

Carmichael Times



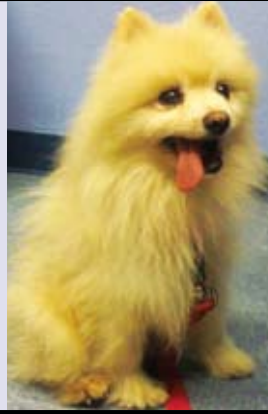
"Ask George"
Expert Answers
to Common
DMV Questions

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**Loaves
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Serves its
6 Millionth
Meal

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Volume 31 Issue 11

Serving Carmichael and Sacramento County since 1981

March 16, 2011

CSLB Blitzes 135 in Statewide Undercover Sting Operations



Consumers must check out the people they're going to hire to work on their home to make sure they're properly licensed to avoid jeopardizing their safety or finances.

Sacramento Region – The Contractors State License Board's (CSLB) spring "California Blitz" is putting a glaring spotlight on the severe risks California consumers take when they hire unlicensed operators to work in and around their home. A total of 135 suspected unlicensed contractors were arrested during the statewide undercover operation, conducted in 10 cities on March 8-10, 2011. The stings were conducted in Sacramento, Kings, Madera, Marin, Monterey, Orange, Riverside, San Diego, Shasta and Tulare counties.

Two of those arrested were registered sex offenders; one was taken to jail. Investigators found that two

others had "No Bail" warrants and were taken to jail. One of those arrest warrants was for burglary; the other for domestic violence. Another suspect had eight different arrest warrants for driving under the influence and other traffic violations. A suspect had a \$50,000 arrest warrant. Both went to jail.

During the Blitz, investigators from CSLB's Statewide Investigative Fraud Team (SWIFT) posed as home-owners or landlords, asking for bids on projects that ranged from landscaping, concrete, and fencing to painting, gutters, garage doors, cabinets, tile work, and tree trimming. Those who bid more than the legal limit of \$500 for labor and materials

received a notice to appear (NTA) in Superior Court for a misdemeanor charge of contracting without a license.

Other charges included illegal advertising and soliciting excessive down payments. State law requires contractors to include their license number on all forms of advertising. Those who are not licensed can advertise and contract for jobs valued at less than \$500, but their ads must state that they are not a licensed contractor. Also, it is illegal to ask for a down payment greater than 10 percent of the contract price or \$1,000, whichever is less. There is an exception for about two dozen licensees who purchase special bonds for

consumer protection. Those exceptions are noted on CSLB's website. "Consumers must check out the people they're going to hire to work on their home to make sure they're properly licensed," said CSLB Registrar Steve Sands. "A family's safety or finances could be jeopardized by not taking a few minutes to verify the contractor on CSLB's website or through our toll-free phone system. We hope this blitz is a wake-up call for consumers to check the license first."

Consumers often don't realize the risk they run when hiring someone who is not licensed. Because these phony contractors don't carry workers' compensation insurance, the homeowner could be liable if a worker is hurt on the job. Also, if something goes wrong or the project is abandoned, homeowners have few options for getting back their money.

The goal of CSLB's twice-yearly blitz is to educate consumers about the dangers of hiring phony contractors, and to encourage people who qualify and want to work in the construction trades to get their contractor license, as required by state law. Local prosecutors and law enforcement agencies, as well as the California Department of Insurance, Department of Toxic Substances Control, and the Department of Homeland Security's Immigration and Customs Enforcement assisted CSLB with the Spring Blitz.

District Attorney's Offices welcome the opportunity to work with agencies like CSLB to ensure compliance with our state's consumer protection laws. It is also critical that contractors who provide good jobs, and pay their proper taxes and insurance are not put at a competitive disadvantage by these illegal operators.

The Contractors State License Board operates under the umbrella of the California Department of Consumer Affairs. More information and publications about hiring contractors are available on the CSLB website or by calling 800-321-CSLB (2752). You can also sign up for CSLB e-mail alerts at www.cslb.ca.gov. CSLB licenses and regulates California's more than 300,000 contractors, and is regarded as one of the leading consumer protection agencies in the United States. In fiscal year 2009-10, CSLB helped recover nearly \$42 million in ordered restitution for consumers.

Information provided by California Contractors State License Board.

Sac Zoo Hosts 31st Annual ZooZoom



Funds from the ZooZoom will help support the care of this Sumatran Tiger. Photo from the Sacramento Zoo website.

Sacramento - Join the stampede at the 31st annual ZooZoom, Sunday, April 10th from 7:00 am until noon at the Sacramento Zoo. Lace up your running shoes to benefit the Sacramento Zoological Society and participate in the 5K walk/run, 10K run and kids' fun runs that are sponsored by Fleet Feet, Coca Cola, and Sacramento Urgent Care. Bring the family and enjoy the scenic tree-lined course that finishes inside the Sacramento Zoo.

For 31 years, ZooZoom has been a favorite of area runners, walkers and their families. Kids ages 3 to 12 can also participate in the Saucony "Run for Good" fun runs; from the 220 yard dash to the one-mile run, there is an event for every age group. This year, with additional support from Saucony, Fleet Feet will award at least \$2,000 in grants to schools that have the most total runners and the highest percentage of kids entering the event. Contact Fleet Feet for more information about the "Run for Good" grant opportunities.

For registration and information, please visit www.sacramento-zoo-zoom.com. Participation includes a ZooZoom t-shirt, refreshments for runners, plus free admission on race day for the runners and their immediate family (limit 4 people). Bring your entire family to ZooZoom!

Sacramento Zoo - Wildly Inspiring!

Open since 1927, the Sacramento Zoo is home to over 450 native, rare and endangered animals and is one of over 200 accredited institutions of the Association of Zoos and Aquariums. Located near the corner of Land Park Drive and Sutterville Road in William Land Park, the Zoo is wholly managed by the non-profit Sacramento Zoological Society. This Sacramento treasure inspires conservation awareness through education and recreation. Open daily from 9:00 am to 4:00 pm, general admission is \$11.00; children ages 2-11 are \$7.00 and one and under are admitted free. Parking is free throughout the park or ride Regional Transit bus #6. For information, call 916-808-5888 or visit saczoos.org. Run

Customers can Donate to Japan Relief Fund at Checkout

100% of Donations Go to the American Red Cross

Sacramento Region – Customers can give to Japan disaster relief during their stop at the grocery store, and know that 100% of their donations will go directly to the American Red Cross to help the devastated area.

Raley's announced this week that it is designating all donations to checkstand collection boxes in its 133 Raley's, Bel Air, Nob Hill Foods and Food Source stores to Japan disaster relief, beginning Monday, March 14 through Monday, April 18.

Raley's will absorb all administrative costs to ensure that all donations reach the victims of the devastation in Japan. "The impact of this disaster has been absolutely catastrophic," said Ashley Zepernick, Raley's Spokeswoman. "We recognize the huge need for support and we want to provide our customers with an easy way to contribute and feel confident that their donations are reaching people in need."

In March 2010, the Sacramento Sierra Chapter of the American Red Cross received a check for more than \$149,000 – their largest donation – for the Haiti Relief and Development Fund on behalf of Raley's. This money was raised by the generous donations of customers and employees.

BBB Advises Caution When Making Charitable Donations for Earthquake/Tsunami Relief

By Andrew DeFazio

In the largest earthquake to hit Japan in recorded history, the police in Japan's northeastern Miyagi prefecture estimate that the death toll in Miyagi alone could top 10,000. Humanitarian aid from governments and non-governmental organizations is imminent. From catastrophes such as 9/11 to natural disasters ranging from Hurricane Katrina to the devastating earthquake last January in Haiti; nefarious individuals have been known to disguise themselves as benevolent humanitarians in need of donations. The Better Business Bureau (BBB) is warning donors to "exercise caution" when confronted by a relief agency or charity.

"In the face of any disaster, Americans will immediately step forward with donations to aid the victims and their families," said Gary Almond,

President of the BBB serving Northeast California. "Unfortunately, we've seen time and time again that scammers will try to take advantage of the generosity of the public after a disaster; that's why it's so important to take your time and do your research before donating to relief efforts."

In a press release drafted by Katie Robison of the BBB, the BBB advises to keep in mind in making sure a charity is honest. Don't be afraid to question the business' operations and especially their finances. Also, ask for written information that details the charity's programs and financial statements. Make sure not to give cash and in writing a check, be sure to make them out to the name of the charitable organization.

For any additional advice, please consult the BBB's website, www.necal.bbb.org.

Board of Equalization Reminds Service Business Owners Use Tax Returns are Due April 18

The California State Board of Equalization (BOE) reminds the approximately 300,000 additional service businesses that have been registered with the Board of Equalization this year that their use tax returns are due along with income taxes on April 18, 2011.

While businesses and consumers have always been required to report use tax on their purchases, in 2009, a new law was added to the Revenue and Taxation Code (section 6225) by Assembly Bill x4-18 which requires businesses that meet the definition of a "qualified purchaser" to register with the BOE and to file returns by April 15 (April 18 in 2011) of each year, reporting all purchases subject to use tax from the previous calendar year. A qualified purchaser is a business that:

- Receives at least \$100,000 in gross receipts per year from business operations;
- Is not required to hold a seller's permit with BOE;
- Is not a holder of a use tax direct payment permit;
- Is not required to be registered with the BOE; and
- Is not otherwise registered with the BOE to report use tax.

Businesses that do not meet the \$100,000 gross receipts threshold are still required to report and pay

use tax, but are not required to register with the BOE for that purpose. Persons that have multiple businesses with the same ownership must register if the aggregate gross receipts of those businesses meet or exceed the \$100,000 threshold.

To simplify the registration process, new applicants have been automatically registered to eFile their returns for 2008, 2009 and 2010.

Use tax, which has been the law since 1935, is the same rate for any California location as the sales tax rate. Generally, California use tax is owed when individuals or businesses in California use, consume, give away or store tangible personal property (things you can see, weigh, feel or touch) that they purchased from an out-of-state vendor, including online, through the mail, or over the telephone. If an out-of-state vendor does not collect California tax on your purchase, you must pay the use tax.

If you are not a retailer or service business currently required to register with the BOE, the easiest way to report and pay use tax is on the California state income tax return. You may also register with the BOE as a consumer to pay use tax.

BOE offers assistance to help taxpayers understand their use tax reporting obligations. BOE offers

information on its website at www.boe.ca.gov to help educate taxpayers on their tax obligations so they can more easily voluntarily comply. Information includes commonly asked questions and answers, video presentations and information regarding seminars taxpayers may attend to get more information.

The five-member California State Board of Equalization (BOE) is a publicly elected tax board. The BOE collects more than \$48 billion annually in taxes and fees supporting state and local government services. It hears business tax appeals, acts as the appellate body for franchise and personal income tax appeals, and serves a significant role in the assessment and administration of property taxes.

For more information on other taxes and fees in California, visit www.taxes.ca.gov.

Use Tax Registration Frequently Asked Questions: <http://www.boe.ca.gov/sutax/useTaxRegFAQ.htm>

Publication 126, Use Tax Registration for Service Enterprises: <http://www.boe.ca.gov/pdf/pub126.pdf>

Use Tax eFile Tutorial: http://www.boe.ca.gov/electsr/efiling/efile_demo/efile_use_tax.htm

The Return of "Kitten Season" Means an Influx of Kittens to the Shelter

County Animal Shelter Reminds Residents to Make Sure Their Cats are Altered and Licensed

Sacramento Region – As warmer weather approaches, the Sacramento County Animal Shelter is gearing up for the arrival of "kitten season" by reminding County residents to make sure their cats and kittens are spayed or neutered and have current licenses.

"Kitten season is when the majority of kittens are surrendered or abandoned at the shelter during the spring and summer months as cats begin a new breeding cycle as the weather gets warmer," said Dave Dickinson, Interim Animal Shelter Director. "Cats can have multiple litters a year, so it is very important that cat owners make sure that their cats have been altered to prevent unwanted litters with hundreds of kittens that end up at area shelters."

The County Animal Shelter has a low cost spay/neuter voucher program for County residents (excluding the cities of Folsom, Sacramento,

Ranch Cordova and Elk Grove) with an annual household income of \$35,000 or less a year. Information about the voucher program and other low cost spay/neuter services can be found online at www.saccountyshelter.net.

Pet licenses help us reunite you with your animal if they are taken to one of the area shelters or veterinarian hospitals. If an Animal Control Officer picks up a licensed pet, they will make contact with the owner to avoid bringing to the shelter. Additionally, should a licensed pet be brought to our shelter, we will make all reasonable attempts to reunite you and your lost pet. County pet licenses start at \$15 per year, and the pet owner must provide proof of spay/neuter surgery and current rabies vaccination for each pet. New and renewal licenses can be purchased:

Online at www.saccountyshelter.net.



In person at the Animal Shelter at 3839 Bradshaw Road. By mail. Payment must be made by check and a licensing application. Through participating veterinarians. At the County East and North Area Service Centers. Cash or check only. Renew licenses can be deducted automatically through online bill pay.

Housing and Personal Finance Information Seminars at Sacramento's Central Library

Sacramento – A series of free lunchtime information seminars on housing and personal finance will be presented at the Central Library, 828 I Street, Sacramento on the last Wednesday of each month beginning April 27 and running through August 24. Each seminar will be held in the library's West Meeting Room from 12 noon to 1 p.m.

Local representatives from NeighborWorks Sacramento, a charter member of NeighborWorks America, a non-profit organization and the country's preeminent leader in affordable housing and community development, will provide

tips on buying and maintaining a home and better managing personal finances.

April 27: Steps to Home Ownership, with Mike Himes, Homeownership Services Director

From finding the right home to understanding credit and choosing the best loan product to meet your budget, the path to homeownership can be daunting. This workshop will outline the steps to achieve successful homeownership.

May 25: My Home, with Robert Wenger, housing counselor

The old saying, "An ounce of prevention is worth a pound of cure,"

is certainly true with home maintenance. Taking care of small issues now can prevent expensive home repairs in the future. This seminar will outline preventive maintenance projects homeowners can take on and complete themselves.

June 22: Foreclosure Prevention and Scam Prevention, with Mike Himes, Homeownership Services Director

If you are having trouble making your mortgage payment or think you might in the future, this is an important workshop to attend. Learn about foreclosure prevention options and the nuts and bolts of how NeighborWorks Sacramento can help you work with your lender.

July 27: Financial Fitness, with Kathy Michaud, housing counselor

Developing a budget, addressing credit issues and planning for your future are all part of financial fitness. Attend this workshop to find out how to improve your financial fitness to meet your future goals.

August 24: Building Your Credit Score, with Griselda Clifford, housing counselor

Discover and learn credit score basics. This workshop will help you develop an understanding of the credit score system, how to improve your credit score and how to maintain a positive credit rating.

For more information about these seminars, telephone the Sacramento Public Library at 916-264-2920 or visit saclibrary.org.



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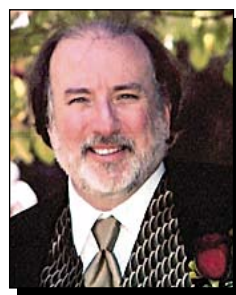
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Carmichael Times

"Written by the people and for the people"
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Publisher—Paul V. Scholl



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Be sure to place in the subject field "Attention to Publisher". If you do not have email access, please call us at 773-1111.

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Widowed Persons Association of California, Inc.

Office Hours:
 10:00am-3:00pm
 Monday through Friday
 916-972-9722

Sunday Support
 Any and all widows or widowers are invited
 Every Sunday from
 3:00 pm-5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

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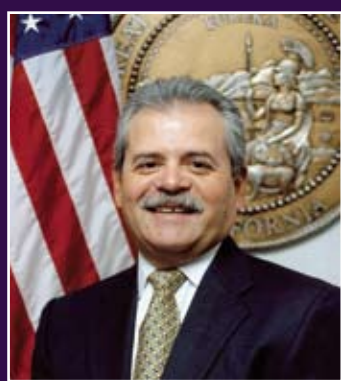
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DMV: "Ask George"

Expert Answers to Common DMV Questions



By George Valverde – Director, California Department of Motor Vehicles

Do you have questions about general driving related requirements like registration and insurance?

Are you unclear about laws and restrictions related to driving?

The California Department of Motor Vehicles has answers.

"Save Time by Going Online," at www.dmv.ca.gov.

Q: My son just turned 18 years old but never got his driver license. He's now ready to learn the rules of the road and get his license. What is the process?

A: The process for an adult to obtain a driver license is relatively simple. First, your son has to visit the DMV (he may schedule an appointment online at www.dmv.ca.gov to ensure faster service), where he will fill out the proper application, pay an application fee, pass a vision test and pass a written traffic laws and signs test. He also needs to be prepared to provide his social security number and verify other personal information. If he passes the exams, he'll be issued a permit and will be able to drive as long as he's accompanied by another licensed adult. After practicing, he can schedule a behind-the-wheel driver's test and once he passes that, he'll be issued his driver license. He must have an appointment to take this test.

It's very important that he understands the rules of the road and becomes a safe driver. Luckily, the California Driver Handbook has everything he needs to learn. It can be downloaded as a PDF from www.dmv.ca.gov.

Q: My mother always gets mad at me when I pass people on the freeway. She says it is reckless and rude, but I know it's legal to pass other vehicles. Can you tell me the legal rules about lane-changing to pass?

A: Of course. While you are right – it is legal to pass other vehicles – you must do so safely at all times. According to the California Driver Handbook, when passing another vehicle you should always pass traffic on the left, and only change lanes after having looked ahead and over your shoulder to ensure no other vehicles are moving into your lane. If the vehicle in front of you has its signal on to indicate a left hand turn, do not pass that vehicle. You may pass on the right if you are on a highway with two or more lanes marked for travel in your direction. If you follow these rules and maintain the speed limit when passing, assure your mother that you are obeying traffic laws and that it is acceptable driving behavior.

Q: I am very concerned because my best friend was cited for DUI for the first time. What are the ramifications for driving under the influence?

A: Financial costs for a first-time conviction vary, but could cost up to \$13,000 in fines, penalty assessments and insurance costs plus a jail sentence of up to six months, depending upon the court and circumstance. In addition, DUI convictions remain on the driving record for 10 years. For a first time conviction, the DMV will suspend a person's driving privilege for six months. The person convicted (in this case, your friend) must complete a DUI program, provide evidence of insurance (SR22), and pay a \$125 reissue fee before they can get their license back. Your friend may be eligible for a restricted license issued by DMV before the end of the six month suspension. For more information on DUI citations, please visit <http://www.dmv.ca.gov/dl/driversafety/dsalcohol.htm>.

Q: I bought my car two years ago, but have never had a smog check. Am I supposed to get routine smog checks, or will the DMV notify me when it's time to get one done?

A: The DMV will notify you. When you receive your vehicle registration renewal notice, it will indicate if a smog certification is required. If you are required to get a smog inspection but have not done so by the time your registration renewal fees are due, you must still pay registration fees to avoid any late fees, but your new stickers will not be issued until the DMV has received proper smog certification for your vehicle. Smog inspections are required for all vehicles except those four model-years old and newer, diesel-powered vehicles, electric, natural gas powered vehicles over 14,000 lbs, hybrids, motorcycles, trailers, or vehicles 1975 and older. Vehicles that are four or less model-years old pay a "smog abatement fee," included in your registration fee. Visit <http://www.dmv.ca.gov/online/vrtr/faqs-smog.htm> to learn more about smog requirements.

Q: I live in an area where there are often people riding their bicycles on the road. How exactly do I handle

sharing the road with them? Do I treat them like other drivers, do I give them the right of way, or do I pass them?

A: According to the 2011 California Driver Handbook, bicycles on public streets have the same rights and responsibilities as automobile drivers and you should treat them as such. Because they are entitled to share the road with you, you must respect them and give them proper space on the road. Bicyclists should only ride in the same direction as other traffic, and should make left and right hand turns in the same manner that an automobile does, using the same turn lanes. Both drivers and bicyclists should watch out for one another to ensure the road is shared safely. The California Driver Handbook contains additional rules of the road concerning bicyclists and vehicles. It can be downloaded as a PDF from www.dmv.ca.gov.

Q: I recently noticed that my driver license looks a bit damaged, and I am concerned that it doesn't look valid anymore. Should I replace it?

A: A damaged driver license should be replaced. You can apply for a duplicate license by scheduling an appointment (you can do so online at www.dmv.ca.gov) and visiting a DMV field office. There, you will fill out the proper form, pay an application fee and have your picture taken. The DMV will validate all your personal information to keep your identity secure, so expect them to ask for your social security number and other information.

You'll be issued an interim license to use until you receive your duplicate photo license, which should arrive within 60 days.

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Secretary Dale E. Bonner. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit www.dmv.ca.gov.

Metro Fire Announces Leadership Change

Board thanks Chief Bill Sponable for leadership during difficult economic times; assures smooth transition

Sacramento Region – The Sacramento Metropolitan Fire District (Metro Fire) announced on March 11th that Fire Chief Bill Sponable is stepping down as Fire Chief after 36 years of service to the District. The announcement was made this morning at Metro Fire headquarters by Chief Sponable, Board of Directors President D'Elman Clark and Board Secretary Matt Kelly.

"The District deeply appreciates Chief Sponable's long tenure of service to the citizens we serve," said Directors President D'Elman Clark. "Chief Sponable's tenure as chief came during a critical time for Metro Fire, as the district has been forced to make difficult cuts in personnel and service to address a significant decline in property tax revenues. His efforts have been instrumental during these difficult economic times to make necessary reductions, including a pending agreement for significant contract concessions from our rank and file firefighters."

Chief Sponable's service spans more than three decades. He began as a dispatcher with the Citrus Heights Fire District and worked his way through the ranks to serve as



Chief Bill Sponable steps down.

Metro Fire's CFO and, eventually, the District's Fire Chief in 2009. As Fire Chief, he oversaw the closure of three fire stations in response to the decline in revenue. In addition, he led efforts to enhance service through the addition of paramedics to engine companies and create long-term budget savings through the replacement of facilities and apparatus.

"My goal coming into this position in 2009 was to put the District on more sound financial footing, even as our revenue base has continued to erode," said Chief Sponable.

"Although I am proud of what we have accomplished in this regard, the process of enacting difficult cuts in personnel costs has been extremely challenging and strained relationships to the point where I believe it is in the District's best interest that I step down as Fire Chief at this time."

Per the separation agreement with the Board, Chief Sponable will retire effective April 1. He will consult with District management for a period necessary to ensure a smooth transition. The Fire Chief's duties will be assumed on an interim basis by Deputy Chief Kurt Henke until the Board determines its process for a permanent replacement.

"District leadership is in agreement that now is the right time to make this transition and look toward the future," said Board Secretary Matt Kelly. "Although additional challenges lay ahead, Chief Sponable has helped to set us on the right course and we have every confidence that Deputy Chief Henke and staff will serve the Board well in managing the organization and maximizing the service to the communities we serve."



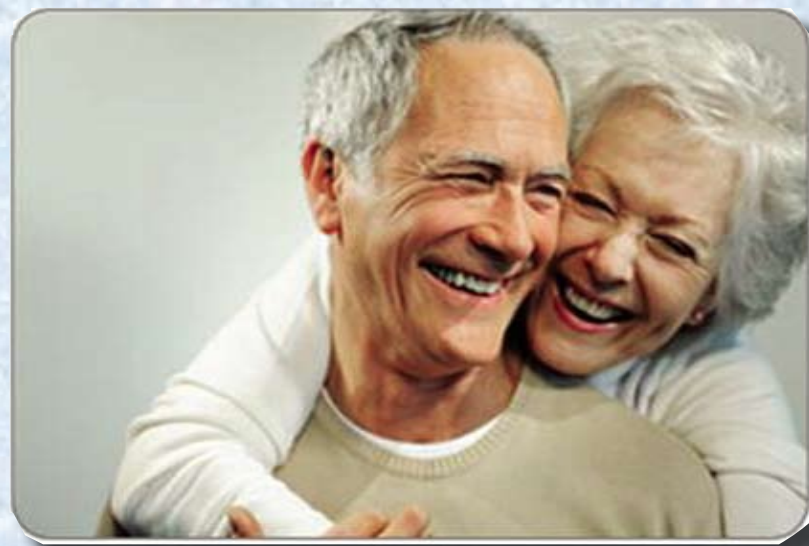
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04/05 Health and Vitality Workshop
04/11 Mon Joy of Life - Perfect Health

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To PRESENT
*Sherlock Holmes and
 The Case of
 the Jersey Lily*
AND
*The Phantom Cat
 of the Chautauqua*

Chautauqua Playhouse, in association with LeGacy Productions, announces the opening of *Sherlock Holmes and the Case of the Jersey Lily*, by Katie Forgette, starting on March 11 at the Playhouse. The show will play on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through April 17. Carmichael area performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$18 general and \$16 students, seniors, children and SARTA members.

After the six week run on the Chautauqua stage, the show will move to the Historic Nevada Theatre in Nevada City, with the same cast for an additional four weeks.

Beautiful actress Lillie Langtry is seeking help from the brilliant detective Sherlock Holmes in a small matter involving blackmail, some missing jewels and the royal family. Our hero gets some help from his sidekick, Watson, and the famous Oscar Wilde as the evil Professor Moriarty tries yet again to foil the day.

The show is directed by Warren Harrison, featuring a talented cast including Walter Thompson, Julie Bock, Michael Walker, Rodger Hoopman, Shawn O'Neal, Chris Whitlock, Alvis LeGate and Jimmy McCammon. Set design is by Rodger Hoopman and costumes are by Meghan Bice. Light design is by Don Myers.

Also opening in March is the Chautauqua Children's Theatre production of *The Phantom Cat of the Chautauqua*. The show opens on March 19 and plays on Saturday afternoons at noon and 2 pm through April 9. The show, written and directed by Marie Raymond, is a fantasy about a Cat who thinks he owns the theatre. Ticket price for the children's shows is \$7.00 for all seats.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.org.

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**Carmichael Recreation and
 Park District is announcing
 these upcoming events**

Day of Peace Event

*Saturday, May 14 from 10-5pm,
 all ages welcome
 Carmichael Park, 5750 Grant Avenue
 in Carmichael
 Sponsored by Carmichael Recreation & Park
 District and Saha Wellness Center
 of Carmichael*

Make every day a day of peace with a Health Body, Quiet Mind and Peaceful Heart – learn more about the benefits of inspired medicine while enjoying the following:

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 at 916-484-7175. For information visit them online
 at www.inspiredmedicine.info.

**JFK & PT 109 –
 A Historical Eyewitness Account**

*Presented by Ted Robinson,
 LCDR USNR Retired
 Saturday, May 14 from 1-3pm
 Carmichael Park Vets Hall,
 5750 Grant Avenue
 FREE for Everyone*

Join us for an insightful and riveting recollection of how retired LCDR Ted Robinson rescued John F. Kennedy from a near fatal PT-109 incident during WWII. The author of *Water In My Veins* recounts a story of gunfire, struggle and triumph that will keep listeners on the edge of their seat.

Call 485-5322 for more information or visit us online at www.carmichaelpark.com

**Gold Recycling
 Educational Workshop**

*Presented by Karin Doll-Nicholls
 Tuesday, May 17 from 10-11:30am
 La Sierra Community Center, Room 800
 \$12 pre-registered/\$15 at class
 Appropriate for ages 18+*

Thinking about selling your broken or unwanted jewelry or coins? Before you head to a "Cash for Gold" scam artist, learn the assay techniques for determining the value. You can't afford to get cheated – so get educated! NOTE: Do not bring items for recycling – no cash exchange will be done.

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Winter Shelter Extended Through April

Community's Generosity Continues to Show

Sacramento Region – Last month the business and development community working alongside County staff and Supervisor Phil Serna's office were able to provide a winter shelter option for homeless campers on the American River Parkway. The winter sanctuary program was extended through the end of March, and 32 additional beds were made available at the Salvation Army for the same duration. These beds have been used continuously by campers from the Parkway.

The 32 beds that were the product of last month's efforts will now be available for an additional month, through the end of April, thanks to the community's continued generosity.

Kaiser Permanente has stepped up to donate an additional \$5,000. Kaiser Permanente's generosity, along with a contribution by Supervisor Phil Serna's Office, will be matched by the Salvation Army to bridge the gap and fund the added shelter space for an additional thirty days through the end of April.

"I'm pleased to see folks who

would otherwise camp illegally in the Parkway take advantage of the beds that have been offered. The continued effort to extend shelter services is very encouraging and I'm very grateful to all involved," said Serna.

Organizations that have donated include the North State Building Industry Association and its member leaders, HomeAid (NSBIA affiliate), the Thomas P. Winn Foundation, more than 15 members of the Sacramento Metro Chamber including Bank of America, the River District, and discretionary funds from the office of Sacramento County Supervisor Phil Serna.

Facts about Sacramento County's Homeless:

- Approximately 3,000 individuals (adults and children) currently reside in emergency, transitional, and permanent supportive housing programs in the Sacramento area.
- Between 2007 and 2009, chronic homelessness decreased by 35% in Sacramento County according to the biennial homeless street

count required by HUD. This was a result of the 10-Year Plan to End Homelessness "housing first" approach that focused on the chronically homeless (long-term and disabled) and the expansion of permanent supportive beds/units.

- Sacramento County and City, homeless providers, the faith community, and many community stakeholders are partners of Sacramento Steps Forward, an initiative to end homelessness in Sacramento. For more information, go to www.sacramentostepsforward.com.
- The County has been working with Sacramento Steps Forward partners to create a new non-profit to assume the County's coordinating role for homeless services by June 30.

- The County will also be working with cities to create a new Joint Powers Authority. This JPA would partner with the new non-profit to create regionally cohesive and sustainable strategies to address homelessness.



Sacramento Region – As it approaches its 28th year of service to the hungry poor, Loaves & Fishes will serve its 6 millionth meal on Wednesday, March 16th to one of the 650 guests thronging our Dining Room. Loaves & Fishes is thankful for the outpouring of community support that makes this possible. It is only through the efforts of donors, volunteers and the community that Loaves & Fishes is able to serve 650 men, women, and children daily. Loaves & Fishes depends upon the volunteer spirit of many generous people. It takes scores of volunteers daily to prepare and serve a full meal in the Dining Room.

Many of their guests rely upon the lunchtime meal that they receive at

Loaves & Fishes Serves Its 6 Millionth Meal



Photo from Sacramento Loaves and Fishes website.

Loaves & Fishes to make it through the day (and night). For some it is the only meal they will eat all day. Guests are not only individuals suffering from mental illness and physical disability, but they are also the working poor, the elderly and the newly homeless. Throughout the many changes that Sacramento has seen in the past 28 years, Loaves & Fishes has remained a constant,

a haven where people can come to receive support, find a caring presence and eat a nutritious, home cooked meal.

Sister Libby Fernandez, Executive Director of Loaves & Fishes, says: "The hungry need bread today, not tomorrow. That's why our door is always open until the last person has been fed."

Loaves & Fishes Dining Room is located at 1321 North C Street, between 12th and 16th Streets, in Sacramento CA 95811. To contribute or to volunteer your help contact them at Sacramento Loaves & Fishes, P.O. Box 2161, Sacramento, CA 95812. Reach them by telephone: (916) 446-0874, or find out more at www.sacloaves.org.

Hank Fisher Properties' Day to be Held at the B Street Theatre

Sacramento – Theater lovers and supporters of the B Street Theater are encouraged to attend "Hank Fisher Properties Day" at the Theater on Wednesday, March 23rd at 1:00 p.m., prior to the matinee performance of Circle Mirror Transformation. The Theater is located in Sacramento at 2711 B Street.

Those who attend Hank Fisher Properties Day will have an opportunity to enjoy refreshments, sample Hank Fisher Properties' signature cookie, and meet residents and staff from Hank Fisher Properties' four premier senior living communities – River's Edge, the Chateau at River's Edge, the Chateau at Carmichael Park and the Chateau on Capitol Avenue.

Hank Fisher Properties has partnered with the B Street Theater to

donate \$1,500 to the Theater whenever a senior referred by its audience or supporters moves into an HFP community. "We believe this partnership allows us to promote our communities' enhanced lifestyle and support a valuable community resource," said HFP President Nancy Fisher.

The play centers around four lost souls who have joined a drama class. While they act out the emotions of hilarity, sadness, desperation, and hope, they expose and discover their own inner selves. A limited number of tickets for the play at a discounted price may be arranged by calling River's Edge at (916) 921-5131 or the Chateau at Carmichael Park at (916) 447-4444.

Hank Fisher Properties is known for offering elegant senior living

environments with generous amenities and quality services. River's Edge provides seniors exceptional independent living. The Chateau at River's Edge is known for its quality independent and assisted living as well as its memory care program, The Garden. Both are located in the Campus Commons neighborhood. The Chateau on Capitol Avenue, in Midtown within a block of Sutter Hospital, offers luxury independent and assisted living, along with TLC Suites for healing, rehabilitation and hospice care. The Chateau at Carmichael Park provides independent and assisted living while also featuring The Garden residential memory care as well as The Club Carmichael Park memory day care.

that he pursues her with vigor. The refugees from "Mad Men" conspire to keep them separated forever, but one little slip up in scheduling allows them to meet once again on an MTA bus. David is absolutely certain that he and Elise are meant for each other and he strongly resists the efforts of the men in hats to interfere.

The suspense thriller elements kick in when David and Elise are forced on the run, and even more so when David learns that the shadowy men are not so infallible. Furthermore, he acquires some supernatural power of his own when wearing an Adjustment Bureau-issued fedora. It allows for some clever opportunities for him and Elise to alter the physical landscape by going in and out of various portals, thus staying one step ahead of the Bureau.

One thing that is puzzling is that the omnipotent Chairman (Terence Stamp) of the Adjustment Bureau has delegated a whole continent of his agents, besides Harry and Richardson, to disabuse David of the notion that the true love of his life is Elise. They will try deceit, subterfuge, and even physical restraint as weapons in their mission. What makes "The Adjustment Bureau" so intriguing is that there really is great chemistry between Matt Damon and Emily Blunt as the opposites who are greatly attracted to each other. This hard-to-categorize film works very well as a romantic love story, but of course it is much more than that.

Some may argue that "The Adjustment Bureau" is a light, or softer, version of films like "The Matrix" or "Inception." That could be true, but for my money, "The Adjustment Bureau" is much more satisfying and entertaining than other fantasy films only remotely in the same thematic orbit. The difference could well be ascribed to the touch of humor and real emotion lacking elsewhere as well as the fact that the other films didn't star Damon and Blunt, the near perfect couple.



A Film Review by Tim Riley

THE ADJUSTMENT BUREAU (Rated PG-13)

To my mind, there's not much point in making a movie so totally incomprehensible that the viewer is left to ponder the supposedly obvious brilliance of a masterpiece that is not easily understood by the casual observer. That's the way I felt about "Inception," and I never intend to see it a second time just for the satisfaction of trying to figure out the puzzle. I'd rather do something more productive, like rearrange my sock drawer or alphabetize grocery coupons clipped from the Sunday paper. Now along comes the adaptation of a story by Philip K. Dick, the noted sci-fi author, in "The Adjustment Bureau," which raises its own set of questions about what makes sense.

All things considered, I find it easier to relate to the work of Philip K. Dick, whose stories have been adapted into the films "Blade Runner" and "Total Recall." In today's upside-down world, the fantasy elements and visions of paranoia don't seem totally out of whack. "The Adjustment Bureau" plays very well into the mind-bending scenario of unseen forces controlling our destiny against every impulse of asserting one's free will. To be sure, there's plenty of weirdness in this so-called fantasy science-

Riley Reviews

ROMANCE THROWN OFF COURSE BY "ADJUSTMENT BUREAU" THRILLER

fiction thriller-cum-love story, but the central core of the story rests on the plausible relationship between two very different people.

Matt Damon's David Norris is a young, ambitious New York congressman with a colorful working-class background. He's the leading candidate in a race for the U.S. Senate until a tabloid story about his racy past derails his campaign. A chance meeting in the men's bathroom at a fancy hotel on election night is a pivotal moment for David. His encounter with free-spirited ballet dancer Elise (Emily Blunt) gives him the courage to be daring and bold in his concession speech, one that sets him apart from the usual political tripe and actually serves to make him a viable future contender.

But was this encounter really that random? We realize that it was not when David happens upon the mysterious men in business suits and fedoras who suddenly must assert themselves into his life. Oddly enough, these men look like Madison Avenue executives from the early 1960s, which explains how John Slattery, from "Mad Men," is so well-suited for the role of an Adjuster named Richardson, who is assisted by his colleague Harry (Anthony Mackie). On election night, they found it convenient for the benefit of David's life plan to bring him together with Elise. Now, to keep David on a path to his political destiny of apparent greatness, they must keep the two apart.

The problem, of course, is that David is so totally smitten by Elise

Gas Prices Rise in Sacramento Again

Sacramento Region – Average retail gasoline prices in Sacramento have risen 5.0 cents per gallon in the past week, averaging \$3.90/g yesterday. This compares with the national average that has increased 3.8 cents per gallon in the last week

to \$3.53/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 87.7 cents per gallon higher than the same day one year ago and are

49.9 cents per gallon higher than a month ago. The national average has increased 40.5 cents per gallon during the last month and stands 74.5 cents per gallon higher than this day one year ago.

Friends of the Library Plan April Warehouse Sale

Sacramento - The Friends of the Sacramento Public Library are sponsoring a big Early Spring Warehouse Sale on Saturday, April 2, and Saturday, April 9. Public sale hours will be noon to 4 pm on April 2 and 9 am to 4 pm on April 9. A special preview for Friends' members only is scheduled for Friday evening, April 1, from 5 to 8 pm, to celebrate the recent expansion at the Book Den and Warehouse site. Also, Friends' members only can shop from 9 am to noon on April

2. Prospective members may join at the door at either preview for \$15. The sale will be held in the Friends' warehouse, at the rear of the Book Den store, 8250 Belvedere Avenue, Suite E, between Power Inn Road and Florin-Perkins Road just south of 14th Avenue. More than 70,000 paperback and hard-bound books, audio books on tape, and videos will be sold at prices ranging from \$.50 to \$2.00.

The Book Den store will be open during the Warehouse Sale,

including the evening preview. At the Book Den shoppers select from individually priced better books, including collectibles, and other materials, with most books priced at \$3 and up. During the evening preview the store is offering an additional 10% off purchases (except for glass case books). The Book Den is regularly open every Thursday, Friday and Saturday from 9 am to 2 pm. For more information call 916-731-8493 or email fspl@att.net.

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| <p>ACROSS</p> <p>1. "___" from the garden"</p> <p>6. Civil rights advocate Wells</p> <p>9. *Garden ear</p> <p>13. Sri ___</p> <p>14. African migrant</p> <p>15. System of numbering pages</p> <p>16. Not silently</p> <p>17. Argonaut's propeller</p> <p>18. Lower part of abdomen</p> <p>19. *Glass protector</p> <p>21. "I am sorry," e.g.</p> <p>23. Youngster</p> <p>24. "It cuts a furrow</p> <p>25. A man concerned with his dress</p> <p>28. Type of wrestler</p> <p>30. "Cease and ___"</p> <p>35. Male version of Emily</p> <p>37. Forsaken or desolate</p> <p>39. Celebrity chef DiSpirito</p> <p>40. Basic unit of money in Western Samoa</p> <p>41. Native American emblem</p> | <p>43. Quantity of paper</p> <p>44. Wads of tobacco, e.g.</p> <p>46. The Three Tenors, e.g.</p> <p>47. *Tulip's beginning, e.g.</p> <p>48. Headquarters</p> <p>50. Obama at Harvard Law School, e.g.</p> <p>52. Ballet step</p> <p>53. ___ Roman Empire</p> <p>55. St. Louis football player</p> <p>57. *Vines' support</p> <p>61. *One-season plants</p> <p>65. 43,560 square feet, pl.</p> <p>66. Type of hairs in mam-mal's coat</p> <p>68. "Round up the ___ suspects!"</p> <p>69. Rainbow-producing device</p> <p>70. Popular white fish</p> <p>71. Fashion of the past</p> <p>72. Labor Day month</p> <p>73. Attention grabber</p> <p>74. Wear away</p> | <p>DOWN</p> <p>1. Fatty tissue</p> <p>2. Respiratory rattling</p> <p>3. Organic compound</p> <p>4. Lie in wait</p> <p>5. Pilgrims to Mecca</p> <p>6. Hunch-backed assistant</p> <p>7. Double helix</p> <p>8. Pertaining to the ear</p> <p>9. Rapper LL ___ J</p> <p>10. A dish of stewed meat of different kinds</p> <p>11. Cash's is on fire</p> <p>12. Snoopy</p> <p>15. *Reproductive structure</p> <p>20. Rated "R" for ___ content</p> <p>22. *Pea or bean house</p> <p>24. Represent in a painting, e.g.</p> <p>25. Dog command</p> <p>26. Nebraska's largest city</p> <p>27. Rice cooked in well-seasoned broth</p> <p>29. ___ point</p> <p>31. Acid gritty-textured fruit</p> <p>32. Frost over</p> | <p>33. La ___ , opera house in Milan</p> <p>34. Graves</p> <p>36. *Grassy area</p> <p>38. Young or Simon, e.g.</p> <p>42. Grieve</p> <p>45. Religious split</p> <p>49. Ad ___</p> <p>51. *Used as fertilizer</p> <p>54. Permeate or penetrate gradually</p> <p>56. Reflective thinker</p> <p>57. There and back to Michael Phelps, pl.</p> <p>58. One of #65 Across</p> <p>59. Journey</p> <p>60. Challenge</p> <p>61. Rooney or Warhol, e.g.</p> <p>62. A grand theft</p> <p>63. Hog fat</p> <p>64. Wild plum</p> <p>67. Intense mournfulness</p> |
|---|---|--|--|

For Solution See Page 8



Carmichael Chamber of Commerce

Free Advertising for Members

You're missing out on an opportunity for FREE advertising if you don't bring in a stack of your business cards to the Chamber office. Walk-ins regularly stop buy and pick up business cards for our Chamber members. Don't miss this opportunity to get your business name in the hands of potential customers. Call Linda at 916-481-1002 to drop them by the office.

Sheriff Scott Jones to Speak

Sacramento County Sheriff Scott Jones will be the guest speaker at our March 22 Business Luncheon in the Education Building at Cypress Avenue Baptist Church, 5709 Cypress Avenue in Carmichael. Come network at 11:30 a.m., the program begins at noon, Enjoy lunch, information, and a raffle. To reserve your place by Thursday, March 17, please Register here. Scroll down to the calendar on the home page and choose the March 22 luncheon. Cost is \$15 for members and \$20 for non-members. *Beginning at the April Luncheon, members who don't RSVP before the luncheon will be charged \$20 as well. Those using a credit card to pay need to pay online at the Chamber website.*

on the event flyer or banner, or you may even want to have a booth. More than 5000 people attended last year so it's a great opportunity to get the word out about your business. For more information, contact Elizabeth Crisante at 916-483-7826.

Crime & Homelessness in Carmichael

As a service to the community, the Carmichael Chamber of Commerce is hosting a FREE Community Forum, open to the public, to discuss the issues of crime and homelessness in Carmichael. The event is **Thursday, April 28** from 7 - 9 pm at La Sierra Community Center, 5325 Engle Road. A panel of guests will be discussing these issues and the public will be able to ask questions. Panel members include Sacramento County Supervisor Susan Peters, Sheriff Scott Jones, Karen Maxwell of the District Attorney's Office, Jack Harrison of Carmichael Recreation and Park District, and more. For further information, contact the Chamber at 916-481-1002.

'Taste' Needs Vendors and Sponsors

The Kiwanis Club of Carmichael's 2011 'Taste' of Carmichael, coming Saturday, May 14, is looking for vendors and sponsors for this community event. Applications need to be completed by April 1. Tickets for this event are on sale now for \$35 per person. To sign up to be a vendor or sponsor or for tickets, contact Virginia Stone at 916-944-0878 or virginia.stone@sbcglobal.net.

Start Saving Your Shredables Community Shred Day

Hosted by the Carmichael Chamber of Commerce, Carmichael Recreation & Park District & Shred-It. **Saturday, June 18, 2011 8:00 am - Noon** (or until truck is full) La Sierra Community Center Park Lot 5325 Engle Rd in Carmichael

Summer Concert Series Coming

Carmichael Recreation and Park District is seeking local sponsorship for its Summer Concert in the Park Series. Now is the time to secure your business name

Check website for more information

Contact us for more information on the Carmichael Chamber of Commerce
Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com

Mission Avenue Open Elementary School Auction

Join the Mission Avenue Community for a fun evening to raise money for our Budget-Cut Replacement Fund. This fund includes everything from scholarships, technology to arts and so much more. This auctions MAKES Mission Magic happen!! Please come and spend some money and make magic!

When: Saturday, April 2, from 6 – 11 p.m.
What: No-host cocktail hour with appetizers. Dinner catered by Don Quixote. Silent & live auctions. DJ Hosted dancing.
Tickets: \$25 (March 1-15), \$30 (March 16-april 1)
 \$10 Raffle Tickets only (need not be present to win! Must purchase before March 15th)

Buy auction tickets before March 15th to be entered in raffle for Tahoe Vacation House (Labor Day Weekend!)
Where: Sacramento Association of Realtors, 2003 Howe Ave, 95825
 Purchase Tickets at Mission Avenue Open Elementary Office: 2925 Mission Avenue Carmichael, CA 95608-3599 – 916.575.2362
 Please make check payable to Mission Avenue PTA.

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ROCK DOC

By Dr. E. Kirsten Peters

Geology has surely been in the news lately, with the price of petroleum moving relentlessly upward, a threat to global economic recovery because oil is so central to industrial society the world around.

But now matters are suddenly worse.

Even geologists like myself, used to the ferociously destructive power of earthquakes, have been taken aback by the tragic news from Japan. The largest seismic event since earthquakes were first measured in that nation, near an 8.9 on the Richter scale, has clearly devastated sections of the northeast coast, and major aftershocks will rock the region for at least days to come.

The epicenter of the massive quake was under the sea, and a tsunami was immediately triggered by the event. The word "tsunami" has replaced what older readers may remember as a tidal wave, a name that was highly misleading because tsunamis have nothing to do with the tides. The name tsunami is Japanese, a fact that shows Japan has been plagued by earthquakes and tsunami for as long as Japanese civilization has existed.

Tsunami are usually caused by movement of the solid sea floor, a lurch either up or down, that sends

How Fragile is the Solid Earth Beneath our Feet

an enormous body of water on the move. The water packs a great deal of energy, like an enormous sledgehammer.

As a tsunami flows into more shallow conditions near the coast, the height of the wave increases more and more. That's why ships far out to sea are not tossed by massive waves, but people in a harbor can see a truly enormous surge of water coming toward them. The water can spill far inland, as it clearly has done in northeast Japan.

Tsunami travel fast – at literally hundreds of miles an hour. Because of that fact, there was little time between the quake itself and the tsunami hitting the coast of Japan. Much of the evident destruction of the quake is from the effects of seawater inundating the land, sweeping whole buildings off their foundations, undermining roads and most unfortunately of all, quickly sweeping many local residents to their deaths.

Because tsunami travel across the entire Pacific Ocean, damaging coasts thousands of miles away from the original earthquake, scientists have a tsunami warning system in place 24-7. Nothing is perfect, but it's a good system, and warnings in Hawaii preceded the arrival of the tsunami there. So far, Maui has had the highest wave, one recorded at about 7 feet.

As usual with massive earthquake damage, fires have broken out and are burning out of control in some cities. Fires often follow major seismic events because natural gas pipelines are cracked and start to leak, and because electric lines fall and create sparks. To make matters

worse, fire fighters can be hampered in their work because water mains are broken.

We must all wish the Japanese people well as they start to cope with what has happened, and the U.S. has already pledged support for whatever the government of Japan thinks it needs to respond to the massive damage along its northeast coast.

But we Americans should also find some time to reflect on the fact that two regions of the Lower 48 stand at risk of similar events – and we are generally less prepared than the Japanese to deal with major quakes.

The first part of the country known to face earthquake dangers is, of course, the west coast. California most famously, but Oregon, Washington and inland states like Nevada are all slated for massive quakes in the future. But it's also true that the central part of the country, in the region centered around where Missouri, Kentucky and Tennessee all come together, is another place where we geologists are sure there will be massive quakes.

We've got to learn from what we now see in news reports coming out of Japan. We can do better on everything from protecting our infrastructure to having family plans in place for emergencies.

Let's let the tragic event in northeast Japan be a wake up call right here at home.

Dr. E. Kirsten Peters, a native of the rural Northwest, was trained as a geologist at Princeton and Harvard. Follow her on the web at rockdoc.wsu.edu and on Twitter @ RockDocWSU. This column is a service of the College of Sciences at Washington State University.

"A Music Gallery" Plays March 20

Carmichael – Bring the entire family to this extraordinary concert entitled "Designs, Images and Textures," the last concert in our "A Music Gallery" season, Sunday, March 20, 3 p.m. at the La Sierra Community Center in Carmichael. The Sacramento Symphonic Winds is a 60-piece wind orchestra conducted by Dr. Les Lehr. This concert will include Mosaico de Mexico by

George Gates, Enigma Variations by Edward Elgar, Dali by Aldo Rafael Forte, and will feature saxophone soloist Chad Deacon, oboe soloist Martin Monson, flute soloist Brandon Rotondo, a photo presentation by Noel Neuburger, and more!

For more information and a map, visit our web site at www.sacwinds.org.

Tickets at the door
Under 8 – free
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Save the date! { "A Music Gallery"
La Sierra Series } Sunday, March 20, 2011 at 3pm

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family, etc. Examples (shown here) include: (a) Poor "Molly," scheduled to be killed at a county shelter to "make space" for new arrivals...until we rescued and restored her to her full beauty; (b) "Puffball" the Pomeranian, saved from the midst of busy Watt Avenue traffic.

The drawing for the iPad will be on March 20th.

To donate, qualify for the drawing early, or get more information:

(a) Call (916) 334-2841; (b) Email DogRescue@Live.com; (c) Bring your donation to Plaza Hof Brau Restaurant (2500 Watt Avenue) between 2-3:30pm on Sunday, March 20th. Thank you!



"Molly" before.

"Molly" after.

"Puffball".

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"Awash With Color", WASH Inc., or Watercolor Artists of Sacramento Horizons, presents an annual members' watercolor show. Juried by Steve Walters, "Awash With Color" will be a display of up to 100 of members watercolor paintings. Special 2nd Saturday Reception April 9, 2011, 5:30-8:30 pm. Exhibit runs April 5-23, 2011, Sacramento Fine Arts Center, 5330 B Gibbons Dr., Carmichael, CA 95608. Hours: Tuesday 11 am-7:00 pm, Wednesday-Saturday 11 am-3 pm.

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Humor Award: "Rose", by Carol Rhodes Wittich

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END of the BENCH
 by **Gerry Scholl**

My almost-three-years-old grandson is quite the little soccer player. Look out Landon Donovan, here he comes. This guy's first word was "mommy" and his second was "ball." I stopped by an area athletic club a couple of weeks ago to watch my little buddy run around on the indoor soccer carpet with a few of his new pals. He has mad skills. He could kick the "soka ball" on the run and put it in the goal kicking or throwing. He could follow instructions from the "coach," kicking the ball through a makeshift tunnel, crawling through after it and coming out the other side so proud. He could "create" on his own; as the coach placed orange cones around, he followed behind to give each one a strong kick. He could interact with his playmates; together they picked up cones and placed them on their heads and ran around with goofy grins. He spotted me and came running over. "Mommy, mommy, Pop's here!" He was so excited. I was sitting against a sidewall with a couple of other dads and a few moms. (Is that a soccer ball under your blouse, or a little sibling on the way?). About five seconds later he turned around and ran back. "Mommy, Pop's here!" This primary exposure to the sporting experience for these little tykes was all so innocent and pure. What happens after that? When does the end of the innocence hit? How do things evolve to

what we experience as adults? Lately there has been a rash of disappointing events in the sports world. In western Michigan there was the death of the high school basketball player, Wes Leonard, from cardiac arrest shortly after being lifted by his teammates celebrating his game-winning shot. Former Chicago Bear Dave Duerson took his own life. Ohio State football coach Jim Tressel was suspended for covering up NCAA rules violations on behalf of five of his players, who also face suspensions. USC basketball coach Kevin O'Neill was suspended for getting into an altercation with an Arizona fan. A crazy Alabama fan poisoned the prized trees at Toomers Corner of Auburn. Detroit Tigers star Miguel Cabrera and the Oakland A's Coco Crisp were busted on DUI's. Sacramento Kings players are fighting in the locker room and the owners are threatening to move the team. Cal may be losing baseball due to budget cuts. The powers that be in the NFL and the players are biting the hands that feed them. Events have run the gamut of the sorrowful to the pitiful. The negative stories always seem to dominate the scene, overshadowing the positive. Is it our nature to dwell on the negative? Or, is it that we've been conditioned to believe that these types of happenings are more newsworthy? We need to remember that what makes them newsworthy

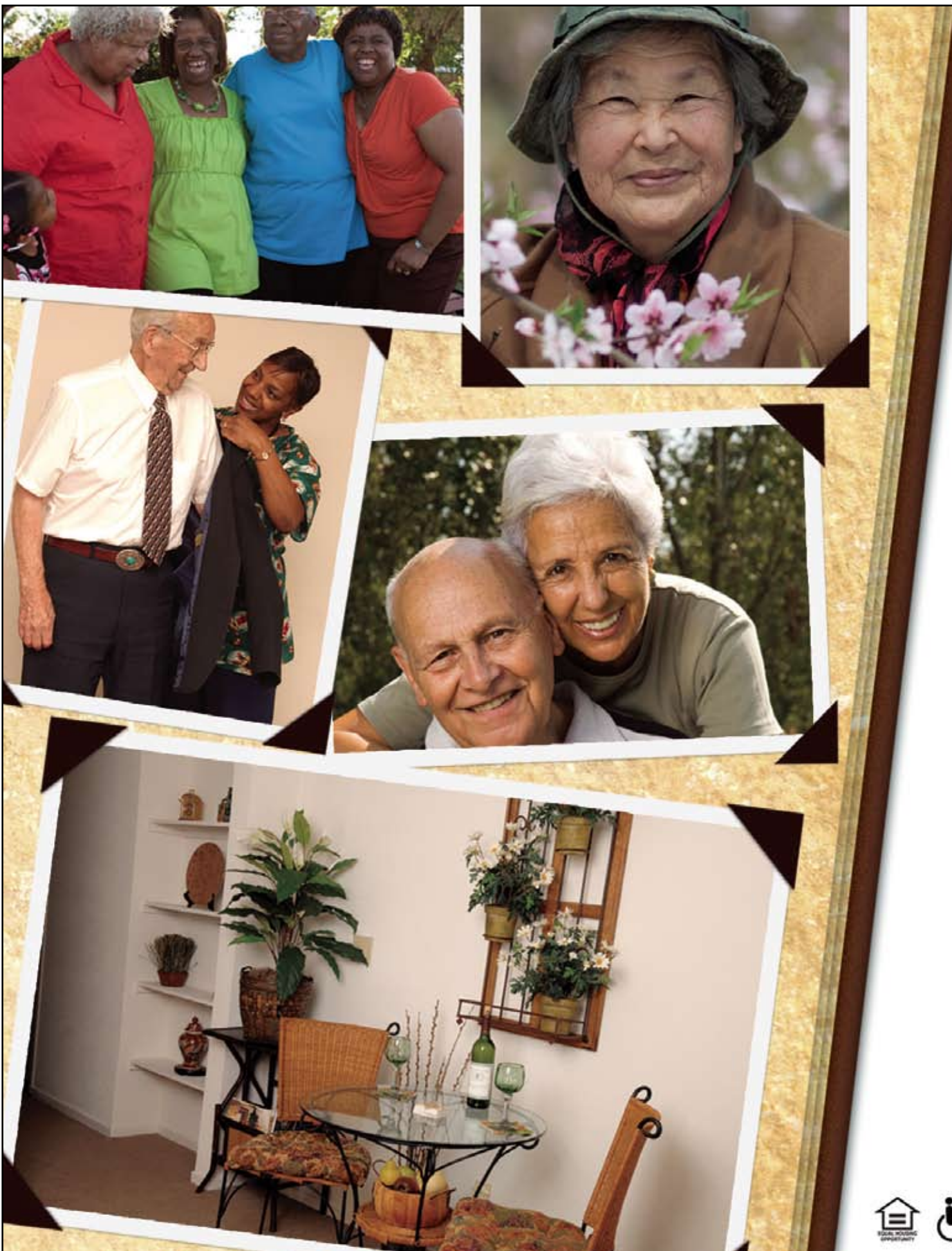
is that they are out of the ordinary. What is more ordinary—the norm—is all the good stuff, though it may be considered boring. Sports is no different than other areas of our lives. You'll find the good, the bad and the ugly there too. I'd prefer to dwell on the good if I could. Let me hear about the coach who gave a kidney to an ailing player or the small-town kid who went from the junior college scrapheap to a Super Bowl victory. Or, how about the girl who won a state wrestling championship competing with the boys, or the one-legged gymnast who medaled in Division II? How about the guy who built a baseball diamond in the middle of nowhere and they came, or the scrub hockey player who joined the golf tour to save his grandma's house? OK. Maybe I'm fantasizing a bit, but I'll tell you what... when I go out and participate or watch an event it makes me feel good. The generated energy gives me a positive charge. The excitement, the competition, the performances are uplifting. There's nothing like doing it live. So when the downer stories are bummering you out, go out and do it. Or, go watch your team, your friends, cousins, kids or grandkids. Especially when you are there to support someone you love, you'll feel just great when you hear something like, "Pop's here!"



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