



"Sacramento Steps Forward" Forms Advisory Board
Community Advocate Joan Burke to lead effort

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"Let Us Introduce Ourselves"

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Carmichael Times

Volume 32 • Issue 10

Serving Carmichael and Sacramento County since 1981

March 7, 2012

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Help Kids Become Star Readers



United Way, Barnes & Noble to hold Starry Night reading event in March.

SACRAMENTO REGION – Local residents can help kids reach for the stars by participating in United Way California Capital Region's STAR Readers Book Drive through March 23. The drive benefits the group's STAR Readers project that is helping children read at grade level by fourth grade, a key indicator of high school graduation rates.

"Through third grade, children are learning to read; in fourth grade, they're reading to learn," said Steve Heath, president and CEO, United Way California Capital Region. "Children reading at grade level entering fourth grade are far more likely to

graduate high school. This book drive will help 615 kids have access to books that will set them on a path for success."

The online book drive includes four books, three of which were written by local authors, for children in kindergarten through third grade. The goal is to collect 615 books, one for each child in the STAR Readers project. To purchase books, visit www.yourlocalunitedway.org.

As part of the STAR Readers Book Drive, United Way is teaming up with Barnes & Noble in Citrus Heights for a children's reading event. Families are invited to A Starry Night from 7-8 p.m. on March 14 at 6111

Sunrise Boulevard. Three of the authors participating in the book drive will read from their books, which will be available to purchase that night for the book drive. The event will include refreshments, and children are encouraged to wear pajamas. For more information, visit www.yourlocalunitedway.org.

United Way is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers work together to provide positive, measurable

results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting

United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide. For more information, visit www.yourlocalunitedway.org.

Source: Kristin Thébaud Communications

Traffic Signal System Improvements

Completion of \$3.1 Million Stimulus Funded Project

SACRAMENTO—Sacramento County has completed a \$3.1 million American Recovery and Reinvestment (ARRA) funded Stimulus project to upgrade the County traffic signal operations system. These upgrades improve the monitoring and management of traffic congestion in major transportation corridors throughout the Sacramento County unincorporated area. Grant funded system improvements include: Replacement and upgrade of cameras, signal cabinets, and signal controllers for approximately 120 signalized intersections in seven major transportation corridors: Howe Corridor; Fulton Corridor; Arden Corridor; Watt Corridor; Calvine Corridor; Elk Grove-Florin Corridor; Fair Oaks Corridor; Implementation of a new advanced traffic management system for improved traffic signal timing and monitoring of real-time traffic conditions; Replacement of the Traffic Operations Center (TOC) video display wall, which is used to monitor intersection signal timing and congestion in each corridor.

According to Mike Penrose, Director of the Department of Transportation, "An important benefit of this Stimulus funded project is increased capability for TOC staff to monitor traffic conditions and adjust traffic signal timing on a real time basis. This new technology investment will help TOC staff better manage traffic demand on major corridors, especially river crossing arterials such as Sunrise Boulevard and Hazel Avenue, where traffic demand often exceeds roadway capacity. We are excited to have the latest technology for tools we can use to reduce congestion and improve safety and travel times for County residents."

The heart of Sacramento County's traffic management system is the Traffic Operations Center (TOC) which is located at the County Bradshaw Complex. This state-of-the-art facility enables staff to monitor traffic with closed-circuit television cameras (CCTV) and make adjustments to traffic signals to improve the flow of traffic in transportation corridors and at 200 signalized intersections. Corridors are monitored with 86 cameras supported by a communications network consisting of 29 miles of fiber optic cable, hard wire and wireless systems. The signalized intersections are also connected to the same communication network. In addition to improving traffic flow and safety, staff can respond to accidents, hazardous spills and other emergencies by changing traffic signal timing and posting messages on one of the four changeable message signs located in the corridors.

Source: Sacramento County PIO

Source: Sacramento County



Fair Oaks Boulevard: San Ramon Way to Eastern Avenue Traffic Safety Improvement Project Startup

SACRAMENTO – The Sacramento Department of County (SACDOT) has begun construction of a traffic safety improvement project on Fair Oaks Boulevard between San Ramon Way and Eastern Avenue. This project was approved by the Board of Supervisors in October, 2011. The current effort builds on an earlier project which installed guard rails and median landscaping on Fair Oaks Boulevard from Watt Avenue to San Ramon Drive, and was completed in August 2010. These two projects are part of an overall effort to improve safety on Fair Oaks

Boulevard from Watt Avenue to Eastern Avenue.

The current project will install steel-backed timber guard rails at various locations along the center median between San Ramon Way and Eastern Avenue. Project benefits include: enhanced safety for Fair Oaks Boulevard motorists, reduced incidents of run-off-the-road collisions, and replacement of aging, diseased and damaged trees.

Current tree removal work began in late February, and must be completed prior to installation of steel backed guardrails and landscaping. This work

will require intermittent closures of one travel lane of Fair Oaks Boulevard. It is anticipated that traffic delays will be kept to a minimum with project work occurring during non-commute hours only. The tree removal effort will take approximately one week to complete.

Six elm trees will be removed as part of project work, because they have structural decay issues or are in conflict with the new guardrail installation locations. As part of the project, eight new London Plane trees will be planted to help offset the loss of the elm trees. New shrubs will

also be planted to help re-create a "naturalized" landscape that helps nourish the trees, keep weeds in check, and improves the appearance of the median.

It is anticipated that guard rail installation work will start in early April, and be completed in June 2012. Project construction costs are \$536,000, with funding provided by Measure A Sales Tax and the State Highway Safety Improvement Program.

Source: County of Sacramento PIO

DA Report: Investment Fraud Results in Prison Sentence

District Attorney Jan Scully announced March 1st that the Honorable John Winn sentenced 57-year-old Rodney Andrews of Elk Grove to four years in prison. Last month, Andrews pled no contest to two felony violations of embezzlement, two felony violations of theft by false pretenses, one felony violation of diversion of construction funds, and one felony violation of unlawful use of personal identifying information.

At the time he committed these offenses, Andrews operated a company known as Andrews Investment Group, which offered loan modification services. He

was also a pastor at the Comeback Christian Church, where he solicited parishioners and low income property owners to refinance their homes, lower their mortgages, or stall out their foreclosures. He collected up front fees in violation of a statute passed by the California Legislature to prevent individuals such as Andrews from preying on vulnerable home owners facing foreclosure or unaffordable mortgage payments. He also failed to provide proper notifications as required by law, did not provide the services he promised he would do, and did not use the funds he obtained for the represented purposes.

Additionally, Andrews obtained money from one home owner that was supposed to be used on a project to improve her home. Andrews represented to the victim that he had a business known as Low Cost Construction, which is in fact a real company owned by another contractor. He hired a subcontractor to remodel the property, but paid him with insufficient funds checks. The subcontractor stopped working before the project was completed. Andrews never finished the remodel and the victim's home was left in an uninhabitable condition. Andrews spent the money and did not use it on the project.

At the sentencing hearing, one of the victims stated that Andrews was an untrustworthy liar who took advantage of distressed homeowners seeking assistance in these tough times by making them fake promises and taking their hard earned money.

This matter was investigated and prosecuted by the Sacramento County District Attorney's Office Real Estate Fraud Unit.

CASE: Rodney Andrews (03/01/12)

PROSECUTOR: Deputy District Attorney Lani Biafore, Real Estate Fraud Unit



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Volunteer and Have Fun for Creek Week



Volunteers Bonnie and Sarah Ross. Photo courtesy of Jamie Cameron-Harley.

SACRAMENTO REGION – The 22nd Annual Creek Week splashes off this year from April 6 to 14, 2012. During Creek Week young and old will enjoy, explore, learn about and work to protect our local creeks and aquatic life. For information on activities, clean up locations, volunteer opportunities and E-Waste collection, go to www.creekweek.net.
Clean Up and Celebration: Volunteers are needed April 14, 2012 from 9 am to 12:00 pm for the 22nd Annual Creek Week Clean Up. The area-wide volunteer creek clean up effort improves and enhances our urban waterways by cleaning trash and debris as well as removing invasive exotic plants. A celebration follows at Carmichael Park with food, music

and entertainment provided by Radio Disney Rocklin Road Show, environmental exhibits, and a Creek Week T-Shirt. Clean up locations are throughout Sacramento County. For more information and to sign up, go to www.creekweek.net.
California Electronic Asset Recovery (CEAR) E-Waste Collection: April 14, 2012, noon-2 p.m. Creek Week participants and the community can bring their E-Waste to the Celebration site to be recycled. Go to www.creekweek.net to see what items are accepted.
Creek Week Activities: April 7 – 15, 2012. A variety of activities will be available to explore and learn about our local creeks and aquatic life. Times and locations vary. Go to www.creekweek.net for more information.

“Sacramento Steps Forward” Forms Advisory Board Community advocate Joan Burke to lead effort



Joan Burke

SACRAMENTO REGION – Sacramento Steps Forward announced the formation of the Continuum of Care Advisory Board to serve as the new mechanism for addressing funding and services for the region’s individuals and families experiencing homelessness.

The new Board will be responsible for ensuring \$15 million in federal funding continues to come to Sacramento each year, as well as the development of strategic recommendations and policy related to homelessness. Joan Burke, Director of Advocacy with Loaves and Fishes, has been tapped to lead this important community effort.

Ms. Burke is a longtime community advocate and an expert on the issues of homelessness and poverty.
For more information about Burke and the Continuum of Care Advisory Board members, visit www.sacramentostepsforward.org/gov/continuum-care/continuum-care-board.php.
“This new Board is comprised of community leaders and represents the culmination of over two years of active planning involving community leadership at both the County and City levels, with the vision of ensuring a unified voice for funding and coordination of services,” said Ben Burton, Sacramento Steps Forward Executive Director.

Sacramento’s homeless programs have a long history of providing quality services, which can be both fragmented and at-risk due to serious budget shortfalls at all levels of government.
In response to these challenges, local efforts are being implemented to redesign housing and services for the homeless in our communities.
For more information please contact John Johnson, Director of Programs with Sacramento Steps Forward, at (916) 596-4167 or visit the Sacramento Step Forward website at www.sacramentostepsforward.org.

Boy Scouts Hold E-Waste Drive



Scout obtaining Donor information from someone with a screen item per state requirements. Photo courtesy of Bill Condray.

SACRAMENTO REGION – Leaders, E-Waste Committee, Scouts and adults of troop 802 participated in an E-waste Drive at Country Club Plaza Shopping Center on Saturday, February 18th. They started setting up at 6:30 am. Bruce Somers, Committee Chair, held an orientation and safety meeting with the participants. The donors started arriving early at 7:30 AM and they were taken care of prior to the official starting time of 8 am. In the first bin were items with screens (TVs, monitors etc) and the other bin contained other E-waste items.
The Scouts directed the incoming traffic, checking with the donors to meet State regulations, and then directing them to the unloading area. Adults unloaded the E-waste into the large bins and

everyone received a thank you as they departed. All of this took place at a comfortable pace going through the whole system.
The scouts and adults had lunch in shifts, so the E-Waste unloading could continue. A lot of hot dogs with the trimmings, assorted fruit, lemonade and water were consumed.
The cars and pickups streamed steadily through all day until after closing at 1pm. Three bins were filled and moved to CEAR© who will recycle the contents. All computer hard drives will be shredded to protect any information that was still left on them.
Approximately 25,000 pounds of E-Waste was recycled from this event meeting the Scouts goals of “Going Green with the Boy Scouts” and providing a much

needed service to the communities we live in. With the completion of this seventh E-Waste drive, the goal of 375,000 pounds total should be met in keeping that much recycled material from the landfills.

At the close of the drive and the last bin picked up, the parking lot where the drive was held left no sign of the day’s activity in typical Boy Scout way.

Each of the six completed E-Waste drives were held in different parts of the district, to allow a new group of donors to be contacted by the Scouts placing approximately several thousand green envelopes under the edge of doormats announcing the event to home owners in the respective area. Local newspapers and TV-Stations electronic bulletin boards also announced the event. Other local businesses loaned traffic cones and other items to assist in guiding the incoming traffic around the temporary site with the guidance of the participating Boy Scouts. They surveyed incoming traffic, did exit surveys, passed out a thank you to the participating donors too.

The events have generated funds to help the Troop 802, and the Pony Express District “Friends of Scouting” drive too. The E-Waste drives also help the local communities by keeping the E-Waste out of the landfills and get the Boy Scouts before the public eye too.

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Publisher, Paul V. Scholl

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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.

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River Oak Center for Children



Gerri Beck and Alice Gentry of Carmichael's River Oak Center for Children attended United Way California Capital Region's Nonprofit Appreciation Event on Jan. 26 at Mulvaney's in Sacramento. Forty of United Way's nonprofit partners and their top volunteers attended the event, which also included Assemblymember Richard Pan presenting United Way's esteemed Clarence La Rue Award for volunteerism to Mark Joske of AT&T. Photo courtesy of Kristin Thébaud Communications.

SACRAMENTO REGION – United Way is the region's leading provider of innovative solutions on the community's most pressing issues, including high school graduation rates, household financial stability and obesity. United Way's team of nonprofits, businesses, donors and volunteers work together to provide positive, measurable results on these issues through United Way projects: STAR Readers, SenSe-Ability and Fit Kids. Community members can give, volunteer and advocate in support of the causes they care most about, benefiting United Way and hundreds of nonprofits in Amador, El Dorado, Placer, Sacramento and Yolo counties. United Way is an independent, local affiliate of United Way Worldwide.

For more information, visit www.yourlocalunitedway.org.

Young Artists Win Big For Creeks!

From *Jamie Cameron-Harley*

SACRAMENTO REGION – Skycrest Elementary 5th grade student was one of three Sacramento area children who won honors today in the 2012 Creek Week T-Shirt Art Contest: "Why We Care For Creeks." As the first prize art winner the student-artist will see her art as this year's Creek Week t-shirt art, in addition she receives \$50 and will be interviewed on Radio Disney. The first prize classroom teacher also receives \$100 for educational materials. Second and third prize student-artists will receive \$25 and \$20 respectively.

The Sacramento Area Creeks Council (SACC) designed the contest in association with San Juan Unified School District Visual and Performing Arts program to educate, raise awareness,

and encourage exploration and enjoyment of Sacramento area creeks and aquatic life.

SACC received from about 200 students (grades 4 -6) attending Grand Oaks, Arlington, Skycrest, Cambridge Heights, Lichen, Kingswood K-8, Citrus Heights and Woodside. After students learned more about creek systems and aquatic life they created their 8 x 8 pieces of art illustrating the importance of creeks and why we should care for them.

SACC's contest was "We are thrilled to see children being creative and learning about our local creeks and the environment," said Alta Tura, Creek Week Committee Chair and SACC Board President. "This partnership with the San Juan Unified School District staff gave us a unique opportunity to educate children about the environment

and how we can work together to preserve natural resources."

The Sacramento Area Creeks Council is a nonprofit organization dedicated to protecting and sharing the abundant natural treasures that make up the extensive creek systems of our region.

The 22nd Annual Creek Week splashes off this year from April 6 to 14. During Creek Week young and old will enjoy, explore, learn about and work to protect our local creeks and aquatic life.

For information on activities, clean up locations, volunteer opportunities and E-Waste collection, go to www.creekweek.net.

The top three entries can be seen on the Creek Week Facebook page. The top ten entries will be on display in late April at Kidz Art along with other art displayed by the SJUSD Visual and Performing Arts program.



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SMUD Lures Anglers to Trout Derby



Rancho Seco Recreational Area to host fishing derby. SMUD Photo.

SACRAMENTO REGION – A lake full of trout is up for grabs at SMUD's annual trout derby at Rancho Seco Recreational Area. Rancho Seco Lake has been newly stocked with 3,500 pounds of trout in anticipation of a big crowd. Anglers reeling in the heaviest trout will be awarded cash prizes – up to \$100 for adults, \$50 for youths (11 – 16 years) and \$35 for kids (10 and under).

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

Specifics

Date: Saturday, March 31 and Sunday, April 1

Time: 6 a.m. to 5 p.m. daily (rain or shine)

Location: Rancho Seco Recrea-

tional Area, 14440 Twin Cities Road, Herald, CA 95638

Background: The Rancho Seco Recreational Area boasts a 160-acre lake stocked with 3,500 pounds of newly planted trout. Fishing enthusiasts can cast a line from the shore, fishing pier, or their own boat (electric trolling motors only — no gas motors). In addition to trout, the lake has largemouth bass, redear sunfish, bluegill, black crappie and catfish. A \$5 entry fee (good for all weekend) will be charged to anyone interested in competing in the derby. All entrants age 16 and older must possess a valid California state fishing license.

Cash prizes will be awarded to those catching the heaviest fish in three separate categories – adults, youths and kids. In the adult classification, prizes range

from \$20 to \$100 and will be awarded to the top 14 fishers. Prizes for youths will be awarded for first (\$50) through fifth place (\$10) and kids will be awarded for first (\$35) through fifth place (\$15). The 400-acre Rancho Seco Recreational Area offers more than just fishing. The full-service facility offers picnicking facilities, RV and tent camping sites and beach, and swimming areas.

Rancho Seco Recreational Area is 25 miles south of Sacramento, approximately 15 minutes east of Highway 99 on Twin Cities Road. The park is owned and operated by SMUD. Admission to the park is \$10 per car (\$8 for seniors). For more information or to schedule camping reservations, call (916) 732-4913 or go to smud.org/ranchoseco.

Eskaton Village 18th Annual Wellness Fair

Eskaton Village Carmichael holds "Healthy Horizons"

Eskaton Village Carmichael will be holding its 18th Annual Healthy Horizons Senior

Wellness Fair on Wednesday, April 11, 2012 from 12:30 pm – 2:30 pm. The location is 3939 Walnut Avenue in Carmichael.

The event will have a variety of health and wellness professionals. Free samples, prize drawings

& health screenings will be available. The event is free to the public, no reservations needed.

For more information contact Stefanie Strickley, Fitness and Wellness Program Coordinator at (916) 974-2000.

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A Film Review by Tim Riley

Riley Reviews

REAL HEROES AND GREAT ACTION DELIVER "ACT OF VALOR"

meet leading military professionals like Chief Dave and Lt. Rorke, along with guys in their unit like Ajay, Mikey, Sonny and Weimy.

A barbeque at the beach is a brief introduction to the team. But the most telling point is that the military men are not actors, so mercifully the story shifts to action fairly quickly.

While a terrorist assault at an international school in the Philippines results in the death of the U.S. ambassador, the Navy SEAL team is dispatched to Costa Rica to extract a CIA agent abducted by a drug cartel.

As Agent Morales (Roselyn Sanchez) is held in the jungle and brutally tortured by the henchmen of drug kingpin Christo (Alex Veadov), Chief Dave and Lt. Rorke are forced by circumstances to stage a daring and explosive rescue operation.

One of the many exciting, action-packed and adrenaline-pumping moments involve a pair of heavily armed American gunboats sweeping in behind the SEALs to blast the villains to smithereens.

Though the mission is successful, the SEALs unearth some intelligence that connects Christo to fierce Chechen terrorist Abu Shabal (Jason Cottle), who is hiding out in Somalia to formulate a plot to send suicide bombers across the Mexican border.

Oddly enough, Shabal has recruited a group of Filipinos to carry out a bombing plot on American cities involving the detonation of sophisticated explosives made of undetectable gels.

But to get to the target cities,

Shabal links with Mexican drug cartels to move his assassins through cross-border tunnels that are used primarily by drug mules carrying contraband into the United States.

An assault is launched in a dusty Mexican border town where the baddies hide out. The willing cooperation of the Mexican authorities might be the most inauthentic moment in the film, but it helps diplomatic relations.

Except for Senior Chief Van O, who efficiently interrogates the slippery Christo, the SEALs are too good at being a team, to the point that they do not come across as individuals.

We should keep in mind that the SEALs are not actors; they are very good at undertaking perilous missions, but acting in films is not their forte. Nevertheless, the authenticity of their dedication shines through.

"Act of Valor," fueled by edge-of-the-seat thrills in a dangerous world, offers a chilling sense of realism in the unpredictable battlefield of modern warfare. It's an action film well worth seeing.

DVD RELEASE UPDATE

This is another shameless plug for one of my favorite TV series, "Mission: Impossible," starring Peter Graves as IMF team leader Jim Phelps.

We have already burned through all of the original seasons, and now we focus on the revival of the series during the late 1980's, with Peter Graves the sole returning original cast member.

"Mission: Impossible: The '89 TV Season" continues on its merry path of the Impossible Mission Force solving dangerous and seemingly impossible tasks.

The DVD release of "The '89 TV Season" includes all 16 episodes of the series' final breathtaking season.

Unfortunately, special features are practically non-existent, with only episodic promos on select episodes available.

Free Web Conference Helps Family Caregivers Identify Depression in Aging Parents

The nonprofit National Private Duty Association (NPDA), along with its chapters, has announced that it will host a consumer education web conference entitled Depression and Older Adults – What Every Caregiver Should Know on March 13, 2012, at 8 p.m. EST (7 p.m. CT). The live and interactive program will provide advice on how family caregivers can work with professionals to identify this condition and develop an effective plan of care for a loved one with depression. Caregivers will learn how to identify key issues and problems, locate needed experts and resources, and outline a plan to provide the best care for a parent. The event is free of charge to participants.

The web conference topics include diagnosis of depression, association between depression,

anxiety and memory loss, understanding which medications are safe and effective, along with resources and tools for monitoring treatment and improvement. "One out of three older adults suffers from major depression," said Sheila McMackin, president of NPDA. "Our goal is to provide information to help family caregivers increase the quality of life and identify beneficial treatment and care options for their loved ones."

The event's expert presenter is Steven C. Fox, D.O., Medical Director, Wellspring Personal Care. For the past 30 years, the primary focus of Dr. Fox's clinical practice, teaching and research has been on the care and treatment for the elderly and disabled. He has been a trend-setter in the area of geriatric and Alzheimer's care since the mid 1970's.

Dr. Fox provides hands-on consultation and oversight for families to assess a loved one's limitations and capabilities and create a plan of care that will enable the person to stay in his/her own home. Dr. Fox was the founder of Wellspring Gerontological Services in Chicago in 1985. He is an active member of several medical associations addressing aging and health issues.

Pre-registration for the event is required. Sign up today by visiting the registration link at www.privatedutyhomecare.org.

The NPDA is the first and only association in the country dedicated exclusively to private pay home care providers. The NPDA, a nonprofit organization, currently represents more than 1,300 home care agencies in forty-four states and Puerto Rico.

Assistance League Recruitment We Are Looking For New Members

SACRAMENTO REGION – "Come join an incredible group of volunteers, who are dedicated to making a difference in our community, and share your time and talent with our membership of 250 volunteers," said Charlotte Stott, President of Assistance League® of Sacramento. A new member open enrollment and informational meeting will be held on **Sunday, April 15, 2012, at the Carmichael Park Clubhouse, 6750 Grand Avenue, Carmichael 95608.** Come meet Candy Duncan, Vice President-Membership, and other members of Assistance League of Sacramento, to learn about our all-volunteer nonprofit

organization, which is one of 120 chapters of Assistance League nationally.

If you like history, thrift shops, school-based activities have acting skills, want to help children and adults, and enjoy giving back to our community, then join Assistance League of Sacramento. Our slogan is, "Caring & Commitment in Action." For membership, applications access www.AssistanceLeague.org, or check out the Assistance League of Sacramento Facebook page or call (916) 769-2556.

The benefit to prospective members attending this annual informational meeting prior to

joining is that they learn about the commitments members make to the organization, and become familiar with the philanthropic program and fundraising activities of the chapter. Assistance League of Sacramento sponsors nine philanthropic programs providing services to the citizens of the Greater Sacramento area including El Dorado and Yolo Counties. The nine programs are Bears, Clothes for Careers, Governor's Mansion History, Eyes Right, Kids on the Block™, Operation School Bell®, Scholarship Program, Senior Friendship, and Waste Not.

Obama's IRS Threatens Tea Party

Commentary by Jay Sekulow, ACLJ Chief Counsel

The Obama Administration's IRS is targeting Tea Party groups nationwide. As many as a hundred different Tea Party groups have received invasive, and to some, threatening letters from the IRS that violate their First Amendment rights to freedom of speech and assembly.

We are fighting back, representing many of the largest Tea Party groups in America. I am personally heading up a legal team to aggressively respond to the IRS's political bullying tactics.

Stop the IRS's bullying tactics. Sign the ACLJ's petition in support of the Tea Party at aclj.org.

Conservative Tea Party groups are made up of law-abiding citizens who care deeply about this country.

They have followed the law and requested tax-exempt status for their activities just as Americans have done for a hundred years. President Obama's IRS appears to be using this as an opportunity to intimidate

– to silence – these law-abiding citizens from exercising their fundamental First Amendment rights.

These letters from the IRS ask intrusive questions about who these Tea Party groups have associated with and who they may have "directly or indirectly" communicated with. The Supreme Court has been clear: These abusive tactics are not only wrong, but violate the protections found in the First Amendment guaranteeing Americans the freedom of association.

We are demanding Congress provide oversight of the IRS—an important check and balance that's needed to reign in another intrusive Obama Administration agency. Stand alongside the ACLJ and support the Tea Party. Take action now. Stop the IRS's bullying tactics. Sign the ACLJ's petition in support of the Tea Party at aclj.org.

Jay Sekulow
ACLJ Chief Counsel
American Center for Law and Justice
P.O. Box 90555, Washington, D.C. 20090-0555

The ACLJ is an organization dedicated to the defense of constitutional liberties secured by law.

American Center for Law and Justice is a d/b/a for Christian Advocates Serving Evangelism, Inc., a tax-exempt, not-for-profit, religious corporation as defined under Section 501(c)(3) of the Internal Revenue Code, specifically dedicated to the ideal that religious freedom and freedom of speech are inalienable, God-given rights. The Center's purpose is to engage legal, legislative and cultural issues by implementing an effective strategy of advocacy, education and litigation to ensure that those rights are protected under the law.

The organization has participated in numerous cases before the Supreme Court, Federal Court of Appeals, Federal District Courts, and various state courts regarding freedom of religion and freedom of speech.

E-Waste Drive to help American River Parkway Foundation and Save the Environment!

SACRAMENTO REGION - Free Electronic Waste Drop off Fundraiser, Participants won't even have to get out of their car. Pop the trunk or open the door and we will unload for you! You can help by supporting the American River Parkway

Foundation and the efforts to preserve and protect the American River Parkway.

We will accept: monitors, televisions, desktop and notebook PCs, VCRs, stereo equipment, CD's, speakers, keyboards, mice, PDAs, digital cameras, zip

drives, telephones, cell phones, printers, copiers, laser and multifunction scanners and fax machines, microwaves, small household appliances such as toasters, mixers & blenders, vacuum cleaners with the dust bag removed

We cannot accept: Large Household Appliances (i.e. refrigerators, washers, dryers, etc.) Furniture, Hazardous Household Waste including batteries, car batteries, paint, pesticides, used oil, cleaning supplies, fluorescent light bulbs, water heaters, tires etc.

For optimal security, CEAR INC shreds all computer hard drives. The secure facility is monitored 24/7 by surveillance cameras.

Where: REI Parking Lot, 1790 Expo Parkway, Sacramento, CA
When: Saturday, March 17th, 2012

Cost: Free Drive through Drop off

Information: For more information, call 916-486-2773

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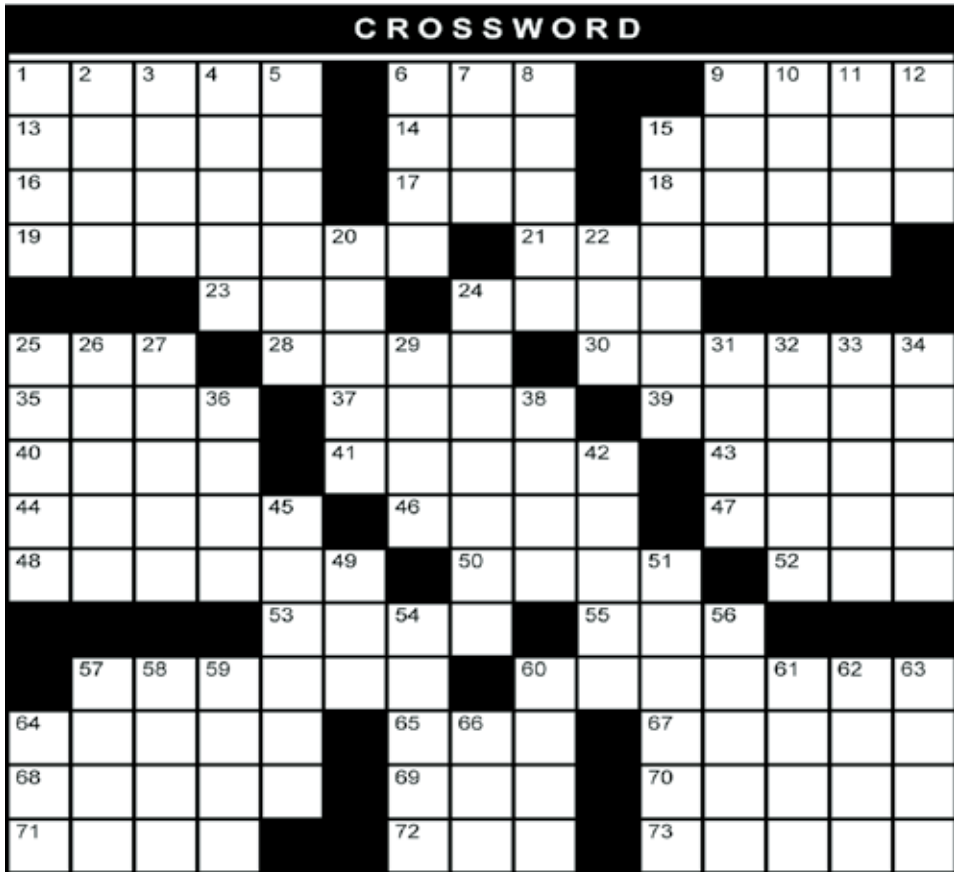
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CLUES

ACROSS

- 1. Frosting on a cake, e.g.
- 6. Heat or energy unit
- 9. *School with most championships
- 13. Love intensely
- 14. Dr. Cornelius in sci-fi movie classic, e.g.
- 15. Like dragon after knight's conquest
- 16. Copperfield's domain
- 17. Eating of forbidden fruit, e.g.
- 18. Total amount
- 19. *Game tracker
- 21. In an open way
- 23. Not vertical, abbr.
- 24. Be sick
- 25. Emergency responders
- 28. Home to Stags Leap and Wild Horse
- 30. Superlative of "yare"
- 35. Reluctant, usually followed by "to"
- 37. A tall one is not true
- 39. The present occasion
- 40. U.N. civil aviation agency
- 41. Rossini's opus, e.g.

- 43. It travels through air
- 44. Pulsating pain
- 46. At a great distance
- 47. *Final ____
- 48. Some give this when upset
- 50. Drug abuser
- 52. Dry, as in humor
- 53. Eagerness
- 55. Clinton ____ Rodham
- 57. Famous for its coffee
- 60. *Goes with March
- 64. NBC's "The ____"
- 65. "____ to Joy" by Friedrich Schiller
- 67. Become one
- 68. On the move
- 69. Julie Andrews in "The Sound of Music"
- 70. Holy See's administering body
- 71. *Ranking
- 72. Apollo to ancient Greeks
- 73. Levels

- 2. Sixth month of civil year
- 3. Downward and upward dogs are part of this
- 4. ____ Maria Remarque
- 5. Suppose
- 6. *Georgetown's conference, "The Big ____"
- 7. *Ranking based on strength of schedule
- 8. Major Italian seaport
- 9. ____ Bator, Mongolia
- 10. Collect telephone ____
- 11. Monet's water flower
- 12. "____ day now"
- 15. Novelist ____ Zweig
- 20. Muse of love poetry
- 22. Be nosy
- 24. Deadly or sinister
- 25. *Like last eight
- 26. Sweet coffee drink
- 27. A Beatle
- 29. Daddy
- 31. Over your head?
- 32. To give an income or property
- 33. Scrub or purge
- 34. Towel cloth
- 36. Ungulate's foot

- 38. Victorian or Elizabethan ones, e.g.
- 42. *Kentucky's Rupp ____
- 45. * ____ beater
- 49. "Big Island" flower necklace
- 51. Simplify
- 54. Movie " ____ Came Polly"
- 56. Boredom
- 57. Speaker type
- 58. Baptism, e.g.
- 59. Important battery component
- 60. *Cobbler, cobbler, ____ my shoe"
- 61. Republic of Ireland
- 62. Done in a pot
- 63. Ligurian one and Adriatic one
- 64. Military hospitals
- 66. Simon & Garfunkel, e.g.

For Solution See Page 7

Sacramento County DA Reports

Recent case of interest

CASE: Tom Daniels (03/03/12)

PROSECUTOR: Deputy District Attorney Kimberly Macy

District Attorney Jan Scully announced today that the Honorable Trena H. Burger-Plavan sentenced Rio Linda First Baptist Church Pastor Tom Daniels 158 years to life in prison. In December, Daniels was convicted by jury of 11 counts of molestation.

Daniels molested five different girls between December 2002 and August 2007. One child was at his house for daycare and the other four were there for respite care. The ages of the girls ranged from 5 to 8 years old at the time of the assaults.

CASE: Timothy Lowder (02/29/12)

PROSECUTOR: Deputy District Attorney Carlton Davis

District Attorney Jan Scully announced today that Timothy Lowder was convicted by jury of child molest.

On Christmas evening 2008, Lowder was alone with the victim watching television. While they were alone, he molested the victim twice. He had been previously convicted of molesting his niece.

Deputy District Attorney Carlton Davis states, "I want to thank District Attorney Victim Advocate Rafaela Perez for providing critical support and assisting the victim and her family during the entire court process."

Lowder faces a sentence of 28 years to life in prison. Sentencing is set for April 6, 2012 in Department 12 of the Sacramento Superior Court.

Carmichael Geranium Society March Meeting

Friday March 9th, at the Carmichael Community Clubhouse 5750 Grant Avenue Carmichael 10am - Noon

This month is a plant workshop featuring Mr. Geranium, Donn Reiners. Donn will provide advice and horticultural tips for growing geraniums. Guests welcome.

For more information call 916/481-2076.

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

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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.

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From Robert L. Webber,
Sac Metro Fire

SACRAMENTO REGION—The Sacramento Metropolitan Fire District, also known as Metro Fire, is the seventh-largest fire district in California with 38 strategically located fire stations. The highly skilled firefighters and support personnel of Metro Fire serve nearly 640,000 citizens over a 417-square mile area, serving Sacramento and Placer counties including the City of

Citrus Heights and the City of Rancho Cordova.

The men and women of Metro Fire run approximately 65,000 emergency calls annually. These calls vary and include all types of emergency situations, from fires to auto crashes to flooding.

Historically, Metro Fire represents 16 former fire agencies, some of which were founded more than six decades ago. In the early 1900's many of our Sacramento communities had their own fire departments and over the years these departments have merged and become more efficient with their resources.

In 2000, American River Fire District and Sacramento County Fire Protection District merged to become Metro Fire. To find out more information about Metro Fire or other related

topics visit us on our website: www.sacmetrofire.ca.gov. On our website we try to provide you with answers to frequently asked questions, safety tips and fire prevention solutions. Also, while you are there sign up for our email newsletter. You will receive a quarterly newsletter on information to keep your family safe.

We will also be pushing out updated emergent information that you may need during an emergency situation such as road closures, evacuation routes, etc. You can also find us on Facebook and Twitter. We believe that the more you know about Metro Fire the better we can serve. We would love to hear from you. You can email us anytime at communityservices@smfd.ca.gov.



Carmichael Recreation and Park District is announcing these upcoming events

Ukrainian Egg Workshop Saturday March 10 from 9:30-11:30 am

For Adults Only (18+ Years) • Held at La Sierra Community Center, Room 800
Register at La Sierra Community Ctr., 5325 Eangle Rd, Ste 100
Online at www.carmichaelpark.com • Ph: 483-7826

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Instructor: Kelly Stapp • For more info. call: (916) 485-5322 (Hrs: 8:30am-5:00pm)

Tiny Tots Room: (916) 972-7647 (Hrs. 9am-12pm)

You can also email Alaina@carmichaelpark.com or

Visit us on our website at www.carmichaelpark.com



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

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16th SEASON

SACRAMENTO COMMUNITY CENTER THEATER

English Grandeur

Saturday, April 14, 2012 at 8:00 PM | Pre-talk at 7:00 PM

Belshazzar's Feast | William Walton

An epic work of enormous passion, sensitivity and unparalleled drama, vividly recounting the fall of Babylon and Jewish repatriation.

Based on the books of Daniel, Isaiah, Revelations & Psalm 137

Come discover why *Belshazzar's Feast* is considered Sir William Walton's most powerful work.

Metropolitan Opera Star

Clayton Brainerd, Bass Baritone

Special Guests:
Sacramento State University Chorus

Performed in English with projected supertitles



Song of Thanksgiving | Vaughan Williams

Carrie Hennessey, Soprano

Sacramento Children's Chorus, Lynn Stevens, Director

Five Mystical Songs | Vaughan Williams

Let the People Praise Thee, O God (Psalm 67) | William Mathias

(Lady Diana's Royal Wedding Anthem)

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POPOFF!

with Mary Jane Popp

chronic diseases. Hamilton added that President Clinton was a prime example that by eating the standard American diet (SAD) and taking on a whole lot of stress will often lead to heart disease, the world's number one killer.

Kirk has been instrumental in guiding his patients and clients toward the path of optimal health since 1983, and now comes his book "Staying Healthy in the Fast Lane." In his book, he directs us to nine simple steps to optimal health. It's a Triad Wellness Program with three phases and three steps in each phase.

I TRIAD DIET PROGRAM:

- 1) Eat whole unprocessed foods (90% or more as plant food, if not all plant food).
- 2) Eat at least half your food intake as vegetables.
- 3) Eliminate All Dairy Products or eat from the Basic Elimination Diet (BED) for at least once month.

II TRIAD EXERCISE PROGRAM:

- 4) Do a half hour minimum of daily aerobic exercise.
- 5) Do Strength Training (circuit training) fifteen to thirty minutes, three to four days per week.

6) Do flexibility Training (tai chi, yoga, Pilates, stretching) ten to sixty minutes daily.

III TRIAD MIND-BODY

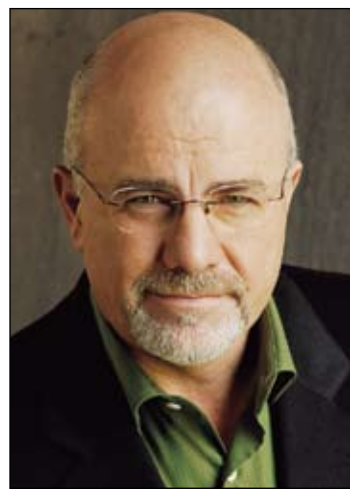
- 7) Be Thankful for five minutes, morning and evening.
- 8) Sit Quietly for fifteen to sixty minutes daily.
- 9) Imagine your ideal health and life daily for five to fifteen minutes. Think about what you want, not about what you don't want. Write it down. Picture it!

Kirk explains how it's imperative to the health and vitality of the nation that we implement a paradigm shift where eating and living well becomes the norm through science and common sense and not the reliance on insurance coverage for treatment for chronic diseases that are ultimately preventable. You can join Kirk's free health letter "Staying Healthy Today with Kirk Hamilton at www.Prescription2000.com. He aims to make America healthy in "Staying Healthy in the Fast Lane." Time to take your life into your own hands!

Join Mary Jane for the KAH! Noon News Monday-Friday and then again for POPOFF 10 PM-Midnight.

HEALTHY IN THE FAST LANE

He's was happy President Clinton got heart disease? That may sound a bit peculiar, but 28 year veteran healthcare professional Kirk Hamilton says it was a wake-up call our lackadaisical attitude toward health in our country. President Clinton was a major fast-food eater. After quadruple bypass surgery and two stents in his artery, he has changed his ways mainly eating beans, fruit, whole grains and vegetables. And, he says he feels better and is keeping off the pounds. Kirk is a vegan and strong proponent of a plant-based diet, and feels that the President's battle with heart disease and dietary changes can show us the real way to health care reform by using our diets to prevent and/or reverse killer



Dave Says

Dear Pamela,

You might want to get another opinion. Sure, a new kitchen would be nice, but is that the end-all, be-all? Either way, there's no way I'd go into debt to make this happen. Your house isn't even on the market yet. There's no reason to fix up a house that's not for sale, especially when you only have \$3,500 to your name!

There is, for sure, a financial storm brewing on your horizon. Start right now living on rice and beans and saving up piles of cash to build a bigger umbrella.

Wait until he actually lands another job before you make any big decisions. What if something pops up where you are? If you end up moving, then you might take \$2,000 from savings to fix up the kitchen and get the house sold. Don't do it unless you're going to pay cash, though! You don't want a second mortgage hanging over your heads, making everything even more difficult.

- Dave

Leave the 401(k) Alone!

Dear Dave,

My husband has been transferred again in his job. Right now, we have three houses and about \$60,000 in other debts. He just found out that he can borrow against his 401(k) without hardship at the beginning of the year.

Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times best-sellers - *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others.

Get your Priorities Straight

Dear Dave,

My husband's company recently told everyone that massive layoffs are coming, and they should start looking for other jobs. Right now, all of his options are out-of-town. A real estate agent told us we'd have to remodel our kitchen in order to sell the house. We've got \$3,500, but remodeling would take about \$2,000. Should we get a second mortgage to get the work done?

- Pamela

Is this a good idea?

- Yvonne

Dear Will,

Three houses? Do you buy a new house every time you move? You guys need to stop doing that. The "other debt" isn't the problem. It's those houses that are killing you!

I would never recommend that someone borrow against their 401(k) just to pay bills. It might be a different story if you were facing foreclosure or about to file bankruptcy, but that doesn't sound like the case here. I think you've just made some really bad decisions, and these decisions are following you around and messing up everything else.

Most of the time in situations like this I have to say: "Sell the car!" In your case, it's: "Sell the houses!" I know the market isn't great in some areas, but these things are eating you guys alive. You've got to put some effort into getting rid of them. Then, start living on a really tight budget and clean up the other debt!

- Dave

*For more financial help, please visit daveramsey.com.

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The Best Man by Gore Vidal



The original 1960 production of The Best Man ran for 15 months in New York.

The Best Man portrays the ugly fight between two political candidates for the presidential nomination of their unnamed party. Each man has a secret in his past, which if brought to light would end his political career.

The original 1960 production of *The Best Man* ran for 15 months in New York and was nominated for six Tony Awards. *The Best Man* is opening again in the spring of 2012,

and it is remarkable how little things have changed in the last 40 years. Mudslinging is still considered a valid tactic during a heated campaign, and one man's personal agenda can ultimately change the course of a nation.

Gore Vidal's *The Best Man* is a winner! Extraordinarily fresh, witty, sharp and relevant." -- The New York Daily News

"This morality tale of a national

political convention still rings appealingly with the whip cracks of abiding worldly wisdom dispensed in quips." -- New York Times

Play Dates: Runs three weekends, Friday, March 16 through Sunday, April 1

Times: 8 p.m. Fridays and Saturdays, 2 p.m. Sundays.

Theatre One: Located at 2425 Sierra Blvd., Sacramento (one block north of Fair Oaks Blvd. between Howe and Fulton). Wheelchair accessible

Tickets: \$14 general admission, \$12 students/seniors. Tickets can be purchased on-line at theaterone.org and at uuss.org/Groups/TheaterOne. Tickets will also be available at the door.

Reservations & Questions: tickets@theaterone.org

Theater One is the nonprofit, community theater company sponsored by the Unitarian Universalist Society of Sacramento. Its objective is to present entertaining, thought-provoking and socially relevant plays.

Contact Ms. Pat Skeels, Publicist for Theater One, 2425 Sierra Blvd, Sacramento, CA 95825; (916) 704-2649; patskeels11@gmail.com.

SACRAMENTO FINE ARTS CENTER, INC.

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Exhibition Schedule

February 21- March 10, 2012 Animal House
March 13 - 31, 2012 Mira Loma High School

April 3 - 21, 2012 WASH Members Watercolor Show
April 24 - May 5, 2012 To Be Announced



"Jungle Bird" Watercolor by Barbara Kempe. Best of Show.

Animal House Art Exhibition

February 21 - March 10, 2012

Animal House 7th Annual Juried Fine Art Exhibition of Animal Themed Artworks. It's a ZOO out there!

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Judges include Nikki Solone, Ann Bradley and Larry Brenden.

View Online Catalog at our website.

Contact the Fine Arts Center for further information.

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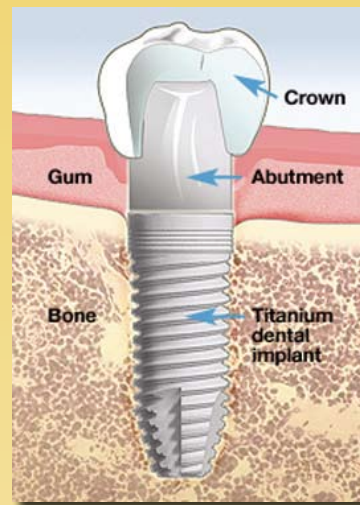
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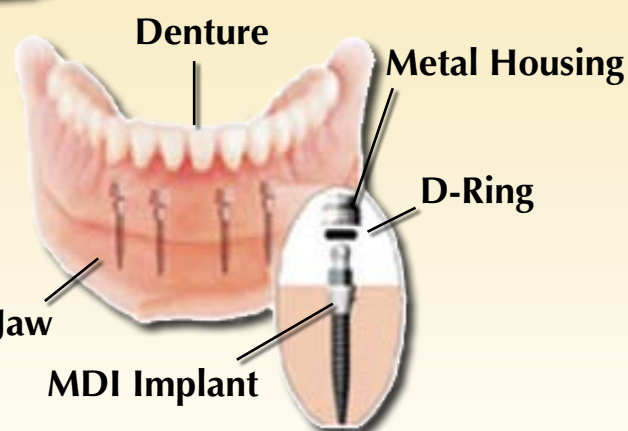
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NEW AT ARDEN PLAYHOUSE

Take One Depressed Husband; Add a Wife Fond of Soap Operas; Stir Things up...and You Get a
“Soap Solution”



As if he didn't have enough trouble dealing with the misguided attention of the scantily-clad Marsha (Stephanie Hobson, left) and the decision by Jeff (Chris Smith, left) to run around in his underwear, Larry (Phillip Pittman) is suddenly confronted by Gwen (Stephanie Smith) in provocative lingerie in the Arden Playhouse production of SOAP SOLUTION. Photos courtesy of Arden Playhouse - Micheal Messmer (photographer)

SACRAMENTO REGION – Arden Playhouse is pleased to present *Soap Solution*, a comedy in two acts by Michael Messmer. Messmer has written over thirty plays and has seen many of them produced at Arden Playhouse. He is also the director of *Soap Solution* and has incorporated

elements of melodrama, bedroom farce, and vaudeville to craft *Soap Solution* into a wildly hilarious and zany romp.

Larry King thinks he's washed up as a writer. His wife recently left him in an attempt to shake him out of his depression. Now he's gone to a mountain cabin

for a few weeks of peace and quiet and crossword puzzles. His wife, however, has other plans for him. She's hired some actors who've done bit parts on several soap operas. Her plan is for them to get him caught up in a crazy story they have concocted based on their experiences in the

soaps. Keeping him confused is their objective and they seem to succeed for a while with situations that range from a potential suicide to a potential sexual orgy. Just when his wife thinks they've succeeded in rattling his cage, he turns the tables on her and (with a little help from the actors) convinces his wife that her plan may have gone awry.

Arden Playhouse is thrilled to welcome veteran Patty Thiel and four new actors to its company for *Soap Solution*. Patty Thiel (Sarah), Phillip Pittman (Larry), Stephanie Hobson (Marsha), Stephanie Smith (Gwen), and Chris Smith (Jeff) are the talented cast bringing this entertaining comedy to life.

Soap Solution opens on Friday, March 9, 2012 with performances

on Friday and Saturday nights at 8pm through April 21. Sunday matinees are at 2pm on March 18 and April 1, 2012.

All tickets are \$18 general admission. Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

For more information about *Soap Solution*, or to find out about our group discounts, call the theater office at 332-2582, email admin@ardenplayhouse.com, arden@ardenplayhouse.com, or check the website ardenplayhouse.com.

Celebrating “Leap Sixteen” Birthday



By Julie Parker

SACRAMENTO REGION - Dressed in a pink dress and tiara, Sue Radoff enjoyed a fabulous Sweet Sixteen birthday party, with dancing and a disco ball. There were two pink-frosted cakes shaped in “1” and “6,” large and mini-cupcakes, and a no host bar. Uh ... what?

Technically, Radoff is over 60 years old, but, as a leap year baby, she enjoyed this year's “leap” 16th birthday at RJ Grin's, where friends' hugs and toasts overflowed. “What a way to celebrate leap year; that's when we feel special. The others never seem to count.”



Sarah (Patty Thiel, left) is determined not to let her husband, Larry (Phillip Pittman), be seduced by Marsha (Stephanie Hobson) in the Arden Playhouse production of SOAP SOLUTION. Photos courtesy of Arden Playhouse - Micheal Messmer (photographer).

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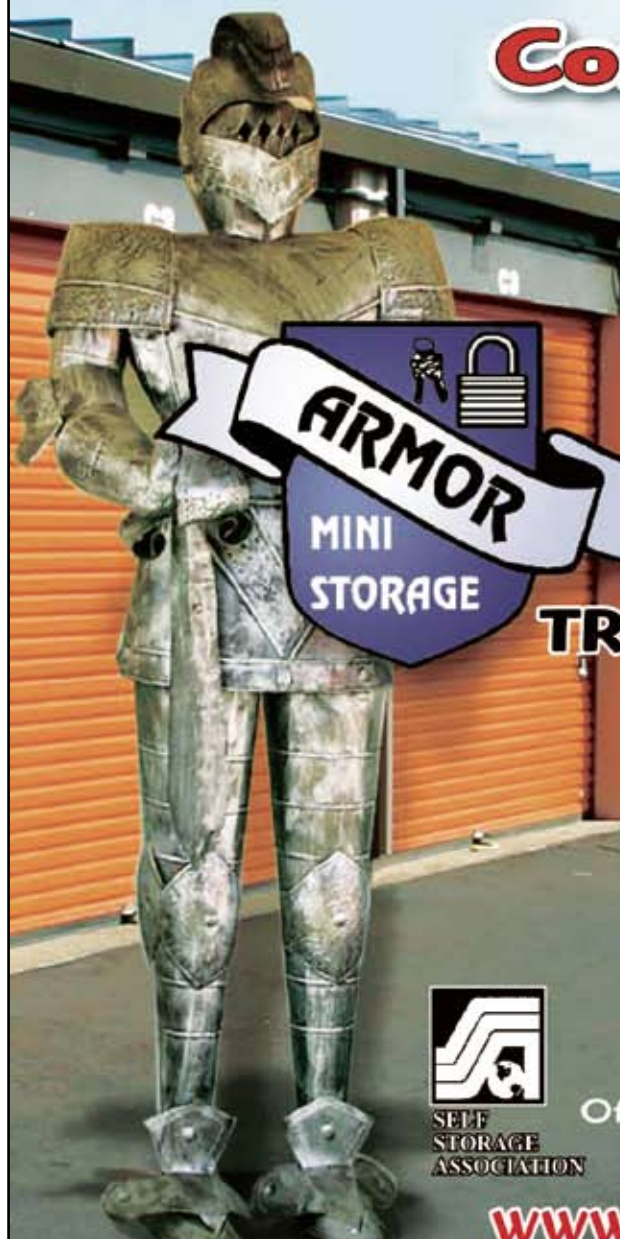
A traditional healthy Persian plate of fresh veggies and herbs such as basil, mint, tarragon, chives, radish, scallion, cilantro, parsley, dill, and watercress served with feta cheese, walnuts, and olives.



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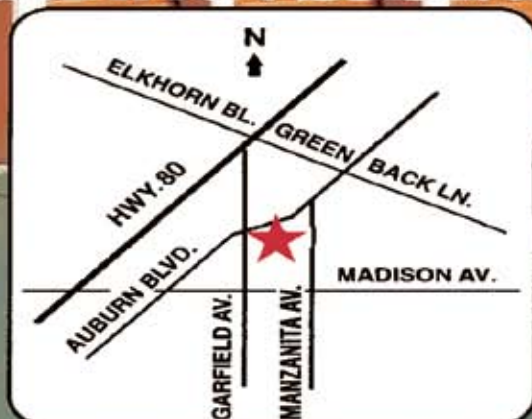
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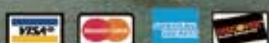


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