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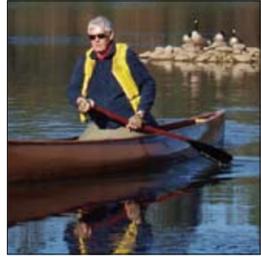
Carmichael Times

Volume 33 • Issue 5

Serving Carmichael and Sacramento County since 1981

January 30, 2013

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Celebrating Women's Empowerment

SACRAMENTO, CA – Sacramento resident Alicia Sanders volunteered for Women's Empowerment years ago, but this fall, the 47-year-old found herself on the other side of the table. Struggling with a thyroid disorder, depression, unemployment and a history of sexual and emotional abuse, she hit bottom.

"I was ready to go to a psych ward or check out at that point," Sanders said. "Suddenly I heard 'Women's Empowerment' and I remembered my volunteer work there. I called and a fragment of hope stirred in me when they said they were holding orientation the next week. When they called to say I was accepted, a flood of tears came. Hope was at my doorstep."

Last week, Sanders became Women's Empowerment's 1,000th graduate, finishing the program with 35 other women no longer homeless. Sanders just accepted a position as a job coach with Goodwill Industries in Rancho Cordova where she will be helping clients reach their potential, just as Women's Empowerment's job-readiness program helped her do.

"Women's Empowerment is a piece of heaven in the middle of hell," Sanders said. "I grew up thinking I didn't matter. Standing here today at graduation, I can tell you, I matter."

More than 200 community members, including graduates' mentors and families, attended the graduation where each graduate shared her story and future plans through poetry and speeches centered around the theme, "the beauty within set free." Each woman received a new, donated handbag filled with a day planner and other items designed to help her succeed. The bags were sponsored by CGI in Sacramento.

"Each of these 35 women felt trapped by the dark weight of homelessness," said Lisa Culp, executive director, Women's



Former Volunteer Alicia Sanders is Women's Empowerment's 1,000th graduate. Photo Courtesy of WE

Empowerment. "But they joined the 974 women before them by working hard and overcoming powerful obstacles so they could be the capable women, mothers and employees they were meant to be. We could not be more proud of our 1,010 graduates who have broken the cycle of homelessness for themselves, their children and generations to come."

Women's Empowerment offers

the only comprehensive job-readiness program in the Sacramento area designed specifically for women who are homeless and their children. The 2009 Nonprofit of the Year has graduated 1,010 homeless women and their nearly 2,000 children. Last year, 94 percent of graduates found homes and 74 percent found jobs or enrolled in school. The program combines

self-esteem courses, job training, health classes and support services to help homeless women across diverse ages, races and cultures. Women's Empowerment is funded solely through private donations from the community.

For more information and to donate online, visit www.womens-empowerment.org.

Source: *Thébaud Communications*

AARP Provides Free Tax Help

SACRAMENTO COUNTY, CA – (MPG) Sacramento County AARP Tax-Aide provides free tax help in filing 2012 federal and state tax returns, including electronic filing, for taxpayers with low and middle income, with special attention to those age 60 and older. Services are available February 1 through April 15 at a number of Sacramento County locations.

Taxpayers who are interested in getting tax help are urged to call ahead and schedule appointments with AARP's volunteer tax counselors by calling 2-1-1 or 498-1000. For specific site information search in your browser for "AARP Tax Aide Locations."

Documents (as applicable) that should be brought to appointments include the previous year, 2011 tax return, Social Security numbers for any dependents, W-2 forms from each employer, the annual Social Security benefit statement, any pension or annuity statements, other 1099 forms and all forms showing income and unemployment compensation. If applicable, bring child care provider information, including name, employer ID or Social Security Number.

If itemizing deductions, bring all receipts or cancelled checks for items such as medical expenses, include medical mileage, taxes paid, mortgage interest paid, your property tax statement showing the amount paid and your parcel number and charitable contributions. Describe each itemized category and total each category amount.

Services are available February 1 through April 15 at a number of Sacramento County locations. Sites in (and near) Carmichael area are: Carmichael Library at 5605 Marconi Ave (W, F), or Arcade Library at 2443 Marconi Ave, (F) or Arden-Dimick Library at 891 Watt Ave (W). For more information call 498-1000 or 2-1-1. Days available and appointment hours vary according to site.

Source: *AARP*

New Year Planning for Small Businesses

SACRAMENTO, CA — (MPG) By now, most people have already broken at least a few of their New Year's resolutions, but the NFIB Small Business Legal Center has come up with a list of five resolutions every small-business owner should keep.

In the next few weeks, California small-business owners should:

Perform an Insurance Check-Up
It's a good idea to schedule an insurance physical each year. If it has been a few years since you've reviewed your coverage check in with your agent this year. Your business and industry probably has unique needs and risks. So to get the best available coverage and rates, work with an insurance broker who knows your business and has experience in your industry.

Review Your Employee Policies
Although employee handbooks can be really helpful to employers, having a bad employee handbook can hurt you. Your employee handbook shouldn't describe policies and

procedures that you don't follow. It is not a place to describe your dreams for how your business ought to work. It is a place to describe the reality of how your business actually operates.

This year pull out your handbook or policies, sit down, and read them. Then update, edit, and delete as recommended by your attorney. Finally, distribute the revised handbook to your employees and have them sign a form acknowledging receipt. Keep the form in your personnel files.

Check Your Corporate Records
Remember that a corporation is good, but only if you use it properly. Many people pay an attorney up to \$1,000 to setup a corporation, then take the corporation's minute book and stick it on a shelf. A corporation will not shield you from personal liability if you do not follow corporate procedures. This year make an appointment with your attorney or accountant to review your corporate binder's contents. Does it contain what you need to prove your business's corporate status?



Institute a Good Document Retention Policy

Have you ever wondered how long you should keep a contract, banking statements and employee records? Or are you keeping every single bill, tax return, insurance invoice, and even the parking ticket that you received ten years ago? If you answered "yes", you are not alone. Many business owners are unsure as to how long they should retain business documents and records. A document

retention policy that is followed by your employees will benefit your business by promoting efficiency, saving your company valuable computer and physical storage space, and protecting your company in the event of litigation. Given our culture's penchant for lawsuits, you want to protect yourself and having documents provides good coverage. But you needn't keep every piece of paper forever. This year commit to weeding out what you don't need and organizing what you do need. Check with

your attorney or tax professional for guidelines on keeping and tossing.

Audit Your Form I-9s

The Form I-9 is the form the federal government uses to hold employers accountable for hiring workers legally eligible to work in the United States. The form should be completed on the first day of employment by ALL employees hired since 1986. Yes, the law applies to your sister-in-law and the kid you grew up with if they are employed by your business. This year ensure that you have completed I-9s for all of your employees and that the forms are correctly filled out. Conducting an audit might take some time and effort depending on the number of employees you have, but will save you headaches and possibly penalties should a federal agent knock at your door.

To learn more, visit the NFIB Small Business Legal Center's website at www.NFIB.com/legal.

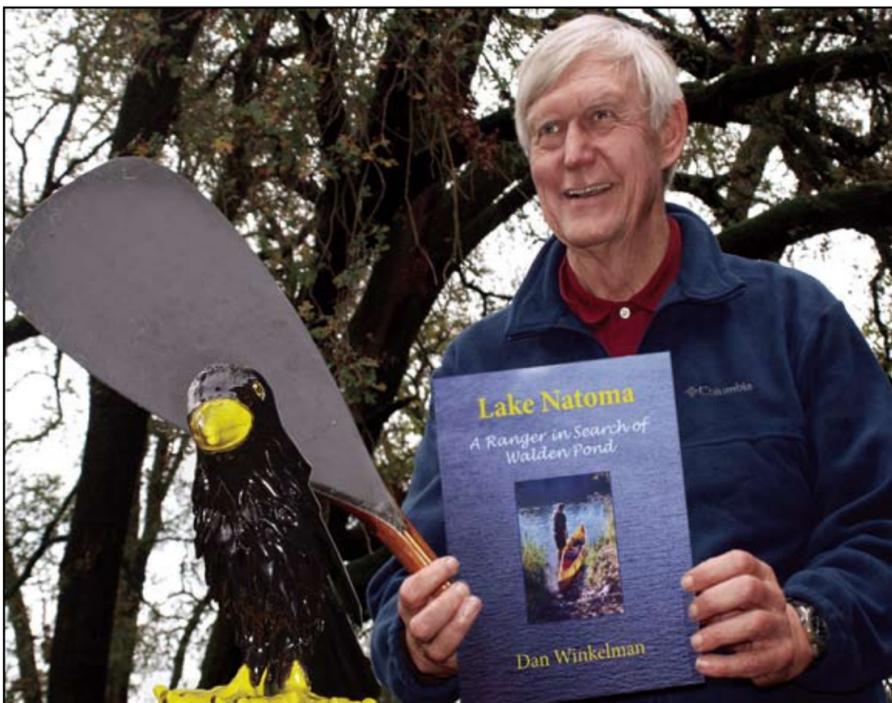
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Still Waters Run Deep



Ranger/canoist Dan Winkelman's book observes the wonders of Lake Natoma. Mascot raven Fred is a companion both in and out of Winkelman chapters. Photo by Susan Maxwell Skinner.

By Susan Maxwell Skinner

SACRAMENTO REGION, CA – (MPG) In search of Walden Pond you'd travel further than to Folsom CA. Dan Winkelman did not visit the Massachusetts spot immortalized by Henry Thoreau. But Walden waters flow philosophically through his own book.

Retired ranger Winkelman eulogizes a personal utopia. Below Folsom, Lake Natoma was formed in 1955 as a reservoir for the Nimbus Dam. The water and its inhabitants are inspiration to the 66-year old. His publication of "Lake Natoma – A Ranger in Search of Walden Pond" comes from many happy hours at water level. Named for Charles Darwin's ship Beagle, Winkelman's canoe takes the nature lover on a new voyage of discovery.

A protégé of Carmichael naturalists Effie Yeaw and Jo Smith, "Ranger Dan" Winkelman is himself part of American River lore. His book presents the perspective of explorer, teacher, puppeteer, bread baker and humorist. His account of "four butts facing me" explains why mallards must feed bill-down. Such a sighting, considers Winkelman, "is an event to be cherished by all."

Thirty years as a State and County ranger molded commentary on subjects great and small. "A ranger provides all the services of city in one person," he considers. "You are a policeman, a doctor, and when you're in charge of a camping ground,

you're a hotel manager. You take care of people." Pets are oft included. A dangerous canine cliff rescue earned faint thanks; the owners afterward drove off with their dog. "I muttered, 'you're welcome,'" writes the hero. Concludes the pragmatic hero: "But hey, another cliff rescue notch on my belt..."

Winkelman's ranger years included spells in Gibson Ranch, Ancil Hoffman Park, Sonoma Coast, Sutter's Fort, the American River Parkway and Angel Island. Retiring in 2001, he penned random articles from his placid lake. "These were simple canoe adventures," he explains. "I E-mailed them to my neighbors. One urged me to continue. She didn't realize what a treasure our lake was."

The book project added odd-ball stories from a ranger's career. Eclectically self-educated and widely read, his opus includes Indian lore, pioneer and Gold Rush stories. His own forebears add fresh material to the historical record.

Some lessons are profoundly noted. Floating feathers are a lesson in evolution: those dinosaurs that learned to fly, considers the canoeist, escaped the fate of their doomed fellows: "Whatever catastrophe befell the dinosaurs created a niche for us mammals to rise in triumph... looking into the face of (an otter), I have found a distant brother. My connection with the wild is complete."

Landscape and wildlife pictures illuminate many chapters.

In innocent contrast to the world-weariness of a Vietnam and three-decade public service veteran are drawings from Maddie Walker. Ranger Dan recruited his seven-year-old artist after speaking at her Folsom School. "A child's truth is uncompromised," he approves. "Maddie's art portrays an innocence that left me long ago."

A life more simple is the author's constant theme. "In the 1840s, Henry Thoreau moved to Walden Pond and built a cabin," he says. "In the 21st century, I bought a tract house above a man-made lake. "We both tried to discover our place in a natural world. In a canoe, I got in touch with the human I was meant to be." His final chapter -- a tribute to Effie Yeaw and volunteers who continue her work -- advises: "We don't have a long time on this earth... take some time to know a place you can call home."

Beyond otter, beaver, and upended ducks, inspiration comes from a motley human crew. Winkelman is an explorer with Muir; a river dreamer with Twain; a marine biologist with Steinbeck. "In writing the book, I reviewed literature that influenced my life," explains the author.

"Who'd know what runs through the mind of that guy in a truck. Yeah, me, Ranger Dan."

"Lake Natoma – A Ranger in Search of Walden Pond" is produced by Publishing Syndicate, Orangevale. Contact the author at winkdan267@yahoo.com

In Remembrance of



Phillip Dale Jensen with his wife Deborah

Phillip Dale Jensen of Sacramento, California, died the night of September 27th of 2012 due to a hit and run driver on Fulton Avenue. The driver is still to be identified. Phillip was a loving husband to Deborah Jensen of Sacramento. The two were married on February

24th, 2001. Phillip was a caring stepfather to William and Mathew Jay of Sacramento and a wonderful grandfather to Haidyn and Hannah. Phillip was born in Sacramento on January 15th of 1952. He graduated from Highlands High School in 1971.

Phillip worked in Sacramento for over 25 years working as handyman in a number of businesses located in downtown Sacramento. Phillip Jensen was loved very much by his family and he will be missed even more.



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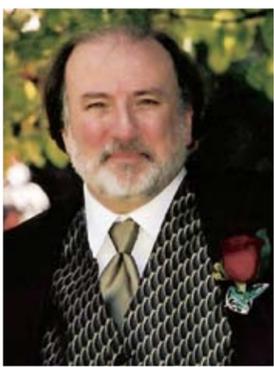
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To submit your articles, information, announcements or letters to the editor, please email a Microsoft Word file to: Publisher@CarmichaelTimes.com. Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 916-773-1111.

- Advertising Sales: Paul V. Scholl, Allyse Weaver
- Graphics & Layout: Banerjee Designs • Stump Removal Graphics • Full Moon Graffiti
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Fire Started During Theft Destroys Vehicles at Maita Nissan

Sacramento, CA – Just after 4am on January 24th, Metro Fire crews responded to Maita Nissan at 2820 Auburn Boulevard for a report of multiple vehicles on fire. When the first engine arrived, they found three vehicles engulfed in flames, with the gasoline in the tanks fueling the fire. The fire quickly threatened Skip's Music, less than 10 feet away. Additional resources were requested to enable crews to extinguish the fires while protecting nearby buildings and the other vehicles in the lot.

Initial crews aggressively attacked the fires; arriving units protected exposures and forced entry into the businesses to ensure fire had not already

extended inside. Absorbent pads were strategically placed to protect the environment from fuel run-off.



Crews were able to save the dealership, additional vehicles in the lot, and Skip's Music from any damage. Fire was contained to the three vehicles that were burning upon their arrival, with one additional car suffering heat damage. No firefighters or civilians were injured in the fire. Arson investigators determined that the explosion occurred while gasoline was being stolen from the vehicles. Anyone with information regarding this fire is asked to call the Metro Fire Arson Tip Line at 916-859-3775.

Source: Sacramento Metropolitan Fire District

Singles Kick and Shout!

Free Valentine Single's Night Safety Clinic

CARMICHAEL, CA – (MPG) If you are single don't miss this chance to kick up your heels and shout with other singles interested in fun, fitness, personal safety and serious self-defense. Come join single men and women who want to learn conflict avoidance, personal safety and individual self-defense in this 60 minute free clinic taking place at 17 regional locations!

The Annual Robinson's Taekwondo Singles Safety Clinic takes place Friday evening February 15 beginning at 6:30 pm. Come meet, greet, punch,

kick and show your action hero attributes!

Start your relationship off right by showing you are serious about keeping the one you love safe and secure. Show you care by spending 60 minutes together to learn safety information that helps your loved ones recognize dangerous situations, trust their instincts and avoid confrontation. Robinson's Taekwondo (www.robinsonstk.com) Black Belt instructors will help singles learn simple self-defense techniques and escape strategies

through discussion and role-playing demonstrations.

Pre-registration is encouraged! Visit www.robinsonstk.com <http://www.robinsonstk.com> to find a Valentine's Singles Safety and Self Defense Clinic location near your home today, or call 916-332-6979 for information.

Grandmaster Clint Robinson has been teaching Taekwondo and empowering students in Sacramento since 1975.

Source: Rick Reed Public Relations

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Volunteers Needed for Sacramento County Academic Decathlon Competition

SACRAMENTO COUNTY, CA – (MPG) If you like fast-paced, high-spirited academic competition and want to help dedicated and hard working teens realize their goals, then the Sacramento County Academic Decathlon needs you!

The 33rd Annual Sacramento County Academic Decathlon will be held at Inderkum High School in Natomas on February 2, 2013. Twenty-one local high school teams, which include some of the top scholars in the county, will compete. The 2013 theme: Russia.

Organizers need volunteers to assist with all Decathlon events. Community members can volunteer as test proctors and guides, interview judges, and Super

Quiz proctors. Please encourage and support your local academic athletes for their hard work by volunteering your time at the Academic Decathlon.

To register as a volunteer go to www.scoe.net/ad/volunteers and select the "Register to Volunteer" link.

The Academic Decathlon is a competitive event that stimulates academic achievement and honors "athletes of the mind." The competition provides students the opportunity to participate in an educational forum, which fosters a deep respect for knowledge, cooperation, and self-esteem.

Like the decathlon of the ancient Greeks, the Academic Decathlon consists of ten exacting and exciting events. The

Academic Decathlon includes tests in Art, Music, Language and Literature, Mathematics, Economics, Science, and Social Science. In addition, there are communication tests that include the writing of an essay, the delivery of a prepared and an impromptu speech, and an interview.

For more information about the Sacramento County Academic Decathlon visit the www.scoe.net/ad.

For questions regarding the Sacramento County Academic Decathlon contact Claudia Golsong at (916) 228-2670 or email cgolsong@scoe.net.



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

As this is our third installment I have been pleasantly surprised by how many people are sending their questions on fitness, sports or martial arts to the AskMisterFit@robinsonstkdc.com contact address. While some of the focus is on the fitness and self-defense skills I teach as a Taekwondo Instructor, many of them are from parents echoing a common theme. To be blunt, their kids are becoming fat, lethargic and spending way too much time playing video games or surfing social sites on their mobiles. Most expressed their difficulty in getting kids moving. Does this sound like a path to success? As an example...

Mister Fit, We can give our kids

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A Better Quality of Life through Movement, Exertion and Willpower

many of the things they want. My kids don't play like they used to, and I am concerned this has a serious affect on their long-term health. Unfortunately, by allowing the kids to focus on small video screens I think they are missing some of the best times of life. What can you suggest? A Deterding Mom

As the banner in this space says, "a better quality of life through movement, exertion and willpower" is a great idea! How to make that happen is the hard part. Not for the kids, for you as a parent. You must take the lead by example, because children will do what you do. As we have kids working hard to excel in their pursuit of higher belt levels they are learning to be successful by study, practice and testing. They are getting stronger, losing weight and gaining valuable experience in achievement that translates to success in other areas. For those not interested

in 'fitness with a purpose' take the lead and go biking, hiking or fishing together...without the phones on. As a parent myself, I know that kids watch us, and while they may listen, they do what you do. This is exactly why we offer a Family training option, so the whole family can share 'quality time' together.

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



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Carmichael Rotary Club Annual Crab Feast and Fundraiser

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Place: La Sierra Community Center in Carmichael

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Tickets are \$40 per person. Contact a Carmichael Rotarian today or call 916.730.7812 to secure your tickets now.

Visit www.facebook.com/carmichaelrotaryclub to learn more about who we are, what we do and how your support will serve to improve our wonderful community.

We meet every Tuesday night at 6:30 PM at the Palm Street Pub & Grill in Carmichael. Come enjoy a great dinner on us and learn what you can do to be a part of this amazing organization!
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Mercy San Juan Medical Center Receives 100 Best Hospitals Award

CARMICHAEL, CA – (MPG) Mercy San Juan Medical Center's cardiac program recently received the "America's 100 Best Hospitals for Cardiac Care" from Healthgrades, the leading provider of information to help consumers make an informed decision about a physician or hospital.

In addition, Mercy San Juan Medical Center received the Healthgrades "America's 100 Best Hospitals for Cardiac Surgery" in 2013 and "America's 100 Best Hospitals for Critical Care" for two years in a row (2012-2013).

"We are extremely pleased to be recognized by Healthgrades," said Brian Ivie, President of Mercy San Juan Medical Center. "These awards honor our exceptional team of physicians, nurses and staff who make quality care a patient priority every day."

The findings are part of American Hospital Quality Outcomes 2013: Healthgrades Report to the Nation, which evaluates the performance of approximately 4,500 hospitals nationwide across nearly 30 of the most common conditions and procedures.

Patient outcomes are important to consumers making

choices today about hospitals. According to new research conducted by Harris Interactive for Healthgrades, 86 percent of Americans in 27 top designated market areas agree they would be more likely to choose—or not choose—a hospital if they could learn ahead of time the mortality rates for a certain procedure.

Other notable Healthgrades recognitions include: Recipient of the Healthgrades Critical Care Excellence Award™ for 2 Years in a Row (2012-2013), Ranked Among the Top 5% in the Nation for Critical Care for 2 Years in a Row (2012-2013), Five-Star Recipient for Overall Critical Care for 2 Years in a Row (2012-2013), Five-Star Recipient for Treatment of Sepsis for 3 Years in a Row (2011-2013), Five-Star Recipient for Treatment of Respiratory Failure for 3 Years in a Row (2011-2013), Five-Star Recipient for Treatment of Chronic Obstructive Pulmonary Disease for 2 Years in a Row (2012-2013), Five-Star Recipient for Treatment of Pneumonia for 3 Years in a Row (2011-2013), Recipient of the Healthgrades Neurosciences Excellence Award™ in 2013.

For its 2013 hospital quality outcomes analysis, Healthgrades

evaluated approximately 40 million Medicare hospitalization records for services performed from 2009 through 2011 at approximately 4,500 short-term, acute care hospitals nationwide. Healthgrades independently measures hospitals based on data that hospitals submit to the federal government. No hospital can opt in or out of being measured, and no hospital pays to be measured. Mortality and complication rates are risk adjusted, which takes into account each hospital's unique population (demographics and severity of illness).

Mercy San Juan, a 370-bed hospital located on Coyle Avenue in Carmichael, is the only hospital serving the people of North Sacramento and South Placer counties with comprehensive cardiac care, advanced robotic surgery and breakthrough treatments for brain disease through the Mercy Neurological Institute. In addition to this award, Mercy San Juan also was recognized as a national 100 Top Hospital by Thomson-Reuters in 2007 and 2008. Mercy San Juan opened as a community hospital in 1967 and evolved into a medical center after establishing its trauma center in 1999. Mercy San Juan is part of Dignity Health, which also operates Mercy General Hospital, Mercy Hospital of Folsom and Methodist Hospital.

Source: Mercy San Juan Medical Center

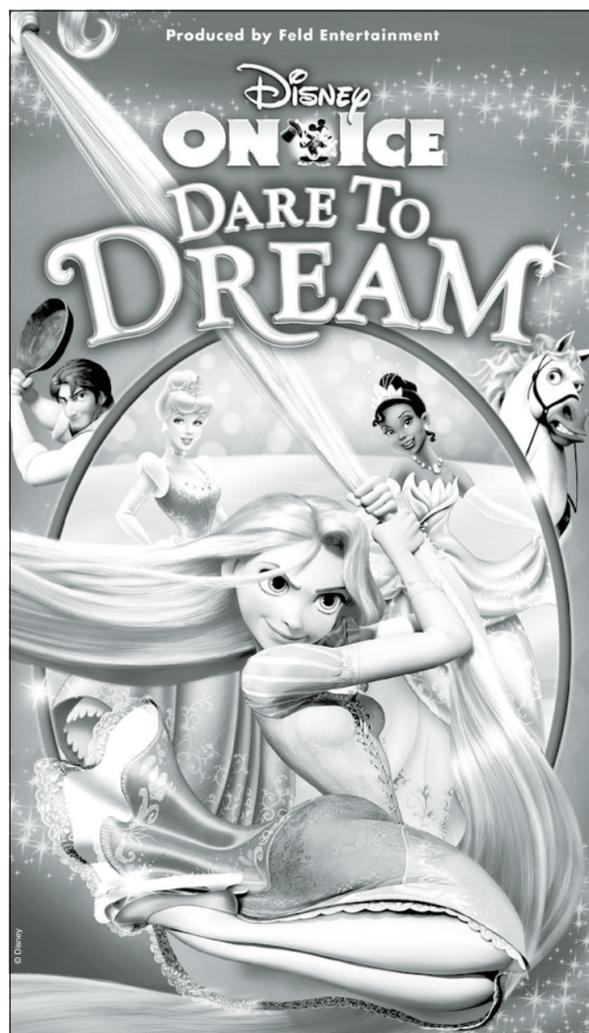
Good Samaritan Saves Resident

Sac Metro Fire District Special Report

SACRAMENTO REGION, CA – (MPG) On January 10, 2013 at 07:25 am Metro Fire units were dispatched to a residential structure fire on the 3100 block of Edison Ave. The first arriving firefighters found heavy fire from a backyard patio that was spreading into the residence. Firefighters aggressively attacked the fire and were able to keep it contained to the back patio and small portion of the house. A search of the house was performed with no victims found.

An unidentified good Samaritan who was driving by and saw the flames ran up the residence and began pounding on the front door to alert the occupants. The lone resident in the house at the time stated she heard a commotion at the door and when she opened her bedroom door immediately encountered smoke from the fire. The smoke detector mounted in her room then went off and she was able to escape the structure without any injuries.

Metro Fire would like to remind all residents that properly placed smoke detectors in both the hallways and bedrooms is extremely important.



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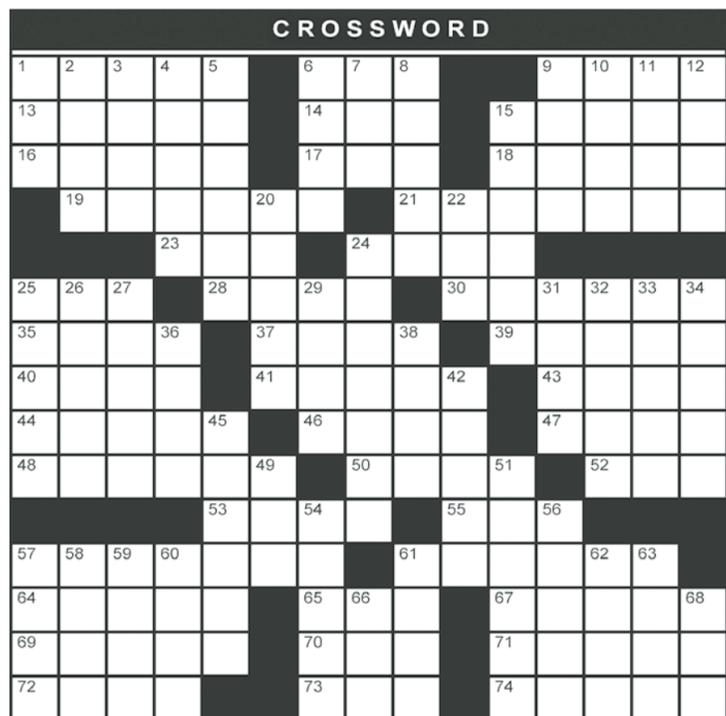
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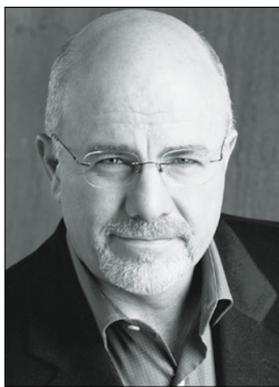
*National average annual savings based on data from customers who reported savings by switching to Esurance between 1/1/10 and 5/19/10.

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CLUES

- ACROSS**
- *Previous Grammy nominees Ant and Lambert
 - *Best New Artist, possibly
 - Hit the bottle
 - Relating to a node
 - Arrival time
 - *She's a 6-time Grammy winner and Michael's sister
 - Harry Potter's antagonist _____ Malfoy
 - Always, in verse
 - Uncredited actor
 - *Female artist with most wins
 - Like Horn of Plenty amount
 - Exclamation expressing disgust
 - Pea houses
 - Ratio of adjacent side to hypotenuse of right-angled triangle
 - With minimal sound distortion
 - Go ashore
 - Shades
 - Electric and moray fish
 - Less bright than supernovae
 - Von Bismarck or Hahn, e.g.
 - *Grammy winner Keb Mo is a _____ Blues icon
 - Allen Ginsberg poem
 - Stands for
 - A ride to mountain top
 - Cambodian money
 - Magician's word
 - Double reed woodwind
 - Wine quality
 - Wild goat
 - Flash _____
 - *"Last Tango _____"
 - *Grammy Museum location
 - Island republic in central Pacific
 - Stallone
 - Incompetent
 - Main section of Vegas
 - Sailor's affirmative
 - Be of one mind
 - Tattled
 - *These Grammy winners owned a lonely heart
 - Famous prize
- DOWN**
- Plus
 - Rachel Renee Russell's "_____ Diaries"
 - Month of Purim
 - Last European colony in China
 - Outer covering that can be shed
 - Fine print add-ons
 - Shoshonean
 - Narcotics lawman
 - *Grammy winner Bob James wrote theme for this DeVito sitcom
 - "I'm _____ you!"
 - Cuzco country
 - Plural of #14 Across
 - *Call her maybe?
 - It usually precedes "away"
 - Like Jack Klugman on TV
 - Jackie O's hat
 - _____ at the bit!
 - Kind of space
 - Bristles
 - Fifteen of these from basket to foul line
 - Physicist Niels _____
 - Steer clear of
 - More raw
 - *"What doesn't kill her makes her stronger"
 - *They play with Mumford
 - Wild guess
 - Something in the air
 - Provoke
 - ____-Wan Kenobi
 - Eroded by wind
 - English homework?
 - This was his name-o
 - In or of the present month
 - Warsaw Pact opposition
 - Opposite of knit
 - Desert-like
 - Cleaning cabinet supplies
 - Sink or swim, e.g.
 - D'Artagnan's weapon of choice
 - Singular of #61 Down
 - Rolodex abbr.

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.

The Role of Government Assistance

Dear Dave,
I'm a single mom with three young children. I quit my nursing job a few years ago to be a stay-at-home mom, and one year later my husband filed for divorce. The state isn't keeping him accountable for child support, but now I qualify for food stamps. Do you feel it's morally wrong to be on government assistance?

- Rebecca

Dear Rebecca,

There's nothing morally wrong with receiving food stamps, as long as you're not lying about your income or situation in order to receive them. The biggest problem with food stamps, and other forms of government assistance, is many times a person becomes dependent on someone else to take care of them. I don't want you and your kids to develop a victim mentality and become trapped in a cycle of standard living.

You said you were a nurse before you came home to be with the kids, right? I'd suggest updating your nursing certification, if necessary, and going back to work in your field—maybe even as an emergency room nurse. I know the hours can be weird, but the pay is great. It would really

Dave Says

get your income rolling again, plus you could afford to pay someone to look after the kids when necessary.

You've been through a lot, Rebecca. Life has knocked you around lately, so it's okay if you need to take food stamps for a little while. But I'd encourage you to start thinking from a long-term perspective as to what it'll take to move forward and generate a good, livable income for you and your kids. Get into attack mode, take your nursing degree, intelligence and experience, and create a quality life for your family. I know you can do it!

- Dave

Not Feeling the Love

Dear Dave,

I made a huge mistake and allowed my sister to use my credit card. She said she'd pay back what she charged, but now she won't pay the bill. The total was \$5,500. Do you have any advice?

- Marie

Dear Marie,

I'm afraid I don't have anything to give you that will make your sister grow some integrity and character. I used to tell my kids when they were younger not to bust the trust, because that

kind of thing is very hard to put back together.

I'd be pretty upset about this too. Still, obsessing over it isn't going to solve anything. And really, when it comes right down to it, you opened the door for this to happen. You really have no one to blame but yourself. If it were me, I'd do whatever it took to pay this off quickly. Put in additional hours at your job or find some part-time work at night and on weekends for a few months. Somewhere along the line I'd also leave my sister a message saying I know she's not going to pay this, but that everything is forgiven.

I call something like this "paying your stupid tax," and it's something that all of us have had to pay at one time or another. Learn from the experience, Marie. Lending money to family or friends can damage the relationship. Keep in mind, too, that she's probably going to come back around wanting money at some point again. But I'm guessing you won't make the same mistake twice, will you? The First National Bank of Marie is closed!

- Dave

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

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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.

Come back every week for Sudoku!

For Solution See Page 7.

Business & Service Directory

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Sudoku Puzzle on Page 6

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Senior Housing



A Film Review by Tim Riley

Riley Reviews

COMEDY IN "PARENTAL GUIDANCE" PURELY FAMILY FRIENDLY

PARENTAL GUIDANCE (Rated PG)

Like most holiday seasons, this year has a few epics and a bunch of passable comedies. In the former category, you've got "The Hobbit" and Russell Crowe singing during the 1832 Paris uprising, in a movie nearly as long as the French Revolution itself.

"Parental Guidance" falls into the grouping of the ostensible family comedies suitable for all ages at a time when kids are out of school and everyone is in a festive holiday mood.

There was a decent reason to believe that the pairing of Billy Crystal and Bette Midler, as traditional-minded grandparents with love in their hearts and hell-bent for family-oriented fun, would result in more than acceptable entertainment.

To a decent extent, Crystal and Midler bring a generational dimension of old-school parenting to the fore in a way that is alternately amusing and frustrating, the latter more so for their own kids than grandkids.

Artie and Diane Decker (Crystal and Midler) have been the type of carefree yet caring parents that proved embarrassing to adult daughter Alice Simmons (Marisa Tomei), now married with three children of her own.

The Deckers live in Fresno, California, where the sports-obsessed, motor-mouthed Artie has been the baseball announcer for the Fresno Grizzlies. Diane is as equally brash and loud as

her husband.

Meanwhile, Alice and her husband Phil (Tom Everett Scott) live in Atlanta, which is almost as far away as you can get from Fresno while still remaining within the continental United States.

Alice and Phil want to slip away for a week's convention trip, and Phil's parents are not available for babysitting duty. As a measure of desperation, they call for help from the "other grandparents."

Possessed of the Type-A parental gene, Alice and Phil are reluctant, to say the least, to turn over their three precious children to parents who may not follow their indulgent ways.

The kids have their own set of issues. The oldest, Harper (Bailee Madison), is pushed constantly to practice her violin. The older son, Turner (Joshua Rush), has a stuttering problem that causes him to be bullied at school.

The youngest, Barker (Kyle Harrison Breitkopf), is oddly attached to his invisible best friend, a kangaroo named Carl. But Barker is also the cagiest sibling, as he cleverly blackmails his grandpa into forking over hush money.

Before Alice and Phil can even pack their bags, the grandparents clash with the overly protective parents over child-rearing tactics. As a result, Alice becomes a nervous wreck, adding to the discomfort that is mined for comic effect.

Phil has designed an ultra-modern home where a computer monitors everyone's movement,

sort of a creepy Big Brother-is-watching surveillance system that decides, on its own power, to disrespect Artie.

Meanwhile, Artie decides to tackle problems with his own blunt methods. For one, he candidly confronts Turner's speech therapist over her questionable techniques.

Since Artie was also recently fired from his announcer job, he makes the unwise choice of taking Barker with him on an audition with ESPN, making a fool of himself for trying to fit in with the extreme sports crowd.

Naturally, the grandparents make a ton of blunders in caring for the grandkids. Though sugar has been banned from the household, Artie figures that the sugary treat of a nice cake won't do any harm. Big mistake!

What's not a mistake, however, is that the loving grandparents and the kids finally reach a level of familial connection, though it involves something as simple as a backyard game of kick the can.

Artie also helps Turner overcome his stuttering with a clever use of a radio replay of Bobby Thomson's walk-off home run hit on a pitch by Ralph Branca during the 1951 Giants-Dodgers pennant playoff series.

"Parental Guidance" falls into the trap of forging some of its comedy with the formulaic use of certain bodily functions. Apparently, the filmmakers had to resort to juvenile humor to fill the vacuum in a movie that is well short of two hours.

On the other hand, this is a minor quibble with a film that is, for the most part, a family-friendly entertainment that offers plenty of laughs and heartwarming moments.

"Parental Guidance" is not a film for jaded cynics. Sure, it is rather generic, but it is a welcome relief to some of the corrosive junk that's out there.

Nielsen Responds to Governor's Address

SACRAMENTO COUNTY, CA – (MPG) State Senator Jim Nielsen (R-Gerber) issued the following statement regarding Governor Brown's State of the State Address: "I commend the Governor for voicing the Republican principle of fiscal responsibility. "Although the Governor argued for fiscal restraint, he was silent on critical budget reforms like a hard spending cap and a real reserve. The budget is not fixed; it is funded with temporary tax increases.

"The budget does little to pay down our debt; and the 'surplus' is a sham. "Water is a valuable

resource that must be preserved. But the proposal to build two tunnels around the San Joaquin Delta is not the way to go; it is a pipe dream. "The costly High Speed Rail and the peripheral canals are unnecessary, and we simply cannot afford them. "I am encouraged that the Governor expressed a desire to rethink CEQA and the hurdles this law places on job creation and retention across the state.

"The Governor must make substantive and enduring reforms to CEQA, not cosmetic changes. "What's missing in the Governor's address is public

safety. Realignment is a social experiment that is not working and is putting our lives in danger with the release of habitual convicted felons."

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

NFIB/CA Releases Statement On Governor Brown's State of The State

SACRAMENTO, CA – (MPG) – The National Federation of Independent Business/California released the following statement January 24th about Governor Jerry Brown's State of the State speech:

"Small business owners know that they have to live within their means – and so should government," said

John Kabateck, NFIB/CA Executive Director. "While the budget is balanced, there are many variables

that affect it including the federal government, the courts and another economic downturn."

"We agree with the Governor

that we also need to rethink and streamline our regulatory procedures, particularly the California Environmental Quality Act." Kabateck continued. "As the Governor said – 'Our approach needs to be based more on consistent standards that provide greater certainty and cut needless delays.' We believe that this same thinking should apply to AB 32."

"We look forward to working with the Governor in the months ahead to find ways to reduce the barrage of new rules every year. Entrepreneurism needs to be encouraged for small businesses can prosper and grow."

Founded in 1943 as a non-profit, nonpartisan organization, NFIB gives small- and independent-business owners a voice in shaping the public policy issues that affect their business. NFIB's powerful network of grassroots activists sends its views directly to state and federal lawmakers through our unique member-only ballot, thus playing a critical role in supporting America's free enterprise system. More information about NFIB is available at www.NFIB.com/newsroom.

Source: NFIB newsroom

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Level 1 – Spark: Build the fundamentals with the basic moves beginning Tuesday 2/5 at 5:30pm. **Level 2 – Ignite:** Take your new skills to the next level with advanced beginner moves beginning Tuesday 3/5 at 5:30pm.

Check out our Activity Guide for more classes!

For registration & other information call the District at (916) 485-5322 or visit our web page at www.carmichaelpark.com.

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SURVEY FINDS NRA MEMBERS UNITED

91% of NRA Members Support Laws to Stop Mentally Ill from Acquiring Firearms

FAIRFAX, Va. – The National Rifle Association Institute for Legislative Action conducted a national scientific poll of its members and found near unanimity among NRA members on a wide range of issues involving mental health reform and firearm rights.

Gun control advocates including New York City Mayor Michael Bloomberg, as well as various media outlets, have released data claiming to represent the views of NRA members, despite the fact that none of those surveys had access to the NRA's membership list. The NRA survey of 1,000 randomly-selected NRA members across the country is the only legitimate survey of NRA members in existence.

The data from this survey indicates that NRA members are united in their desire for Washington to focus on keeping firearms from the mentally ill and to reject unconstitutional gun control measures that infringe on Second Amendment rights.

"Mayor Bloomberg's claims

that gun owners are divided are totally false. It is nothing more than an attempt by anti-gun activists to further their long-standing political agenda," said NRA-ILA Executive Director Chris Cox. "American gun owners and Second Amendment supporters are ready for Washington to put politics aside and come together to fix our broken mental health system."

Key Findings:

- 91% of NRA members support laws keeping firearms away from the mentally ill.
- 92% of NRA members oppose gun confiscation via mandatory buy-back laws.
- 89% oppose banning semi-automatic firearms, often mistakenly called "assault rifles".
- 93% oppose a law requiring gun owners to register with the federal government.
- 92% oppose a new federal law banning the sale of firearms between private citizens.

Methodology – The national survey was conducted by

OnMessage Inc. Telephone interviews were conducted January 13-14, 2013. This survey consists of 1,000 NRA members and was stratified by state to reflect voter distribution in the 2012 presidential election. The margin of error for this survey is +/- 3.09%.

Full results available here. Established in 1871, the National Rifle Association is America's oldest civil rights and sportsmen's group. Four million members strong, NRA continues to uphold the Second Amendment and advocates enforcement of existing laws against violent offenders to reduce crime. The Association remains the nation's leader in firearm education and training for law-abiding gun owners, law enforcement and the armed services. Be sure to follow the NRA on Facebook at www.facebook.com/NationalRifleAssociation and on Twitter @NRA.

Source: NRA

Senior Health Care Laws Outlined at South Natomas Library

SACRAMENTO COUNTY, CA – (MPG) The Sacramento Public Library will feature the informative program, "The Health Care Law and You – What Older Adults Need to Know," at 11 a.m., Tuesday, February 19, at its South Natomas branch, 2901

Truxel Road, Sacramento. Joe Rodrigues, State Long Term Care Ombudsman of the California Department of Aging, will outline the Affordable Care Act provisions, (aka Obamacare), that affect adults age 60 and over will be discussed. Attendees will

learn how the Act benefits older adults and provides better health care coverage at lower costs.

For more information, telephone the Sacramento Public Library at (916) 264-2920 or visit www.saclibrary.org.



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POPOFF!

with Mary Jane Popp

AMAZING

His Life has been an incredible journey. He calls himself a Mentalist, but he makes predictions that are uncanny in their accuracy. He's been amazing for decades back to appearing on the Steve Allen TV Show up to today's Jimmy Fallon Show. In "Conversations with Kreskin," The Amazing Kreskin reveals what this man is all about. I have had the pleasure of interviewing this extraordinary personality several times on the POPPOFF Radio Show, but never have I been more impressed than the last two times as he shared so much of his life and times that are unbelievable to say the least. But suffice to say, you ain't seen nothin' yet from this 78 year old dynamo! Is he a psychic? He claims he is not, but he does call himself a Mentalist. Does he make predictions? Yes, he does and comes up with some whoppers!

He's been through it all. He beat cancer in 2009 after 44 treatments of radiation when docs told him it was not possible. But Kreskin did it. Did you know that the character of Karnac the Magnificent that Johnny Carson played for many years on his nightly show was based on Kreskin's first appearance on the Steve Allen Show these many years ago? It's when Kreskin took a nosedive literally in his entrance, and so the trip that Johnny made every time he did his Karnac bit with Ed McMahon was born. Wonder what the Great Karnac would say about the Amazing Kreskin today?

I know what I have to say. I feel like he has become more of

a friend than a guest on my show. His Christmas cards the last few years have been a delight, but how he shares what he has done in his life continues to astound me. In 2012, he has made 347 appearances around the world. Yet, he still finds the time to jog one hour every night. He even offered the political mouths his service to get them together to come to a compromise on the fiscal cliff which is still teetering on the edge. He wanted to get them together in a room to finally talk and not get out until a deal was struck for the good of the people not the politicians. Did they take him up on it? Of course not. It might benefit you and me more than their next run for office. And this was not a publicity stunt. Kreskin was truly concerned and wanted to help. I guess they didn't like it when he said he is not a liberal or a conservative. He is an independent thinker. What a novel idea these days. He gets very upset when he says today's politicians just don't listen to one another.

So what upsets Kreskin? Lobbyists for one...some 35,000 in the belt way. He used the words infection and influence in the same sentence with Lobbyists. He wondered where the statesmen are like Benjamin Franklin, a printer and George Washington, a farmer? Today they are just politicians, and he did not say that in a positive reflection. He laughingly said he listened to the debates last fall to read their thoughts and he got a blank. I think we did too. He quoted the old saying that if we forget history, we are bound to live it over again. He worries about the debt we have. Kreskin claims if we pick a day in history...say the birthday of Christ and add one million dollars every day up till today, it still would not add up to our present debt. He talks seriously about the economy continuing to be difficult and the job market a struggle. But his advice is take whatever job

you can and look to the future. On violence, he got very serious and shared an exclusive that he has not told to anyone before. Some years ago, he was reading to some kids in a grade school and got into the conversation of violence with the kids. And the quotation was used that guns don't kill people, but people kill people. And one of the kids came out with a statement that totally leveled Kreskin. In his simplicity, the child said, "If that's the case, then is it safer if no guns were in people's hands?" Out of the mouths of babes. Perhaps we need to assess what our humanity is all about too.

As for his philosophy of life that keeps him going, I guess I was not surprised by his answer. His energy is astounding no doubt. But even with some of his health challenges, he believes he is blessed with good health. His mom lived to 96 and his dad 91. Good genes passed on to Kreskin. But I loved his way of thinking. As he put it, "I believe that all people I meet in life give me energy. Everyone is interesting in some way. Even a ditch-digger is proud of his work." I love that philosophy...one that we all should consider. We all have something to offer in this life, and we should pursue it to the max. As Kreskin put it, you don't have to play the piano at Carnegie Hall as he did. Go to your living room and play to your hearts content. Don't make resolutions, he told me, go to bed and awaken with the conviction to do it. And don't wait till the New Year. Do it now. Make up your mind and get it done!

And so this is the Kreskin I got to know, and I look forward to our next time together with this man who has achieved so much, and yet cares more about sharing his talent to better us all. I am honored!

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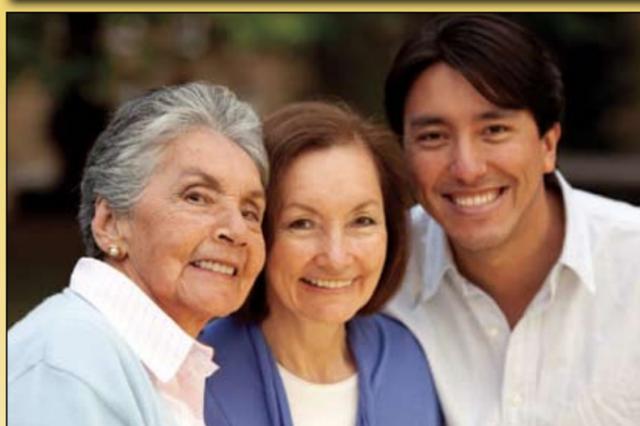


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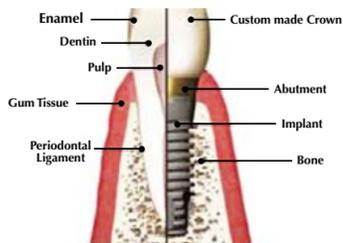
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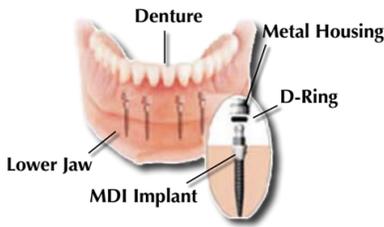
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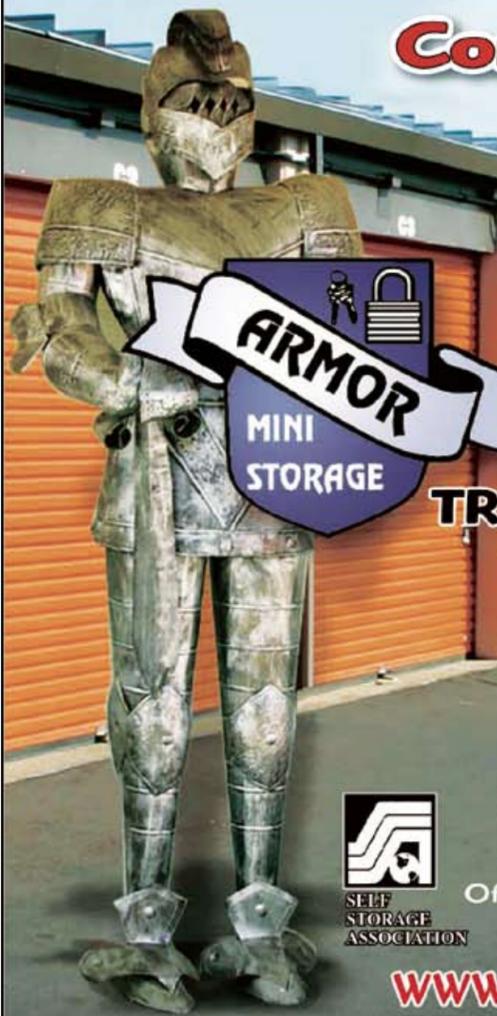
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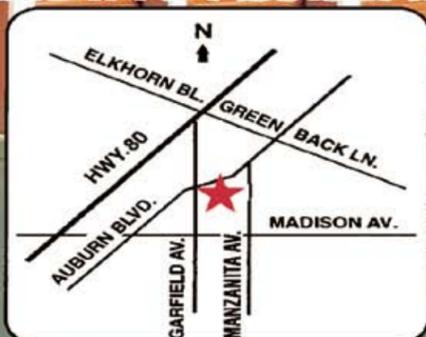


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