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PLUS: Governor Brown Announces New Appointments

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Carmichael Times

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Serving Carmichael and Sacramento County since 1981

February 15, 2012

Shoulder Pain and the Spine: Chiropractic Solutions from Dr. Bob Graykowski



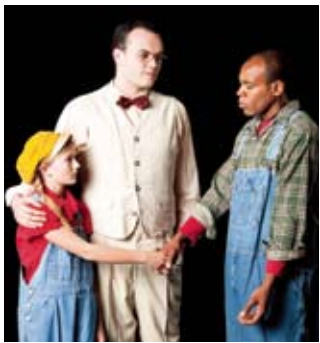
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A Leisurely Cenozoic History of Sacramento County



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ARC Theatre to present Harper Lee's Powerful, Heart-wrenching Classic



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Rewarding a Good Deed



Let's all show the Kiwanis and the community just how many people there are out there helping others.

CARMICHAEL – Would you like to have someone recognized for their good deeds or hard work as a local volunteer? Each year the Kiwanis Club of Carmichael recognizes citizens who have performed extraordinary community service in the greater Carmichael area. They

are currently seeking nominations for Volunteer of The Year and Outstanding Service

Nominations can come from any member of the Carmichael Club, member of the community, or community organization. Nominations may take the form of a narration of 100 words or

less describing why an individual is deserving of this award.

Nominees need not be a Carmichael resident. The service can have occurred in the previous year or in previous years. Priority will be given to nominations that have the greatest impact upon the community. For

the Volunteer of The Year Award, the recipient must be a non-paid volunteer. Nominations received after the deadline will be held for consideration the following year.

All nominations are reviewed by the Club's Human and Spiritual Values Committee during March and recommendations are made to the Carmichael Kiwanis Board of Directors for approval. The awards are presented during April of each year.

Nominations are now being solicited for award recipients. All nominations must be received by February 28th. Written nominations should be submitted to Virginia Stone, Chairman of the Human and Spiritual Values Committee at virginia.stone@sbcglobal.net. Kiwanis Club members are not eligible.

You know you know someone that has given their time or talent to others. Let's all show the Kiwanis and the community just how many people there are out there helping others. It's time to thank them for their good works.

To find out more about the Carmichael Kiwanis club see their web site at www.carmichaelkiwanis.org

Roll Over Car Crash Ends in Child's Death

CHP Report

SACRAMENTO REGION – On February 11, 2012 at approximately 4:20 p.m., Joe Chanthavong, a 26 year old from Sacramento was driving a blue 1999 Honda Accord southbound on I-5 from I-80. The Honda and a black pick up type vehicle, which was following behind the Honda, were apparently engaged in some type of road rage, making unsafe lane changes, following too close, and speeding.

As the Honda was traveling in the #2 lane just north of Garden Highway, Chanthavong abruptly steered to the right in attempt to exit the freeway. This movement caused him to lose control of his vehicle and travel across the gore point of the Garden Highway off-ramp and continue down an embankment where it traveled through a chain link fence and overturned. The Honda came to rest on its wheels in a grassy area west of the fence.

The adult occupants' four year old son, who was not properly secured in a child restraint seat, was ejected and sustained fatal injuries. The right front passenger, Melinda Phounglonghong, a 23 year old from Sacramento was transported to UCD Medical Center with minor cuts and abrasions. Chanthavong was also transported to UCD Medical Hospital with a contusion to his head and minor cuts and abrasions.

Chanthavong is unlicensed and it is unknown if drug use is a contributing factor pending a toxicology report. This collision is still under investigation and charges are pending.

Witnesses reported the vehicle involved in the alleged road rage prior to this collision as a black Chevy pickup similar to an Avalanche displaying California license plates. If you have any information on the vehicle, its occupants, or this collision, please contact the North Sacramento CHP office at (916) 338-6710 or CHP Communications Center at (916) 861-1300.

REMEMBER TO ALWAYS BUCKLE UP AND DON'T DRINK AND DRIVE

The California Highway Patrol is a law enforcement and traffic safety agency reporting to Business, Transportation and Housing Agency Acting Undersecretary Traci Stevens and Governor Jerry Brown.

Source: Officer Lizz Dutton, Public Information Officer.

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Adopt-A-Family Serves All-Time Record



The 2011 Adopt-A-Family program provided food and gifts for local, low-income families during the holiday season. Without this program, families may go without holiday dinner and gifts for their children.

SACRAMENTO REGION – The Volunteer Center of Sacramento (VCS) would like to thank its sponsors and volunteers for helping make its 2011 Adopt-A-Family a record success.

Through the generosity of the Sacramento area, VCS was able to find adopters for 412 struggling families in our community, which includes a whopping 1,246 children. This amounted to about \$176,100 in clothing, food and toy donations distributed throughout the Sacramento community.

VCS more than exceeded its goal of helping 300 families, and almost doubled last year's program, which adopted 222 families for a total of 567 children.

"Words cannot convey how truly humbled we are by the generosity of the Sacramento area," says Frank Kennedy, executive director of The Volunteer Center of Sacramento. "This program would not be possible without the amazing support of our sponsors and volunteers. It just goes to show Sacramento may be a city, but we are a tight-knit community that truly cares about each other."

The 2011 Adopt-A-Family program provided food and gifts for local, low-income families during the holiday season. Without this program, these families may go without holiday dinner and gifts for their children.

For more information about the Adopt-A-Family program and to get on the list to help out in 2012, email info@volunteersac.org, call (916) 567-3100, or visit www.volunteersac.org/adopt-a-family.

The Volunteer Center of Sacramento was founded in 1962. The Volunteer Center of Sacramento works to strengthen the Sacramento community by connecting volunteers with opportunities to serve. The Center acts as a central location for all volunteers to learn about new volunteer opportunities.

For a full list of volunteer opportunities in the Sacramento area, visit www.volunteersac.org.

Adventure Halfway Across the World

By A. Weaver

CARMICHAEL – When Carmichael resident Jeff Wagner sets out for an adventure, he usually finds one. His latest adventure took him halfway across the world to the African country of Namibia.

Last year, Jeff and a group of his fellow church members, went to Namibia for several weeks, on a mission for the Church of the Nazarene, in Carmichael. This self-less group of church volunteers was comprised of doctors, lawyers, teachers, seniors, retired people and home-bodies from the Sacramento area.

They not only paid their own way to Africa and back, but the group supplied all of the building materials that were needed to build structures for the villagers there.

When they got to Namibia, they found the lodgings to be quite simple and primitive. No four star hotels here. Jeff and the others slept on cots in the multipurpose room of the village church.

A plumber by trade, Jeff used his plumbing know-how to help many of the villagers, who had no running water, toilets or sinks.



Jeff Wagner says his work in Africa "opened my eyes to a lot of things, and made me thankful for what we have here."

"I was created to fix things," he said. His goal was to fix leaks and faucets, including fixing a big leak in their water storage tank that kept it from filling up with water. Running water and indoor plumbing are things we take for granted in our country, but in Namibia, they come as a blessing for these native peoples.

Jeff and his group also helped to build a church in one of the villages. Church members built

the structural part of the building, while the villagers put up the rest.

According to Wagner, the village chief has cell phone, electricity in his hut, and a satellite dish. But he is the only one. The average person there, does not have a cellphone, lives in mud huts with thatched roofs, and has no plumbing or running water.

"Cell phones are big in Namibia," Jeff said. And people

know by the number of rings what a phone call is about."

A trip to Africa wouldn't be complete without going on a safari. Jeff and his fellow church members saw many different species of animals, such as jackals, zebras, giraffes, donkeys, lions, exotic birds and more.

While there, he and the other church volunteers sampled some of the more exotic native dishes, such as mongoose, goat and ostrich meat, as well as discovering that termites were good to eat too.

Namibia, officially known as the Republic of Namibia, is a Presidential Republic country in southern Africa, whose western border is the Atlantic Ocean.

Namibia officially gained independence from South Africa in March 1990, following the Namibian War of Independence. Its capital and largest city is Windhoek. The population is well over 300,000.

Before gaining its independence in 1990, the area was known first as German South-West Africa. Then, as South-West Africa, before becoming Namibia.

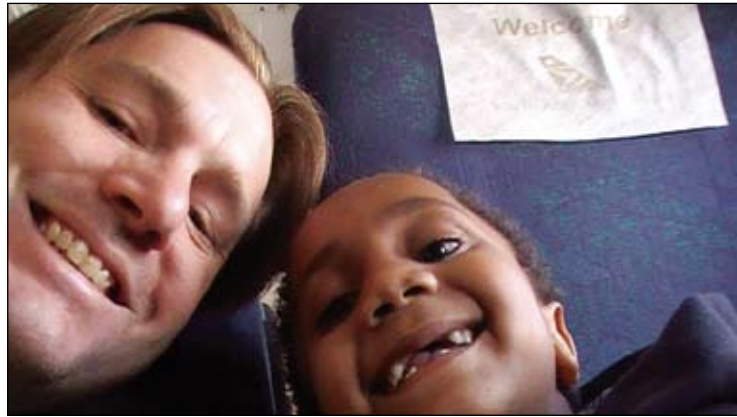
Continued on Page 2



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Adventure Halfway Across the World



A plumber by trade, Jeff used his plumbing know-how to help bring smiles to many of the villagers, who had no running water, toilets or sinks.

Continued from Page 1

Since then, Namibia has successfully completed the transition from White Minority Apartheid rule to Parliamentary Democracy. Multi-party Democracy was introduced and has been maintained. The president of Namibia is elected to a five-year term and is both the head of state and the government. The official language is English, and until 1990, German and Afrikaans were also official languages. And compared to its neighbors, Namibia has a great deal of media freedom.

Namibia is known for its gems and diamonds, and a number of other minerals, such as lead, tungsten, gold, tin, marble, copper and zinc. It is also a source of uranium.

After September 11, 2001, Jeff and his family no longer felt safe in New York. So he packed up his family and headed out West. Today, Jeff owns and runs his own plumbing business, Wagner Plumbing, and lives in

four hours and 49 minutes." "I'm always running," he said with a laugh. While training for triathlons, he uses different exercise philosophies like yoga and meditation.

Jeff feels a responsibility to the planet and is concerned about recycling, conserving and re-using things. He even converted his truck to run on ethanol fuel. And his voice mail greeting says that he is "Changing the Rain Forest, One Flush at a Time."

Jeff noted that his work and that of the others, who go to a foreign country to try to improve the lives of the other people, really "opened my eyes to a lot of things, and made me thankful for what we have here."

Jeff can be reached at Wagner Plumbing, 916-481-6593. He gives free estimates and senior discounts. His website is: www.jeffthelumber.blogspot.com.

Carmichael with his wife, daughter, 20, and son, 17.

Jeff runs six miles a day after putting in a full day's work day. He is training for the Ironman Competition and recently competed in the California International Marathon, a 26-mile run.

He finished in an impressive



Jeff and his fellow church members saw many different species of animals, such as jackals, zebras, giraffes, donkeys, lions, exotic birds and more.



From State Senator Ted Gaines

Perfect Score on Small Business Issues Voting Record

I'm proud to announce that I have scored 100 percent on the National Federation of Independent Business (NFIB)/California's 2011 Legislator Voting Record on small business issues. I was one of only 17 state legislators out of the 120

Ted Gaines Reports

Assembly and Senate members to receive the top score.

As a small business owner myself, I know first-hand the hurdles and burdens California's job creators face every day. I am committed to generating opportunities for small businesses to thrive, not stifling their growth with excessive taxes and onerous regulations.

NFIB/California's Voting Record is designed to provide a critical evaluation of a legislator's attitude towards small business. NFIB/California is the state's leading nonprofit, nonpartisan small business association representing more than 20,000 small and independent businesses in California.

The Voting Record is developed by selecting key bills proposed by the legislature that affect small business and on which every member of the

legislature had an opportunity to cast a vote. The votes on those bills are then recorded and a percentage is determined for each member of the Assembly and Senate.

In my continued effort to help lighten the load for California small businesses, I plan to reintroduce a regulatory reform bill this session that I've previously carried for two years in a row that would reduce and streamline the number of state regulations on the books. My bill will allow small businesses to focus on what they do best — create jobs and spur the economy — with the ultimate goal of getting our state back on track.

The NFIB/California Voting Record, with descriptions of the bills used in the report, is available on their website at www.nfib.com/ca.

Sharing Crafts



Rosemary and Josh Rubinstein — with offspring Eitan, Eliana and Lev — share crafts with Einstein Center resident Johanna Davlin. The occasion was a Mitzvah Week opportunity for children to be grandkids for a night at the Arcade facility. Sponsors of the project were the PJ Library (a program of the Jewish Federation) and fellow non-profit Milk and Bookies. Photo and text by Susan Maxwell Skinner.

Hometown Heroes

Air Force Airman David Salazar graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

The airman completed an intensive, eight-week program that included training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills.

Airmen who complete basic training earn four credits toward an associate in applied science degree through the Community College of the Air Force.

Salazar is the son of Silvia Salazar and Mario Miranda, both of Zeeland Drive, Citrus Heights.

He is a 2010 graduate of San Juan High School, Carmichael.

Army Pvt. Taylor J. Ferry has graduated from Basic Combat Training at Fort Sill, Lawton, Okla.

During the nine weeks of training, the soldier studied the Army mission and received instruction and training exercises in drill and ceremonies, Army history, core values and traditions, military courtesy, military justice, physical fitness, first aid, rifle marksmanship, weapons use, map reading and land navigation, foot marches, armed and unarmed combat, and field maneuvers and tactics.

Ferry is the son of Maureen and Steven Ferry of Marlborough Way, Carmichael. He is a 2011 graduate of Rio Americano High School, Carmichael.

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Catholic Healthcare West is Now Dignity Health



Chamber Mixer Event Hosted by Mercy Medical Center

Mercy San Juan Medical Center provided an inviting and delicious spread of hors d'oeuvres and treats at the Valentine's Day Chamber of Commerce mixer on February 8th.

The event was held at the Mercy Center to announce that Catholic Healthcare West (CHW), the fifth largest health system in the nation, has changed its name to Dignity Health that will position the organization to succeed in a changing health care environment.

(From L to R): Enjoying the great food and networking were Sacramento County Supervisor Susan Peters, Peter Tateishi, Republican candidate for State Assembly, Carmichael Chamber President Chris Meyers, Becky Furtado Communications Specialist for Mercy San Juan Medical Center, Brian Ivie, President of Mercy San Juan Medical Center and Barbara Ortega, Democrat candidate for State Assembly.

CARMICHAEL – Catholic Healthcare West (CHW), the fifth largest health system in the nation, announced January 23rd that it has changed its name to Dignity Health as part of a governance restructure that will position the organization to succeed in a changing health care environment.

“This name and structure reflect who we are and what we stand for,” said Sr. Judy Carle, vice chair of the Dignity Health Board of Directors and a Sister of Mercy. “The value of dignity is embedded in our culture. Our mission, vision and values were all formed out of the recognition of the inherent dignity of each person. We are confident that our vision for the organization will be achieved.”

Under the new governance structure, Dignity Health is a not-for-profit organization, rooted in the Catholic tradition, but is not

an official ministry of the Catholic Church. The new structure and name enable the organization to grow nationally, while preserving the identity and integrity of both its Catholic and non-Catholic hospitals. The organization's Catholic hospitals will continue to be Catholic, directly sponsored by their founding congregations, and adhering to the Ethical and Religious Directives for Catholic Health Care Services. Dignity Health's non-Catholic hospitals will continue to be non-Catholic, adhering to the Statement of Common Values.

The changes follow several years of discussions between the organization's sponsoring congregations, board of directors, and management team about the future of health care and how to best extend its healing mission. Dignity Health's long term strategic plan is focused on

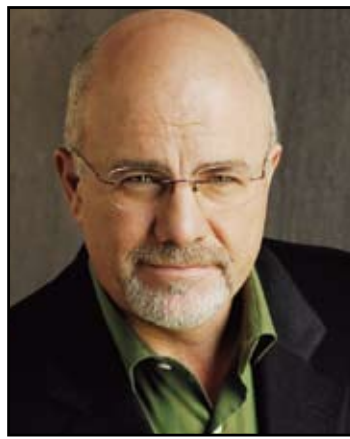
integrated care and enhanced quality that reduces costs. Growth plans anticipate expanded partnerships, which will include both Catholic and non-Catholic care centers. The system currently owns or operates 25 Catholic hospitals and 15 non-Catholic hospitals.

Lloyd H. Dean, the organization's president/chief executive officer said that the changes would enhance the organization's ability to work across the spectrum of health care and expand partnerships to deliver high-quality care more efficiently.

“Changing our name to Dignity Health reflects our commitment to excellent care for all in need and to being a national leader in quality care,” Dean said. “The new structure supports our long-term plan to grow and coordinate care, while reinforcing our mission of service to the communities we are so privileged to serve.”

While the name of the organization has changed, Dignity Health will continue to deliver excellent care to all in need and maintain its commitment to being a national leader in quality care. It is investing approximately \$1.8 billion in electronic medical records, which are being deployed over the next five years. Dignity Health has also been designated as one of the nation's first Hospital Engagement Centers by the Centers for Medicare and Medicaid Innovation. The organization is also among those leading the nation in implementing innovative care models that improve care and reduce costs.

Dignity Health has also adopted a new logo, which represents the coming together of many caregivers, services and care centers to create a continuum of care. The three curved sections represent the three parts of the organization's mission – quality care, advocacy, and partnering. The logo surrounds and embraces a central space, symbolic of how an integrated health system embraces and serves the individual.



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.

Insurance Necessities?

Dear Dave,
I've got auto insurance, but can you tell me what other kinds of insurance are good to have?

- Chris

Dear Chris,
The purpose of insurance is to transfer risk that you can't afford to take. Most people can't afford to have a heart attack and triple bypass surgery. Having to pay for something like that completely out of pocket would bankrupt just about anyone. That's why health insurance is a vital part of any good financial plan.

It's also important to have

Dave Says

auto, which you do, and homeowner's insurance, too. If you don't own a home, make sure you have renter's insurance instead. Don't forget about life insurance, either. If you're married or have kids, you should carry eight to 10 times your yearly income in a good, 15- or 20-year level term life insurance policy. This means if you make \$40,000, you should have about \$400,000 wrapped up in life insurance.

Long-term disability insurance is vital. The cheapest way to get this is in a group. If you buy it yourself, out on the open market, you'll find that the rates are based more on your occupation than your age or health. So, if you fly a desk, it'll be a lot cheaper than if you work with your hands.

And don't forget long-term care insurance. You need “nursing home insurance” the moment you turn 60. It will also take care of you in your own home. The statistical probability of needing it before age 60 is about one percent, so I'd wait until then to buy long-term care insurance.

This kind of insurance can make sure you get the kind of care you want in your declining years. Plus, it can keep your nest egg with you and your family and out of the hands of the nursing home!

Land Investment

Dear Dave,
My wife and I make about \$85,000 a year. We're debt-free, and we have no kids. We'd like to start saving money to buy some land in the near future. What percentage of our savings should we put toward this?

- Dennis

Dear Dennis,
I don't know if there's necessarily a specific percentage for this kind of thing. Since you guys are already debt-free you need to make sure that you've got a fully-loaded emergency fund of three to six months of expenses in place, along with retirement funding. In your case, anything else you have sitting around is simply wealth.

If you've got \$50,000 sitting in a savings account in addition to these things, and you'd rather have \$50,000 worth of dirt instead of a bank account, I'm cool with that. It's really more a matter of ratios than percentages

- Dave

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Dr. Bob Graykowski



Not surprisingly, shoulder pain can result from a bump, bruise or torn rotator cuff - a separation within the quadruple group of muscles encasing the shoulder joint. What may surprise you, however, is that misaligned cervical vertebrae (bones in the spine of the neck) can also spark shoulder pain.

It's All Connected

Dysfunction related to the cervical spine leads to stressed muscles not only in the neck, but also in the entire shoulder girdle: also known as the pectoral girdle.

The primary function of the pectoral girdle is to provide an attachment point for the numerous muscles that allow the shoulders and elbow joints to move. When nerves become trapped, muscles cease to function properly because they're no longer getting their electrical instructions.

Diagnosing the Cause of Shoulder Pain

Proper diagnosis of shoulder pain is crucial. For instance, a recent study followed a 30-year-old female patient suffering from a combination of intense shoulder, bicep and tricep pain - along with numbness in her thumb, index and middle fingers. Her family physician diagnosed the pain as tendonitis and told her to ice and "rest" the shoulder. After three weeks of excruciating pain, she sought a second opinion and learned that she had two herniated cervical discs.

Chiropractic Care for Shoulder Pain

It is crucial to do a proper examination for the underlying cause of shoulder ailments, including misalignments in the spine of the neck. "A thorough history and detailed physical examination will, in most cases, identify the cervical spine or the shoulder as the primary source of the condition".

Using safe, gentle maneuvers known as chiropractic adjustments helps realign the vertebrae: correcting the chain of events that may induce spine-related shoulder pain.

The SCM/SAN Link

The sternocleidomastoid (SCM) muscles - one on each side of the neck - allow you to turn your head and bend it forward. They also support your head as you get up from lying down. The spinal accessory nerve (SAN) connects the central nervous system with the SCM and trapezius muscles, which are responsible for several actions, including shoulder elevation.

Suprascapular Nerve

Entrapment of the suprascapular nerve is a "rare peripheral neuropathy, which can be easily overlooked in the differential diagnosis of shoulder pain and dysfunction. Entrapment can occur at several locations along the pathway of the nerve."

Posture and Shoulder Pain

Did you know that improper posture can also spark misalignments of the neck and cause shoulder pain? For instance, keeping your neck straight and stiff can result in reduced ROM and a condition known as "military neck." Hunching over a desk - whether at school, work or home - can similarly wreak havoc on your spine. Nerves become trapped, resulting in pain and weakness throughout the neck and upper extremities. Recently,

Shoulder Pain and the Spine

researchers in Finland tracked the posture and symptoms of 200 desk-bound employees (with no previously reported neck pain) for one year. By the year's end, 34.4 percent had reported mild to severe neck pain.

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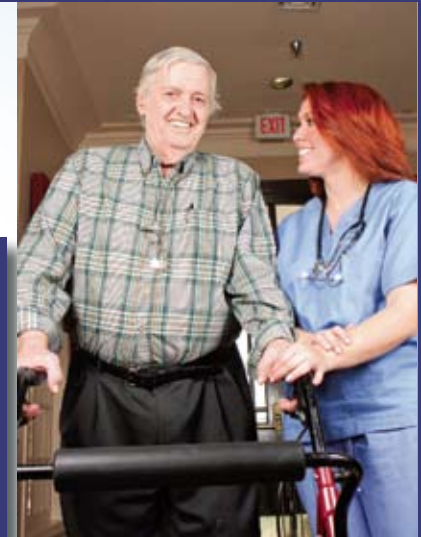
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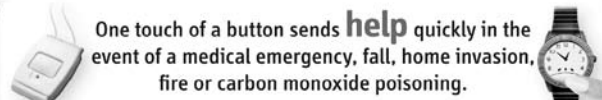
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A Film Review by Tim Riley

MAN ON A LEDGE (Rated PG-13)

The story of "Man on a Ledge" is so wildly improbable and preposterous that pompous film critics may consider leaping from a tall building after one viewing. Now that would be some great entertainment.

For the very reason that this thriller is implausible in countless ways, the adrenaline-pumping outcomes are ridiculously entertaining to the point that the opinions of snooty critics are immaterial and easily ignored.

Directed by documentary filmmaker Asger Leth, "Man on a Ledge" is a film devoid of pretensions. It only seeks the meticulous thrills that come from staging an elaborate heist or standing precariously at the edge of certain death.

The film opens with Australian actor Sam Worthington ("Avatar"), no stranger to the occasional tough guy role, checking into a Manhattan hotel under an assumed name.

After a hearty breakfast, with champagne to boot, in his room on the 21st floor, the nattily-dressed mysterious stranger exits the window facing an office building to perch himself on the ledge.

Of course, this dangerous stunt attracts the immediate attention of passersby as well as the NYPD. TV reporter Suzie Morales (Kyra Sedgwick) starts broadcasting from the scene, hyping the sensationalist aspect of a threatened suicide.

Meanwhile, the phlegmatic NYPD detective Jack Dougherty (Ed Burns) ends up on the scene at the hotel room, trying to talk the mystery man down from the ledge.

To explain what is happening,

Riley Reviews

SUSPENSE TAKES GIANT LEAP WITH "MAN ON A LEDGE" THRILLER

a flashback takes us to Sing Sing prison where Worthington's Nick Cassidy, a disgraced former NYPD cop, faces a 25-year stretch for a crime he disputes having committed.

Nick's former partner Mike Ackerman (Anthony Mackie) appears to believe his colleague's innocence, though his efforts on Nick's behalf also seem rather nuanced.

Even Nick's own family, particularly his younger brother Joey (Jamie Bell), apparently doubt his version of events, evidencing palpable sense of betrayal.

Soon enough, as the scene reverts to the Roosevelt Hotel, one starts to ask the question of why Nick has not jumped already. Well, duh. Then the movie would end too soon.

The larger point, of course, is that Nick is waging a psychological battle, which is why he requests to speak only to controversial NYPD negotiator Lydia Mercer (Elizabeth Banks).

Having failed to save the life of a jumper at the Brooklyn Bridge, Lydia is battling her own inner demons, which is why we first see her being called to action as she recovers from a massive hangover.

As damaged souls, Nick and Lydia have more in common than one would suspect. Their conversations on the ledge create a certain amount of emotional heft.

I am loath to give away much of the surprises in store, so it is a nearly insurmountable challenge to address the unfolding events to any significant degree.

Suspense comes from not whether how long Nick can hold on to his precarious outdoor perch. Bigger things are happening in the vicinity, and none of it is good for the villain of this story.

Ed Harris is appropriately

despicable as crooked land baron David Englander, who figures prominently in Nick's fate.

While Nick remains the man on a ledge, Englander is being targeted in a daring heist of an impregnable safe protected by the high-tech security of his penthouse office.

One thing for certain is that one member of the heist team turns out to be the sexiest accomplice for the job. Genesis Rodriguez proves unforgettable as she strips down to her lingerie in order to wiggle into a tight-fitting latex costume.

"Man on a Ledge" may prove to be ultimately forgettable, but its high-octane energy delivers the goods for the momentary enjoyment of this exciting white-knuckle thriller.

Take pleasure in the suspenseful thrills of this popcorn movie, and then later on you can dissect the evident flaws when it no longer matters.

TELEVISION UPDATE

Few race tracks are more beautiful than California's Santa Anita Park. It's the perfect setting for the new HBO drama series "Luck."

The talent behind this effort is impressive. To get off to a good start, Episode One, written by David Milch ("Deadwood"), is directed by the legendary Michael Mann.

The front-of-the-camera talent is also first-rate. It's not often that a TV series brings together Dustin Hoffman, Nick Nolte and Dennis Farina.

Set in the world of horse racing and gambling's denizens, Hoffman stars as Chester "Ace" Bernstein, recently released from three years in federal prison.

Given his criminal record, "Ace" gets in the racing business by using his driver and bodyguard (Dennis Farina) as the front man for his ownership of the \$2 million Irish race horse, Pint of Plain.

Meanwhile, veteran trainer-turned-owner Walter Smith (Nick Nolte) has his hopes pinned on a promising colt, but there's a dark history and a shadow of scandal behind the horse.

We'll soon see if HBO's "Luck" is aptly named, but with a great cast and beautiful horses, there's hope for a fortunate outcome.

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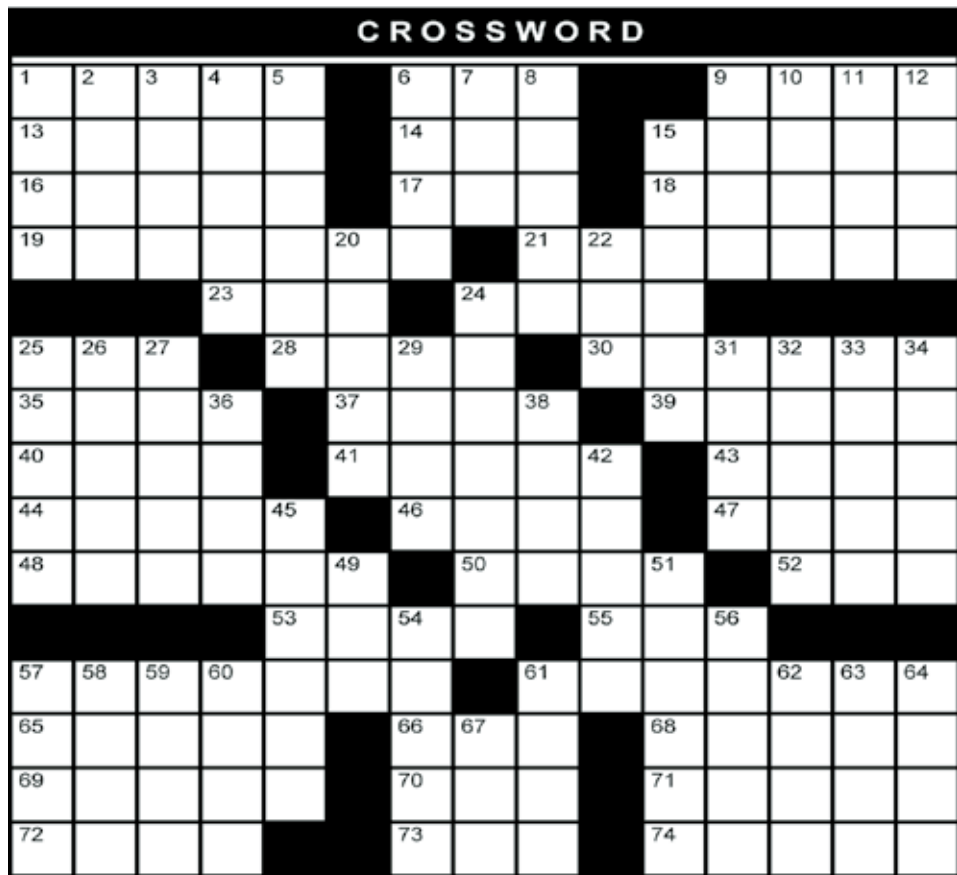
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CLUES

- ACROSS**
- Three square ones a day
 - Muslim God
 - Slope or hillside
 - Spore or hillside
 - Little Deuce _____, song
 - Boothe Luce
 - "Lake" in Provence
 - Taken by server
 - Where most Presidents went to college
 - He was famously Catholic
 - He _____ and drank the precious words...
 - Fool
 - Toy maker
 - The American Tribal Love-Rock Musical
 - Interstellar cloud
 - Like sinister side in "Star Wars"
 - Mountain goat terrain
 - Planked or graded
 - Used in fencing
- DOWN**
- Luciano Pavarotti, e.g.
 - Actress _____ Sofer
 - "Your Body is a Wonderland" performer
 - _____ Lee
 - Hat part
 - Popular flowering shrub
 - Do over
 - Feared by illegal immigrants
 - "Far and _____" the best
 - He fought British rule
 - Like a snake
 - "Tallest President
 - Hoppy-like board game
 - *35 is the minimum _____
 - Embryo sacs
 - Type of flu
 - Chewbacca's sidekick
 - Like yellow polka dot bikini
 - Not nice
 - R&R spot
 - Plural of suffix denoting female
- DOWN**
- One of these is approximately equal to speed of sound
 - Famous female scat singer
 - Having or resembling wings
 - Caterpillar precursor
 - Holder for #40 Across
 - Result of dampness
 - Actress Longoria
 - Mad or crazy
 - "Pres. Coolidge was _____ on the Fourth of July"
 - Ill-mannered
 - Imitated
 - Suggestive of supernatural
 - Talk it over
 - Respond
 - Longest division of geological time
 - Grain storage
 - Organ swelling
 - Largest city in Bolivia
 - Goddess of love, Norse mythology
 - Wraths
 - Aggressive remark
 - Wombs
 - Most famous Bolshevik?
 - *First White House inhabitant
 - _____ over
 - *He won popular but lost electoral vote
 - Exact halves of diameters
 - *Oldest elected President
 - Hole punching tool
 - Like baroque
 - Indian nursemaids
 - Highest points
 - It featured George Michael
 - Enthusiastic review
 - Hipbones
 - FBI agent
 - River in Siberia
 - Singles
 - Drawn in the sand?
 - They oppose the years
 - Generation _____

For Solution See Page 7

Upcoming Root Cellar Events

Genealogy Program
 March 14, the Root Cellar Sacramento Genealogical Society hosts Lorenzo Cuesta who will talk about Using Facebook and Twitter for Genealogy. Free, visitors welcome. 7pm-8:30pm, Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Contact Sandi Benward 916-412-3511 or www.rootcellar.org.

Genealogy Seminar
 Learn how to find who is in your family tree from internationally-known genealogical author, lecturer and podcaster George G. Morgan, the featured speaker on 31 March 2012 at an all-day seminar hosted by Root Cellar Sacramento Genealogical Society.

His topics include: Bring Them Back to Life: Developing an Ancestor Profile; Push and Pull: The Reasons for Migration; Sidestep Genealogy; and The Genealogist as CSI. Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd., Fair Oaks, CA from 9:00 am - 3:45 pm, doors open 8:30 am. Advance registration required: \$25, members; \$30 non-members; \$35 after March 12. Registration form at www.rootcellar.org. Contact Diane Maltase at rootcellarsgs@gmail.com.

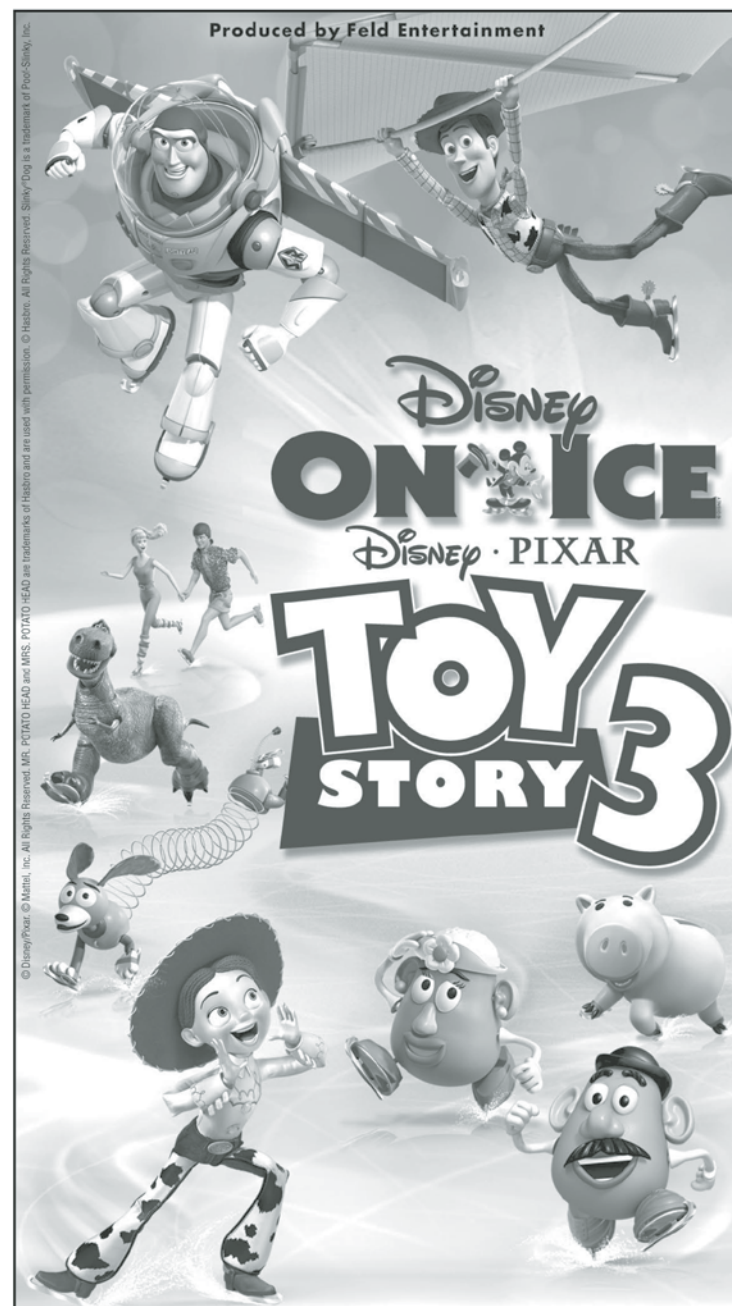
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OPENING NIGHT Buy One Ticket, Get One FREE!	7:00 PM	11:00 AM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	11:00 AM 3:00 PM 7:00 PM	12 NOON 4:00 PM

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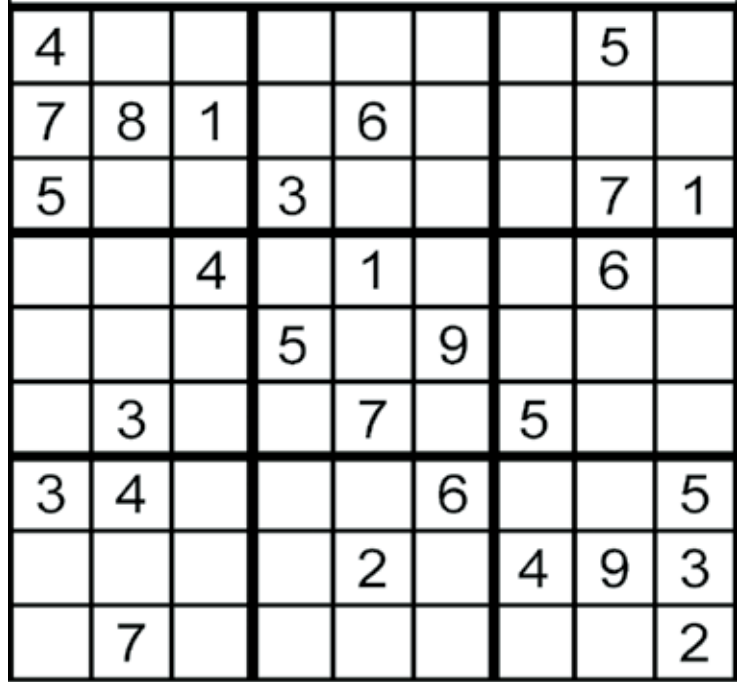
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Arts, Entertainment and Other Fun Things to do!

A Leisurely Cenozoic History of Sacramento County: 65 Million Years per Hour



Dr. Bob illustrates the geologic history of the Central Valley by preparing a multi-layered salad. Photo credit: Josie Crawford.

SACRAMENTO - Join us for an entertaining evening of storytelling

by plant ecologist and biogeographer, Bob "Dr. Bob" Holland. He will regale us about the fascinating interactions among vegetation, flora, geology, and soils throughout California that he has been studying for almost four decades.

Sacramento County's geologic history is much more complex than the county's subdued topography might suggest. "Understanding this unique geologic history is pivotal to comprehending the distribution of the county's vegetation and flora," says Dr. Bob.

He melds his unique combination of botanical and geological knowledge with wry humor into an easy-going speaking style that

is accessible and entertaining for scientists and non-scientists alike.

Working in surprising mixed media, Dr. Bob and his "botanartist" spouse, Ginny Dains, will walk us through the past 65 million years, exploring how geological history has shaped the plant communities we see around Sacramento County today. It will be quite unlike any geology talk you have experienced - especially when they serve up the conclusion. Don't miss this opportunity to be carried away by Dr. Bob's infectious enthusiasm and sense of humor!

The lecture will be held Wednesday, March 14th during the monthly meeting of the Sacramento

Valley Chapter - California Native Plant Society and will take place at the Shepard Garden and Arts Center at McKinley Park, 3330 McKinley Blvd, Sacramento. It begins at 7:00pm and is free and open to the public. Books, wildflower seeds, and other merchandise are available for purchase. Refreshments are provided.

The Sacramento Valley Chapter of the California Native Plant Society is a non-profit organization committed to the conservation of California native plants and their natural habitats and increasing understanding, appreciation, and the horticultural use of native plants.

SCC Music News Gospel Mass

SACRAMENTO - The Sacramento City College Choral Department will appear in concert, featuring Robert Ray's "Gospel Mass", along with other Gospel pieces and Spirituals.

As described by Ray, the Gospel Mass, presented entirely in English, "is my desire to combine centuries of old traditions of Mass settings with sounds of the contemporary Black Church."

The concert will be presented on the following two dates:

Friday, March 9th, at 8pm, at the Lutheran Church of the Master, 1900 Potrero Way, Sacramento, 95822 Sunday, March 11th, at 8pm at St Luke's Lutheran Church, 7595 Center Parkway, Sacramento 95823 Admission for each concert is \$5.00.

For more information, contact Doreen Irwin at 558-2496.

The Genealogical Association of Sacramento

will hold its regular monthly meeting Wednesday, February 15, 2012 at 1:00 P.M., at the Belle Cooleage Library, 5600 S. Land Park Drive.

Guest speaker will be Pamela Dallas, speaking on "Remember the Ladies: Finding Your Female Ancestors". All are welcome.



Carmichael Recreation and Park District is announcing these upcoming events

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Classes taught by Michelle Lueth See website for dates and times.

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Sacramento County DA Reports Recent case of interest

CASE: Isaac Givens & Cesar Santana (02/10/12)

PROSECUTOR: Deputy District Attorney Jeff Hightower

District Attorney Jan Scully announced today that Isaac Givens and Cesar Santana were convicted by jury of shooting into an inhabited house for the benefit of the Norteno criminal street gang.

On December 3, 2010, Givens got into an argument with a rival gang member. The argument resulted in the shooting and hospitalization of Givens' fellow gang member Vincent Garay.

On December 8, 2010, Sacramento police detectives were performing surveillance on the rival gang member's house. The undercover detectives watched as Givens drove Santana up to the house. Santana then got out of the car and fired multiple shots into the home. Several people were in the home at the time, but no one was injured. After a short pursuit, Givens and Santana were arrested. Givens and Santana acted in retaliation for the earlier shooting of Garay.

The defendants face a sentence of 15 years to life in prison. Sentencing is set for March 16, 2012 at 9:00 a.m. in Department 11 in front of the Honorable Trena Burger-Plavan.

CASE: Rodney Andrews (02/09/12)

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

District Attorney Jan Scully announced today that 57-year-old Rodney Andrews of Elk Grove 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.

Andrews faces a sentence of 4 years in prison. Sentencing is set for March 1, 2012 at 1:35 p.m. in Department 61 before the Honorable John Winn.

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

CASE: Robert Neal-Anderson (02/09/12)

PROSECUTOR: Deputy District Attorney Charles Gonzalez

District Attorney Jan Scully announced that Robert Neal-Anderson was convicted by jury of second degree murder for the 2009 stabbing death of David Maxey. The jury also found true the allegation that he had personally used a knife.

In October 2009, Neal-Anderson climbed up onto Maxey's second story balcony. A witness heard a commotion and saw Neal-Anderson running down the stairs out of Maxey's apartment. The witness then went up the stairs and found Maxey dead from a stab wound to the neck. Neal-Anderson's fingerprints were found on Maxey's balcony, and his wallet was found a short distance away.

Neal-Anderson faces a maximum sentence of 16 years to life in prison. Sentencing is scheduled for March 9, 2012 at 1:30 pm in Department 26 in front of the Honorable Michael Savage.

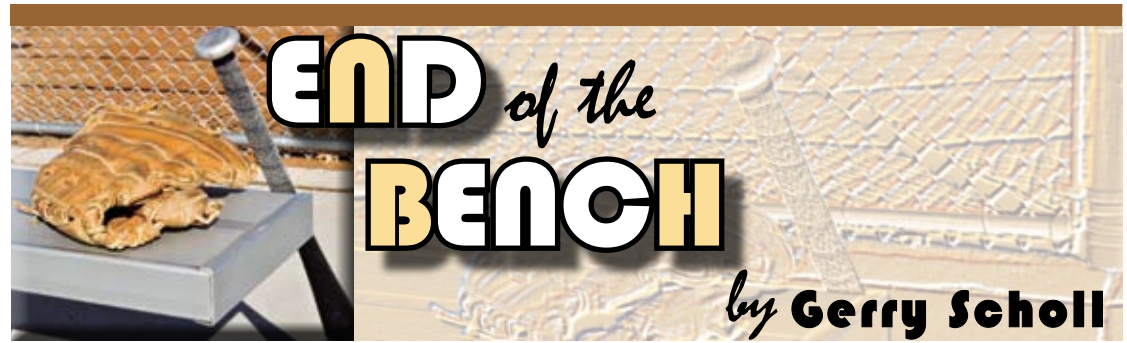
CASE: Cornelius Taylor (02/09/12)

PROSECUTOR: Deputy District Attorney Kimberly Macy

District Attorney Jan Scully announced today that Cornelius Taylor was convicted by jury on eight counts of sexual assault against a minor.

Taylor is a local pastor who met the victim at church. The victim had a very troubled life with no family support, which led to her spending a lot of time with Taylor at the church. Taylor and his wife offered to let the victim live with them, and she eventually moved in with them at age 16. Taylor went into her bedroom and sexually assaulted her several times a week, and continued the assaults even after the victim turned 18 years old.

Taylor faces a sentence of 7 years, 8 months in prison. Sentencing is set for March 9, 2012 in Department 25 before The Honorable Richard Sueyoshi.



Happy Anniversary, Sports Fans!

Happy anniversary everybody! And here's to many more...

Rolling around assorted topics in the back of my mind last week and then sifting through some notes over the weekend, I came to realize that I've been fumbling with this grand experiment for a whole year now. Who'd a thunk it!

Well, that made it an easy decision. It's time for review and recommitment. We've covered quite a bit of ground the past twelve months.

My early thoughts about this endeavor were that those who might bother themselves to read such nonsense would, most likely, be people a lot like myself — a lifelong fan and participant in sports. I understand a couple letters came in from non-sports fans who have latched on as well. Great! The more the merrier.

We have learned or reviewed many, many lessons about sports. We found that sports is woven into the Fabric of Life, and many of the best workouts can be performed in the comfort of your own living room, moving around from one piece of furniture to another while watching your favorite sports on television. And if you don't like what you see, throw a dirty sock at the screen to relieve your angst. And, if you want to be free to watch more, do the dishes more often.

We learned that while negative stories can oftentimes dominate the sports landscape, it's good therapy to go out and watch or participate in a live event. We could take the Jim Valvano theory to heart each day and laugh, think, and have our emotions moved to tears.

We realized that it is better to be lucky than good, unless you

are really, really good. The mighty always seem to fall, eventually, and oftentimes to the satisfaction of many fans. "Success with Honor" can be extremely difficult to achieve. Don't go on wishing you had done more, try to do it.

Everyone has their own "Big Game;" don't knock the Glory Days. Wearing your favorite sports-related clothing, such as baseball pajamas, can really make you feel better. Wearing the right hat a certain way might influence outcomes and change history. Defense wins championships, or offense wins championships, depending on who wins. The Wonder Pets are right on it when they sing that what works is teamwork.

While there is no crying in baseball, there is in football and tears of joy are the best. We learned to never speak or celebrate too soon, and never be the one to spoil a good party. "A bad day is when you lie in bed and think of things that might have been." Edgar Allan Poe was a genius. The hurt of being humiliated in public can be cured with a free sno-cone.

On a personal note, I learned, it's not always what you say, it's what you don't say.

Some opinions have spewed forth from the End of the Bench...

Willie Mays is the greatest ever. All good Americans should watch the World Series. Little Leaguers know more about chemistry than do their professional counterparts.

The "Sweet Science" is not all that sweet. Fighting should not be part of the games, but it will never stop. It's no fun to play in a game when the officials are related to your opponents.

The NFL is a mental institution. Commitment to excellence is still

lacking. Cowboys fans are a bunch of losers. Love of professional sports fades with the rising costs of attending. Lack-o-money-ball is too big a factor in sports. Every Hall of Fame should be accompanied by a Hall of Shame.

And readers, like it or not, you've learned a few things about myself. I try to limit that to areas and stories of common interest, ones that might spark thoughts or memories for other regular old sports fans. When I use "I," I always remind myself that there are two "I's" in "idiot."

You read that I'm thankful for many things in sports, but don't ask me to go shopping with you. I always pick "my" teams to win, because I would hate to be wrong when they do.

I was a "Nasty" tennis player, but I'm not much of a golfer. The only foul ball I ever got was at a basketball game. Miguel Tejada and I are both about washed up on the baseball/softball diamond, but never underestimate what a great veteran might do in the clutch.

I make a "killer" macaroni salad, but what the Super Bowl really means to me (unless the 49ers or Raiders are in it) is pitchers and catchers report soon. I have trouble deciding between hash browns or country style for breakfast. I still have a soft spot in my heart for the Sports Illustrated Swim Suit Edition.

If you have been with this from the start, congratulations! Much of the above may be familiar and you have learned some of my darkest secrets. If you caught on along the way, hope you are still around. If you are just getting started, welcome to a seat next to us at the End of the Bench.

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Gov. Brown Announces Appointments



Governor Edmund G. Brown Jr. announced the following appointments on February 13th.

SACRAMENTO – **Stewart Black, 56, of Fair Oaks**, has been appointed deputy director for the Site Mitigation and Brownsfields Reuse Program at the California Department of Toxic Substances Control. Black has served in multiple positions at the California Department of Toxic Substances Control since 1999, including acting deputy

SACRAMENTO – **John Wallauch, 75, of Granite Bay**, has been appointed chief of the Bureau of Automotive Repair. Wallauch has served as program manager for the California Air Resources Board, Smog Check Program since 2007. Wallauch was the executive officer of the Inspection and Maintenance Review Committee for the Bureau of Automotive Repair from 1999

director since 2009. He served in multiple positions at the URS Corporation from 1989 to 1999, including director of private sector and State of California environment programs. This position does not require Senate confirmation and the compensation is \$138,480. Black is a Republican.

to 2002. He served as an air pollution control engineer for the California Air Resources Board from 1997 to 1999 and vice president of program operations for Envirotec Corporation from 1985 to 1995. This position requires Senate confirmation and the compensation is \$118,620. Wallauch is a Republican.

Lungren Critical of White House's Continued Assault on First Amendment



Congressman Dan Lungren

SACRAMENTO – Congressman Dan Lungren (R-Gold River) reacted on February 10th to the White House's "accommodation" of First Amendment rights to conscientious objectors of his controversial health care law. He stated: "While we were

assured at the time of its passage that the health care bill was not about the imposition of social policy on the American public and institutions of our society, we now know otherwise. The idea that insurance companies are going to provide free coverage for items contained in the Administration's order reflects a misunderstanding of the business of insurance. Under its 'accommodation,' the religious employer continues to pay premiums that contribute to the revenues of the insurers.

"The money paid by religious employers for what will inevitably be higher premiums thereby frees up insurer funds to pay for abortion-inducing drugs, sterilization, and contraception in violation of their strongly held beliefs. This remains an excessive entanglement of government disguised as an attempt to

step back from a policy fundamentally wrong at its core.

"The purported retreat of the White House from a misguided mandate on religious employers reflects a much deeper problem with the entire health care law. We have a health care law with top-down mandates that are opposed by the public. Because the health care legislation was jammed through Congress without a real debate, we have been forced to wait for the dictates of the federal bureaucracy to tell us what it really means. Perhaps this was what the former Speaker meant when she observed that 'We have to pass the bill so you can find out what is in it.'"

Congressman Dan Lungren serves as the Chairman of the House Administration Committee in addition to serving on the Judiciary and Homeland Security Committees.



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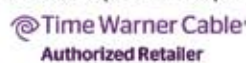
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Harper Lee Classic "To Kill A Mockingbird" Opens Feb. 24 at ARC Theatre for Two-Week Run



"To Kill a Mockingbird" - Brett Young, Jake Young, Emily Botnen. Photo by Erin Carlson.

American River College Theatre continues its season with Christopher Sergel's adaptation of Harper Lee's heart-wrenching, humorous and powerful "To Kill a Mockingbird." The play runs Fridays, Saturdays (8pm) and Sundays (2pm) Feb. 24-March 4, with one Thursday night performance March 1 at 6:30pm. Based closely on Lee's Pulitzer Prize-winning novel,

this American classic tackles issues of racial injustice and the loss of innocence when Atticus Finch, a lawyer in a quiet southern town, chooses to defend a black man facing charges of rape. As his friends and neighbors turn against him, Atticus' young daughter, Scout, learns lessons both sad and beautiful when she comes to his aid. Don't miss your opportunity to see

this moving story brought to life onstage. (The play contains adult language and subject matter) Directed by Sam Williams, "To Kill a Mockingbird" features some of the finest college and community talent in the area as well as set, light and costume designs by Elly-award-winning designers Kathy Burleson and Gail Russell. From the Oregon Shakespeare Festival to The

Shakespeare Theatre of New Jersey, productions of Sergel's compelling and honest adaptation have played to sold-out crowds. "We knew this production would resonate with our audiences and teachers, but it certainly surpassed our expectations," said STNJ's Artistic Director Bonnie J. Monte. "We are thrilled that so many students were able to attend To Kill a Mockingbird and experience the

extraordinary power of the story." All performances of "To Kill a Mockingbird" will be at American River College Theatre, 4700 College Oak Drive. Weekend parking is free in Lot "D" at the corner of college Oak and Myrtle, adjacent to the theatre. Weeknight parking is \$1. Ticket prices are \$12/general, \$10/student/senior/SARTA. For tickets and information, call the ARC Box Office at

(916) 484-8234 or boxoffice@arc.losrios.edu, or go online to www.seatyourself.biz/arctheatre "Mockingbird" performance days and times are as follows: *Fridays/Saturdays at 8pm - February 24, 25 and March 2, 3, 2012* *Sundays at 2pm - February 26 and March 4* *Thursday, March 1 at 6:30pm*



"To Kill a Mockingbird" - Julian A. Jefferson, Brandon Lancaster . Photo by Erin Carlson.

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