

Carmichael Times



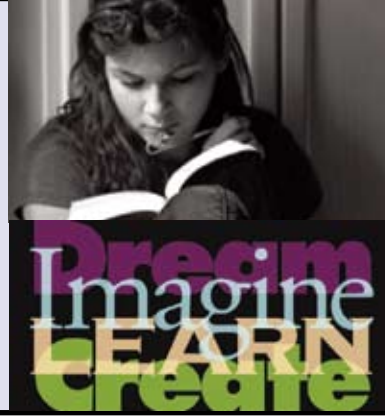
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Volume 31 Issue 7

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February 16, 2011

New Robotics Lab to be Unveiled

Robotics Program will become Integral Part of New Powerhouse Science Center Sacramento's Discovery Museum



Anika Greene, DiscoverBots Robotics Club Coordinator, works with Will Peterson, an 8th grade student at Our Lady of Assumption, to program a robot at the Discovery Museum Science & Space Center. Photo by: Beth Callahan, Discovery Museum Science & Space Center.

Sacramento Region – The Discovery Museum Science & Space Center announced February 14 that it has completed a much anticipated Robotics Lab that will encourage education in science, technology, engineering and math in the Sacramento region.

The Robotics Lab, which opens February 23, is the first program destined for the Powerhouse Science Center, which will become the new home of the Discovery Museum Science & Space Center in 2013. Located on the scenic banks of the Sacramento River, the Powerhouse Science Center (www.powerhousesciencecenter.org) will be the premier science and space learning center serving Northern California.

Robotics education has become a successful method nationally to help teach STEM topics – science,

technology, engineering and math – plus teamwork and even management skills. All levels of students are typically fascinated with robots. Educators have found that teaching with robots provides a new and stimulating way to interest and motivate students.

The Discovery Museum is holding a ribbon cutting for the Robotics Lab on Wednesday, Feb. 23 at its Sacramento location at 3615 Auburn Blvd.

“The opening of the Discovery Museum’s Robotics Lab is a major step forward in creating the new Powerhouse Science and Space Center,” said Sandy Sheedy, Sacramento City Councilmember. “My thanks to all who pitched in and helped make this milestone possible.”

The Robotics Lab will contain

three-pronged programming:

- Full-class, hands-on robotics programming for up to 36 students
- After school robotics club
- Competitive robotics teams for students 9-14, whose schools may not have their own teams

“Our new Robotics program will help put the E in the Museum’s STEM education programs. It’s very exciting to unveil the first new program that will become an integral part of the Powerhouse Science Center,” said Beth Callahan, Discovery Museum Director of development and marketing. “Offering robotics programs will guarantee that more students develop a love of science and technology. The students who are motivated by robotics are more likely to become the scientists, innovators, and inventors of tomorrow.”

The temporary robotics exhibit/facility is the culmination of a group effort by many organizations in the Sacramento region. Carson Construction in Sacramento donated a temporary doublewide facility that houses the Robotics Lab.

City Councilmember Sandy Sheedy was instrumental in finding the cash to pay for hard costs and fees; AT&T provided a grant to purchase LEGO Mindstorm Education robotics hardware; Hewlett-Packard in Roseville donated laptop computers; Rotary of Sacramento painted the walls.

Other donors include: Duran and Venables, Inc., Atlas Disposal, Associated Construction & Maintenance, Eckhart’s Manufactured Housing Service, CAPCO, Armour Steel, All Bay Mill & Lumber, Sonotrol, the City of Sacramento, Nolte Associates, Inc., United Rentals, B.T. Mancini, White Cap, and Performance Contracting Inc. Intel engineers and software experts from Synergex are volunteering their time and expertise to assist Museum staff in developing curriculum and lesson plans and assisting with program delivery.

The Discovery Museum Science & Space Center is celebrating its 60th anniversary in 2011, and will be marking the occasion with special observations and activities all year long. Much has occurred over the past 60 years in science and the Discovery Museum has adapted both its facility and its way of delivering the scientific message to young children during that time frame.

Not only does the Discovery Museum have a colorful past, it also has a bright future. The Powerhouse Science Center will serve as a model for 21st-century experiential education in science, math, technology, engineering, and space, and be utilized as a field trip destination for pre-kindergarten to 12th grade students from throughout the region.

For more information on the PowerhouseScienceCenter, visit www.powerhousesciencecenter.org, email info@PowerhouseScienceCenter.org, or call 916 853-0343. Visit the Center on Twitter, Facebook and Flickr.

To visit the Discovery Museum, go to www.thediscovery.org or call 916-808-3942.

Amazing Egg Art Show



Sacramento Region – The Northern California Egg Artists along with members of the International Guild will be displaying, teaching, and selling all things relative to the delicate form of egg art.

Local egg artists, national and international “egggers” will gather for this annual event to teach classes, sell egg art and supplies for this unique art dating back to Czarist Russia. He created his egg designs from egg shaped precious metals and adorned them with precious jewels. At the show they display art using genuine egg shells and semi-precious jewels, most from Austria, i/e Swarovsky Crystals. Visitors will be excited to see unbelievable and beautiful designs, some revolve, some play music and are hinged with beautiful designs inside.

Real eggshells, among them ostrich, emu, rhea, goose and duck are used in this delicate art form.

Photo Credits: Christine Eleopoulos, Publicist, Northern California Egg Artists.

Faberge, beaded, filigree, pysanky, and carved eggs will all be on display.

For a \$5 admission, guests will be able to participate in a hands-on project, meet artists and purchase decorated eggs and supplies. New members are always welcome.

The group’s annual art show will be held on March 5 & 6, 2011 at the Holiday Inn Northeast, 5321 Date Ave, Sacramento. Proceeds will benefit the Shriners Hospital for Children.



Employers Courting Job Candidates

Sacramento Region – With Valentine’s Day approaching, love is in the air, and sweet success may be in store for jobseekers at Sacramento’s HIREvent on Wednesday, February 23, from noon to 4pm at the Holiday Inn Northeast, near I-80 & Madison.

This free job fair will feature a variety of employers actively hiring for entry-level to management positions in a wide range of fields. Jobseekers will enjoy a rare opportunity to rendezvous with recruiters and make valuable contacts with public and private-sector organizations. Employment experts will also be on hand, providing free personal

resume consultations.

Jobseekers shouldn’t miss this timely, cost-effective way to meet with many employers in a single afternoon, all looking to hire. Prospective applicants should dress for success, bring plenty of resumes, and arrive early enough to meet with every recruiter, because all the employers will be eager to fill immediate openings.

Sacramento’s HIREvent is sponsored by Entercom, Telemundo 33 and Job Journal. For more information on this and other HIREvents, visit JobJournal.com or call 888-THE JOBS (843-5627).

Gaines Appointed to Vice Chair of Two Senate Committees, Serves on Four



Senator Ted Gaines

Senator Gaines, has been appointed by Senate President pro Tem Darrell Steinberg to serve as vice chair of both the Senate Insurance Committee and the Transportation and Housing Committee for the 2011-12 legislative session. Gaines has also been appointed to serve as a member of the Senate Elections and Constitutional Amendments Committee and the Public Employment and Retirement Committee.

“I am honored to have been given such important committee assignments and leadership roles

in critical areas that affect the lives of all Californians,” Gaines said. “I will work hard to achieve bipartisan solutions to the critical issues facing our state and defend the interests of hard-working taxpayers.”

The Senate Insurance Committee reviews legislation dealing with insurance issues (with the exception of health insurance), workers compensation and unemployment compensation.

“As the owner of my own local insurance agency, I know first-hand the issues facing small businesses and consumers today,” Gaines

said. “I am pleased to have a seat at the table where important decisions are being made about critical issues facing California’s insurance industry.”

The Senate Transportation and Housing Committee reviews legislation dealing with all transportation issues including registration and licensing as well as housing and building standards, redevelopment and disaster preparedness.

“As a member of the Transportation and Housing Committee, I will fight to help lower the costs and burdens homeowners

face and work to improve our state’s ailing road and transportation system,” Gaines said. “Managing California’s transportation infrastructure is vital to the future growth of our entire region.”

The Senate Elections and Constitutional Amendments Committee reviews all legislation that relates to California’s elections and amendments to the state constitution. And as a member of the Public Employment and Retirement Committee, Gaines will review legislation relating to public employee collective bargaining and

public retirement administration and investment strategy.

“I am pleased to have the opportunity to serve on several committees where I will be able to better advocate for the needs and priorities of hard-working Californians,” Gaines said. “I look forward to crafting fiscally-responsible solutions to our state’s broken pension system. Attacking these problems won’t be easy, but it’s time the Legislature took on the difficult tasks required to bring much-needed relief to California’s families.”

Lungren joins Congressional Wine Caucus

To help educate colleagues on industry matters

Gold River, CA – Congressman Dan Lungren (R-CA) has accepted an invitation to join and serve as Co-Chairman of the Congressional Wine Caucus, a bipartisan group of legislators whose mission is to educate and engage colleagues in legislative and regulatory matters pertaining to the wine community.

Rep. Mike Thompson (D-CA) extended the invitation to Lungren to join the caucus late last year because, like Thompson – who represents wine country constituents in Lake, Mendocino, Napa, Sonoma and Yolo counties – Lungren represents

vintners and growers in Amador, Calaveras, Sacramento and Solano counties. Thompson founded the group along with Rep. George Radanovich (R-CA, retired) in 2000.

According to the California Wine Institute, wine grapes are the largest fruit crop in the nation and the sixth largest crop overall. The industry has an annual impact of \$51.8 billion on the California economy, and an economic impact of \$125.3 billion on the U.S. economy. California wine creates 875,000 jobs in California and the U.S., with a total \$25.2 billion payroll.

“Though we have some very large wineries in the Third District the majority are small businesses with unique challenges and needs. I visited with Amador County vintners last year and am planning a listening session with wineries and growers in Calaveras County next month and will plan future meetings with other groups in the District,” said Lungren. “I think some people might be surprised to know that virtually half of the \$31 million Amador County ag economy is a result of growing wine grapes.”

Carmichael Student Will Attend West Point



Cadet Chelsea Kay with parents Don and Dana Kay, of Carmichael, during Parents' Weekend at Marion Military Institute. She will attend West Point next semester.

Marion, Ala. – Chelsea Kay of Carmichael, Calif., recently received her appointment to the U.S. Military Academy at West Point. Currently attending Marion Military Institute in Alabama as part of the Service Academy Prep program, she will report to West Point this summer to join the class of 2015. Cadet Kay is the daughter of Don and Dana Kay of Carmichael.

Critical Window for Children's Health Insurance

New Law Ensures Affordable Coverage for Kids, Regardless of Pre-Existing Conditions; Open Enrollment Period Ends March 1

From the Office of Assemblymember Huber

Sacramento – Assemblymember Alyson Huber wants to make sure parents know about a critical open enrollment period occurring right now for children with pre-existing conditions that ends on March 1st. During the open enrollment period, parents can sign their children up for more affordable health insurance.

As a result of the federal health care reform plan and AB 2244 (Feuer), children with pre-existing conditions cannot be denied coverage – they also cannot be charged rates that are more than double the rates of healthy kids. Parents of healthy children without insurance should also sign their kids up during this period; otherwise, they may be subject to a 20 percent surcharge on their insurance rates for a full year.

“Allowing children with pre-existing conditions to get health coverage is a positive change in our health care system. I hope parents will take advantage of this critical open enrollment window by signing



Assemblymember Alyson Huber

their children up for coverage,” said Assemblymember Huber. “The law allows kids to receive the health care they need, at a price their parents can afford. But, if parents don't act by March 1, coverage for their kids could be significantly more expensive.”

Last year, AB 2244 was passed and signed into law to implement this component of federal health care reform in California. The new law, which has been in effect since

January 1, gives California children access to affordable care by ensuring that certain children cannot be denied coverage or priced out of the market. It also prohibits insurers that sell individual market policies in California from refusing to sell or renew coverage to children with pre-existing conditions.

Parents should be aware of a number of important educational resources on how they can obtain health coverage for their children during and after the open enrollment period. Parents are encouraged to check the website of the California Department of Insurance (CDI) at www.insurance.ca.gov, where they can find fact sheets on how to insure their children. Parents are also encouraged to call CDI's consumer hotline at 1-800-927-HELP or the state health insurance hotline at 1-888-466-2219 with any questions or concerns. Another important resource is <http://finder.healthcare.gov/>, a web site created to assist consumers in navigating their options under the Affordable Care Act.

Gas Prices Continue to Climb

58.4 cents Higher than One Year Ago

Sacramento – Average retail gasoline prices in Sacramento have risen 4.8 cents per gallon in the past week, averaging \$3.40/g yesterday. This compares with the national average that has increased 0.8 cents per gallon in the last week to \$3.12/g,

according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 58.4 cents per gallon higher than the same day one year ago and are 9.8 cents per gallon

higher than a month ago. The national average has increased 4.9 cents per gallon during the last month and stands 50.4 cents per gallon higher than this day one year ago.

“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
Students/Seniors (65+) \$5
General Admission \$10
Free parking; wheelchair accessible

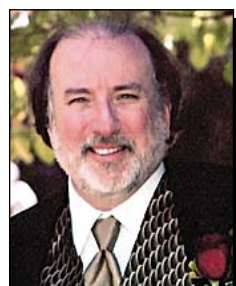
Root Cellar February Event

Genealogy Brickwall Busters

Get help from others with your ancestor search roadblock at a workshop, 1pm to 3pm, Wednesday, February 16 at the Clubhouse, Country Squire Estates, 5720 Oak Hill Drive, Sacramento. Contact John Jay 916-331-0963 or www.rootcellar.org

Carmichael Times

“Written by the people and for the people”
 Serving Carmichael and Sacramento County since 1981
 Publisher—Paul V. Scholl



Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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The Carmichael Times is published weekly. Call 916-773-1111 for more information. (ISSN # 1948-1918).

Advertising Sales: Paul V. Scholl • Perry Hartline • Marion Solo
 Graphics & Layout: Banerjee Designs
 Distribution Assistant: Gabriel Scholl
 Contributing Writers: Mary Jane Popp, Marlys Johnsen Norris, Dr. E. Kirsten Peters, Susan Skinner, Dave Ramsey
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 News Services: PRWEB NewsWire
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Widowed Persons Association of California, Inc.

Sacramento chapter, #1

Website:

www.sacwidowed.org

As a public service to the community, all widowed persons can participate in the RECOVERY FROM GRIEF programs sponsored by the Widowed Persons Association of California, Chapter #1, Sacramento. There is no charge or donation required. The only criteria is that you MUST BE WIDOWED.

Workshop

The next Recovery from Grief workshop will continue for 6 weeks through March 17th. Please call our office at (916) 972-9722 between the hours of 10:00 a.m. and 3:00 p.m. to sign-up. The workshop is from 3 – 5 p.m. at 2628 El Camino Avenue, Suite D-18 (just east of Fulton Avenue on El Camino Avenue). Please enter from the parking lot at the rear of the complex. If there is no answer at the office, leave your name, phone number and reference the workshop and someone will return your call or email us at wpac1@sbcglobal.net.

Sunday Support

The Widowed Persons Association also sponsors SUNDAY SUPPORT Sessions which are held every Sunday, rain or shine and including holidays, at the office from 3 – 5 p.m. Please enter from the back parking lot. The doors open at 2:30 PM. All widows and widowers are welcome!

For further information, contact Barbara Stewart at 363-3482.

SACRAMENTO SYMPHONIC WINDS

Save the date! { “A Music Gallery”
 La Sierra Series Sunday, March 20, 2011 at 3pm

All performances are at La Sierra Community Center
 5325 Engle Road, Carmichael

916-489-2576 • www.sacwinds.org



2011 Vitality Workshops

Tuesday Evenings at 6:00 (Unless otherwise indicated)

- 03/01 Health and Vitality Workshop
- 03/08 Eating For Energy - The Innate Diet
- 03/15 Health and Vitality Workshop
- 03/21-28 8th Day Program

Please call for a reservation. Support is encouraged... Bring a friend or family member! Workshop is at 6:00 – 7:00pm. Advanced Workshops are 6:00 – 7:30. Reservations can be phoned at 916-973-1661 or faxed to 916-973-8273



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Regional Parks Program Receives Special Funding from Non-Profit Group

Sacramento Region – As part of an effort to support the Regional Parks Therapeutic Recreation Services program (TRS), Pathways to Recreation, Inc. (Pathways), a non-profit 501c3 foundation, presented TRS with its first ever grant of \$3000 to support a TRS fitness class called “Get Up ‘n Get Out”.

“Pathways is extremely pleased to be able to make our first of what will be many grants to support the TRS program,” said Charlie Willard, Pathways President. “In these difficult budget times, the County has had to make cutbacks to funding for this vital program and Pathways is committed to helping fill the gap.”

“Get Up ‘N Get Out” is designed to be a 4-month program with the overall goal of encouraging people with

disabilities to get healthy. Activities to choose from will include a variety of fitness opportunities, as well as a cooking class designed to teach healthy alternatives and smaller portions, and with a walking program that will set individual goals for each person to strive for. The grant will be used to help offset the operating costs which will in turn make the program more affordable to TRS participants.

Pathways to Recreation, Inc., was formed in 2004 with the purpose of developing and cultivating a wider public awareness of the need for recreation and leisure services for people with disabilities and provides financial, volunteer and educational support to TRS.

TRS has been providing year-round therapeutic recreation

opportunities since 1975. TRS serves people with a variety of abilities/disabilities and has an annual attendance of 10,000 people. Along with other Regional Parks programs, TRS has experienced budget reductions and is partnering with Pathways and other non-profit groups to raise funds for a variety of special programs.

Pathways to Recreation, Inc. is always looking for new board members and contributors. If you are interested in making a donation to support the efforts of Pathways, or to find out more information about ways to get involved, call 381-0255. If you are interested in participating in programs offered by TRS, call 381-0255 or visit www.sacparks.net; search Therapeutic Recreation Services.

El Dorado Savings Bank Reports Strong Earnings, No Foreclosures

Carmichael – El Dorado Savings Bank based in Placerville, California, reported after tax earnings for 2010 of \$10.9 million representing a 2% increase over 2009. In addition, El Dorado completed its 22nd consecutive year without any foreclosed property on the books. “We are very pleased with the strong performance of the bank, especially considering the challenging economic environment and weak real estate market”, said Chairman and CEO, Thomas C. Meuser.

El Dorado ended the year with assets of \$1,656,609,652 essentially the same as year-end 2009. Savings deposits rose by \$42.7 million, or 3%, during 2010. “New customers continued to move their accounts to

El Dorado Savings Bank during the year due to concern about the economy and the bank’s excellent reputation”, stated Meuser. “Many individuals are now using the Internet to search out bank quality ratings”, said Meuser, “and El Dorado’s top ratings from Bauer Financial, VeriBanc, and IDC Financial Publishing were beneficial in attracting new accounts.” When asked about El Dorado’s continued success during these difficult economic times, Meuser stated, “We have always concentrated on acquiring the highest quality loans and investments during our 53 years of operations, together with providing excellent service to our customers. This strategy has proven to be successful, even under the most

challenging conditions.” El Dorado Savings Bank ended the year with Core Capital of \$157 million, or 9.48% of assets, which is well above the 6% regulatory requirement for a “well-capitalized” bank. “Risk based capital”, which measures the quality of El Dorado’s assets, was 32%, over three times the well-capitalized requirement of 10% and one of the highest ratios in the industry.

El Dorado operates 32 branch offices in Northern California and 3 branches in Northern Nevada including branches at 7895 Lichen Drive, Citrus Heights, 4768 J Street and 5801 Folsom Blvd., Sacramento, plus 4701 Manzanita Ave., Carmichael.

Western Health Advantage Funds \$10,000 Community Public Health Grant at Drexel

Sacramento Region – Drexel University announced recently that Western Health Advantage will fund a “Community Public Health Master’s Grant” for a student entering the Executive Master of Public Health program at the University’s Center for Graduate Studies in Sacramento in August 2011.

“This is just another example of how Western Health Advantage and its CEO, Garry Maisel, lead this region in thinking strategically about its future health needs,” said Carl (Tobey) Oxholm III, senior vice president of Drexel and dean of the Center for Graduate Studies. “There is no doubt that the region’s quality of life, as well as our own financial well-being, will depend upon smart, caring people focusing on the root causes of health problems and health disparities. Addressing health issues early, on a systemic basis, will save taxpayers from having to pay for the care of those showing up in emergency rooms with serious but preventable health problems.”

Western Health Advantage’s Chief Executive Officer Garry Maisel was recently honored as the Sacramento Business Man of the Year by the Metropolitan Chamber of Commerce for overseeing the very successful growth of a now-major corporation and for infusing the ethic of public service throughout his company.

“Western Health Advantage is pleased to support the efforts of Drexel University in Sacramento with sponsorship of the Community Public

Health Master’s Grant,” said Rick Heron, director of community relations for Western Health Advantage. “With staffing shortages in the health-care field, the need to continually generate new leadership in public health becomes more and more important. Supporting and promoting the good work of Drexel to educate these new leaders is a natural partnership for WHA and a long-term benefit to the Sacramento community. Having Drexel in the Sacramento region is a great asset that WHA is pleased to support.”

Drexel’s Executive Master of Public Health program is the only part-time MPH program in Northern California and is offered by one of the very few full-accredited Schools of Public Health in the entire state. It provides graduates with the skills to benefit entire populations through education, policy development and advocacy, service, and research. All students receive intensive grounding in each of the public health disciplines. The program is fully accredited by the Council on Education for Public Health, the nationally recognized accrediting body for schools of public health.

“In my experience, the model of integrating community relevancy into the academic coursework is not common in universities of Drexel’s high caliber,” said Richard J. Burton, M.D., M.P.H., Placer County health officer and director of Health and Human Services. “The vision that I have witnessed Drexel communicate

encourages me that the youth and adults in our community will have access to flexible, adaptive, affordable strategies to further their education and pursue their dreams now and for generations to come.”

The \$10,000 Master’s Grant funded by WHA is in addition to significant scholarships, fellowships and grants that Drexel offers in support of its working professional students. Last year, the Nehemiah Corporation funded the first Community Public Health Master’s Grant to a student who would otherwise not have been able to pursue the master’s degree.

Since opening in January 2009, Drexel has enrolled more than 350 students in its doctorate and master’s degree programs in Sacramento. Drexel reached a milestone in December 2010 when it graduated its first 35 master’s students, and will hold its first commencement in Sacramento this June, in which approximately 100 master’s students are expected to participate. The first cohort of MPH students who entered Drexel in August 2009 – approximately 18 in number – will receive their degrees at that time.

The Center for Graduate Studies is known as one of Northern California’s most high-tech conference and educational facilities. In its state-of-the-art classrooms, Drexel – a top-ranked national comprehensive university – teaches six master’s and one doctorate that are designed for working professionals, and one full-time post-baccalaureate program in pre-med.



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Donald Kendrick, Music Director
2010 – 2011 Season



Verdi Requiem

With projected supertitles

Saturday, March 19 at 8:00 PM

Karen Slack, Soprano	Julie Simson, Mezzo
Bjorn Arvidsson, Tenor	Clayton Brainerd, Bass

The SCSO brings the magnificent *Verdi Requiem* to the Mondavi Center for its first time following Maestro Kendrick’s triumph debut in Carnegie Hall of this monumental work of terror and transcending beauty.



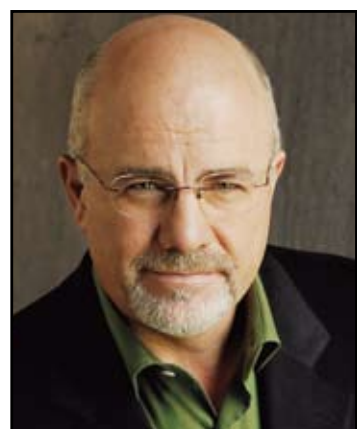
Easy To Love

Saturday, April 30 at 8:00 PM

Christi Amonson, Soprano
Kristin Dauphinais, Mezzo
Tevye Ditter, Tenor
Ian Greenlaw, Baritone

Fall in love again with this new Broadway tribute to the music of Richard Rodgers, Jerome Kern, Cole Porter and Andrew Lloyd Weber in an evening packed with famous melodies and lyrics including — *All the Things You Are, I’ve Got You Under My Skin, and With a Song in My Heart.*

Tickets: Mondavi Box Office 1-866-754-2787
or SacramentoChoral.com



Dave Says

money is concerned.

I can't say if she's technically bankrupt, but she definitely needs to move into a cheaper apartment and sell the car for starters. Still, bankruptcy's not going to solve anything if she's got a heart problem. By this, I mean if she buys stuff to try and make her happy and lives beyond her means in the process.

Lots of people have the idea that they are what they drive, or they are where they live. Those are heart problems, and that's the way I was many years ago until I had some sense knocked into me by going broke. Then, I realized I had to stop and make some changes.

This doesn't mean that she isn't worthy of your love or she's a terrible person, but it does mean that the girl has got some growing up to do. Money matters aside, you don't quit your job without a plan unless you're being sexually harassed or abused, or there's some matter of principle at stake. Leaving one job for another is okay. But the idea of deciding you just don't like something, and walking away from it when you've got a bunch of bills, is just plain irresponsible.

She's probably not bankrupt, but there are some definite character issues that need to be addressed. Hopefully, you two can work through this together.

- Dave

So, He Knows how to Manage Money?

Dear Dave,

My husband likes to borrow money on fix-up projects around the house.

He says he knows how to manage money, and will pay the loans back quickly. The other day, he came to me for money to make the payment on the latest loan he took out. Then, he started fussing at me when I didn't have the money to make the payment. It's not the first time this sort of thing has happened. How can I make it stop?

- Crystal

Dear Crystal,

This guy needs a swift kick in his rear end! He says he knows how to manage money, but he doesn't know how to save up to re-wire the garage?

It sounds to me like you've got an overgrown teenager on your hands instead of a husband. It's bad enough that he can't take care of his own responsibilities, but then he turns around and fusses when you won't do it for him. That's ridiculous!

Marriage is all about unity. Once the rings go on those fingers it's a *we* thing, not a *me* thing. Husbands and wives should work together to form a game plan that will help them win in life, and that includes finances.

I think you should take the money he's asking for and use it to see a good marriage counselor. There are some real issues here that need attention. You guys need to deal with them, and create a real marriage, before this situation gets any worse!

- Dave

For more financial help please visit daveramsey.com.

Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers – *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.

Girlfriend's Money Problems

Dear Dave,

I'm fairly responsible with finances, but my girlfriend is in a terrible financial situation with a lot of credit card debt, an expensive car payment, and a big, fancy apartment. Plus, she just quit her job because she didn't like it anymore. Now, she's thinking about filing bankruptcy and thinks us moving in together will help solve her problems. If she can't handle her finances on her own, what's going to happen if we get together? Can you help?

- Dino

Dear Dino,

This is someone to keep dating, not marry right now or move in with, and see if she changes her spending habits. You'd have a very tough life being married to this woman, unless she makes some real attitude adjustments where her

17th Annual Healthy Horizons Senior Wellness Fair at Eskaton Village Carmichael

Name of Organization:
Eskaton Village Carmichael

What: 17th Annual Healthy Horizons Senior Wellness Fair

When: Wednesday, March 2, 2011 from 12:30 pm – 2:30 pm

Location:
Eskaton Village Carmichael
3939 Walnut Avenue
Carmichael, CA 95608

Contact Information:
Stefanie Strickley, Fitness and Wellness Program Coordinator

Contact Phone Number:
(916) 974-2000

Description of Event:
Senior Wellness Fair. A variety of health and wellness professionals. Free samples, prize drawings & health screenings.

Cost: Free to the Public



West Coast Premiere of A Southern Exposure

Chautauqua Playhouse has announced the West Coast theatrical premiere of A SOUTHERN EXPOSURE, a new comedy-drama by Kelley Kingston-Strayer, which started on January 14th, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through February 20th. All 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.



Appearing in "A Southern Exposure":
(L) Janice Read Hoberg, Sara Sells, Linda Nalbandian

Set in a small town in present day Kentucky, Callie Belle Hurt, a young woman raised by Hattie, her cantankerous, controlling grandmother and two eccentric, doting aunts, announces she's moving to New York to live with her boyfriend. Will Callie's fairy-tale ending be dashed? Will she realize her own self worth? Can damaged relationships be saved? This moving and humorous award winning comedy-drama gets its first West Coast production at Chautauqua!

The show is directed by Paul Fearn, featuring a talented cast including Janice Reade Hoberg, Linda Nalbandian, Deborah Odehnal and Sara Sells. Set design is by Rodger Hoopman and costumes are by Eileen Beaver. Light design is by Don Myers.

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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501(c)(3) non-profit EIN # 68-0004288



Carmichael Recreation and Park District is announcing these upcoming events

Tiny Tots

Taught by Kelly Stapp • Ages 3-5 years

Location: Carmichael Park Tiny Tots Room

Tiny Tots is all about discovery and encourages children to pursue new talents and interests while building confidence. Participants enhance their skills through socialization, beginning academics, numbers, language, arts and crafts and much more. A parent information packet is available at the time of registration. Returning students have priority.

Kindergarten Readiness

Day/Time: Mondays, Wednesdays and Fridays, 9am – Noon

Dates: 2/28 – 4/8 • Fee: \$265

Social Experiences

Day/Time: Tuesdays and Thursdays, 9am – Noon. Dates: 2/29 – 4/7 • Fee: \$180

Come Dance With Me...



Location: La Sierra Community Center, Sierra Rooms 1-2

Dates: 2/1-3/1, 3/8-3/29 • Fee: \$46/4 weeks

Baby Ballet & Gymnastics, walking - 3 years Tuesday, 9-9:45am

This is an introduction to dance and gymnastics. Basic beginner dance and gymnastics skill are combined for those students ready for instruction. Children should wear comfortable tight-fitting clothing. One parent may assist if a child needs reassurance.

Pre-Ballet, 3-5 years • Tuesday, 9:50-10:35am

This class is designed for beginning ballet and movement. It is more concentrated on rhythm and slightly more structured with a focus on listening skills. Girls should wear pink tights, a black leotard without a skirt and ballet shoes while boys need to wear a plain white T-shirt and black shorts. You can find all of these items at your local dance supply store. If you are not sure where to get quality ballet shoes, please come to the first class with bare feet and your instructor will assist you.

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

Carmichael's Biggest Loser Program for Teens

Taught by Mimi Rogers-Phillips, Wellness Coach
Ages 11-14

Location: La Sierra Community Center, Room 810
Day/Time: Thursday, 7-8:30pm • Dates: 1/13-3/31
Fee: \$80/12 week

Feeling self-conscious because of your weight or that you can't participate in activities other kids do? We want to offer you a chance to get your confidence back by lending you a support system to help you through your desired weight loss journey. Join Commit Under 200 (CU200). The program offers resources, coaching, 1 on 1's, exercise, proper food preparation, healthy restaurant eating and more. No fads, diets or surgeries...just 12 weeks of learning how to build the spiritual, emotional, mental and social structure that ultimately leads to a more positive and confident persona.

Kid's Hangout

Before & After School Care

The Kid's Hang Out Before and After School Program is held at the La Sierra Community Center, Monday through Friday throughout the 2010/11 school year. Kids are in a safe environment where your child can read, do homework, have a nutritional snack, socialize with their friends, and be involved in sports and other activities. Transportation is provided to and from your child's school, to the La Sierra Community Center.

Before school care program opens at 6:45am. After school program begins when we pick up your child from school and closes at 6pm. The program runs throughout the school year and registration is ongoing.

FEES:

After School Care:
\$80 per wk • \$60 per wk (any 3 days)

Before School Care:
\$30 per wk if enrolled in after school program
\$35 per wk not enrolled in after school program.
The fee includes transportation, supplies, snacks and qualified staff.

To register or for more information please visit us at the La Sierra Community Center Sports Office, 5325 Engle Road, Suite 100, Carmichael or contact us at (916) 483-7826.



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Mia Rangel,
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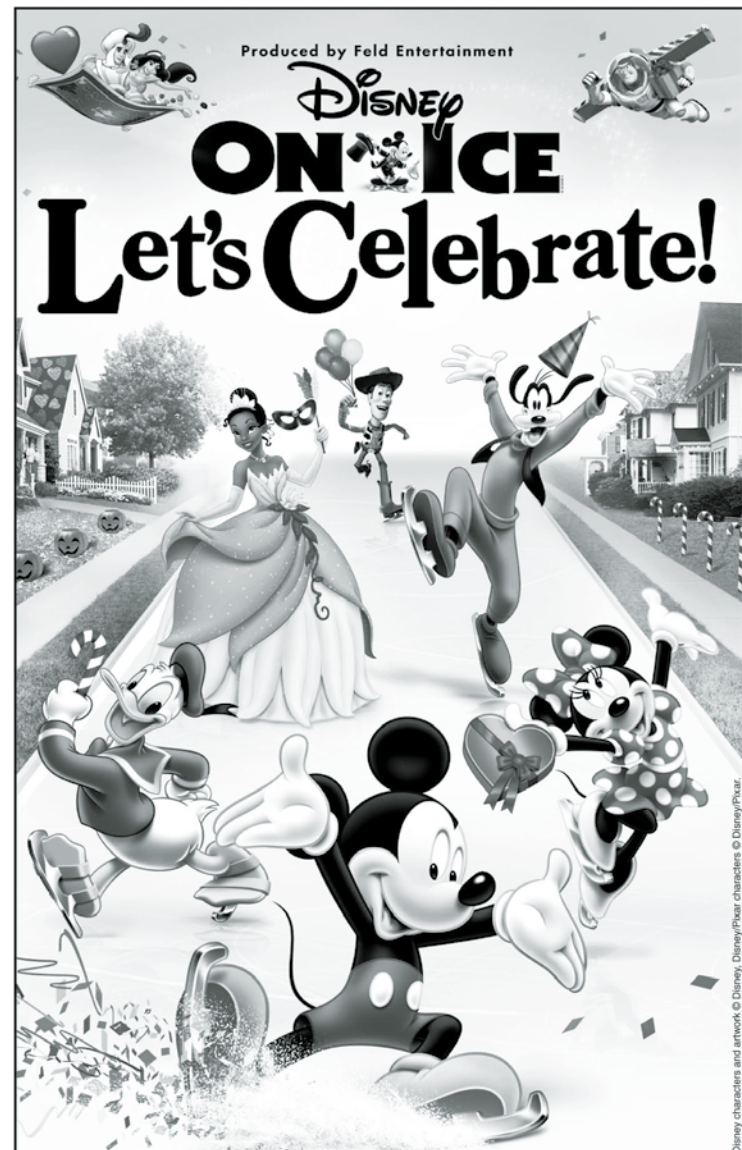
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FEB. 16 - 21



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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	12:00 PM 4:00 PM

*Excludes Front Row and VIP seats. No double discounts.

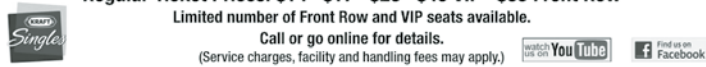
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(Service charges, facility and handling fees may apply.)



A Film Review by Tim Riley

SANCTUM
(Rated R)

The latest regrettable trend in Hollywood, one that is all about taking more money out of your wallet, is the proliferation of 3-D films, even when there is frequently no apparent artistic reason to use the more expensive technology. Typically, the worst examples are films that are converted to 3-D after the completion of filming. To its credit, "Sanctum," banking on its tie-in with executive producer James Cameron ("Titanic" and "Avatar"), was conceived from the start in 3-D. Unfortunately, "Sanctum," filmed almost entirely in the claustrophobic confines of underground caves and tunnels, is not really enhanced by the 3-D imagery. Score one more film that could have foregone the three-dimensional format.

"Sanctum," advertising itself as "inspired by true events," commands some legitimacy on that claim, in part because co-screenwriter Andrew Wight experienced firsthand cave-diving gone wrong. But, of course, Hollywood demands more thrills and danger, putting all the divers at serious risk. It should come as no surprise to anyone that lesser-known actors are expendable and casualties result. On the other hand, there is an emotional core to "Sanctum" revolving around the father-son conflict and its ensuing impact on events deep within the caves.

The expedition team is led by veteran cave diver Frank (Richard Roxburgh) whose obsession with exploration of the world's most inaccessible caves has apparently shut him

Riley Reviews

3-D FAILS TO ENHANCE "SANCTUM" UNDERWATER CAVE THRILLS

off from civil society. Only now Frank seems interested in reconnecting with his alienated teenage son Josh (Rhys Wakefield), who spends an annoying amount of time complaining and whining about his distant father's autocratic behavior. Frank's singular passion appears to be discovering and seeing things no living person has ever experienced, while recording it on film for posterity.

Expeditions, of course, have to be financed by wealthy patrons, so this is where obnoxious benefactor Carl (Ioan Gruffudd), fancying himself an adventurer, fits in the picture. Carl's attractive girlfriend Victoria (Alice Parkinson), a skilled mountain climber, is along for the ride. Though they lack experience in cave-diving, both Carl and Victoria, defying rational behavior, decide to join Frank's expedition. Even less sensible is Frank's decision to stay deep inside the caves when the above-ground crew has warned them that a storm is coming within a couple of days.

Perhaps weather forecasting in Papua New Guinea is less advanced than what we get on the evening news, so the sudden big storm takes everyone by surprise and as a result, Frank and his team are trapped

beneath the earth's surface and must now improvise to find a way out of the underground cave system. Audience members may also feel trapped, because we are stuck for the duration of the movie inside the caves and tunnels with the hapless expedition team, some of them the ill-fated victims of critical decisions. Meanwhile, Frank and Josh, amidst the constant dangers and bickering, must also work through their issues in order to survive this ordeal.

The action in the caves, and most pointedly when the characters are submerged in water, can often be thrilling but also equally difficult to follow. But the 3-D format offers very little, at least from my perspective, to the depth of the experience. Of course, operating with dim light and navigating through murky waters result in something much less than great visual quality. One can easily get the feeling that "Sanctum" was a test run for the use of the 3-D technology in tight quarters and underwater situations.

At the film's conclusion, when we finally see daylight, the relief is palpable not just for survivors but those who endured the movie. Unless scuba diving and cave exploration is your

thing, "Sanctum" just doesn't have enough of the combination of action and thrills to make this 3-D experience worthwhile.

DVD RELEASE UPDATE

Judging by BBC Television, the British appear to love murder mysteries and crime dramas, perhaps even more than we do. Thankfully, we have Acorn Media eager to share the best of TV from across the pond. "Single-Handed, Set 1" is another United Kingdom TV series about a lone cop fighting crime and corruption in rural Ireland. Filmed on location in breathtaking Ireland, this crime drama follows disgraced Garda Sergeant Jack Driscoll (Owen McDonnell) after he has been transferred from Dublin to the rural Irish town where he grew up. He soon learns the remote community he's been tasked with policing is rife with corruption and long-held secrets. "Single-Handed" debuted in the United Kingdom in 2009, and new episodes are scheduled to air in 2011. The DVD release of "Single-Handed, Set 1" marks the first time that U.S. audiences are exposed to this award-winning series.

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Sacramento Mountain Lions Dance Team Auditions

Sacramento Region – The Sacramento Mountain Lions of the United Football League are seeking dancers to take part in auditions for the team's 2011 cheerleading squad. The cheerleading team, the Lady Lions, will perform at all four Mountain Lion home games this fall and will serve as ambassadors for the organization throughout the season.

The first of two preliminary auditions will be held on Saturday, February 26 at the Sacramento Youth Football Training Center located at 5845 Dry Creek Road, Rio Linda. Registration is at 11 a.m. and auditions begin at noon. Participants should come in dance attire of briefs or boy shorts and a half top, and dance shoes or non-marking soled athletic shoes. They are required to attend all phases of the audition.

Potential Lady Lions must be willing to commit to the dance-

team schedule, including rehearsals, personal training, special-event appearances and games. They must also have a reliable means of transportation.

"We had a great first season. I would love for every woman who came out to games and events last year and thought to themselves, 'I'd be a great addition to that team,' to come out to auditions," said Mountain Lions Cheer and Dance Team Director Lindsay Shoemaker, about what she is looking for. "The ideal Lady Lion should have spirit, charisma, love to interact with fans and know how to work with a team of talented women."

The second and final preliminary auditions will be held on Saturday, March 12 at the same location and time. Potential Lady Lions only have to attend one of the preliminary auditions although those who don't make

the cut after one audition are allowed to re-audition at the second one. The preliminary auditions will be closed to the public.

"I was impressed with the turnout last year, being the inaugural season of the Lady Lions," Shoemaker said. "I'm excited and looking forward to what this year will bring. I know there is so much talent out there and I'm looking forward to the season."

The final auditions, where the squad of 32 will be selected, will be held on Friday, April 1 in an event that is open to the public. More details on this event to follow.

The UFL season will begin in August. The game schedule has not been finalized yet.

Ticket information will be available soon at www.sacmountainlions.com. Fans can also visit www.buyUFL.com for merchandise.

Crocker Art Museum Receives Grant from Wells Fargo

\$250,000 Grant Increases Access to Art for Low and Moderate Income Students

Sacramento Region – The Crocker Art Museum is pleased to announce that it has been awarded a \$250,000 grant from Wells Fargo to increase access to arts education for low and moderate income students in the Sacramento region. This is the second grant of \$250,000 from Wells Fargo in support of the Museum's educational programming.

"Wells Fargo continues to be an invaluable partner in helping the Crocker fulfill its mission to serve the Sacramento community," said Lial A. Jones, Mort and Marcy Friedman Director of the Crocker Art Museum. "These grants enable us to bring the arts to diverse young audiences and spark creativity throughout our region. Wells Fargo has shown an ongoing commitment to arts education and to the Crocker, and a deep

understanding of the vital role the arts play in enhancing the life of our city."

Wells Fargo's support will enable Pre-K through 12th grade students from low and moderate income areas to participate in Museum program offerings as individuals or as part of school or community group. The Museum's educational programs serve more than 60,000 students and teachers annually from school districts across a six county region.

Wells Fargo has also helped fund "Striking Gold," an arts curriculum guide for 4th through 12th-grade educators, which uses artworks in the Museum's permanent collection to teach the California State Content Standards in history, science, language arts and visual and performing arts. More than 130 copies of "Striking Gold" have

been distributed to educators in the region who have participated in workshops and educational programs presented by the Crocker.

The Crocker Art Museum, established in 1885, is one of the leading art institutions in California. The Museum offers a diverse spectrum of special exhibitions, events and programs to augment its collections of Californian, European, Asian, African and Oceanic artworks. The Crocker is located at 216 O Street in Downtown Sacramento. Museum hours are 10 a.m.–7 p.m., Tuesday–Wednesday; 10 a.m.–9 p.m., Thursdays; 10 a.m.–5 p.m., Friday–Sunday. Every Third Sunday of the month is "Pay What You Wish Sunday" sponsored by Bank of America. For more information, call (916) 808-7000 or visit crockerartmuseum.org.

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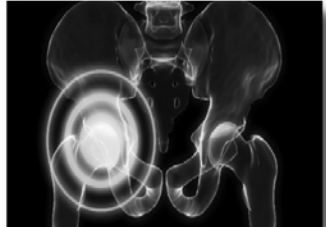
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DePuy Orthopaedics, a division of **Johnson & Johnson**, has issued a worldwide recall of its **ASR™ Acetabular System for Total Hip Replacement**, after determining that these hip implants may fail at an alarming rate. The "metal-on-metal" composition of these implants can release particles into the patient, potentially causing serious and painful reactions — sometimes requiring complete revision surgery.

Reportedly, Johnson & Johnson has been seeking medical releases from recipients so that their claims adjusters can speak with you directly and possibly take down statements without your having counsel present — an unwise action for any recipient to do.

Having a defective hip implant in your body clearly demands having your own lawyer. You



must be very cautious with dealing with the manufacturer or its representative without proper legal representation.

If you have a DePuy ASR™ product, please call us immediately, as there are time limits for filing a claim. You might already have problems with the implant about which you are unaware, so please contact us — and certainly do not forfeit your legal rights without talking to us.

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ALL CASH VENDING ROUTE! Be Your Own Boss! 25 Machines + Candy All for \$9995. Vend3, 880 Grand Blvd., Deer Park, NY. 1-877-915-8222. Major CC accepted! (Cal-SCAN)

Learn How to DOUBLE YOUR 2011 INCOME at this Live Event: www.WealthBuildersConference.com/money (Cal-SCAN)

Work From Home Earn \$1,000 to \$3,000 per week Free 14-minute movie that shows you how! www.setfree.com (MPG)

Business Services

ADVERTISING - BEST KEPT SECRET. A business card sized display ad 140 California community newspapers. Reach 3 million+ Californians. Cost \$1,550. \$1.33 cost per thousand. Free brochure (916)288-6019; www.Cal-SDAN.com (Cal-SCAN)

College Bound

Free Advice! We'll Help You Choose A Program or Degree To Get Your Career & Life On Track. Call Collegebound Network! 1-888-378-9801 (MB 12-31)

Compost for Sale

Compost for your garden or landscaping, new lawn. Three yards for \$50 delivered. (916) 397-2854 (MPG 02-16-11)

Computers

Call-A-Geek Mobile Service. Software, Spyware, Hardware Repair. Microsoft Certified. 879-3514. (MPG 02-02-11)

Computer Care Complete PC Care and Maintenance Installs, upgrades, virus removal, wireless. Affordable prices - Same-Day Service. Call Todd 916-529-5954 (MPG)

Computer Funding

Computer Funding Like a Brand New Computer & Improve Your Credit? Bad Credit, No Credit Doesn't Matter. A New Computer Starting at \$29.99/Week. Call Computer Funding! 1-888-897-5572 (MB 12-31)

Construction

KMS Construction Residential & Light Commercial Construction. kmsconstruction.net or call 916-813-3732. (MPG 02-16-11)

Accelerated Construction - New Construction or Repair. Handyman Clean-up. Residential and Commercial. Lic # 675212. Call 916-419-9996 (MPG 06-30)

Affordable Local Repairs-All Construction Phases. Lic # 655184. Ph 869-0164. Ask for John. (MPG)

All Types of Construction - kitchen & bath remodels, new construction, roofing, decks, fencing, dual pane replacement windows. Free estimates Lic# 830054 (916) 335-1325 (MPG)

TRI US CONSTRUCTION Build new homes, additions and remodeling. Over 30 years experience, bonded and insured. Phone number 530-330-0185 Lic. # 476884 (MPG)

Counseling

Real solutions to your problems and issues www.lifeadvisorsforeveryone.com Dave (916) 821-5768 (MPG)

Day Care

Peña Family Daycare-Small in home family care. Clean and safe environment. Nutritional snacks and meals provided. Preschool like setting. (916) 972-1540 www.penafamilydaycare.com (MPG)

Infant Openings Now First week free Lic # SAC53133 FCCH 916-489-5824 (MPG)

Debt Help

BURIED IN DEBT! Over \$10,000 In Credit Cards? We CAN SAVE You Thousands! Call DEBT HELP EXPERTS. FREE Consultation: 1-866-801-9087 (MB 12-31)

DirecTV

DirecTV DIRECTV FREE BEST PACKAGE for 5 months with NFL SUNDAY TICKET! + NO Start Costs + FREE HD/DVR upgrade! New Customers Only, Qual. Pkgs. DirecStarTV 1-877-852-4203 (MB 12-31)

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FREE HD FOR LIFE! Only on DISH NETWORK. Lowest Price in America! \$24.99/mo for OVER 120 Channels! PLUS-\$500 Bonus! Call Today. 1-866-893-1666 (MB 12-31)

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DONATE YOUR CAR, TRUCK OR BOAT TO HERITAGE FOR THE BLIND. Free 3 Day Vacation, Tax Deductible, Free Towing, All Paperwork Taken Care Of. 1-888-688-9795 (MB 12-31)

Drywall

Repair, remodel from simple to impossible, all textures. Residential, small commercial. A real pro. 40+ years experience. All work guaranteed 3 years. Affordable prices. Lic # 305736. 916-726-1144 (MPG)

Elder Care

PROVIDING PERSONAL CARE w/ love and dignity. Rooms available Call 916-721-4721 (MPG)

Electrical Services

RETIRED MASTER ELECTRICIAN Expert troubleshooter, 30 years experience. Old panel repairs/upgrades. Lic.# 877532 Call 916 - 595-3052 (MPG 10-27)

Fencing

Visit & Estimate For Free. 24 Hour, 7 Days. 916-213-7575 (MPG)

Cal State Fence and Construction

Since 1986 Quality, Trustworthy, Affordable, Reliable. Redwood, Chain Link, Ornamental Iron, Vinyl, Trellis, Decks, Residential/Commercial FREE ESTIMATES! Lic. #494306 916-966-1103 (MPG 09-15)

Fencing Prime Time Fencing. Quality Redwood. Double & Single Gates. Repair & New. License # 835870. (916) 481-7315 (MPG)

Roy's Great Fences Quality work at affordable prices. New or repairs. How's your gate? License # 749821. (916) 833-2666 (MPG)

Affordable Fencing Redwood specialist. Dedicated on time service. Lifetime steel post. Senior discounts. Lic. 742863 916-773-1350 (MPG)

Sierra Pacific Fence. Fences, decks, Retaining Walls 100% neighborhood discounts XLNT prices Free estimates 483-1883 License 606100 (MPG)

Financial Services/ Money to Loan

CASH NOW! Cash for your structured settlement or annuity payments. Call J.G. Wentworth. 1-866-494-9115. Rated A+ by the Better Business Bureau. (Cal-SCAN)

Homeowners Don't Short Sell Your Home as a first option. A home can generate \$2,600,000 of tax-free income. Let me help you create additional income & front page 1040 deductions BK/CR 916-868-1041 (MPG)

Real People helping Good People find Real Debt Solutions! Linda Findley 916-300-0611 lafindley@team72goodcredit.com (MPG)

STOP YOUR DEBT INSANITY Full service solution for credit nightmares. Mortgage Arbitration. Credit Repair. Debt Stlmt. 916-300-0611 (MPG)

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-8653. (MPG)

Firewood

Firewood? Mixed wood, split, \$70 per truckload. FREE delivery in Sacramento area. 481-7315 (MPG 1-05-11)

For Rent

55+ Community Now Renting 1bd Microfrig/stove/patios. \$575 a month, free RTA passes, Movie Nights/Wii/Bingo. Ask how to get a FREE months' rent! Hurry offer ends February 11th 2011. 916-921-6819 Phone. Accessible units available. Equal housing opportunity. (MPG 02-02-11)

Home for Rent in Newcastle

7 room, 1 bath, 3 bedrooms, medium sized yard, carport, in Newcastle close to schools, \$950 month with \$800 deposit. All new paint and repairs. No pets. Washer and Dryer hook-up. Claris at 916-663-3138. (MPG 02-09-11)

Auburn - 2B/1B Apt, 800 sq ft

\$700 mo, 1/2 off 1st mo. rent. Sterling Ridge, 203 Electric St, 530-885-8082 (MPG 12-22)

BUSINESS/COMMERCIAL Old Town Fair Oaks. Prime location for RENT. Asking \$1500.00 a month with lease. Property includes: •4 (four) oversized mechanical bays, all with roll up doors •2 (two) working/well maintained hydraulic lifts •Secure/gated parking •Built-in cabinets •Deep sink to wash up in •Plenty of overhead lighting •Alarm system •110/220 single phase hook ups •Swamp cooler

Located near a major intersection. Any questions or to view the property please contact M. W. 916-638-7439 (MPG 08-25)

COMMERCIAL Office/Warehouse space. 1,000 up to 3,000 sq. ft. available @ .55¢ (month to month) or negotiable lease. Excellent 1-80 access near ARC (Auburn Blvd/College Oak). Call Lisa West @ (916) 331-0840. (MPG)

\$490 per month Charming Cottage in Gold River. Looking for quiet woman to rent bedroom. No share. In my small charming cottage nestled amid rose garden. Washer/Dryer. No pets or smoking. Near transportation. 25 mins from ARC and Sac State. 916-631-8784. (MPG)

AREA MANAGER Full/Part Time Great Pay! Place and collect donation canisters for a non-profit organization who helps families who have children with Cystic Fibrosis and other chronic health problems. Call 1-800-254-0045 www.frchildren.org (MPG)

Pathologist Perform general anatomic & clinical inpatient/outpatient pathology services. Travel to other unanticipated sites may be required. Kolbeck, Bauer & Stanton Medical Corporation, 3637 Mission Ave., Ste. 5, Carmichael, CA 95606. (MPG)

Urgent F/PT Sale Reps needed Latest telecommunications products. \$\$\$ Commission, Bonuses, Residuals Training available call 916 612-6621 (MPG)

For Sale

2 bedroom Mobile Home 12x60, in Citrus Heights, Sac., Mobile Home Park for 55 +, \$7,900. Call 916-765-6282 8-4 pm (MPG 12-08)

Foster Care

Foster Care in Your Home: Highest Rates! E-mail newfosterparents@stfch.org (MPG 12-01)

Free Hearing Test

Miracle-Ear FREE Hearing Test, Courtesy of Miracle Ear. CALL For Appt. with a LOCAL Specialist. Rediscover the Life You've Been Missing! Call Today-1-877-339-3002 (MB 12-31)

Garage Sales Online BeaverJack.com Online Garage Sale Info. Advertise for FREE or Search by zip for FREE. (MPG 09-01)

Gardeners

Smith's: Full Maintenance, Sprinkler, Pruning, Aeration, Gutter Cleaning, Hauling, 967-7543 or see www.SmithsLandscape.com (MPG)

Golf Equipment for Sale

2 Bags Good Condition, 1 Golf Caddy, Titleist Clubs, Diamond Head, Browning 140, Topflite, Cleveland, Titleist, Zebra, MacGregor Silver, Gravity Back Cobra, Stan Thonson, Callaway Silverhead, Bucket of balls (used) Best Offer for All. Call Scott 613-8359 (MPG)

Help Wanted - Drivers

Drivers: Home after each shift! Great Pay/Benefits/Safety Bonuses. CDL-A (Hazmat/Tanker/Doubles) Fuel Exp. Preferred. Clean MVR. Alan: 801-397-8326. (MPG 11-10)

ASAP! New Pay Increase! 34-46 cpm. Excellent Benefits. Need CDL-A & 3 months recent OTR. 1-877-258-8782. www.MeltonTruck.com (Cal-SCAN)

DRIVERS - Paid CDL Training & a Stable Career! NO CREDIT CHECK! No Experience required! TRAINERS EARN 49¢/MILE! 1-888-417-7564. CRST EXPEDITED www.JoinCRST.com (Cal-SCAN)

Drivers - NEW PAY PACKAGE. Hiring Class-A CDL Flatbed Drivers for Regional and OTR Lanes. Solos, O/P's and Teams. Top Pay, Great Equipment. 1-888-801-5614. www.SystemTrans.com (Cal-SCAN)

Help Wanted - Medical

Geriatric Home Care Specialists is currently seeking CNAs, HHAs and Caregivers willing to work in Placer, Sacramento, and El Dorado counties, with at least two years experience in caring for the elderly. We offer hourly, overnight, and live-in shifts. Please call 916-630-8588 for more information. (MPG)

Help Wanted - Sales

GUYS & GALS - Free to travel out of Town Business & Winter resorts to demo an Orange peel product. Hotel, Transportation, Daily cash draws. Apply today leave tomorrow. 1-888-872-7577. (Cal-SCAN)

TRAVEL-WORK-PARTY-PLAY 50 states! Play in Vegas. Hang in LA, Jet to New York! Hiring 18-24 gals/guys. \$400-\$800 wkly. Paid expenses. 877.259.6983. (Cal-SCAN)

Christian Yellow Pages hiring Commission Sales Professionals. Energetic, creative, organized people. Experienced advertising sales desirable. 916-655-1447 (MPG 11-17)

Would you like to be Mentored by a Millionaire? Proven System. Perfect timing. 24 Hr Recorded Message. CALL NOW!! 888-279-7875 (MPG)

High School Degree

21 + lacking high school degree? Fully accredited online school. Some credit earned for life experience. Work weekly at own pace until completed. \$985. 888-375-3665 (MB 12-31)

EMERGENCY MEDICAL TECH. Must be H.S. grad ages 17-34. No experience needed. Paid training, benefits, vacation, regular raises. Call Mon-Fri. 1-800-345-6289. (Cal-SCAN)

DRIVERS - CHECK THIS OUT! New Pay Increase! 34-40 cpm.

Excellent Benefits. Need CDL- A & 3 months recent OTR. 877-258-8782. www.MeltonTruck.com (MPG)

Caring Compassionate Seniors WANTED! SENIORS HELPING SENIORS®, a leader in the Senior in-home service industry, has immediate PT openings for Providers. Qualified candidate will have life experience, an interest in making a difference in the lives of other seniors and be comfortable working with senior citizens. Flexible schedules...we'll work around your schedule! Valid driver's license and use of auto is required. Call us today for more information. (916) 372 9640 (MPG)

Home Health Care

HouseCleaners Do You Love Being Part of a Winning Team? Do You Love to Clean? Do You Love Making Customers Happy? If You Answered YES! We Want YOU!

HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail.com. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

House Painting

PAINTING, sheet rock, texturing, book cases, fence repair, gutter cleaning. Roger (916) 969-4936 or (916) 410-5545 (MPG)

Household Help

House Cleaning Service Experienced hard-working owner/operator, supplies furnished, detail-oriented, affordable rates. Call today Madeline 916-723-1608. (MPG)

DeAna's HOUSEKEEPING Immaculate, Fast, Honest, Dependable. I care about what I do. Call me, 916-549-4915 (MPG)

QUALITY WINDOW CLEANING PLEASE CALL MARK AT 612-8949. (MPG)

Homeseitters on Wheels. Office needs two RVers with RV's for Petsitting 916-483-5146 (MPG)

Identity Theft

**FREE Document Shredder with New Annual Enrollment. LifeLock Identity Theft Protection- Help Protect Yourself Today! Call Now! Use Promo Code: SHREDDER Call 1-877-467-5506 (MB 12-31)

Landscaping Affordable Landscape Service Clean-ups & Makeovers! Maintenance starting at \$60/mo. Dependable family business. Lic. # 887351. 916-338-2001. sacyards.com (MPG 09-08)

Law and Garden Service Bi-weekly or monthly Call for FREE estimates 965-8224 (MPG)

Lawnmower Service Mow & Edge your lawn 4 times per month for a fee. Call Bob 916-456-5281 (MPG)

Tall Weed Cutting Low Rates 916-524-7477 (MPG)

Full Yard Maintenance, one time clean-ups & tree trimming. See our website: www.terrabelagarden.com or c/c Randy for info at 454-3430 or 802-9897. (MPG)

Lawn Service - I can mow and edge your lawn. Reasonably priced. Call for a free estimate at 916-934-9944 (MPG)

Legal Services

Need an Attorney? Have a legal situation? Looking for extra income? Contact Elicka Mitchell at 916-729-7364 or ecamitchell@prepaidlegal.com (MPG)

BANKRUPTCY LAWYERS: Credit Card Debt, Foreclosure, Repo, Wipe Out Bills, Free Consultation 971-8880 (MPG)

LOSE 3-5 LBS PER WEEK! I have lost 34 lbs in 7 weeks and you can too! Call Rick at 916-952-2866 (MPG 12-08)

Massage

IVY MASSAGE Full Body & Foot Massage. Women's Summer Special \$35 Per Hour • Swedish • Deep Tissue • Shiatsu • Foot Massage • Accu-Pressure. Open 7 Days: 9am-10pm Tel: (916) 987-8688. 8820 Greenback Lane #D. Near Annie's Restaurant. Greenback & Beech. Walk-Ins Welcome. Gift Certificates Available. (MPG 09-01)

Medical Alert

Medical Alert for Seniors -Monitoring 24/7. FREE Equipment, FREE Shipping, Easy Set-up. ONLY \$29.95/mo. CALL Medical Guardian Today! 1-888-694-4976 (MB 12-31)

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In your home health care/helper. 20 years experience. Fingerprinted, reliable, local. Call Jenny at 530-889-1737 (MPG 08-25)

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HouseCleaners is recruiting for our Sacramento area team. Please call Sylvia at (916) 955-6089, or e-mail your resume to: sachousecleaners@hotmail.com. All applicants must be willing to undergo background checks and drug testing. (MPG 08-15)

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Medical Alert

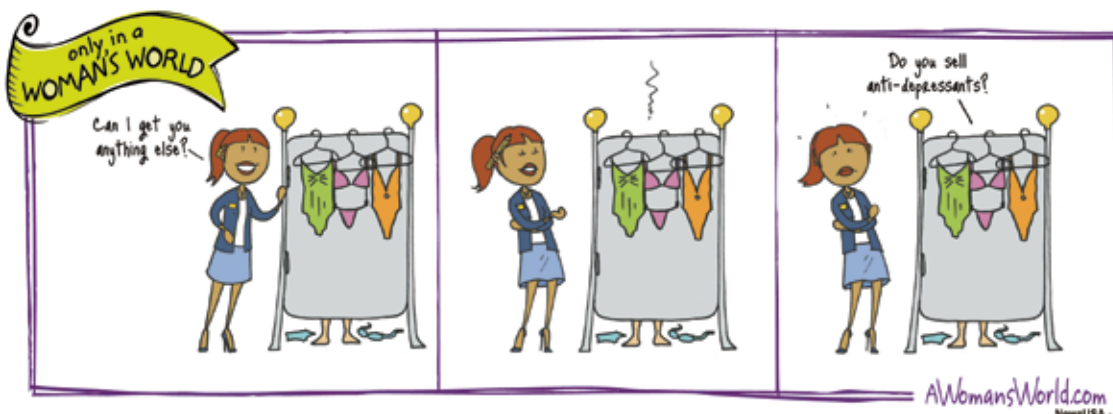
Medical Alert for Seniors -Monitoring 24/7. FREE Equipment, FREE Shipping, Easy Set-up. ONLY \$29.95/mo. CALL Medical Guardian Today! 1-888-694-4976 (MB 12-31)

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CLUES

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|--|--|--|--|
| <p>ACROSS</p> <p>1. Coolness and composure</p> <p>6. Princess tester</p> <p>9. Coke, e.g.</p> <p>13. Donor's bequest</p> <p>14. Hole punching tool</p> <p>15. Apartment building level</p> <p>16. Often done to frying pan</p> <p>17. Fishing mesh</p> <p>18. Cut down to fewer decks, as in ship</p> <p>19. *He coined term "normalcy" yet gave his dog special seat at the cabinet table</p> <p>21. *First president to have a phone in his office</p> <p>23. Drink rocks</p> <p>24. One in mattress</p> <p>25. *1600 Pennsylvania</p> <p>28. Cream-filled treat</p> <p>30. Kind of room</p> <p>35. *James K. Polk is considered the first "horse" candidate</p> <p>37. Unit of force</p> <p>39. Moth-repelling wood</p> <p>40. Petri dish gel</p> <p>41. Sacrum, pl.</p> | <p>43. Hipbone</p> <p>44. "_____ to my ears!"</p> <p>46. Settler of Serbia</p> <p>47. Classic song "_____ on Me"</p> <p>48. Teeter-totter</p> <p>50. Short of hurry up</p> <p>52. Insecticide banned in U.S. in '72</p> <p>53. Be agitated</p> <p>55. Actor's prompt</p> <p>57. Famous tea party site</p> <p>60. *First president to be assassinated</p> <p>64. _____prosequi</p> <p>65. Be in debt</p> <p>67. Less bright then supernovae</p> <p>68. On the radio</p> <p>69. ATM extra</p> <p>70. "Helen" in Moscow</p> <p>71. *AKA "Big Bill"</p> <p>72. *He is on a dime</p> <p>73. Relating to kidneys</p> | <p>DOWN</p> <p>1. Victoria Beckham, formerly</p> <p>2. Aquarium show star</p> <p>3. Borodin's opera "Prince _____"</p> <p>4. _____ Arabia</p> <p>5. Famous tenor Caruso</p> <p>6. Sudden spasm of pain</p> <p>7. Mama sheep</p> <p>8. Poetic although</p> <p>9. Member of eastern European people</p> <p>10. What goo will do</p> <p>11. One who gets things done</p> <p>12. Am is to I as _____ is to we</p> <p>15. Lark about</p> <p>20. They had their revenge in the 80s</p> <p>22. "O" in OPEC</p> <p>24. Pack heat, e.g.</p> <p>25. *Primary author of Monroe Doctrine</p> <p>26. Undefined</p> <p>27. Remove, as in wrong answer</p> <p>29. Young hawk</p> <p>31. Bride's cover</p> <p>32. Ran in neutral</p> <p>33. Water nymph</p> | <p>34. *First president to run against a woman</p> <p>36. Actor Kristofferson</p> <p>38. Makes mistakes</p> <p>42. Olden day calculators</p> <p>45. *Camp David Accords witness</p> <p>49. Romance</p> <p>51. Humorist</p> <p>54. _____ is to out as on is to _____</p> <p>56. School to Madeline</p> <p>57. _____fide</p> <p>58. Lemony Snicket's evil count</p> <p>59. Incision</p> <p>60. Suggestive look</p> <p>61. It often cleans itself</p> <p>62. Legendary actress Turner</p> <p>63. Basketball big man O'_____</p> <p>64. 1990s negation</p> <p>66. *James Buchanan, only president never to _____</p> |
|--|--|--|--|

For Solution See Page 8



Carmichael Chamber of Commerce

Carmichael Chamber Events

The Chamber sponsors several events throughout the year as well as monthly luncheons and mixers. Chamber members have the opportunity to network and promote their businesses to other Chamber members and guests.



Carmichael Chamber Luncheon

Tuesday, February 22, 2011, 11:30am - 1:00pm
Cypress Avenue Baptist Church, 5709 Cypress Avenue, Fair Oaks. Luncheon meeting is in the Education Building. Guest speaker is Brian Ivie, President of Mercy San Juan Medical Center. Ivie will be discussing new health care information. Raffle prizes. Cost is \$15 for members, \$20 for non-members. Guests are always welcome. Register online or call 481-1002 by February 17.

Carmichael Chamber Luncheon

Tuesday, March 22, 2011, 11:30am - 1:00pm
Cypress Avenue Baptist Church, 5709 Cypress Avenue, Fair Oaks. Luncheon meeting is in the Education Building. Guest speaker is Sacramento County's new sheriff, Scott Jones. Raffle prizes. Register online at www.carmichaelchamber.com or RSVP by Thursday, March 17 to 482-1002 or linda@carmichaelchamber.com



Brian Ivie, the President of Mercy San Juan Medical Center

Community Shred Day

Start saving those confidential items from your home or business, and bring them to the Community Shred Day, Saturday, June 16 from 8 am - noon. This event is being sponsored by the Carmichael Chamber of Commerce and Carmichael Recreation & Park District. Be sure to watch for more details.

If you have missed any of our events from January, or want to know what special events are coming up in the future, please check out our Website for the latest details on all the happenings in the Carmichael Chamber.

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

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- Lamb • Beef Fillet
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- ❖ Cooked on charcoal only.
- ❖ Includes Persian Basmati Rice, Grilled Tomato, Salad
- ❖ Food served from noon until it lasts



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(Corner of San Juan & Fair Oaks)
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www.takfoodmarket.net



Sacramento Public Library Events

History books discussed at Carmichael Library monthly meetings

Carmichael Library History Book Club mixes fact and fiction for a clearer picture of what has happened in world history. The adult book club meets at 6:30 p.m., on the first Tuesday of each month, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Attendees are encouraged to bring snacks to share with other book club members. For more information on the following book discussions, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

- March 1: In the Valley of the Kings, by Daniel Meyerson
- April 5: The Great Mortality, by John Kelly
- May 3: The Big Burn, by Timothy Egan

Carmichael Movie Matinee

February 17, Thursday, 3 p.m. to 6 p.m.

Teen Program
Bring your friends and enjoy a movie @ Carmichael Library - Free! Visit Carmichael Library for a list of up-coming movie titles.

Knitwits

February 18, Friday, 11 a.m. to 1 p.m.

Adult Program
Do you knit? Crochet? Do needlework? Want to learn? Are you an expert who can help others? Bring a project to work on and a snack to share as we learn together!

Carmichael Library Book Club

February 19, Saturday, 10 a.m. to 11:30 a.m.

Book Club
Please bring a snack and your opinions to share as we discuss: The Lost City of Z by, David Grann.

SciFi Book Club

February 22, Tuesday, 6:30 p.m. to 7:30 p.m.

Book Club
SciFi book club will explore the exciting and diverse field of science fiction and fantasy : from aliens and spaceships to dragons and wizards. Please bring a snack to share and join us. February's book is Neuromancer by William Gibson.

Read to Rover

February 22, Tuesday, 3:30 p.m. to 4:30 p.m.

School-Age Program
Specially trained therapy dogs are waiting for children to come read to them. For kids ages 5 to 10 years old that are reading. Earn stickers for the time spent reading and earn a book too!

For Love of Liberty:

The Story of America's Black Patriots Part 2

February 22, Tuesday, 5:30 p.m. to 7:30 p.m.

Adult Program
Celebrate Black History Month at Carmichael Library. Watch this two-part documentary, introduced by former US Secretary of State, Colin Powell and hosted by film actress Halle Berry. The film uses an assortment of letters, diaries, speeches, and military records to document and acknowledge the sacrifices and accomplishments of African American servicemen/women from the American Revolution to the current battle against global terrorism. books, songs, felt board stories, and puppets with children aged 1-5. All are welcome! Movie Matinee




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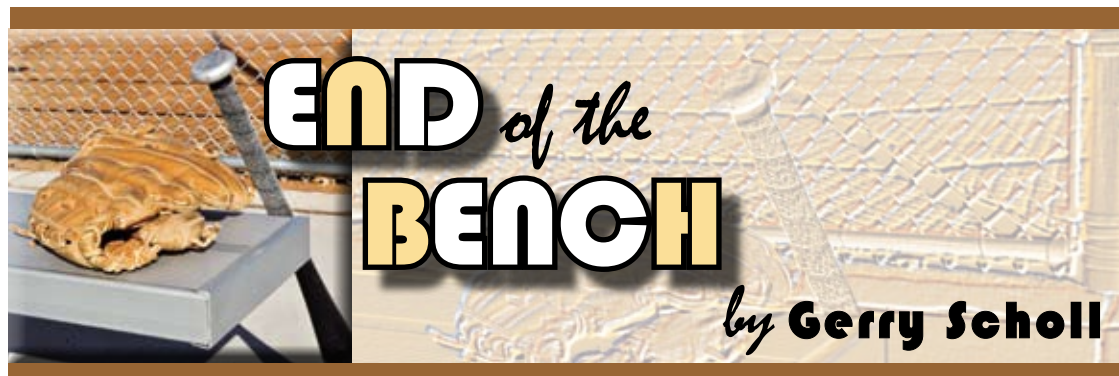
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A couple of weeks ago and within a few days of each other, two brothers of mine approached me with similar ideas. These two handsome young lads (don't believe everything you read) are the publishers of different "small market" area newspapers.

Out of the blue each of them separately asked me if I'd be interested in writing a sports column for their publications. Since this happened without the two of them talking about it between themselves, I took it as a sign...and after mulling it over awhile...decided to give it a shot.

So, here we are...now where do we go? I was talking this over with a friend at a Super Bowl party, interested to hear how my ideas sounded to myself. One thing that came out was that I would like to take a "conversational approach" ...though I guess I'll be doing most of the talking.

As a fan and active participant for over fifty years (Ouch! Don't want to dwell on THAT too long!), I recognize that much of the enjoyment I've gotten from sports has been from kicking it all around with friends, acquaintances, softball buddies, etc.; from the "conversation," if you will.

So, going forward (see how I used a little popular coach-speak there?), what you find in this space may seem a little or a lot random, off the wall, maybe topical or maybe not, rarely serious and sometimes silly, hopefully somewhat amusing but possibly just stupid, a waste of your time or good for a laugh...sort of as conversations about sports might go.

I told my bro's I was really rusty. I did a fair amount of time at the sports desk of another area paper about thirty years ago (Holy Toledo! 30!). But I felt a parallel

with something I did recently.

I moved some of my son's belongings up to his new place in Chico (Hooray for Chico!). We went downtown for a beer and to shoot some pool. It had been a long time since I'd shot any pool...verry rusty. Broke well. Made some shots, missed some. Took several really bad angles and hit on some good ones accidentally. Didn't know what to expect, but got what I expected. Get the parallel here? (Note: I did beat him three out of four...yeah baby...keep that good ol' competitive spirit alive!).

In any case, as the seasons roll along, the hope here is that we'll all at least be mildly amused by the conversation, the comments, the opinions, the stories that sprout from the toy department of sports, the wisecracks we'll hear from the END OF THE BENCH.

River Cats Reduce Online Fees

Game Tickets Available for Purchase Online Now

Sacramento Region – Individual game tickets for the Sacramento River Cats 2011 season are available now, accompanied by reduced online convenience fees for fans purchasing tickets online at Ticketmaster.com. The River Cats begin the 2011 season on Thursday, April 7, when they host the Tacoma Rainiers (Triple-A affiliate of the Seattle Mariners) at Raley Field, at 7:05 p.m.

"We are always looking for ways to make the River Cats experience more memorable and affordable for our fans. So, we are excited to announce that online convenience fees will be reduced

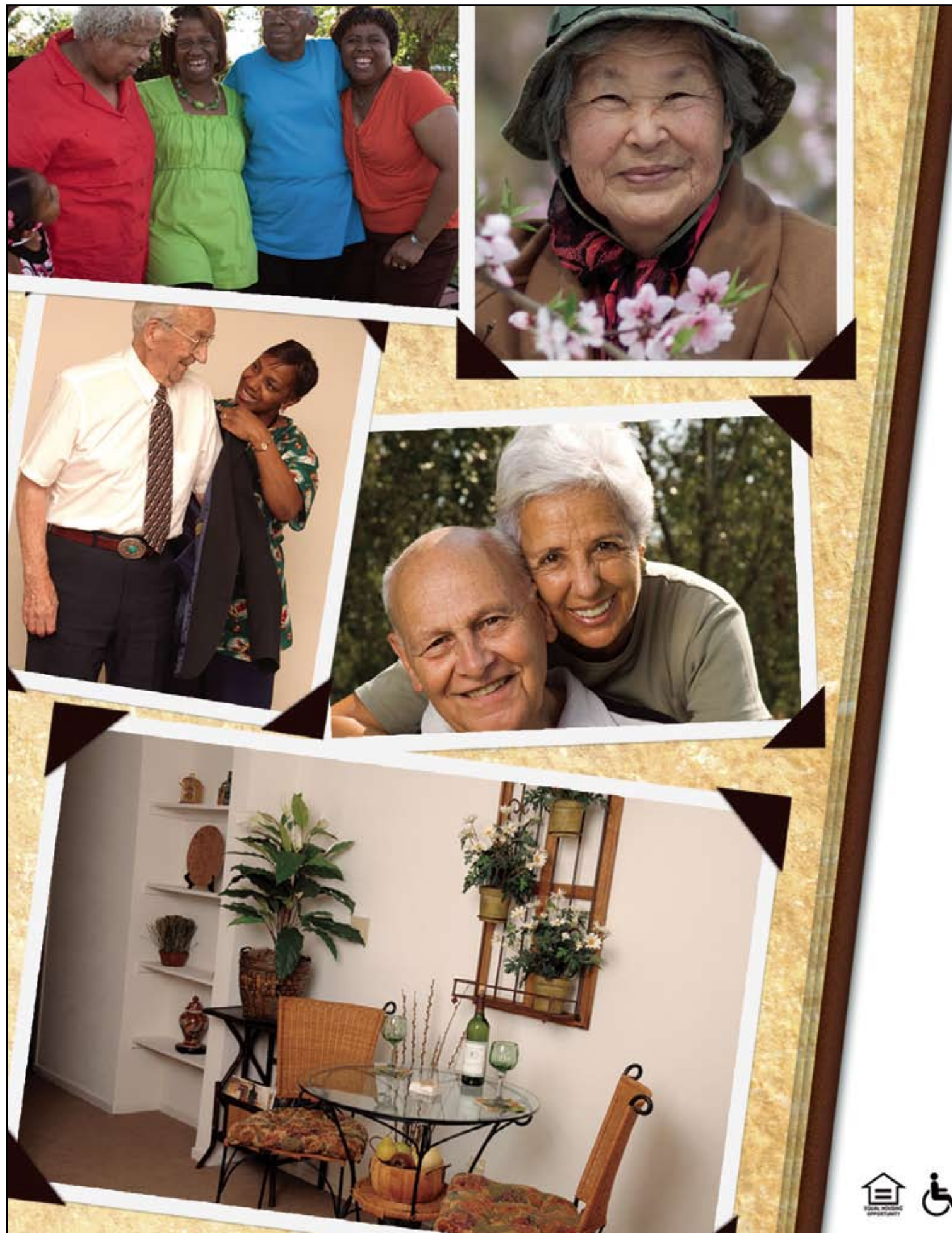


by up to 50 percent when purchasing tickets through Ticketmaster," said River Cats President, GM and COO, Alan Ledford. "This decrease will make River Cats baseball even more affordable and accessible during the upcoming 2011 season."

The Raley Field Ticket Office will open for the 2011 season on Saturday, March 12. With tickets

starting at just \$7, fans can 'Catch the feeling' and experience the excitement of River Cats baseball all summer at Raley Field.

2011 River Cats Season Tickets, Mini-Plans and group outings can be purchased by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). The Raley Field Ticket Office will open on Saturday, March 12 for the 2011 season. For more information about the 2011 River Cats season and promotional schedule, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleysfield.com.



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Proposition 20 Receives Preclearance from U.S. Department of Justice

Allowing Full Implementation of California Congressional Redistricting Reform

Sacramento Region – Proposition 20, the congressional redistricting reform measure overwhelmingly passed by California voters in November 2010, has received preclearance from the U.S. Department of Justice (DOJ), allowing the new law to be fully implemented.

Section 5 of the U.S. Voting Rights Act requires that changes in election law in certain jurisdictions in the country be “pre-cleared” by the U.S. Department of Justice to ensure the law does not infringe

upon the voting rights of any citizen. Preclearance is required for changes in the law that affect polling places, voting systems and redistricting, among other election issues.

“Preclearance has confirmed what we have known all along: that Proposition 20 protects the rights of California voters. Now California can move forward to implement Proposition 20 fully and bring fair elections to California’s 53 congressional districts,” said Charles T. Munger, Jr., proponent

of Proposition 20 and long time champion of state and congressional redistricting reforms in the state.

Proposition 20 will allow the state’s independent Citizens Redistricting Commission, instead of politicians, to draw congressional districts in addition to drawing state legislative districts.

“The DOJ has affirmed that Prop. 20 adheres to the Voting Rights Act—just as the campaign in support of Prop. 20 stated during the election – and over 61 percent of

voters agreed,” said Kathy Feng, executive director of California Common Cause, supporter of Prop. 20 and the proponent of Proposition 11 legislative redistricting reforms passed in 2008. “As Prop. 20 is put into practice, all California voters will finally have a real voice in who represents them in their districts.”

Prior to passage of Proposition 11 and Proposition 20, state legislators were allowed to draw their own election districts and the districts of their friends in Congress to

help ensure they would be reelected – whether they addressed the needs of their constituents or not. California’s redistricting reforms will ensure legislative and congressional districts are drawn fairly, letting voters pick their elected officials, instead of letting politicians pick their voters.

Passage of Proposition 20 was supported by a broad-based coalition including AARP, California Common Cause, the National Federation of Independent

Business/California, NAACP California, California Hispanic Chambers of Commerce, California Black Chamber of Commerce, Latin Business Association and the Los Angeles Professional Peace Officers Association, among many others.

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