



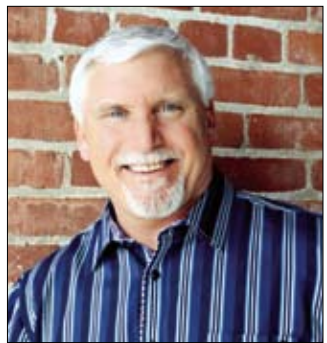
Carmichael Times

Volume 33 • Issue 12

Serving Carmichael and Sacramento County since 1981

March 20, 2013

Dr. Bob Graykowski
A Winning Solution for Indigestion



Page 4

Aspiranet Unlocks the Door to Lasting Family Connections for Foster Youth



Page 11

River Cats to Open Season



Page 12

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Rescued from the Streets, Advocate Now on a Mission

By Julie Parker

CARMICHAEL, CA – (MPG) *“I see one fellow in a rowboat who’s tired of rowing and wants a free ride, and another fellow who’s drowning. Who would you expect me to rescue? ... Any ten year old child will give you the answer to that.”*

Gary Cooper as Longfellow Deeds “Mr. Deed Goes to Town”

The tale of Sacramento resident Mike Williams is Frank Capra-esque – an underdog rising up out of the ashes (or in his case a dumpster), and helping others struggling in similar circumstances.

Growing up poor in Pollock Pines, Williams worked two jobs during high school, and later joined the Navy Medical Corps (testing second in his class). After a stint in Vietnam, he moved to the Bay Area, and set up a private practice as a consultant for medical companies, i.e., clinical trials, product testing.

In 1982, he produced the first of his twenty inventions - the intraoral camera (allowing dental patients to see inside their mouths).

The successful, prodigious inventor sold his Bay Area home for \$3.5 million, sold a company, cashed in stock, and moved his family (wife and three children) to his childhood hometown, where he built a horse ranch on ten acres near Jenkinson Lake.

He was living the good life. Urologist Dr. Jong Chen immigrated to this country from Taiwan in 1970 to further his medical education.

Recalls Chen, “Some of the doctors wouldn’t see some patients, saying, ‘I don’t see those patients.’ But, I see everyone.” Grinning, he adds, “I like the challenge of working on something new.”

Seven years later, he moved his practice to Sacramento. An advocate for those less fortunate, he ensures that even those without insurance receive medical attention. He also reaches out to the country of his childhood and family, such as joining the Formosan Association for Public Affairs (FAPA) which provides international support for the people of Taiwan.

Meanwhile, Williams’ paradigm dramatically shifted. The real estate market shook his finances, resulting in a home foreclosure, and he found himself the victim of a \$2.5 million



Mike Williams and Dr. Jong Chen, on a mission to resolve homeless issues in Sacramento. Photo by Julie Parker.

scam. The dominos continued to fall. His 28-year marriage ended, as did sleeping in his car when he couldn’t keep up his payments.

Living in dumpsters became the safest place to sleep. The mind of an inventor never rests, however, even in the midst of survival. As he improvised box shelving within a dumpster, he pondered the idea of a housing pod.

And, then, he was severely beaten while resting in a park. His injuries were such that surgery was required for a torn prostate.

His surgeon? Dr. Jong Chen. Williams shared his story with the doctor, along with his creative idea for housing the displaced – a 6x8 pre-assembled pod. Chen was intrigued.

Just a few of the pod’s features

include its relatively lightweight 500 pounds, poly-resin fiberglass, chemical toilet, LED lights, solar battery radio, and battery operated heaters and fans.

Chen recognized a fellow humanitarian, and four months ago, co-signed a studio apartment for Williams, bought him some clothing, and the two began their business venture - “Steps Housing Systems Inc. – Disaster/Homeless Shelter Technologies,” which now holds non-profit status.

A strong believer in supporting local businesses, they hired D&T Fiberglass, Inc. in Sacramento to manufacture the prototype, which should be completed within three weeks. Williams would like future production to remain in the United States, and is hopeful sales volume will be such that

that can be accomplished.

Although Williams was rescued from the streets, he continues to be an advocate for those still struggling.

His bone of contention is the \$15 million grant Sacramento received from HUD homeless. Sacramento Steps Forward (SSF), according to its website, was incorporated in 2011 as a non-profit, “with the goal of managing homeless housing and services in Sacramento.” It also became the lead agency for the county’s Continuum of Care program.

“Over the next year,” continues its website, “SSF is building its capacity to take over the \$15 million in federal Homeless Continuum of Care grants and other homeless contracts from the Sacramento County.”

Continued on Page 10

Public Invited to Join Army of Angels

Kick-off to National Child Abuse Prevention Month

By Elise Spleiss

SACRAMENTO REGION, CA- (MPG) An Army of Angels will descend upon the Sacramento area on Saturday and Sunday, March 30 and 31 to kick-off their 50-state campaign to promote abuse prevention awareness and action as part of National Child Abuse Prevention Month (NCAPM).

Centered at the Sunrise Event Center, 11167 Trade Center Drive, Rancho Cordova, the weekend marks the 20th anniversary of this campaign. A VIP reception for partners and volunteers will take place at the Center from 6 p.m. to 9 p.m. with appetizers, wine and a silent auction.

A fun family event follows on Saturday from 11:00 a.m. to 3:00 p.m., complete with a big red fire engine, bounce house, sheriff’s cars for kids to explore, and Harley-Davidson motorcycles they can sit and have their picture taken on. The Citrus Heights Police Department, among other local police forces will be out in force to meet and greet participants. Over 1,000 people are expected to turn out for the day.

In 1983 Congress designated April as National Child Abuse Prevention Month. Four activities are planned for the kick-off to this month which focuses on finding new ways continue to build a society whose priority is to protect its children.

The stories of children lost to domestic violence, neglect, and exploitation and violent crimes against children are sad but they have left the survivors with an unrelenting resolve to do whatever they can to prevent this from happening to another child.

Army of Angels, an international coalition of child advocates that work together to eliminate crimes against children, is the producer of the event. AOA was founded by Kathleen Moore, a former social worker who jumped into non-traditional marketing, spreading the message that the fight to protect our children will never end. Moore is mom to four birth children, and six adopted children, ages 6 to 29 years. She home schools the six still at home. An abuse survivor herself, she knew she could better use her experience and talents to help those who have been touched by tragedy, and help keep others safe from predators of all kinds.

Continued on Page 10

El Camino High Student Wins Youth Soloist Award

By Billie Jean Seekins

CARMICHAEL, CA – (MPG) The annual Youth Soloist Award, presented through the Sacramento Valley Symphonic Band Association (SVSBA), has been awarded to Audrey Shepherd, a bassoon player in her sophomore year at El Camino High School, in the San Juan Unified School District.

Audrey will perform as a guest soloist on Friday, May 3rd with the Roseville Concert Band, conducted by Stephanie Sugano, and again on Monday, May 6th with

the Sacramento Concert Band, conducted by Grant Parker. Her chosen performance piece will be a Bassoon Concerto, composed in 2002 by Eric Ewazen. Audrey will also receive a \$1,000 scholarship from SVSBA towards her musical endeavors.

Audrey started her musical career in 2006 as an alto saxophone player. As an Arcade Middle School band student, she was selected in the 6th and 8th grade to perform with the California Music Educators – Capitol Section Honor Band. In her 8th grade year, Audrey made

the switch to the bassoon. Her love for the bassoon was influenced by her grandmother, Karen Hung, who began playing the instrument after a 42 years hiatus. Karen offered to pay for half her reed costs, and Audrey has not put her bassoon down since!

Audrey is currently a member of the El Camino High School Honors Concert Band, Pep Band and Jazz Ensemble. Audrey is also a member of the Sacramento Youth Band, and the Premier Orchestra of the Sacramento Youth Symphony Association.

Audrey stays busy practicing

her regular band and orchestra music and still makes time to work up concertos for opportunities such as the SVSB Youth Soloist Award. Karen Gale, her private teacher, recognizes Audrey’s incredible potential and continues to broaden her horizons and push her to be the best she can be.

Audrey is very excited that she has the opportunity to share her passion for music with so many people in the community and plans to pursue music for the rest of her life.



Audrey Shepherd is currently a member of the El Camino High School Honors Concert Band, Pep Band and Jazz Ensemble. Photo credit El Camino High School

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Governor Brown Announces Wells Appointment

SACRAMENTO, CA - (MPG) Governor Edmund G. Brown Jr. announced **Michael Wells, 54, of Sacramento**, has been appointed undersecretary at the California Department of Veterans Affairs.

Wells has served in multiple positions at the California Military Department since 1991, including deputy commander of the Youth and Community Programs Task Force, director of manpower and personnel, chief of logistics, legislative liaison to the director of governmental and international affairs, plans officer and chief of environmental programs.

He has also served as commander of the 223rd Infantry Regiment and Camp, San Luis Obispo since 2011. Wells was chief



Governor Jerry Brown

of intelligence at the joint force headquarters of the California Military Department from 2009 to 2011 and chief of intelligence

operations at NATO headquarters in Sarajevo from 2008 to 2009.

He served as assistant chief of intelligence for the 40th Infantry Division at the Joint Training Base in Los Alamitos from 2006 to 2008 and commander of the 250th Military Intelligence Battalion at Camp Victory from 2004 to 2006. Wells served in the U.S. Naval Reserve from 1983 to 1991. He earned a Juris Doctorate degree from the University of the Pacific, McGeorge School of Law and a Master of Science degree in strategic studies from the U.S. Army War College.

This position does not require Senate confirmation and the compensation is \$158,484. Wells is a Democrat.

Gems, Jewelry, Fossils, Minerals and More

SACRAMENTO, CA – (MPG) Northern California's largest Gem and Mineral Show is coming to the area. This fun family event, with educational activities for kids and scouts, is a full day of something intriguing for everyone!

The event is newly expanded this year, with over 45 vendors in four buildings, plus outside vendors and activities, featuring: crystals, beads, gemstones, and gold panning where you can take home real gold! There will be meteorites, fossils, and for the kids, an "Education Station" expanded by popular demand, and an interactive educational area.

This Gem Show brings the museum to you, with over 35 unique exhibits. The show also features polished stones, jade, opal, world-class mineral specimens, tourmaline, gold, and petrified wood. You will find everything you need to assemble your own jewelry. Attendees can watch demonstrations in the arts. You can also bid on silent auction items.

This is a high energy, diverse show that will have you busy the entire day. It serves as a great introductory experience to the world of collecting rocks, crystals, and more, while enjoying the great outdoors.

General Admission \$6.00, Seniors 60+ \$5.00, Kids - 12 and under Free. Grab a discount coupon on their website: <http://www.rockrollers.com/show.html>. There event has free parking available. Fabulous food is available.

RockRollers is a non-profit (501C). This is their annual fundraising show that supports our education center.
Event Dates: 3/23 & 24/2013.
Location: Roseville (Placer County) Fairgrounds, 800 All America City Blvd (off Washington), Roseville.
Event Time: Saturday - March 23 - 10am-5pm / Sunday - March 24 - 10am-4pm



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Dr. Bob Graykowski



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Indigestion, or dyspepsia, is a frequent complaint among people of all ages. However, indigestion should not be tolerated simply because it is common. Many people with indigestion report that chiropractic care alleviates their stomach problems. Scientific evidence also supports these reports if there is a spinal alignment found during an examination. Chiropractors use gentle, effective and safe maneuvers called chiropractic adjustments to remove nerve interference, allowing your body to function at optimal capacity. The upper neck and middle back areas of the spine are the most common areas that produce nerve irritation to the digestive tract.

Look to the Cause

Many traditional doctors may overlook links between symptoms like these, but the links are often the key to alleviating your discomfort. This unique and powerful outlook on patient care helps chiropractic patients achieve optimal health. As such, you can speed your recovery by examining your lifestyle for possible sources of digestive distress. Once you identify any aggravating factors, commit to eliminating them.

Common Causes of Indigestion

Many drugs – including some promoted as stomach soothers – provoke indigestion. In addition, popping antacids containing sodium, magnesium or calcium

A Winning Solution for Indigestion

may upset the mineral balance in your body. Even seemingly benign over-the-counter pain relievers like aspirin and acetaminophen are notorious promoters of stomach upset.

Diet often plays a role in the onset of indigestion. For some, specific foods bring on an attack. The most common offenders include spicy foods, meat, soy products, dairy products, fried foods, "junk" foods, alcohol and caffeine. For others, a lack of high-fiber foods may aggravate their condition. Smoking cigarettes not only harms your heart and lungs, but may also damage your digestive tract.

All-Natural Relief

There are many natural alternatives which traditional health-care practitioners may not be familiar with and are not only safer, but may be more effective than drugs. Below are some examples of the natural remedies that we suggest to our patients:

(However, before trying any natural alternative, make sure to first check with your doctor of chiropractic.)

- 1) Peppermint is a time-tested remedy for stomach troubles. This fragrant herb may be taken in caplet or tea form. In one study, 39 patients took either placebo pills or caplets containing peppermint oil and caraway oil. After four weeks, 94.5% of the patients taking the peppermint oil/caraway oil combination experienced significant relief.
- 2) Relaxation techniques, including biofeedback, meditation, breathing exercises and yoga, can provide the stress relief you need to combat indigestion.
- 3) Chamomile tea is a folk remedy for digestive distress that many people swear by.
- 4) Deglycyrrhizinated licorice (DGL) is a licorice extract

recommended for stomach upset. Experts speculate that DGL prompts the body to produce mucus, which coats the digestive tract and averts indigestion.

5) The enzyme bromelain prevents indigestion in some individuals. Bromelain is abundant in pineapple and papaya and is available in supplement form.

6) Other herbs, including aloe vera, anise and parsley may provide relief from indigestion, although additional research is needed.

7) You may have noticed that walking after meals prevents indigestion. This is because physical activity makes the body more productive and better equipped to process food.

Take Charge of Your Health

Although all-natural remedies are safer – and possibly more effective – than drugs for indigestion, they still address the symptoms, not the cause, of digestive problems. Chiropractors work to identify the source of your condition to help end your complaint for good. So, use natural remedies to relieve your symptoms, and work with your chiropractor to prevent the symptoms from occurring in the first place. Don't wait to take charge of your well being; empower yourself by joining us for our monthly community workshops.

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Holy Week

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MARCH 24TH 9:55AM

MAUNDY THURSDAY

Remember Jesus' last hours through scripture, hymns, and the Sacrament of the Lord's Supper.

MARCH 28TH 6:30PM

GOOD FRIDAY

The seven last words of Jesus are remembered with scripture, music and silent reflection.

MARCH 29TH 7:00PM

EASTER SUNDAY

Our youth lead us in scripture and joyous music as we gather to proclaim, "He is Risen!"

MARCH 31ST

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9:55AM

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TAX HELP

from a Tax Pro

Dean Alexander Sr.

What is Taxable Income?

People always wonder about what is taxable and what not taxable income is. The IRS has issued one tip among a series of tips they typically issue every season. That tax tip is designated as taxable and nontaxable income. May be we should start with items that are not taxable. That it is an optimistic note to start with.

Is Child Support Taxable?
Child support has two parties. The part that gives and the part that takes. For the part that takes or the recipient of child support it is a non-taxable transaction. That means if the mother receives child support for her children she does not have to claim this as taxable income. The payer of the child support or the father in this case cannot claim a tax benefit either. So the government stands neutral on child support as far as collecting or paying money to taxpayers.

Is Inheritance Taxable?
Generally speaking inheritance is not taxable. If you inherit money above certain amounts the amount may be subject to estate tax, not income tax. For the difference between estate and income tax discuss this with your CPA or your tax attorney. Sometimes you may inherit money from a 401k for example.

That money was supposed to be taxed when the deceased cashed it. The person who inherits this money would step in the shoes of the original owner and pay the tax on the 401 k. The rest of the money in the inheritance is tax free.

Are Damage Awards Physical Injury or Sickness Taxable?
Damage awards for physical injury or sickness is not taxable. Damage for mental anguish is taxable. Your CPA or tax attorney must read the contract awarding the damage in order to treat the amount you receive properly.

Are Gifts Received Taxable to Recipient?
They are not. The gift donor however is the one that should pay the tax on the gift. So before you give gifts to your children and someone else you need to consider the tax ramifications of doing so. One mistake I see often for self-employed who have more latitude for tax planning and income shifting opportunities (legally of course) is that they may give gifts that are not tax deductible to them but rather generate tax liability when in fact they can hire their children in the operation and pay them compensation that is tax deductible. So not only will they have a tax deductible cash outlay but

they also reduce the tax liability on this amount since the children are assumed to be in a lower tax bracket.

What About Proceeds From Life Insurance?
Typically an amount you collect from life insurance is not taxable. Most people think otherwise. So if you are the beneficiary of a life insurance policy and you receive the cash you don't have to report that cash as income. The only time life insurance proceeds are taxable is if it had a redeemable cash value that you redeem. Any amount beyond the cost in the policy is taxable.

Other Non-Taxable Income
There are other non-taxable income items such as welfare benefits, cash rebates from dealers and reimbursement for qualified addition expenses.

Summary: Child support, damages awards, inheritance, gifts and life insurance proceeds are examples of non-taxable income.

Dean has 30 years experience as a CPA and tax consultant and he is currently on two radio shows. He is the managing director of National Financial Advisors (NFA Tax Help), a national firm headquartered in Houston. He is also a Chartered Financial Consultant and Chartered Life Underwriter. He consults exclusively on tax matters particularly tax audits and tax collections at both the federal and the state levels.

Sacramento County DA Reports

Recent cases of interest

CASE: Jesus Gallegos (03/15/12)
PROSECUTOR: Deputy District Attorney Eric Kindall
District Attorney Jan Scully announced today that the Honorable Steve White sentenced Jesus Gallegos to 26 years to life in prison. Gallegos was convicted by jury for the first degree murder of 23-year-old Triston Salladay. The jury also found true that he personally used a knife in the commission of the offense.
On February 14, 2010, officers responded to the 3500 block of 53rd Street and found Tristan Salladay with critical stab wounds. He was transported to a hospital where he later died from his injuries.

CASE: Belisa Serna-Mayorga (03/11/12)
PROSECUTOR: Assistant District Attorney Albert Locher, 874-6150
District Attorney Jan Scully announced today that 40-year-old Belisa Serna-Mayorga pled guilty to felony misappropriation of public funds. Serna-Mayorga was formerly the council operations manager for the Office of the Mayor of the City of Sacramento.
Serna-Mayorga was entrusted with a Sacramento City bank purchasing card to be used solely for City business. From July 2009 to June 2012, Serna-Mayorga used the card for personal items totaling over \$19,000. Among the illegal charges were two Disneyland trips for her and her family in December of 2010 and June of 2012; hotels in Bodega Bay and Monterey; clothing; makeup; restaurants; grocery bills; and numerous iTunes games, music, movies, and entertainment applications.
In June of 2012, when an internal audit revealed Serna-Mayorga had not been submitting the required paperwork documenting her purchases, she admitted that numerous charges were personal. She wrote checks to the City of Sacramento for reimbursement; however, she stopped payment on those checks before the City could submit them for deposit. The investigation found that for some of the accounting documents she had submitted to justify her purchases, the signature of the mayor's chief of staff, Kunal Merchant, was forged.
Serna-Mayorga was sentenced to nine months in the county jail, and five years of probation. She can apply to the Sheriff's Department for a work-release program. She was ordered to pay \$19,043.29 to the City of Sacramento in restitution. This conviction cannot be reduced to a misdemeanor and disqualifies her for life from holding any public office in this state.

CASE: Jorge Cabrales (03/08/13)
PROSECUTOR: Deputy District Attorney Matt Chisholm
District Attorney Jan Scully announced today that the Honorable Cheryl Meegan sentenced Jorge Cabrales to 22 years in prison. Cabrales was convicted by jury of felony domestic violence causing great bodily injury, witness intimidation, and criminal threats.
Cabrales assaulted his girlfriend, breaking her nose. He knew that the victim reported the case to the police. The next day, he called her several times to threaten her, to dissuade her from cooperating with law enforcement.

CASE: Maria Guadalupe Soto (03/07/13)
PROSECUTOR: Deputy District Attorney Dean Archibald
District Attorney Jan Scully announced today that 42-year-old Maria Soto pled no contest to three felony counts of grand theft for a stipulated term of 16 months in county jail prison and agreed to pay \$49,925 in victim restitution.
Between July 2010 and November 2010, Soto operated the business Sacramento Equity Solutions, which offered mortgage loan modification services. Soto demanded and accepted illegal advance fees. The victims were lured in with promises of help in obtaining loan modifications from lenders. However, the loan modifications never came through and their money was spent on fraudulent purposes.
Sentencing will be held on March 21, 2013 in Department 62 of the Sacramento Superior Court.
This matter was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

CASE: Jonathan Hudson & Jermaine Campbell (03/05/13)
PROSECUTOR: Deputy District Attorney Kevin Greene
District Attorney Jan Scully announced that Jonathan Hudson was convicted by jury of first degree murder, first degree robbery and was found to have been armed with a gun. Jermaine Campbell was convicted by a separate jury of first degree murder, first degree robbery, the personal use of a firearm and the special circumstance of committing a murder during the commission of robbery.
In October 2010, Hudson and Campbell shot and killed 54-year-old James Walker while robbing him. Sheriff's deputies found Mr. Walker sitting in the driver's seat of his taxi cab and he was pronounced dead at the scene.
Campbell's sentencing is set for April 2, 2013 and Hudson's sentencing is set for April 26, 2013 in Department 18 of the Sacramento Superior Court.



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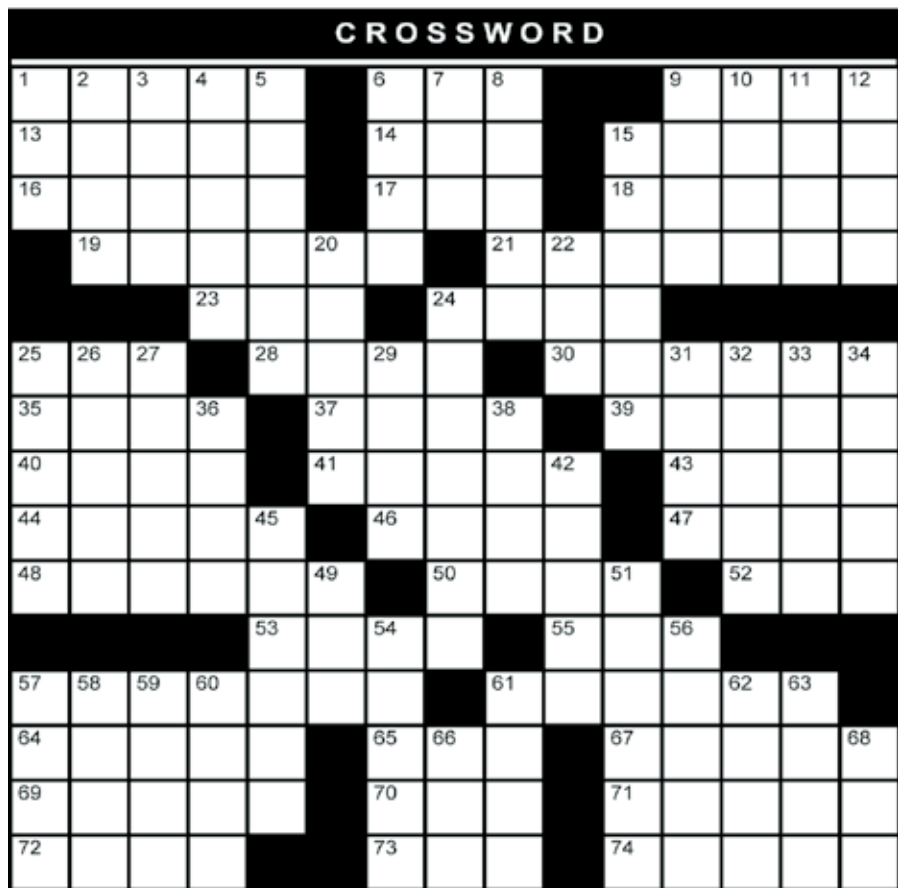
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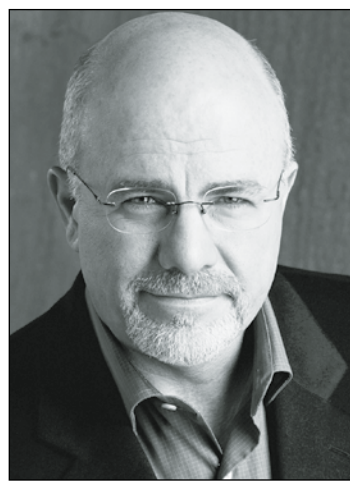
*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

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CLUES

- | | | | |
|--|---|---|--|
| <p>ACROSS</p> <ol style="list-style-type: none"> Father of Hector, Paris and Cassandra Young newt Perching place Fungal skin infection Tap order Less than right angle On pins and needles Bottom line Isabel Allende's "Portrait in _____" "Say _____ to winter and hello to spring" "Celebrated saint" One of peeps Cobbler's concern Mudbath site Cellist great "The _____ Spring, led by Alexander Dubcek" Snaky swimmers "Daffodil or tulip, originally" Yuletides Competitive advantage | <ol style="list-style-type: none"> Skedaddle Profit REM picture Fuzzy fruit Second-most traded currency in world Kinda One who speaks a Slavic language OB-GYN test Boor "These sox train in spring" "Precedes May flowers" Okinawa martial arts Great reviews Lawyer group She turned to stone Amber _____ "Family _____" Ar, atomic number 18 Homework to a student a.k.a. Tokyo City on Rhone River | <p>DOWN</p> <ol style="list-style-type: none"> "Harper Valley ____" Sign of engagement A fan of Famous for his fables "Dance-around-the-pole holiday" _____ button from Staples 1918 pandemic, e.g. Dancer's beat Maple, to a botanist Brazilian indigenous people Relating to the ear Reach a high Rearward Splotches European peak Lonely musician? "Garden's beginnings" Peter in Spain Tattered Tom's creator Exclamation of disgust First rate "Faster!" to a horse | <ol style="list-style-type: none"> U in UV To impede The Vatican to Catholics, e.g. B in BCS Miss America's topper Harass Either _____ or against "Occurring now" Utilization or employment Farm type 32-card game Maui dance Lyric poem, pl. W in W-Fd Boxer's last blow Not for here Jet black "Spring Growth" European Nuclear Society |
|--|---|---|--|

For Solution See Page 7



Dave Ramsey is America's most trusted voice on money and business. He's authored four New York Times best-selling books: *Financial Peace*, *More Than Enough*, *The Total Money Makeover* and *EntreLeadership*. The Dave Ramsey Show is heard by more than 5,000,000 listeners each week on more than 500 radio stations. Follow Dave on Twitter at @DaveRamsey and on the web at daveramsey.com.

Can I Motivate My Parents?

Dear Dave,
My parents are close to retirement and very heavily leveraged. Do you have any advice on how I can help motivate them to succeed financially?

- Jack

Dear Jack,
I appreciate your concern for your mom and dad, but I'm not sure you can motivate anyone to do something. Sometimes people don't have motivation because they've lost hope. In turn, it's that sense of hopelessness that keeps them from moving forward. I think in these situations the best you can do is to show them hope. And one of the best ways to do that is to share your own story. You can also examine the numbers with them to show that the light at the end of the tunnel isn't always an oncoming train.

I do this a lot with callers on my radio show. After we look at the pieces of the puzzle together, I might show them how they can pay off \$50,000 of debt in a year's time. Most of these people aren't bankrupt; they're just plain scared. So there's a lot of power in that little word "hope."

Sit down with your parents and let them know how much

Dave Says

you love them and want them to enjoy their retirement. See if you can find out how much income they have versus the amount of debt they've piled up, then begin to formulate a step-by-step plan. Show them how they can begin to get traction and free up their money by living on a budget and getting out of debt. You can even offer to be their counselor or accountability partner.

You want them to be safe and secure in their retirement, and they deserve some dignity after working hard all their lives. So, in my mind, hope is the best thing you can offer. Motivation is a different story. That has to come from within. You can't really motivate the unmotivated.

- Dave

No On Rent-To-Own!

Dear Dave,
What do you think about rent-to-own housing? I'm not sure we're financially ready to buy yet, but we don't like giving money to landlords. Is rent-to-own a wise compromise?

- Mike

Dear Mike,
I wouldn't recommend getting mixed up in a rent-to-own

situation. I don't think it's a wise compromise, and it's also the kind of deal that works out well for the landlord, not the buyer.

If you're not financially ready to purchase a house, then you need to get your life in order before you take on a major commitment like becoming a homeowner. Get your debts paid off, get an emergency fund of three to six months of expenses in place, and save up for a down payment of 20 percent. I know it'll take some time and it might be difficult, but that's what I'd recommend.

Buying a home when you're broke, or trying to trick the system with a rent-to-own deal, usually doesn't work. I spent a lot of time in the real estate business, and I still own several properties. I don't do these deals because statistically the majority of people who rent to own never end up owning the property.

Take my advice and go slow, Mike. When you buy a home, you want it to be a blessing, not a burden!

- Dave

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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 Solution See Page 7.

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FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01253. Vienna, LLC, 3387 Soda Way, Sacramento, CA 95834 is doing business under the Fictitious Business Name "OB 2000" at 1603 10th St., Sacramento, CA 95814.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01192. Arden Raymond Crandall, 2411 Saint Francis Dr., Sacramento, CA 95821 is doing business under the Fictitious Business Name "MetroCity Legal: Metro City Legal" at 9411 Saint Francis Dr., Sacramento, CA 95821.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01429. Jacqueline H. Oros-Bush, 8033 Northern Oak Cr., Sacramento, CA 95828 is doing business under the Fictitious Business Name "Jackie's Delights" at 8033 Northern Oak Cr., Sacramento, CA 95828.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01307. Larry Klein and Judy Klein, both of 2250 Cardiff Circle, El Dorado Hills, CA 95762 are doing business under the Fictitious Business Name "Green Earth Trading Company" at 9341 Greenback Lane #AQ, Orangevale, CA 95662.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01309. Gabriel Garcia, 5450 Jacinto Ave., Sacramento, CA 95823 and Jose Hernandez, 59 Lochmoor Circle, Sacramento, CA 95823 are doing business under the Fictitious Business Name "NorCal Wireless" at 7224 55th St., Sacramento, CA 95823.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01460. Allison L. Camacho, 865 Golden Heights Dr., Galt, CA 95632 is doing business under the Fictitious Business Name "Galt Piano Lessons" at 865 Golden Heights Dr., Galt, CA 95632.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01464. Altal Enterprises, Inc., 4025 Manzanita Ave. #46, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Wireless 4 Life" at 3100 "O" St., Sacramento, CA 95816.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00624. IN Communications, 3341 Edgar Lane, Carmichael, CA 95608 is doing business under the Fictitious Business Name "IN Real Estate" at 3341 Edgar Lane, Carmichael, CA 95608.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-0139415. WHEREAS, Jennifer Diano Berry and Kim A. Berry have filed a petition with this court for a decree changing name of Jems Diano Berry.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-00980. Heather Cromatie, 4216 Jump Court, Sacramento, CA 95826 is doing business under the Fictitious Business Name "Juice Appeal" at 4216 Jump

Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition to account as provided in Section 1250 of the California Probate Code.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01529. Liza Lorraine Grable, 5212 Ravine View Lane, Fair Oaks, CA 95628 and Julie Frencoes Westerhoff, 1601 Verde Drive, El Dorado Hills, CA 95628 are doing business under the Fictitious Business Name "Savvy Hair Studio" at Studio 55 Salon Suites, 1725 Iron Point Road #10-0-Studio #112, Folsom, CA 95630.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01715. Jason Naenal, 57 Rossignol Circle, Sacramento, CA 95833 is doing business under the Fictitious Business Name "Barrel Culture" at 57 Rossignol Circle, Sacramento, CA 95833.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01712. Eugson Wong, 352 Deer River Way, Sacramento, CA 95831 is doing business under the Fictitious Business Name "Joe Sun & Company" at 352 Deer River Way, Sacramento, CA 95831.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01389. Tollefson & Associates Inc., 8025 Greenback Lane, Citrus Heights, CA 95610 is doing business under the Fictitious Business Name "Batteries Plus Bulbs" at 8239 Laguna Blvd. #140, Elk Grove, CA 95758.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01693. Rachid Abadi, 5601 44th St., Sacramento, CA 95824 is doing business under the Fictitious Business Name "Laazza Motors" at 5601 44th St., Sacramento, CA 95824.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01701. Cardog Eric Anderton, 9137 Vancouver Dr., Sacramento, CA 95826 is doing business under the Fictitious Business Name "ABC Group" at 9137 Vancouver Dr., Sacramento, CA 95826.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01627. Voices of Inspiration & Golden Ages Ministries, 3427 Rio Linda Blvd., Sacramento, CA 95838 is doing business under the Fictitious Business Names "Voices of Inspiration North Representative Payee Services; Voices of Inspiration Social Services Agency; VOI North RPS" at 3427 Rio Linda Blvd., Sacramento, CA 95838.

FICTITIOUS BUSINESS NAME STATEMENT #FBNF2013-01626. Daryl Collins, 820 Vivano St., Sacramento, CA 95831 is doing business under the Fictitious Business Name "Collins Residence Center" at 3427 Rio Linda Blvd., Sacramento, CA 95838.

WHEREAS, Caterina Bowen on behalf of Christain Michael Bove has filed a petition with this court for a decree changing names of Christain Michael Bowen to Cristi Michelle Bowen.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on April 4, 2013 in Department 54 located at 800 Ninth Street, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

WHEREAS, James Lloyd Bearman has filed a petition with this court for a decree changing name of Savana Jeanette Marshall to Savana Hope Bearman.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 16, 2013 in Department 53, located at 800 9th Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 11, 2013 in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 24, 2013 in Department 54, located at 800 Ninth Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the March 6, 2013.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 23, 2013 in Department 53, located at 720 Ninth

Street, Room 102, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 11, 2013 in Department 53, located at 800 Ninth Street, Room 102, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2:00 p.m. on April 19, 2013 in Department 53, located at 720 Ninth Street, Room 102, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a newspaper of general circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in Department 54, located at 800 9th Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in Department 54, located at 800 9th Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in Department 54, located at 800 9th Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in Department 54, located at 800 9th Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9:00 a.m. on April 30, 2013 in Department 54, located at 800 9th Street, Third Floor, Sacramento, CA 95814, and show cause, if any, why the petition for Change of Name should not be granted.

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Black Belt Book Day at the Carmichael Library is Saturday, March 23rd

CARMICHAEL, CA – (MPG) To inspire children to excel requires a good education and reading is the foundation. To encourage kids to pick up a book and discover what's inside, the martial arts instructors from Robinson's Taekwondo are leading the way. When Black Belts talk, kids listen.

Parents and children are invited to come to the Carmichael Library Community Meeting Room for an inspiring hour of Black Belts and books, as the martial arts masters talk with kids about books that inspire them.

Black Belt Book Day takes place Saturday, March 23, 10AM-1130 AM at the



Carmichael Library, 5605 Marconi Ave.

Reading can open doors, inspire new ideas, build vocabulary and take readers places they might think they could never go. Academic improvement is one of the goals in pursuing a Black Belt in martial arts.

When a Black Belt instructor talks to the kids they listen. For parents this reinforces their desire to have a child succeed in school. While martial arts builds physical strength it also requires a student to think through, practice and perform in achieving a belt level. This translates into better grades that lead to a greater opportunity for success in life.

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For more information call Robinson's Taekwondo Carmichael at 916-979-9155.



By Karen Anderson

Once again there is that voice, telling me what to do and what not to do. I want to say, "Mind your own business! Get out of my way and let me work on my goals and dreams." Does this happen to you? Do you have a little person inside you that stops you from achieving your heart's desire? I do, and she comes up at the worst times. This is your conscience talking to you. She needs to be there to help us

The Little You

stay on the right course, but she can be a burden as well. When I really want to do something important in my life, she stands there with her hands on her hips saying NO. I have found a way to keep her quiet. This is when I need God's help and direction to find out if her stubbornness is for His direction and purpose for my daily life. Recently, I have realized that God uses my conscience to talk to me and help me stay on the straight and narrow. I also know that Satan can use it against you and trap you into bondage. Sometimes his suggestions seem perfectly acceptable, but they are wrong and he is leading you away from God.

"Finally, be strong in the Lord and in His mighty power. Put on the full armor of God so that you can take your stand against the devil's schemes."

This is where you need to pray for discernment in every decision of your life, whether it is something like getting out of bed to spend time with God, or sleeping that extra 30 minutes. Remember that whatever time you share with God, He will give back to you. That means you don't have to worry about your busy day. Spend the time with God...it is worth it, and the 'little you' will also be working with you instead of against you.

PASSAGE: Ephesians 6:10-11 (NIV)

Karen Anderson is an accomplished speaker, author, and chaplain. Latest books, "Nikki's Tail-Waggin' Lessons" and "The Little Book of BIG Thoughts Series." Leave a message for Karen through her website www.doablesteps.com/contact.

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Advocate Now on a Mission

Continued from Page 1

Williams adamantly asserts that, contrary to claims of SSF that the numbers of homeless in the Sacramento area are decreasing, they are actually much higher. He says that the numbers have been manipulated in order to receive additional grant monies.

"When counting the number of homeless, they do not count those who have applied with Health and Human Resources. I wasn't counted.

"I even see dead people in the streets. I'm one of the guys that calls 911.

"I want to know where is the grant money going? I've been asking the City Council to audit the \$15 million, and to perform a proper count of the homeless, including those who apply for aid at Health and Human Resources."

Like Longfellow Deeds, Williams is "every man." He knows firsthand how the homeless are ignored or disrespected, and partnering with Chen in



Prototype of the Steps Housing POD. Photo courtesy Steps Housing Systems.

producing the pods will allow the displaced some dignity with their shelter.

"My mother always said that everyone is important," says Chen.

Williams' vision of a community of transitional pod housing - a compound which would include a common shower, kitchen, and wi-fi hot spot to mail resumes - has struck a chord with SafeGround in Sacramento. They have discussed collaborating in obtaining land

outside the city limits (zoning) to achieve this goal.

There are additional potential uses for the pods, such as travelers stuck in airports due to extended layovers. They have approached the offices at Sacramento International Airport, who expressed an interest.

Natural disasters often produce displaced persons, and the pre-assembled pods can be easily transported to affected areas.

Even those looking for a backyard "mother-in-law" structure might find the pod a practical choice.

A documentary/short film is being developed about Williams' and Chen's story, and Anonymous Content has indicated an interest in packaging and selling the film to the big studios.

To learn more about Steps Housing, and how you can donate and/or sponsor a pod for a homeless person, visit their website at <http://stepshousing.org/>



Chen (left) and Williams being interviewed by KTSF. Photo by Julie Parker.

Public Invited to Join Army of Angels

Continued from Page 1

Entertainment planned for the Saturday Rally includes a DJ, Old Time Fiddlers, a local Rap & Hip Hop enthusiast, Rae Rock Concert, the Sheldon High School cheerleaders, and Daunte Burks, a local comedian. There will even be a belly dancer demonstrating a fun way to stay flexible and healthy.

Kids of all ages can create treasures at the arts and crafts area.

For your shopping pleasure, there will be over 80 vendors of all kinds indoors and outdoors. A wealth of resources will be available to help promote awareness to parents and caregivers in protecting their children from harm in today's world, including fingerprinting, a sketch artist and DNA kits. There will also be face painting.

Over 140 volunteers including youth from the Kiwanis Key Club program for high school students, Granite Bay High School students, and the Boy Scouts will be easy to spot in their bright orange t-shirts, as they help with all phases of the event to earn their community service hours.

Drewski's Hot Rod Kitchen, a gourmet food truck, will provide food for purchase. Kelli's Cookies out of Roseville has created a special Blue Ribbon cookie for this event. Free samples and cookies for sale will be available at the rally Saturday.

At 1 p.m. a highlight of the day will be the dramatic unveiling of the nine-panel, Mobilizing America Quilt Project, which will be carried by the Caravan of Hope (see below) on Sunday morning. The nine 6X6 foot panel display will be mounted on separate walls and unveiled one by one by parents of children claimed by violent deaths. The quilt, featuring the faces of these children, including the young victims of Sandy Hook, reminds us that these victims have faces and deserve to be remembered forever. Enhanced by a virtual version on line on Facebook.

Later that evening more than 500 guests from all 50 states and nine countries will gather for the annual 'Heroes with Heart' gala recognizing those who work on the frontlines for kids.

Special guests receiving lifetime achievement awards are Roger Chiang, Marc Klaas, and via Skype, John Walsh, all who have experienced first hand the heart break of the loss of a loved one to a violent crime. Chiang's 28-year-old sister, Joyce, was kidnapped and murdered in



Founder Kathleen Moore and Marc Klaas with program participants. Photo by Rob Larson, courtesy Army of Angels.

1999. He is now Executive in Charge at Walsh Production, LLC. Klaas founded KlaasKids Foundation after his 12-year-old daughter, Polly Klaas was murdered in Petaluma, CA in 1993. John Walsh, whose seven year old son, Adam was murdered in 1981, woke the nation up to the reality of child abduction with his long running show, "America's Most Wanted". Local and state law enforcement will also be present, and local organizations working for the children will be recognized with special awards.

Proceeds from a raffle and silent auction will benefit Klass Kids and WynSpring. KlaasKids Foundation aids in the prevention of child abduction as well as exploitation and assist in finding missing children.

WynSpring Family Resource Center in Sacramento works with young victims of abuse who are in protective custody to help them overcome the trauma they have suffered and come out on the other side of their trauma able to cope and reach their full potential.

Do you ride a motorcycle? If so, you are invited to join the second annual Kross Kountry-4 Kids-A Journey-4 Justice ride on Easter morning. Breakfast and escort are open to the public. This is a two-week Caravan of Hope traveling from California's capitol city to our nations capitol and back. The caravan of over 150 riders, motorcycles, cars, trucks and RV's will set out from the Center at 8 a.m. Easter morning. Some will ride and drive for a portion of the trek, others for the entire journey. Stops will be made in five states to pick up additional participants during this 14 day,

7,000 mile adventure, ending in Washington D.C. on April 7. There they will become part of an informal, peaceful demonstration on behalf of children around the world. This is just one of over 25,000 annual charitable motorcycle rides to support children's causes.

The public is also invited to the caravan's Welcome Back Bash at Folsom Harley-Davidson, 115 Woodmere Road, Folsom, California, upon their return on April 14 from noon to 2 p.m.

Other events open to from youth through college are the Alicia Project: "What Safe Looks Like" poster and essay contests. Project co-founder, Alicia Kozakiewicz was abducted by an Internet predator in 2001 at age 13, but was rescued by the FBI. She and her mother, Mary, created this program to help raise awareness of this problem, and help teach youth how to protect themselves by establishing boundaries on the Internet and in their lives. The deadline for the contests is March 26, 2013. For more information, go to www.facebook.com/aliciaproject. Winners will be announced at the Rally.

If an individual or organization would like to help with the donation of items to fill Easter baskets being created to go to these children after the event on Saturday night, contact Carol Spiker at 723-2314. Items needed include candy, small stuffed animals, card games and crayon, along with door prizes for the silent auction.

For information on any of the above contact Katherine Moore at 916-583-1322 or go to her website at ArmyofAngels.biz.

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Ask Mister Fit

There are many ways to become healthy and fit that don't involve a martial art.

By Black Belt Master Jonathan Peschke, Robinson's TKD Carmichael

There are many ways to become healthy and fit that don't involve a martial art. However, many of the issues that people often cite in not exercising, or giving up on their latest routine, rarely are heard from martial artists. The training may look routine as regular forms practice is necessary to develop muscle memory, but those who participate know every day is different, as individuals work toward their specific goal. Too often repetition leads to boredom and not too much later they quit. For Taekwondo students every training day presents a new challenge, unlike some forms that require a rigid adherence to style like Tai Chi. Our students lift weights, run, stretch and utilize many of the other aspects of exercise in pursuing the next belt while also working toward their personal goal.

Walking the stair master would be less than thrilling after that first mile, but martial arts offers an array of ongoing challenges with each new belt achieved. We often have students remain with us from Tiny Tiger to adult Black Belt and Silver Tiger in their later years. Working through new techniques requires exercise of both body and mind. That is why we refer to martial arts training as a 'journey' rather than a 'day at the gym', or a simple workout. We also encourage academic success and community service in our programs. **Please bring the kids to join us at the Carmichael Library on Sat March 23rd for Black Belt Book Day** as our instructors talk with visitors about literature that inspired them as children to excel and become martial arts masters. We hope to see you and your family from **10 AM to 11:30 AM in the Community Meeting room**. Everyone who attends Black Belt Book Day will also receive a 5-day VIP pass to try TKD. Our email question comes from a Carmichael empty nester:

Hey Mr Fit, What can an older active 50+ mom do to keep fit after chasing children for 20 years? I don't want to hike, ride bikes or do a boring regular class but need a group to help encourage me. What can you suggest that won't cause me too much pain or injury at my place in life?

Our Silver Tigers program is a non-contact self-defense and fitness program for active adults. Meets once a week. You might also consider ballroom dancing, adult swim, archery or look into groups that provide walking tours. Movement is the key to remaining healthy, fit and able to enjoy life!

Email your questions to AskMisterFit@robinsonstk.com and look for your answer on-line, or in the pages of this newspaper.

ROBINSON'S TAEKWONDO

Growing Plug-in Market Helps ARC Students Turn Green

By Mark Ahling

SACRAMENTO REGION, CA – (MPG) Don't be fuelish! If you haven't seen the phrase yet you will, because it may be the message American River College is sending its students. The sales of electric vehicles are on the rise and the availability of vehicle charging spaces is growing. However the new electric vehicle charging spaces at ARC have seen very little usage since the structure's dedication on Feb 19, 2013.

Creating these charging stations was just half the battle, filling the 15 spots, which are considered prime real estate in the garage, will be the task at hand.

Rebates issued to those who drive electric vehicles are on the rise, according to the State of California. Car manufacturers predict sales numbers this year to more than double those



A sign leads drivers safely under a pedestrian walkway where the electric charging stations are waiting in the ARC parking structure, which mostly remain empty. Photo by Mark Ahling

vehicles are happily parking a bit further away in the other empty 1,700 spots available in the new garage. Meanwhile, most of the front-row electric vehicle spots remained empty.

According to an ARC administration representative, the 15 electric vehicle designated stalls are open to all people who drive any type of electric vehicle, some of which are also marked as handicapped. Parking your gas powered vehicle in an electric vehicle or handicapped designated spot would carry a \$33 fine much like parking in a red zone. A representative of the Los Rios Police Department confirmed this and stated that no citations have been issued for any such infractions yet, which are listed on their website.

There is no additional fee for electric vehicle owners to park in these spots, which means owners of these energy efficient vehicles can virtually fill up for free.

Plug-in and Hybrid car charging stations are becoming more and more common these days. Due to incentives through the Federal and State Governments, sales of electric and Hybrid vehicles tripled in 2012, according to a report by CNN Money.com. You may notice them up front in stores like IKEA, Best Buy and Walgreen's who are all currently testing them in certain markets.

Tax breaks, rebates and front

row parking spots still are not enough to drive masses of people into dealerships to buy these potentially eco-friendly vehicles, which may be why some of the spots remain empty.

Some online sources and car manufacturers are still unsure of the emerging markets, such as the chief executive officer of Jaguar Land Rover." It would be better to wait until the technology improves and there is a greater benefit to the environment", he said in an interview by the Guardian at last weeks auto show in Geneva. Although electric vehicles produce no emissions themselves, the generation of the power used to charge these vehicles does. Studies are available online that can pinpoint areas of the US where electric vehicles are most effective environmentally.

So students and the surrounding community have the opportunity to charge their electric vehicles in easily accessible front-row spaces. The question remains how many people will take advantage of the open spaces? Most students polled had little to say about the subject except that if the cars were a little cheaper to buy, they probably would. This thought seems to be the resonating factor throughout the community and is a direct reflection as to why you may see so many of these charging stations sitting empty for now.



Electric charging stations such as this one at the new American River College parking structure sit empty most of the day. Photo by Mark Ahling

of 2012. The average cost of an electric vehicle is around \$30,000 and the Chevrolet Volt was by far the most popular version of the plug-in model selling over 23,000 vehicles last year, as reported by CNN Money.com.

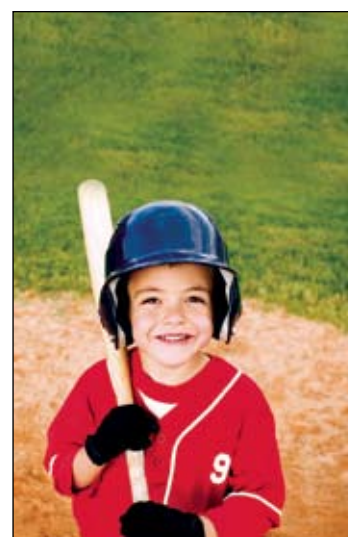
Students driving gas powered

Aspiranet Unlocks the Door to Lasting Family Connections for Foster Youth

SACRAMENTO REGION, CA – (MPG) Although National Foster Care Month isn't until May, Aspiranet, one of California's largest nonprofit social service agencies, cannot wait to shine a light on the great need for more foster families in Sacramento County.

"Each year we place hundreds of children and teens with safe and loving foster families but we know that on any given day there are thousands more young people in California waiting for a foster family to call their own," said Vernon Brown, Aspiranet CEO.

Aspiranet's inventive approach requires that all foster children are thoughtfully placed with a family that best suits their individual needs. Foster parents receive comprehensive training, educational programs,



Aspiranet highlights the need for permanency for thousands of California foster children and teens. Photo courtesy of Aspiranet.

one-on-one counseling and ongoing 24/7 support and guidance. The social services agency that

is a recent recipient of the highly coveted Joint Commission Gold Seal of Approval®, finds it more difficult to find foster homes for older children and teens and asks that foster parents open their hearts to the idea of caring for an adolescent in need of a home, love and support.

"Older children and teens need just as much love and guidance as younger children do," Brown said.

"One of Aspiranet's fundamental goals is to provide a lasting connection for each and every foster child, regardless of their age."

For more information about becoming a foster parent through Aspiranet and upcoming training classes in Sacramento on March 23 and May 18, visit www.aspiranetheroes.org or call 1-877-380-HERO.

We are seeking loving homes for foster children in need. Could you be one of these families?

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"Awash With Color", WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show. April 2-20, 2013. Juried by Patricia Osborne.

"Awash With Color" will be a display of members watercolor paintings. Over 100 watercolors are expected to be displayed. Special 2nd Saturday Reception with live music, April 13, 2013, 5:30-8:30 pm.

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River Cats to Open Season

SACRAMENTO REGION, CA – The complete River Cats promotional schedule for the 2013 season was unveiled recently, with twice as many fireworks shows, a nine-part bobblehead giveaway, and a pair of new recurring promotions—Throwback Mondays presented by Cache Creek and Free Parking Wednesdays presented by Jiffy Lube—featured as highlights to what was already one of the best promo schedules in all of baseball.

For the first time, Raley Field will be the backdrop for postgame fireworks after every Friday home game in addition to the return of the popular Sutter Health Fireworks

Saturdays. With a fireworks extravaganza planned for the Independence Day Celebration on July 3 as well, there will be 22 fireworks shows after River Cats games this season.

Recurring promotions—a promotion for every day of the week, all season long—will return this season with a pair of unique additions. Throwback Mondays presented by Cache Creek will feature the River Cats donning Sacramento Solons jerseys and hats, as well as “throwback” prices on popcorn and peanuts, available for just 50 cents each. Also, Free Parking Wednesdays presented by Jiffy Lube will debut this season,

with free parking at Wednesday home games throughout the season (excludes July 3).

The River Cats also will celebrate a pair of ballpark milestones this season: the 1,000th game at Raley Field will be commemorated with “A Grand Celebration” on Saturday, June 22, and the 10-millionth fan at Raley Field will be honored with a once-in-a-lifetime prize package, expected sometime early in the season.

The complete 2013 promotional schedule can be found online at the River Cats brand new website, rivercats.com.



POPPOFF!

with Mary Jane Popp

CREATING CHEMISTRY

Can you create chemistry with anyone? Leil Lowndes thinks you can. She is one of today's most sought-after speakers on communication techniques and is author of the international best-sellers “Goodbye to Shy,” “How to Make Anyone Fall in Love with You,” and “How to Talk with Anyone.” So my curiosity got the best of me, and I had her on my radio show POPPOFF to talk about her seventy-five ways to spark it fast and make it last book “How to Create Chemistry with Anyone.” I honestly thought this was a stretch, because there are some people that...well you know...no way in Hades you can have a relationship. It just doesn't come together. But Leil says never fear, she has plenty of ways to cope. I've got to admit, so many books promise ways to keep passion alive forever. I wondered if that's even possible? Leil gave some no-nonsense practical info in her book. She said that on the average, intense passion only lasts from eighteen months to two years because, no matter how exciting or beloved someone is, sex with the same person doesn't produce the same hormonal and dopamine rush. Additionally, pregnancy causes very different chemicals. Tragically, many couples feel when the passion diminishes, it means loving is diminishing too. Absolutely not! Often it means

just the opposite because bonding chemicals—which mean long-term contentment—are in conflict with testosterone. So I asked Leil to give me her top ten ways to encourage lasting chemistry for couples:

- 1) **Keep doing dopamine-producing fun and active things together.** You'll spend a lot more on divorce or marriage counseling than you will for babysitters and movie tickets now.
- 2) **Touch a lot, especially the non-sexy kind.** Accidental or intended, fleeting or abiding, touch stimulates the trust chemical and reinforces togetherness.
- 3) **Encourage him to hold his newborn infant.** This stimulates vasopressin, another bonding chemical in males, which has the effect of making him more protective of his family.
- 4) **Laugh a lot together.** When your body is laughing, you're brain thinks you're happy and, of course, you're mate thinks you're the reason for the joy.
- 5) **Support each other's goals and aspirations.** Encourage your partner to talk about them.
- 6) **Understand your partner's very different way of thinking due to brain structure.** (Example: He is not neuroanatomically capable to easily talk about his feelings even if he'd like to. She can't stop making interconnections and assumptions about everything.)
- 7) **Men, become sensitive to her "micro-expressions."** Women respect his silent times. It's easier when you realize the different ways your partner's brain is wired.
- 8) **Ladies, give him lots of quickies, even when you don't feel like it.** He'll interpret it as loving him. If he gets turned down too often, he won't start the slow lovemaking you like for fear of being rejected.

9) **Gentlemen, think “slow seduction,” not “sex.”** Remember turnabout is fair foreplay. Make time to give her lots of slow-ies.

10) **Words work wonders.** Keep saying what your partner craves hearing. Gentlemen, tell her you love her—once a day minimum. Women, find ways to let him know you actually need him (whether you actually do for certain things or not.)

I absolutely love how Leil describes the distinction between being in love and lasting love. For this, she quotes the English author, Louis de Bernieres.

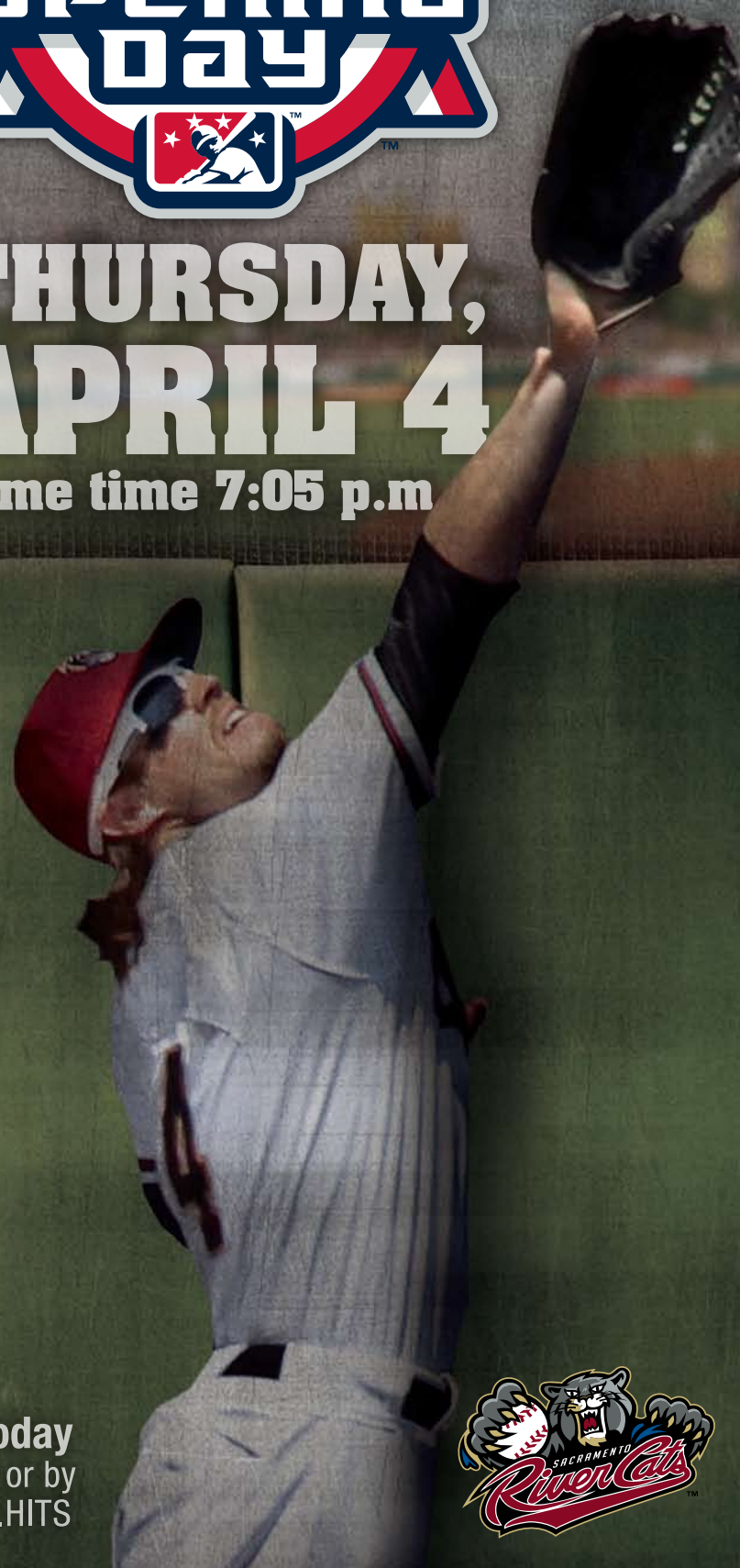
“Love is a temporary madness. It erupts like a volcano and then subsides. And when it subsides, you have to make a decision. You have to work out whether your roots have become so entwined together that it is inconceivable that you should ever part. Because this is what love is: Love is not breathless, it is not excitement, it is not the promulgation of promises of eternal passion... That is just the being “in love” which any fool can do. Love itself is what is left over when “being in love” has burned away, and that is both an art and a fortunate accident.” This should be mandatory reading before a marriage license is granted. But I realize few will read and most will ignore the wisdom behind this statement. After forty-two years of marriage, I can truthfully say that these are true words of wisdom. For more info on Leil Lowndes and her latest book “How To Create Chemistry with Anyone” go to www.peoplemagnit.com. And my hope is that love remains in your life always!

Join Mary Jane for the **KAHI Noon News Monday-Friday and then again for POPPOFF 10 PM - Midnight.**

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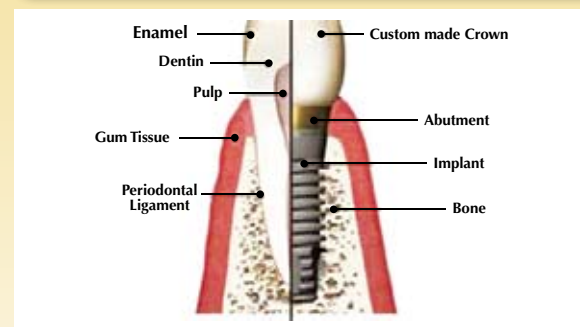
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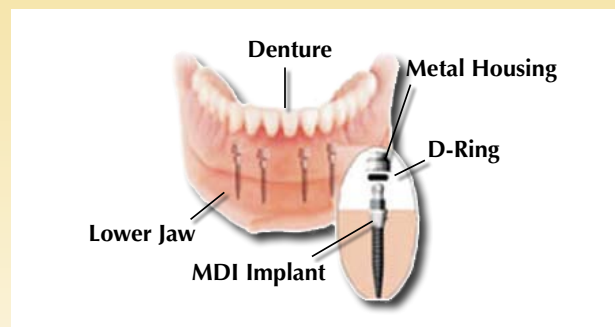
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- Affordable Dentures Starting at \$600 per arch**
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Single Implant



Multiple Implants



Mini Implant



Combination Implants and Dentures

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