those mixed signals you're getting. Best not to make any commitments until you have a better sense of how things are going.

**GEMINI (May 21 to June 20)** A dispute appears to be getting out of hand. But you should be able to step in and bring it all under control soon. Be patient. News about a potential career move might be delayed.

**CANCER (June 21 to July 22)** Career obligations could interfere with important personal plans. But using a combination of common sense and compromise helps resolve the dilemma to everyone's satisfaction.

**LEO (July 23 to August 22)** A stressful situation drains some of your energy reserves. But you soon bounce back in time to finish your tasks and enjoy a well-deserved weekend getaway.

**VIRGO (August 23 to September 22)** This is a good time to throw a party for friends and colleagues and surprise them with your dazzling domestic skills. You also might want to reconsider that career move you put on hold.

**LIBRA (September 23 to October 22)** A sudden change of mind by someone you relied on could cause a delay in moving ahead with your plans. But those whom you've helped out before are prepared to return the favor.

**SCORPIO (October 23 to November 21)** You start the week feeling too shy to speak up in front of others. However, your self-assurance soon takes over, giving you the confidence you need to make yourself heard.

**SAGITTARIUS (November 22 to December 21)** One way to deal with a pesky personal dilemma this week is to meet it head-on. Insist on an explanation of why the

situation reached this point and what can be done to change it.

**CAPRICORN (December 22 to January 19)** The creative Capricorn finds several outlets for her or his talents this week. Also note that while a romantic connection looks promising, remember to allow it to develop on its own.

**AQUARIUS (January 20 to February 18)** You stand out this week as the best friend a friend can have. But be careful that you don't take too many bows, or you might see gratitude replaced with resentment.

**PISCES (February 19 to March 20)** What seems to be an ideal investment should be checked out thoroughly before you snap at the offer and find yourself hooked by an expensive scam.

**BORN THIS WEEK:** *Your wisdom is matched by your generosity. You are a person who people know they can rely on.*

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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 17, 2014.



Christian Bale in "American Hustle"

### PICKS OF THE WEEK

**"Frozen" (PG)** -- In Disney's latest animated musical adventure, Anna (voiced by Kristen Bell) and her big sister Elsa (Idina Menzel) are inseparable as little girls. Anna is a joyous free spirit. Elsa can magically conjure snow and ice with her hands -- a power she can't control during bouts of intense emotion. As an adult, Elsa isolates herself atop a mountain and shrouds the realm in eternal winter. Anna must go on a quest to speak with Elsa and get her to lift the snowy curse.

"Frozen" reaches the same caliber as previous Disney princess flicks. The musical numbers aren't as catchy, perhaps, but they are poignant and emotional. Comic relief comes from a snowman named Olaf (Josh Gad), who has big plans to frolic in the sun.

**American Hustle (R)** -- Romance, scandals, feds and sprawling moral ambiguity come together perfectly in this inspired-by-a-true-story tale about con artists in love. It's the late 1970s, and Irving Rosenfeld (a barely recognizable

Christian Bale) is an endearing, pot-bellied grifter who runs a few schemes around town. Irving and his sly, silky lover/partner in crime (Amy Adams) are caught red-handed by a try-hard FBI agent (Bradley Cooper with a perm), and their only way out is to help the feds pull an even bigger con. Director David O. Russell ("Silver Linings Playbook") gives the whole moral mess an underhanded charm. The top-notch cast -- which includes Jennifer Lawrence and Jeremy Renner -- all seem to be on their A-game for the whole runtime.

**"Saving Mr. Banks" (PG)** -- Walt Disney (Tom Hanks) promised his daughters that he would turn their favorite literary character, Mary Poppins, into the movie of their dreams. P.L. Travers (Emma Thompson), the author who created the magical nanny, vowed that she would never let her beloved character be gobbled up by Hollywood phonies. Leave it to Disney (and Hanks) to launch the greatest charm offensive the world has ever known. It's just like any good theme-park attraction: We already know where it ends, but the ride is worth standing in line for.

**"A Touch of Sin" (NR)** -- In four different parts of modern China, four different working-class people are pushed over the edge. Each story is pulled from the headlines of industrialized China. In separate turns, writer/director Zhang Ke Jia explores the ripples of rapid change, and how corruption precipitates violence. Critics have been uniformly enchanted by this film -- it's beautiful, violent and thoughtful -- and it raises more questions than it attempts to answer.

### TV RELEASES

"Flashpoint: Final Season"

"Devious Maids: The Complete First Season"

"Beetlejuice: Seasons Two & Three"

"Mako Mermaids -- An H2O Adventure Season 1, Vol. 1: Island of Secrets"

"Nova: Roman Catacomb Mystery"

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

## Good Housekeeping

### Soda Bread

This rich and tender rustic Irish quick bread is the ideal dinner companion for corned beef.

- 1/4 cup sugar
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 teaspoon baking soda
- 4 cups all-purpose flour
- 1/2 teaspoon all-purpose flour
- 6 tablespoons cold margarine or butter
- 1 cup golden or dark seedless raisins
- 1 1/2 cups buttermilk

1. Preheat oven to 350 F. Grease large cookie sheet.

2. In large bowl, combine sugar, baking powder, salt, baking soda and 4 cups flour. With pastry blender or 2 knives used scissor-fashion, cut in margarine or butter until mixture resembles coarse crumbs. With spoon, stir in raisins, then buttermilk just until evenly moistened.

3. With floured hand, gently knead dough in bowl a few times until dough forms a ball (do not over-mix, or bread will be tough). Place dough on cookie sheet; shape into a 7-inch round loaf (dough will not be smooth).

4. Sprinkle loaf with remaining 1/2 teaspoon flour. With sharp knife, cut 4-inch-long cross, about 1/4 inch deep, on top of loaf. Bake loaf 1 hour or until toothpick inserted in center comes out clean. Cool on wire rack.

• Each serving: About 275 calories, 6g total fat (1g saturated), 1mg cholesterol, 485mg sodium, 49g total carbs, 2g dietary fiber, 6g protein.

For thousands of triple-tested recipes, visit our website at [www.goodhousekeeping.com/recipefinder/](http://www.goodhousekeeping.com/recipefinder/).

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**wildflowerinformation.org**

contains everything you might want to know about North American wildflowers, such as how they got their common names, their botanical names, habitats, growing needs, medicinal properties, folklore, invasiveness, classifications and endangered status. - Brenda Weaver

Source: wildflowerinformation.org

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**Birding BITS** BY Cindy Brook

**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: [birdingbits@cfi.com](mailto:birdingbits@cfi.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  
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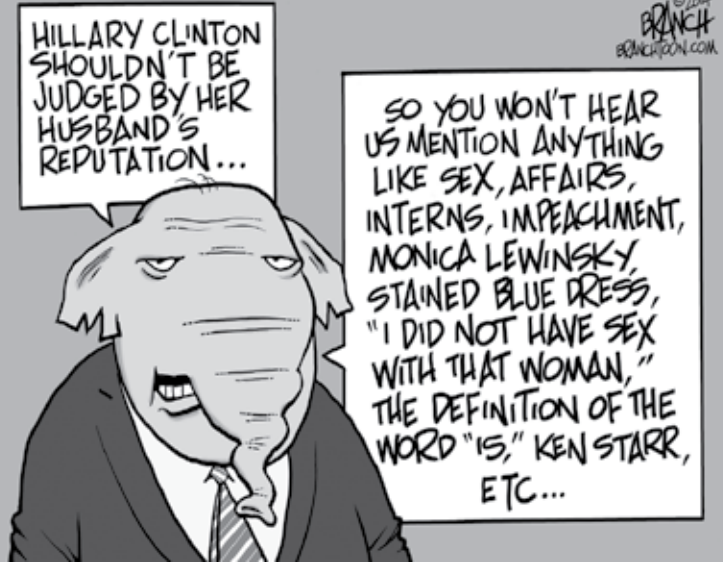


A MINIMUM-WAGE JOB IS THE STEPPING STONE TO A BETTER-PAYING ONE...



...ASSUMING, OF COURSE, THERE'S ANOTHER STONE TO JUMP TO.

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HILLARY CLINTON SHOULDN'T BE JUDGED BY HER HUSBAND'S REPUTATION...

SO YOU WON'T HEAR US MENTION ANYTHING LIKE SEX, AFFAIRS, INTERNS, IMPEACHMENT, MONICA LEWINSKY, STAINED BLUE DRESS, "I DID NOT HAVE SEX WITH THAT WOMAN," THE DEFINITION OF THE WORD "IS," KEN STARR, ETC...



Have taunting, homophobia and bullying always been part of the NFL?

Sure. But after a few concussions, nobody can remember it...

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THE RICH LOWRY COLUMN By Rich Lowry

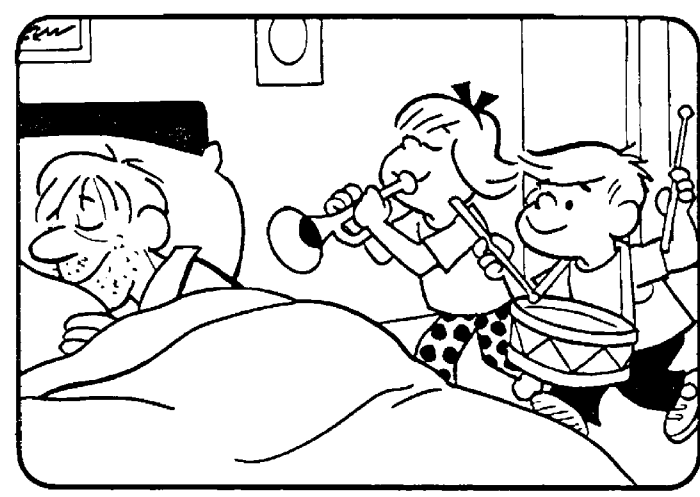
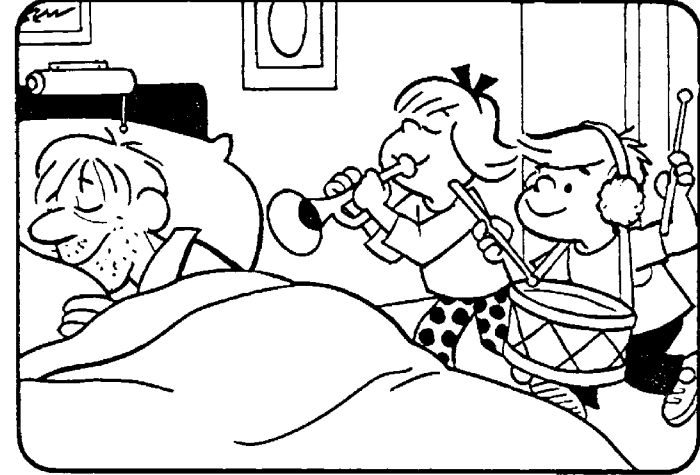
A Military Budget of Delusion

The Obama administration says that we need to end what it calls "the era of austerity" in Washington. Notably excluded from this admonition is the one department of government that is actually experiencing austerity worthy of the name. Defense Secretary Chuck Hagel unveiled a military budget that will reduce the U.S. Army to pre-World War II levels. The spin is that this will be a smarter force better suited to 21st-century challenges, but everyone knows that it is all about accommodating the trillion dollars in defense cuts adopted during the recent Beltway budgetary wars. We obviously aren't at the same point as the British in the 19th century, when Bismarck scoffed that if the British army invaded, he'd have it arrested.

But 570,000 troops were barely enough to fight the Iraq and Afghanistan wars, and the Hagel budget will take us to 450,000, or -- if the defense sequester isn't further relaxed -- even fewer. It is not quite true that the cuts are undertaken without any strategic thought. The Obama administration's strategic thought is ... that we need no strategic thought. Understandably, we don't want to fight another grinding ground war. But this doesn't mean we won't have to, or we won't experience other nasty surprises. It is an unfortunate part of the American tradition to convince ourselves, when we find it convenient, that the world is not a dangerous place that always demands our attention, or else. In 1939, the United States had an Army of 185,000 men on the cusp of history's most cataclysmic war. We believed conflicts could always be worked out among nations, and that war served no one's interests, and so it was a thing of the past. "It was odd," the late historian Stephen Ambrose writes, "that a nation that had come into existence through a victorious war, gained large portions of its territory through war, established its industrial revolution and national unity through a bloody civil war, and won a colonial empire through war, could believe that war profited no one."

But so it did. As soon as World War II ended, we embarked on a carelessly precipitous demobilization that junked one of the most fearsome Western armies ever assembled. Just having liberated Europe, we still managed to find ourselves unprepared for the onset of the Korean War. Defenders of the current defense cuts say that we still spend more on our military than anyone else in the world. True, but we aren't a mere regional power. Unless we want to outsource patrolling the global sea lanes to China and the security of Europe to Russia, we will always have to spend substantially more than anyone else does. Our allies aren't in any position to pick up the slack. When the French army wants to go anywhere, we have to fly it. The entire British navy is smaller than the fleet sent to take back the Falklands in the 1980s. President Barack Obama is a devoted believer in the efficacy of government spending as government spending -- on everything but defense. In 2009, it was \$800 billion for stimulus but not a cent for defense. We may not regret it this year or the next. But regret it we will. Rich Lowry is editor of the National Review. (c) 2014 by King Features Synd., Inc.

HOCUS-FOCUS BY HENRY BOLTIHOFF



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. Bed lamp is missing. 2. Picture is smaller. 3. Pillow is different. 4. Sleeves are shorter. 5. Earmuffs are missing. 6. Drum is smaller.

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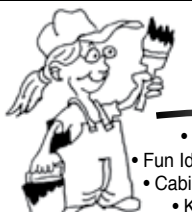
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### CLUES

#### ACROSS

- Tropical fruit
- Bug enemy
- \_\_\_\_\_ bargain
- Relating to Quechuan people
- Monetary unit of Afghanistan
- "\_\_\_\_\_ Science" (1985)
- Daughter of a sibling
- "But I heard him exclaim, \_\_\_\_\_ he drove out of sight..."
- Wall hanging of hand-woven fabric
- \*Anti-Communist \_\_\_\_\_ Doctrine
- \*U.K. and U.S.S.R. to U.S (1939-1945), e.g.
- One-shot Atticus Finch's forte
- \*He sent naval fleet to support North in Civil War
- Big fuss
- Relinquish, as in property
- Win an auction
- Dull or dense
- Dutch cheese
- Game ragout
- Carpet layer's calculation
- Indy 500 entrant
- Cajole
- Earvin Johnson, Jr.
- Of long ago
- Burkina Faso neighbor
- Olympian Ted Ligety's sport
- Feudal laborer
- Bathroom sign
- Like unwelcome neighbor
- Web address
- \*Underground Railroad conductor
- They are notoriously slow
- \*Location of General MacArthur's last war
- ET carrier
- Nymph of lakes and springs
- Liturgical instrument
- In favor of
- \_\_\_\_\_ brûlée
- Bookkeeping entry
- Unwelcome deduction
- Industrial center of the Ruhr

#### DOWN

- Bathub hooch
- "U" in I.C.U.
- Tree or shrub type having winged fruit
- Absence of matter, pl.
- Like one with low hemoglobin
- \*Nixon worked to do this to relations with China
- Hudson's Bay Company original ware
- Bubonic plague carriers
- Disembodied spirit
- Italian money, 1861-2002
- \*The Colonial Period and Roaring Twenties, e.g.
- Highly anticipated during Super Bowl
- Toothy marine mammal
- Arabic chieftain
- \_\_\_\_\_tzu
- High tea padded accessory
- \*Washington's weep
- Relating to dura mater
- Opposite of alpha
- \*June 6, 1944
- A boor lacks this
- "Ulysses" protagonist
- Candidate's concern
- \*Mason's partner
- Get-out-of-jail money
- Insignificant
- Old episode
- Charles Ponzi, e.g.
- Bygone bird
- \*Gave us Miss Liberty
- A pinch in the mouth
- Pinocchio and his kind
- Civil wrong
- Craving
- Beacon light
- Tender
- \*Things Washington didn't tell?
- "The more things change, the more they stay the \_\_\_\_\_"
- Ornamental carp
- Joker to Batman, e.g.
- Bear home

CROSSWORD													
1	2	3	4	5	6	7	8	9	10	11	12		
13					14			15					
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63						64	65			66			67
68						69				70			
71						72				73			

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	4					3	6	1			
		6	1					9	2		

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

For Solutions See Page 11

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Sudoku Puzzle on Page 10

Crossword Puzzle on Page 10

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Sudoku Puzzle grid with numbers 3 9 4 6 5 7 2 8 1, 1 7 5 3 8 2 9 6 4, 6 2 8 9 1 4 5 3 7, 5 6 7 4 9 1 8 2 3, 4 3 1 8 2 6 7 5 9, 9 8 2 7 3 5 1 4 6, 2 1 3 5 6 9 4 7 8, 8 4 9 2 7 3 6 1 5, 7 5 6 1 4 8 3 9 2

Crossword Puzzle grid with words: GUAVA, OFF, PLEA, INCAN, PUL, WEIRD, NIECE, ERE, ARRAS, TRUMAN, ALLIES, AIM, TSAR, CEDE, OUT, BID, DUMB, EDAM, SALMI, AREA, RACER, COAX, MAGIC, YORE, TOGO, SLALOM, SERF, MEN, NOSY, URL, TUBMAN, SNAILS, KOREA, UFO, NAIAD, ORGAN, FOR, CREME, ITEM, FEE, ESSEN





By Noah Howard

## Irrational Games Closure

creative director of the studio, is simply done with that chapter in his life. He says that his "passion has turned to making a different type of game," one that is made with a smaller team for a more core gaming audience. Levine said that all but 15 Irrational employees will be laid off, and that Irrational's publisher, 2K Games, will try to find new positions for the ex-employees.

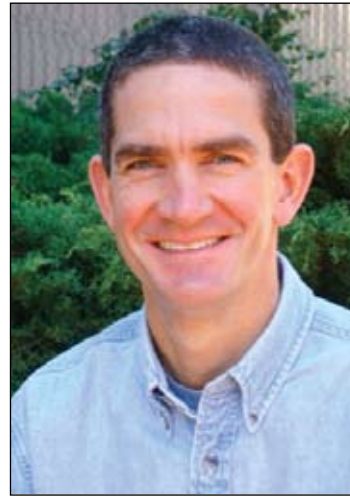
It's always sad to see a developer go, but this surprising turn could be for the best for the average game consumer. Ken Levine is an extremely creative person, who combines unexpected locations and motifs with unique gameplay (he's now writing the script for a new Logan's Run movie), and he'll be able to work more freely without the constant pressure to chase the dollar that comes from big-budget development. It's possible that this shift was partly motivated by Bioshock's success. If Levine seems done with the series, he doesn't want to be forced into making new entries just to generate revenue.

On the other hand, it's hard to justify laying off hundreds of people based on the desires of

just one man (it seems almost "irrational"). Levine could have accomplished so much with the pool of talent, funds, and already-existing franchises available to Irrational Games, but will now have to start more or less from scratch. If he really wants to do smaller projects, he could have developed them as a side project to bigger games. It seems a shame to let so many talented people go. Even if Levine succeeds in finding new jobs for his employees, it's regrettable that he chose to turn their lives upside-down based only on his creative whims.

So what's going to happen to Irrational as we know it? Well, chances are we won't be hearing from Levine for a while. He said that he was going to "need a long period of design" for his next project, and, as of now, the Bioshock license has been turned over to 2K Games. Even though it's a shame to see so many Irrational employees out of work for the moment, Levine's newfound freedom will allow him to explore his passion to bring us more surprising worlds that we love to experience. Hopefully, he knows what he's doing. ★

## Stanford's Fred Luskin Preaches Health-Inducing Gospel Of Forgiveness



By Eric Nelson

Asked how he became the poster child for what he refers to as "forgiveness therapy," Forgive For Good author Dr. Fred Luskin says, it all goes back to his desire to have a better understanding of practical spirituality.

"I've had a longstanding interest in spiritual matters," said Luskin prior to teaching a class at Stanford Health Library in Palo Alto. "I've been reading spiritual books since high school, but

I've always wanted to know if this stuff is true. Is it teachable? Does increased spirituality lead you to be a better person? Does it improve your health?"

"From my point of view, if something is true, it's true. It's not going to be true on a theoretical level and not be true on a physical level."

Some 20 years later, Luskin, a Stanford-trained psychologist who spent 10 years doing research on preventative cardiology, is convinced that increased spirituality, including the ability to forgive, does in fact make you a better person and improve your health.

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

Luskin backs up his claims with plenty of data. His "Forgiveness Projects" – an ongoing series of humanitarian workshops – have afforded him the opportunity to test his methods on a variety of populations exposed to extreme violence in places like Northern Ireland and Sierra Leone, as well as the attacks on the World Trade Center on 9/11. In March he is headed to Northern

Canada where he will provide forgiveness training for the native population in Inuvik.

During last month's class in Palo Alto – a course Luskin has been teaching under the auspices of Stanford Hospital since 1998 – the focus was less on health and more on our innate desire to "do a little peacekeeping in the world."

"There are billions of people telling themselves that somebody was a real [jerk] all day long," said Luskin. "That's really easy for human beings to do. That's swimming with the stream. To create peace, you need to swim against the stream sometimes, in fact, often."

Of course, changing directions mid-stream is usually easier said than done.

"The idea of forgiveness still makes people edgy," he said. "They're afraid of giving up the resentment, like somehow they're not safe, if they can't resent and hate and dislike. They think that some of their weaponry or their protection is being removed."

Luskin also notes the need for

good examples.

"There's very little encouragement to practice forgiveness or compassion," he said. "So we don't get to recognize what they're like in ourselves." Asked to offer up a positive role model or two, Luskin was quick to respond:

"Not to be ridiculous, but Jesus would be a hero of mine."

An obvious choice, perhaps, but one that is too often forgotten in a culture cluttered with what Luskin describes as "one dimensional action [figures] who shoot people." Recalling the

Amish group in Pennsylvania who, in 2006, responded to a violent attack on their one-room schoolhouse with an outpouring of forgiveness, he said, "They actually believe that it's their responsibility to practice what Jesus says."

The good news, according to Luskin, is that such a response – and the benefits that go along with it – is not reserved for the Amish but is accessible to all of us.

"I believe that whatever there is in us that is touched by the spirit, or Spirit, or God or whatever it is," he said, "that it is active, separate from what we call it. That's just what I believe." ★

*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.*



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# CHP Valley Division To Deploy A Zero Tolerance Enforcement Operation On Highway 50

CHP Special Report

**SACRAMENTO REGION, CA (MPG)** - Many traffic collisions in California end in death or injury as a result of individuals speeding or driving aggressively. The California Highway Patrol (CHP), Valley Division will deploy additional officers on Highway 50 from South Lake Tahoe, Placerville, East Sacramento and South Sacramento Area offices, in effort to reduce the number of fatal and injury traffic collisions attributed to aggressive driving, unsafe speed, unsafe passing, improper turning movements along with other moving violations. The operation will begin on Friday, March 14, 2014, and

will end on Sunday, March 16, 2014.

To assist the CHP in this traffic safety effort, Valley Division has received a federally-funded grant titled, "Reduce Aggressive Driving Incidents and Tactically Enforce Speed (RADIATES)." The CHP Valley Division will plan future anti-speed campaigns between now and September 30, 2014.

The National Highway Traffic Safety Administration defines aggressive driving as "when individuals commit a combination of moving traffic offenses so as to endanger other persons or property." Aggressive drivers often commit multiple moving violations in addition to speeding, such as



following too closely, passing without sufficient clearance, improper lane change, driving on the wrong side of the road, improper turning movements

and driving in violation of cell phone and texting laws.

Statistical data from the CHP's Statewide Integrated Traffic Records

System showed that from January 2010 through May 2013 (the most recent month for which final figures are available) there were 2,008 collisions as a result of various speed violations on Highway 50 from South Lake Tahoe, west through South Sacramento. Those collisions resulted in the deaths of five people and injuries to 968 others.

Funding for this program was provided by a grant from the California Office of Traffic Safety through the National Highway Traffic Safety Administration.

If you have any questions or need additional information, please contact Public Information Officer Julie Powell, at (916) 731-6300. ★

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- SATURDAY** Sacramento Midtown Farmers Market  
 2020 J Street (Between the STANF Native American Health and Bioware buildings). Every Saturday from 8 am to 1 pm - all year round, rain or shine.
- 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.
- SATURDAY** Historic Folsom Farmers Market  
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# Atria El Camino Gardens Hosts Mather Aerospace Modelers



Mather Aerospace Modelers will be hosting a Merwin Ranch Memorial Fun Fly on April 5th and 6th that is open to the public at no charge. For more information on MASM.inc or the event visit their website at MASMRC.com.

**CARMICHAEL, CA (MPG)** - On Wednesday, February 26th, 2014 the men of Atria El Camino Gardens hosted Norman Poynter, President, and Keith Fick, Secretary, of Mather Aerospace Modelers, Inc. This is a nonprofit club that has over 100 members that fly radio controlled models at Mather Field. The organization

has been around for over 50 years and is a member of the Academy of Model Aeronautics (AMA), a national group with over 2500 Chapters. The men presented a model jet and spoke of the organization and how it works. It was an event that our residents thoroughly enjoyed, from viewing

the model to learning of the inner workings surrounding the field. Mather Aerospace Modelers will be hosting a Merwin Ranch Memorial Fun Fly on April 5th and 6th that is open to the public at no charge. For more information on MASM.inc or the event visit their website at MASMRC.com. ★



## ROCK DOC

By Dr. E. Kirsten Peters

Every time I fill my gas tank, I see the notice on the pump that explains part of the fuel I'm buying is ethanol — a common biofuel. While biofuels can be good to promote national energy independence and possibly help with greenhouse gas emissions, the ethanol we all buy at gas stations is made from corn. With corn ethanol, we are essentially putting food into our gas tanks, a fact that some people take exception to.

A different way of producing biofuels is to use crop residues and woody materials as the source for the fuel. Those materials are full of cellulose and a molecule called lignin that is bonded to the cellulose within each plant cell. Researchers are looking for a cheap and clean way to neutralize the lignin and break down the cellulose into simple sugars.

We can break down lignin at

# Termites and Better Biofuels

high temperature and pressure, and with harsh chemicals. But can we find a way to remove the lignin that doesn't require high costs and harm to the environment?

Researchers are looking at two organisms that can do the needed chemical tricks but at room temperature and pressure and without harsh chemicals. Certain types of fungi can break down cellulose, but fungal action is slow — very slow. So a number of scientists are looking at termites.

As we all know, termites can eat solid wood and make a living doing so. Their digestive systems break down tough plant material at room temperature and pressure in as little as 24 hours.

Termites start breaking down their food when they chew it and coat it with an enzyme. The termites then swallow the material, passing it into a three-part digestive system. By the end of that — in just a day's time — the lignin is out of the way and the cellulose has been broken down into sugars that the termites live on.

Professor Shulin Chen of Washington State University is one scientist studying what termites do with an eye toward adopting some similar processes to make biofuels from crop

residues and woody materials. "We are studying the mechanisms for how the termite does what it accomplishes in its digestive system," Chen told me. "The goal is to employ a similar mechanism in an engineered system."

In other words, we want to learn from the termites and ultimately set up biorefineries that can break down crop residues and woody materials, doing so economically and in a way that doesn't harm the environment.

"The final goal is to do better than the termite, to do the same basic work but at a faster rate and on a larger scale," Chen said. "We know the basics of what's going on in the termite, but we need to nail down some specifics."

From where I stand when I fill up my gas tank, thinking about pumping food into my engine to be burned there, I've got to wish Chen and his team the very best. ★

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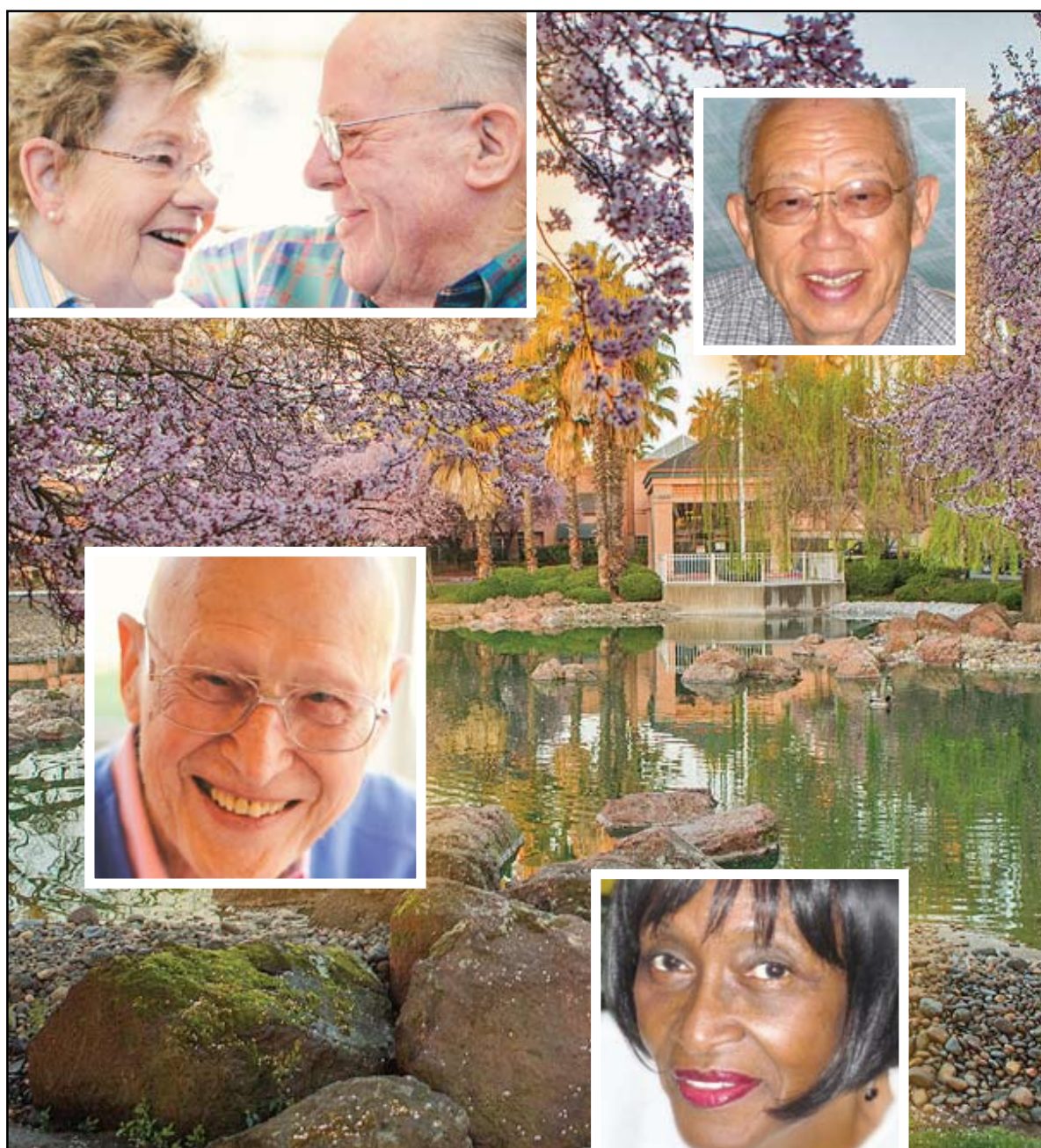
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Upper dentures are better than lower dentures due to a suction in the upper palate that keeps the denture in place. However, having the palate covered reduces the tastes of foods and the ability to tell the temperature of foods.

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