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Serving Carmichael and Sacramento County since 1981

March 24, 2010

Much Decorated WW2 Hero Dies at 88



Photo by Susan Maxwell Skinner "Everything we enjoy in this country" Ford said, "We owe to veterans of WW2."

By Susan Maxwell Skinner

Carmichael - LA Carmichael man who survived 364 WW 2 air force combat missions was once asked the secret of his long life. "I never got shot down," replied retired Major Ernie Ford. "And in WW 2, in the Korean War and in private life. Testified his daughter Kathy Shea: "Dad was the embodiment of heroism; to family, country and community."

Though small-framed and quietly spoken, Ford was larger than life in achievement Visiting

missions and saved many lives." The visitor was modest about valor that had him paraded all over the wartime USA on War Bond tours. "I could never get a big head over what I did," he smiled. "An older serviceman once told me: 'son, you've got an impressive record; don't forget that winning a war takes all of us.' And I never forgot that."

While still in his early 20s, Ford flew the greatest number of combat missions of all WW2 pilots. He was slated for the second-highest U.S. military decoration -- a Silver Star – for courage in the Pacific Theater.

Though some history books record him thus decorated, his Silver Star eluded him until death. Official records of his New Guinea action were lost and witnesses had passed on; Ford's miraculous action in the Battle of Wau was never officially recognized. He was nevertheless one of the few to earn six Distinguished Flying Crosses. A battlefield commission was another feather in his wartime cap. Further decorated during Korean service, Ford was always philosophical about the one medal that got away. "I thought my Silver Star would materialize eventually," he shrugged. "But I didn't feel bad; I always knew I earned it. And if I'd had one more medal, I'd need a bigger case for them all..."

At 17, he hitchhiked from Colorado to San Francisco before joining the Army Air Corps. When America entered WW2, the 19-year-old staff sergeant pilot was sent to the wilds of New Guinea. He experienced a Micronesiaunknown to outsiders. "They warned us we'd encounter nudity on a scale we'd never see again in our lives," he recalled.

"My, they were right. I doubt a physician ever saw so many, ah, bare chests. One of our nurses gave a native lady a brassiere to wear in the hospital. The woman put the bra round her waist, to carry her shell currency. New Guinea was an eye opener. But I had even more danger to occupy me. The day before my 21st birthday, I flew my 91st combat mission."

Ford became known as a pilot whowouldgoanywhere,whatever the risk. "I volunteered when others wouldn't," he shrugged. "It was all an adventure. Besides, the mosquitoes were terrible and I wanted to get above them."

In the Battle of Wau – one

Tea Party Patriots Plan to Clean House



Sacramento - Last year, the Sacramento Tea Party Patriots held the largest Tax Day rally in the United States as they began their fight to bring fiscal responsibility, limited government through strict compliance to the Constitution and a free market. In less than one year, according to recent polls, The Tea Party Movement has become the most recognized and supported group over any political party.

The Sacramento Tea Party Patriots, the Official Grassroots American Movement, once again will host the mega popular Tax Day Tea Party on the west and south steps of the capitol. This rally, aside from having fantastic speakers and entertainers, will be the west coasts largest Tea Party Rally! While Washington DC will be holding the East Coast Rally, the Sacramento Rally will have a live feed to Washington and several other Tea Parties across the Nation! We will truly show that from Capitol to Capitol, the Tea Party Patriots are cleaning house!

In addition to the rally and sticking with the Tea Party Patriots goal of educating voters this election season, the North Steps of the Capitol, has been reserved by Grand Ol' Patriot Trumpeter in order to hold Candidate Alley. Visitors will have a chance to meet & greet candidates and educate themselves on various initiatives at this non-partisan event.

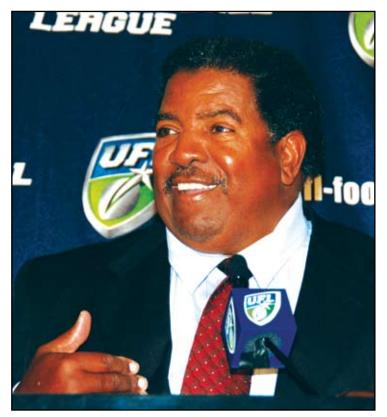
For more information about

God was always my co-pilot."

Ford died this month at the age of 88. With full military honors and a 21-gun salute, the muchdecorated veteran was buried in FairOaksCemetery. The entrance of Ford's flag-draped coffin at Fair Oaks Presbyterian Church was heralded by the Air Force Song. Over 200 friends heard testimony to a life of service; than life in achievement. Visiting Del Campo High in 2008, the octogenarian was mobbed by Junior Air Force ROTC cadets. "Meeting a famous hero like Major Ford was something those teenagers will never forget," said instructor Col. Earl Farney. "They marveled that when he was just little older than them, he'd already flown hundreds of

of the conflicts that prevented enemy invasion of Australia and other Pacific nations -- Ford was credited with saving scores of lives. Under air and land attack on a rocky airfield base, the 21-year-old piloted one of four transport planes filled with Americans and Australian allies. (See WW2 Hero, Page 4) the Sacramento Tea Party Patriots Tax Day Tea Party Rally please visit, www.sacteaparty.com and for information on Candidate Alley visit, www.goptrumpeter. com. You can also Contact Ginny Rapini Co-Chair Sacramento Tea Party Patriots Tax Day Planning Committee, norcalteaparty1@ yahoo.com, or call 530-389-2464.

United Football League Invites Sports Fans to Name Team



Sacramento UFL Head Coach Dennis Green

Sacramento Region - The United Football League is inviting sports fans in Sacramento to suggest their favorite name for the new professional football team that will play in the state capital when the 2010 UFL season kicks off. Suggestions for team names began pouring into the mailbox of UFL-Football.com following the announcement on March 3 that the Sacramento UFL team will play five home games at Hornet Stadium at Sacramento State this fall. Fans will also have the opportunity to potentially win some great 'Ultimate Fan Experience' prizes of four suite passes, and four on-field pregame passes for a home game, an opportunity to meet head coach Dennis Green on the field during pre-game and PA recognition during the game.

Three entrants will be selected at random from among all eligible entries received to win the ultimate fan experience and be designated 'UFL Foundation Fans'. Entries must be submitted by 11:59pm EST on March 17, 2010. Full details and competition rules can be found at UFL-Football.com. "We want to empower the fans of this new Sacramento United Football League team to give us their thoughts on the name that they feel has a strong local connection and that they will be proud to chant from the stands at Hornet Stadium," said UFL CommissionerMichaelHuyghue.

The UFL-Football.com website is now hosting 'Your Town, Your Team, Your Name -You Make The Call', inviting football fans to start voting for their preferred choice of team names from a shortlist of six options or to suggest a different team name: Sacramento Con-Sacramento Miners, dors, Sacramento Pioneers, Sacramento Redwoods, Sacramento Senators, Sacramento Sting.

The Sacramento team will be led by head coach Dennis Green, who in his first United

Football League season led the California Redwoods to a 2-4 record and his running back Cory Ross led the league in rushing with 462 yards. As a head coach in the NFL, Green compiled a regular season record of 113–94 with the Minnesota Vikings and Arizona Cardinals.



About The UFL: The UFL was developed to fulfill the needs of football fans in major markets currently under served by professional footballbyproviding a high quality traditional football league comprised of world class professional football players. The UFL will serve the communities with pride, dedication and passion, and uphold a leadership role in the development of football worldwide. The UFL provide every fan with will an affordable, accessible, exciting and entertaining game experience. The United Football League debuted in October 2009 with four teams in Las Vegas, New York, Orlando and San for its "Premiere" Francisco season. The UFL offices are in New York, N.Y. and Jacksonville, Fla. The UFL is led by Commissioner Michael Huyghue and is being funded by a consortium of private investors.

For more information on the UFL and how to purchase tickets for the 2010 UFL season, please visit www.ufl-football.com

"A DAUGHTERS' GIFT" Carmichael woman to be featured on WE TV's hit series The Locator on Wednesday, March 31st at 7pm PT.

Two Daughters Search for the Brother Their Mom Gave up to Save Herself from her Father



The follows Locator professional locator Troy Dunn as he continues his 20-year personal mission to reunite "half the world with the other half," granting wishes to people wanting to reconnect with loved ones.

This episode: When sisters Whitney and Brittany learned about the child their mother gave up for adoption as a teenager,

they made it their mission to find the brother that could heal their mother Patricia's heart. Patricia was still in high school when she moved out on her own to escape a rocky relationship with her father. Shortly after discovering she was pregnant, Patricia didn't feel safe moving back home and felt unable to provide her baby with the life he deserved, so she decided adoption would be his best chance at a happy life. With the help of her younger sister and mother, Patricia kept her pregnancy and

adoption a secret from her father. Years later, married with a new family, she suffered in silence for many years by keeping the secret of her first born child from her daughters. When Patricia felt her girls were mature enough to understand, she finally revealed her painful story and told them about their big brother. Now with that the truth is out, Whitney and Brittany want to make their family complete. Will Troy be able to help these daughters give their mother the gift of a lifetime?



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Foster Care

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ABRITER Foster Family Agency

March 24, 2010

Easter at Northminster March 28th - April 4th 2010

April 1st

Palm Sunday

March 28th 9:55 AM

Children waving palms and singing (joined by our handbell choir) introduce the joyous pageantry of Jesus' entry into Jerusalem. Come help us celebrate.

Maundy Thursday

Participate in a small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Music by our choral and bell choirs.

Good Friday

7:00 PM April 2nd

In our Good Friday service we remember Jesus' sacrifice on the cross through candles, darkness, and music. We invite you to join us for our deeply moving Tenebrae service.

Easter Sunday April 4th Early Son-Rise Service

7:00 AM

9:55 AM

6:30 PM

Join us early at the church for this very inspirational service.

Traditional Service

We celebrate this glorious Resurrection Day with our choral and handbell choirs leading us in joyous, inspirational praise and traditional music. Come celebrate with us.

Northminster Presbyterian Church

3235 Pope Avenue (between Watt and Fulton) Jack Raymore, Pastor (916) 487-5192

FOURTEENTH SEASON

SACRAMENTO CHORAL SOCIETY & Orchestra

DONALD KENDRICK MUSIC DIRECTOR



Spring Cleaning **CALIFORNIA YOUTH** Fundraisér **BASKETBALL LEAGUE Parking Lot Sale** Saturday, March 27, 8:00am - 3:00pm St. John the Evangelist CYBL is currently registering Church 5751 Locust Avenue for the Spring 2010 season. or Games begin March 27th through May 22nd. Interested in Boy's and Girl's Ages 4 through 18. **Selling Items?** Individual and team registration. Call: Camps and Tournaments. 961-3265 or 215-3265 For Info Call 916-391-3900, or visit us online at www.cybhoops.com. Widowed Carmichael Times Persons **Association of** Serving Carmichael and Sacramento County since 1981 California, Inc. Publisher - Paul V. Scholl Publisher's Statement: It is the intent of the **Office Hours** Carmichael Times to strive for an objective

10:00 am- 3:00 pm Monday through Friday



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916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

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.

Sunday, March 28 at 2 PM Mondavi Center, UC Davis

With projected English supertitle

Brahms – Ein Deutsches Requiem

Jessica Siena, Soprano Stephen Janzen, Baritone Discover why Brahms' Requiem may be the most comforting, humane requiem ever written.

Brahms – Alto Rhapsody

Maya Layhani, Mezzo Special Guest Men's Chorus: Sacramento State University Chorus and Sacred Heart's Schola Cantorum

Spring

2010

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Carmichael Recreation and Park District is announcing the following events:

EASTER EGG HUNT AND PANCAKE BREAKFAST

Carmichael Park, 5750 Grant Ave, Carmichael

> Saturday, **April 3, 2010** Egg Hunt 10:00 am

> > Please Bring Your Own Basket! Pancake Breakfast 7 – 11 am.

Community Rummage Sale Location: La Sierra Community Center Skate Park, 5325 Engle Rd, Carmichael Saturday, April 17, 2010, 8 am – Noon

FREE for shoppers of all ages

La Sierra Skate Park is hosting its first every Community Rummage Sale. If you have household items, toys, clothes, furniture and more that you would like to donate, please drop them off after April 1 during the skate park's operating hours: 3:30 - 8 pm Monday

through Friday, and Noon to 6 pm on weekends. Then join us for some great bargain hunting on Saturday April 17. All proceeds benefit the La Sierra Skate Park. Please call 483-7826 for more information.

Skate Camp

Location: La Sierra Community Center Skate Park, 5325 Engle Rd, Carmichael March 29, Monday thru Friday, April 2, 10 am - Noon \$50 for the five daily sessions Ages 5 - 10

Spend spring break getting introduced to the basics of skate boarding! Tricks like ollies and kick flips along with proper safety will be covered in a positive and safe environment. Instructor, Bob Kerr, has over 20 years experience in the field. Participants should bring a helmet and skate board. Please call 483-7826 for registration information.





with Mary Jane Popp

THE ART OF LIVING WELL

Spring has sprung! Are you ready to look your best? You will be because when she speaks... everyone listens. She is an extraordinary woman of many talents...award-winning actress, and best selling author. Her life reads like a Hollywood movie script. But one thing remains constant; Joan Collins is an ageless beauty. She knows the inside scoop, and sometimes, she is it! Now her latest blockbuster is out, "The Art Of Living Well" Looking good Feeling great, and when I spoke with Joan on my "POPPOFF" Radio Show, she had some great tips for all of us ageless beauties! By the way, she and her latest beau, Perry Gibson, are doing just fine. They tied the knot in 2002.

"You're as young as you look," Joan told me. So think young, live young, and forget the word "old." Life is not a rehearsal and it's time to start taking care of your inner and outer-self. Exercising, eating properly, and trying to rid yourself of those negative feelings is the start of the program to make yourself look

this one,"No diets please." Joan professes that dieting seldom, if ever works. But, don't stuff yourself, because it's possible to feel satisfied without eating until you burst. I also love her chapter called "Use It or Lose It." She goes on the say that regular exercise is essential to slow down the aging process. It gives vitality and youth. She actually exercises on her bedroom floor between twenty and forty-five minutes several times a week. As boring as it is, she told me, the end justifies the means. And yes, she addresses lovemaking throughout the ages including telling the story about Mae West who died close to ninety and had a constant live-in lover who was about fortyfive years younger than she was. She had much to say about the benefits of sex including: "It's not the men in my life that count... it's the life in my men" and "Too much of a good thing can be wonderful" and Joan's favorite "I feel like a million tonight but not all at the same time."

Yes, Joan does go into makeup tips and skin-care secrets that's she's developed over the years, but my ultimate favorite chapter is about assertiveness, well sort



not act like one...Sometimes?" "Good gals finish last. Sad but true," says Joan. You must learn to assert yourself in life, but unfortunately, all too often women who do assert themselves, and who stand up for their rights and say what they think, are called bitches while guys who do the same are respected for their toughness and strength of character. But you can bet Joan has not been pushed around. Joan even quotes actress Sharon Stone who quipped, "If you have a vagina and a point of view, that's a lethal combination." Regrettably, women with strong opinions are not always popular. But in my opinion, and I do have them regularly, you just have to go for it. So, look out world! It works, so give "The Art Of Living Well" a try. You won't regret it!

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



Chef



Check out my site. You can order from my website 24/7! Monthly specials and the NEW outlet store are there too!

WW2 Hero Dies at 88



Photo by Susan Maxwell Skinner

V for valor. Ernie Ford flew 364 missions, the greatest number of combat forays in WW2. The Carmichael man died on March 4. During a recent visit to Del Campo High, Junior ROTC cadets saluted Major Ford with a V formation. ROTC instructor Col. Earl Farney and Ford's wife Etta looked on.

(Continued from Page 1)

The aircraft preceding him was blown from the sky with great loss of life. Ford contrived to escape by flying his C-47 ten feet above the rugged terrain for over a mile. Two more aircraft followed his lead. An hour later, the planes -- and eighty-seven passengers -- landed in friendly territory. "We learned that 70 Japanese aircraft were above us, dropping bombs," recalled Ford. "It was scary. We came home with leaves stuck in our oil coolers. But I never thought all those

people were saved just because of me. The mission took all of us. We had the luck of the Irish. "And God was my copilot for all of my 364 combat missions -- I really mean that." Acclaimed а national inspiration, Ford returned Stateside to be exhibited with movie stars on War Bond tours. At the Minneapolis Radisson, he admired a pretty hotel cashier. Three months from their first date, wedding bells rang. "Ernie was a hero and I was impressed," recalls Ford's war bride, Etta.

"He didn't drink or smoke, but he sure told great stories. He was away so much; we never had two dates in a row. He sent me my engagement ring by US Mail."

"On one bond tour," remembered her groom; "Bob Hope interviewed me on national radio. "He observed how young I was to have flown so many missions. He asked if I'd been flying since the Civil War.

"Of course, that was the worst American war," Ford reflected. "Brother against brother." Of the men and woman fighting in Iraq, he said: "They encounter problems and conditions we never imagined." Repeated the veteran: "Winning a war always takes every one of us. Anyone who has served this country deserves our respect." After his 1963 military retirement, Ernie Ford settled to a career in life insurance in the Sacramento area. He is survived by his wife, four children and seven grandchildren.Avidchurchgoers, the family requested that in lieu of flowers, donations be made to the Fair Oaks Presbyterian Church and Worldwide Missions.

SACRAMENTO FINE ARTS CENTER, INC.

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<u>Schedule for 2010</u>

March 16-April 3	Mira Loma High School Show	
April 3-24	Watercolor Artists of Sacramento Horizons, Inc. Membership Show "The Sound of Brushes"	Ľ
Aprl 27 - May 8 2nd Saturday Reception May 8, 5:30-8:30pm Sacramento Fine Arts Cent	"Painting Where the Wild Things Are"	

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Monthly newsletter available online and at the community center for additional classes and events. For more information call (916) 972-0336 or go to www.morpd.com

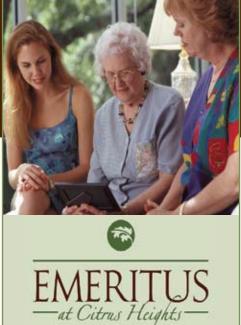
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by Gregory Kondos, juror

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Small Business Advocates Applaud Senator Dave Cox

Northern California lawmaker given high marks for voting record



Senator Dave Cox

Small and independent businesses are struggling to stay afloat. Many are family owned businesses - making it hard for them to voice their concerns proposed legislation in on Sacramento. Yet, they have found an advocate in Senator Dave Cox.

On behalf of California's small businesses, the National Federation of Independent Business (NFIB) gave Sen. Cox a perfect score for his advocacy of small businesses.

"Running a small business in California is more challenging than in our neighboring states," said Sen. Dave Cox. "The amount of resources dedicated to doing paperwork with various government agencies is costly." Cox added, "Making payroll is

already challenging given today's economy. Government should not add extra burdens on employers."

After tracking legislation that would have significant impact on small businesses, NFIB thanked Cox for his support of small businesses and their employees. Founded in 1943, the National Federation of Independent Business is the leading small business association representing small and independent businesses. Twenty thousand strong, NFIB's mission is to promote and protect the right of our members to own, operate and grow their businesses.

A nonprofit, nonpartisan organization, NFIB represents the consensus views of its members in Washingtonandall50statecapitals.

Senator Dave Cox represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties. Contact his office at 916-651-4001, or via email senator.cox@sen.ca.gov. at



Rev. Richard P. Reimer

Easter Sunday Christians gather to celebrate the resurrection of Jesus from death. Prior to Jesus' death He often promised eternal life to those who will believe in him, John 3:16. What is eternal life?

The word "eternal" designates unending duration and does not carry any qualitative significance says theologian George Eldon Ladd. The word "life" on the other hand carries much significance and meaning for Christians. Life as used in the Old Testament is "complete well-being in earthly existence". This quality of life is God's gift. It included length of days, family blessings, prosperity, security and most importantly fellowship or relationship with God. Life is enjoying God's

Apr 2010 at the North Highlands

Park and Recreation District,

located at 6040 Watt Ave, North

"Get a Life!"

presence and blessing here on earth.

Life also came to be seen as existence in the future age. This is the meaning found in the New Testament Gospels. Eternal life is the life of the Kingdom of God, existence under the reign and rule of God. It was a blessing to be enjoyed after death. But in St John's Gospel we have Jesus claiming this life to be resident in his very person; John 6:35 I am the bread of life. John 14:6 I am the way, the truth and the life. John 11:25 I am the resurrection and the life. Jesus offers a "present experience" of the future life of the age to come in the here and now.

Often we have "quality of life" discussions when a loved one becomes elderly. We access quality by examining mental clarity, physical mobility, financial stability and acuity of the five senses. Most importantly is the examination of relationships. One can have a perfectly healthy body and a flush retirement account and still not have "quality

of life" because they have few or very poor relationships with others! It is relationship that tips the scale toward quality.

This is the good news Jesus died to communicate. Not only is God interested in giving humans "complete well-being on earth" but in the person of Jesus he is offering his very being in a relationship that cannot be interrupted by our death! Eternal life then is to be found in the concrete historical figure of Jesus and is received by faith alone. John 6:40 "For my Father's will is that everyone who looks to the Son and believes in him shall have eternal life, and I will raise him up on the last day."

Rev. Richard P. Reimer, Lead Pastor American River Community Church 3300 Walnut Avenue Carmichael, CA 916-483-3465 www.arcconline.org

Genealogical Association of Sacramento Meeting

The Genealogical Association of Sacramento will meet April 21, 2010 at the Colonial Heights Library, 4799 Stockton Blvd., at 1 pm due to the remodeling at Belle Coolidge Library. Sandra Harris will be speaking on "When Was That Picture Taken"

at Colonial Heights. Sandra is a professional photographer who conducts genealogy research for her personal family, and for people all over the U.S., Canada, Scotland, Ireland, New Zealand, and Australia. Our members' yearly trip to

Salt Lake City is planned for May 2-9 and your payment is due before April 10, 2010. Ouestions to: Donna (907) 269-9330 in Alaska, or Ralpha at (916) 689-4524. Visitors are always welcome at our meetings, so do come join us.

Monthly Military Retiree/Spouses Meeting Our next monthly military retiree Highlands. Meeting time is 1030 spouses meeting will be held on 13

hrs. Our speaker will be Mikel O'Riordan and he will address an Under-Used VA Benefit, called Aid and Attendance. You don't want

to miss out on this informative meeting. Join us for a cup of coffee and excellent fellowship. Questions can be answered by contacting our volunteer staff at 561-7476.









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By Bryan Golden

It's so easy to get into a rut yet difficult to get out. A rut is a regular habit, pattern, or expectation. There is a certain degree of comfort associated with being in a rut. It is consistent, familiar, safe. We can fall and a rut unintentionally into without realizing it. Although dwelling in a rut can induce feelings of frustration and dissatisfaction, not all people are unhappy being in one. There are those who are happy and satisfied with a regular, dependable pattern. If you are happy with your circumstances -- great. But if you want to break out of a routine, this article is for you.

Any aspect of your life has the potential to fall into a rut. If it does, you have the power to pull yourself out. Ruts are an insidious trap because it's easier to stay in familiar territory than to venture out into the unknown.

How do you know if you're in a rut? An unending routine, a job without any perceivable chance of change, or a situation that appears to have no potential for change are all situations that qualify. Pay attention to your feelings, they can identify a rut. Are you bored, frustrated, or apathetic? Do you feel a lack of excitement or challenge? Is it tough getting started each day? Do you lack motivation? Some or all of these emotions may be indicative of a rut.

You can get used to being in a rut and accept it as an inevitable part of life. Once this happens, your drive and ambition begins to wane. Getting out of a rut can then seem unattainable. The good news is that a rut doesn't have to be permanent and you possess the ability to get yourself out. The key to extricating yourself is being proactive and taking initiative.

You can't get out of a rut by waiting for things to change. A rut will only become deeper with the passage of time. Only you can change your situation. To do so you need to recognize that you are in a rut, have a desire to get out, and be willing to put in the effort necessary to do so.

Once you have decided to get out you are ready to begin. You can't just jump out of a rut, you have to climb out one step at a time. It took time to get in and it will take time to get out. Unrealistic expectations create frustration and may cause you to abandon your efforts altogether.

Climbing out necessitates changing engrained habits. You want to take small successful steps that will motivate you to keep going. So pick something that is relatively easy to alter and not overwhelming. Some ideas: take a different route to work, do something different during lunch, vary your daily schedule, or change your evening routine. No aspect is too insignificant.

The goal is to build confidence in your ability to successfully make changes. With each successful alteration you make, you will be building strength to tackle bigger challenges. It's the same process as getting into shape physically. You start out with easy exercises and make them more challenging as you get stronger.

As your confidence builds you can tackle bigger ruts. Every aspect of your life has the potential for adjustment. If you believe you are stuck in a rut and can't get out, you are right. If you believe you can get out of any rut, you are also right. The choice is yours, get started today.

NOW AVAILABLE: "Dare to Live Without Limits," the book. Visit www.BryanGolden. com or your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist. com or write him c/o this paper. © 2004 Bryan Golden



THE BOUNTY HUNTER (Rated PG-13)

I have several random, disconnected thoughts about the combination romance-actionroad trip comedy that is "The Bounty Hunter." First, on a sunny afternoon, it is a mistake to see a comedy in a small theater with a bare handful of usually disgruntled movie critics. What's the fun in that, particularly since eliciting laughs from hardened cynics is like trying to get a smile from the IRS agent conducting an audit of your tax returns? Mind you, the best material is mostly revealed in the trailer for "The Bounty Hunter," but still I managed a few hearty laughs and a share of chuckles, though a couple of stoic audience members sitting nearby seemed unmoved.

Another thought that also immediately came to mind, not necessarily because of Jennifer Aniston's presence, is that Vince Vaughn would have been perfect for the titular character of the excop bounty hunter chasing down his ex-wife. However, upon further reflection, Vince already teamed up with Jennifer in "The Break-Up," and my guess is that no one wanted to invite the inevitable comparisons. Still, Vince Vaughn is much more adept at comedy than Gerard Butler, who

Riley Reviews Comedy formula Seeks reward In "The Bounty Hunter"

nevertheless fits quite well in the role of the slovenly, chauvinistic Milo Boyd, the boorish tracker of scofflaws. Butler was better still as King Leonidas in "300," but this role doesn't call for a well-toned gladiator monarch.

For reasons never fully understood, down-on-his luck Milo is no longer a member of the NYPD. Toiling as a bounty hunter, his dream job comes when he is assigned to track down his bail-jumping ex-wife, Daily News reporter Nicole Hurley (Jennifer Aniston). Failing to show in court on a traffic offense, Nicole goes on the lam to chase down a big story of a suspicious suicide case involving a police officer assigned to the evidence room. Over the course of the Fourth of July weekend, Milo figures that an easy payday is within his grasp. To be sure, Milo easily locates Nicole at the race track, but she gives him the slip at an Atlantic City casino. Not that she's afraid to appear

in court, Nicole has a more pressing mission to track down some leads on what she believes is a murder cover-up that will lead to a sensational news story. Meanwhile, a lovesick colleague, Stewart (Jason Sudeikis), has a big crush on Nicole, having mistaken a kiss with the comely reporter, who was inebriated at an office party, as the sure sign of a budding romance. Getting more than he bargained for, Stewart March 24, 2010

wants to work the investigative story with Nicole, but obviously for more than professional reasons. For his trouble, Stewart ends up as a sad sack pawn when Nicole is chased by a tattoo artist in cahoots with a corrupt cop.

As much as Nicole would like to escape Milo's clutches, she inevitably finds the urgent need to make common cause. After all, Nicole's being chased around New Jersey by thugs anxious to squash her curiosity about the questionable suicide. Meanwhile, Milo is up to his neck in debt to an unforgiving Atlantic City bookie (Cathy Moriarty), who has dispatched a pair of nitwit goons to forcibly collect what is owed. On top of all this, Nicole's Atlantic City showgirl mother Kitty (Christine Baranski) is more concerned about reuniting her daughter with her ex-husband than listening to her daughter's more pressing legal predicaments.

Unmistakably, the elements of a generic screwball comedy are mixed in with a heavy dose of action along with a road trip in scenic New Jersey. One could be excused for getting lost in the plot, or even wondering if there really is a plot. "The Bounty Hunter" is more preoccupied with taking a pair of likable lead actors and trying in vain to generate that elusive commodity known as screen chemistry. Let's give them a generous B+ for effort, but the execution is shaky enough that it scores no better than a gentleman's C. Still, Gerard Butler and Jennifer Aniston, though mismatched as a couple, are fun enough to watch, and after all, that's a better deal than some other recent romantic comedies in which Aniston had the misfortune to appear.

Effie Yeaw Nature Center March 2010 Events

Interactive Exhibit: Bountiful Harvest - An Exploration of Maidu Indian Culture Park entrance fee: \$5.00 per car or FREE to ARNHA members Open 9:00 a.m. – 5:00 p.m. Wednesday through Sunday, 9:00 a.m. – 1:00 p.m. Monday & Tuesday Carmichael Cactus and Succulent SocietyMeeting:Carmichael Park ClubhouseThursday, April 1, 10:00 am5750 Grant AvenueKeith Taylor demonstratesCarmichael, CA 95608

<u>Saturday Safari</u>

Grab your binoculars (or borrow some from us) and take a guided walk to see the animals and plants that make up the unique habitat along the American River.

Saturday the 27th at 10:30AM

Nature Story Time

Join a Nature Center Naturalist to hear a tale read aloud from some of our favorite nature storybooks. *Sunday the 28th at 10:30AM*

Auntie Libby's Creative Crafting

A different nature-themed craft will be offered each day for adults and children enrolled in kindergarten and older (no unaccompanied children). \$7 per person per class, pre-registration required, call 489-4918. *Tuesday, March 30th and Thursday, April 1st, 10:30AM – 12 Noon* WEEKDAY NATURE **PROGRAMS** (below) Recommended for adults and children enrolled in kindergarten and older (no unaccompanied children). \$5/ person per program, pre-registration required. Living in Water - discover the hidden world of water insects and polliwogs through activities and games. Using catch and release activities you'll see these amazing little animals that live in our pond. Monday, March 29th, 10:30AM - 12 Noon Beaks, Jaws, & Claws - Discover and learn about the unique adaptations of birds, mammals, and reptiles. Participate in games and activities and get a close-up look at some of the Nature Center's animals. Wednesday, March 31st, 10:30AM - 12 Noon

SPRING FUN DAYS PROGRAMS

Pre-registration required, call 489-4918. Non-member registration starts 2/17. \$21 per child, per class, space is limited. All classes meet from 9AM – 12 Noon.

<u>Nature Rovers –</u> <u>for kindergarteners</u>

<u>A Wonderful World of Color</u> – Join us for active games, stories, a nature walk to look for colorful wildlife (like insects and birds) and create an art piece to take home. *Tuesday, March 30th* <u>Nature Detectives –</u> <u>for 1st – 2nd graders</u> <u>Rata-tat-tat, What Bird is That?</u> – Learn about the woodpeckers that live in our nature area through stories, crafts and games. **Monday, March 29th**

Dirt and Bugs Made My Lunch – Take a close-up look at some creepy-crawly garden helpers, then plant some seeds to take home to your garden. Thursday, April 1st

The Nature Center is located in Ancil Hoffman County Park, 2850 San Lorenzo Way, Carmichael, CA (916) 489-4918/711 www.effieyeaw.org TDD/TTV



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American River Conservancy Spring Programs 2010

"Grey Water Is My Friend" – New Grey Water Standards Friday, March 26th 6 – 7:30 pm

Using grey water can be a very effective way to reduce water use. Recent changes to grey water standards in California have made this a viable option for many homes, spurring us to educate our community. "Laundry to Landscape," a short DVD on how to make changes to use your grey water for landscaping, will be shown, along with handouts of recent grey water changes. How will this be regulated? What are the pros and cons? We are in the process of finding homeowners and/or contractors and others to be on hand to answer these and other questions. **Suggested donations: \$5/ members, \$10/non-members.** Please call to sign up and for meeting location (Coloma area) at 530-621-1224 or contact julie@arconservancy.org.

Focus on Ferns Saturday, March 27th, 10 am – 1 pm

Join naturalist Robert Mackler on this beautiful hike into the American Creek Canyon (in Cool) where you will witness this amazing habitat for a variety of ferns. Learn the life cycle of ferns and see how many species you can find. This is an easy hike. Responsible teens+ welcome. Rain cancels. **Suggested donations: \$5/members, \$10/non-members.** Please call to sign up and for meeting location at 530-621-1224 or contact julie@arconservancy.org.

Drum Making Class Sunday, March 28th, 10 am – 6 pm

Jason Williams with White Water Drums will be teaching a Native American drum making workshop. Jason is a Huichol drum maker and storyteller. He will combine traditional storytelling and singing to teach the origin and meaning of the Native American drum. The day will begin with an opening ceremony in a traditional manner and continue on with a day of crafting and fun. The class will cover laying out the hide, hole patterns, and the technique of stringing a traditional hand drum. Maple hoop & elk hide provided. Sign-ups & nonrefundable deposit due by March 12th. **\$85/members, \$95/non-members.** 12+ welcome w/adult. Please call to sign up and for meeting location (Coloma area) at 530-621-1224 or contact julie@arconservancy.org.

KDD-Wolf Stories Sunday, April 11th, 1 – 2:30 pm

Stories about wolves are plentiful. Some are scary, some are funny, some teach us a lesson! Come out and hear a sampling of such stories from members of the El Tuesday, 1:49 PM Dorado Storytellers Guild. Make a wolf craft while you're with us. Age minimum: 4 years old. **FREE. Donations accepted.** Please call to sign up and for location (Coloma area) at 530-621-1224 or contact julie@arconservancy.org.

American River Canyon Hike (Middle Fork)

Saturday, April 17th 9am – 12 pm

Join ARC volunteer Howard Williams, hiker, backpacker and nature buff for this short (about 4 miles) hike on trails on the south slope of the Middle Fork American River Canyon in Cool. This beautiful area is much different than anything on the South Fork at the same elevation. It is heavily forested with the feel of being several thousand feet higher in elevation. We should encounter wildlife and perhaps find some wild mushrooms. The hike will be at a leisurely pace but does include a 600 ft. elevation gain. Responsible teens and older welcome. Rain cancels. **FREE**. Please call to sign up and for meeting location (Cool area) 530-621-1224 or contact julie@arconservancy.org.

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Carmichael Times Page 8

MISSING PERSON

If anyone has information of the whereabouts of Eileen F. Sheftic formerly of 3922 Oak Villa Circle Carmichael, California please contract Jerome E. Falbo, Esquire at 80 Jefferson Street, Winthrop, Massachusetts 02152. Telephone number 1-617-846-3433 F-mail address is lawfsg@Verizon.net. (MPG)

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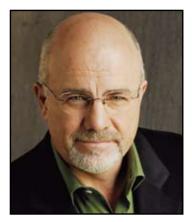




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Do I Need a Will or a Trust?

Dear Dave,

Can you please explain the difference between a will and a trust? Which do you recommend? - Mark

Dear Mark,

Everyone needs a will, but not everyone needs a trust. A trust is something you put money into after your death by virtue of your will. A will, on the other hand, tells everyone what to do with your stuff

Spring Genealogy Seminar

Root Cellar - Sacramento Genealogical Society – will hold its Spring Seminar Saturday, March 27, 2010 at the Fair Oaks Presbyterian Church, 11427 Fair Oaks Blvd., Fair

when you die. One of the things it could instruct people to do is put some of your money into a trust for your kids. It would become their money when they grow up, but until then it would be managed for them in a trust account.

These days there's also an animal running around called a living trust. This is a document that will cost you anywhere from \$1,500 to \$4,000 to have drawn up, and it's really overdone in the estate planning world. It's not needed nearly as much as some people would have you think. To tell the truth, it's more of a gimmick than anything else. The idea is that you put everything you own in trust now, and when you die you save on probate taxes.

It's a good theory, but the downside is that once you do it you have to operate your life in a trust. And that's a real pain in the butt! - Dave

Testing the Career Waters Dear Dave,

I'm applying for a new job. I like my current job, but the other position would be ideal. Should I tell my boss that I'm applying for the job? - Anonymous

Dear Anonymous,

I think it has a lot to do with your situation at work, and if your integrity comes into play. There's nothing wrong with looking at the menu when you're on a diet, but if you've told your boss or supervisors you're not interested in another job, you need to let them know things have changed. The big thing here is that you

for Genealogy Research; Google News Archive, News Timelines and Google Alerts; Google Images, Video and other Tools for Genealogy. Fee: \$22/members; \$27/non-

make sure you treat other people the way you would want to be treated. I'm an employer, and I have about 300 people on my team. I don't expect these guys to tell us every time something pops up that might interest them. I do, however, expect my leaders to let me know if they have someone who is so unhappy here that they're looking for other work.

Your relationship with your company and supervisors plays a big part in this, too. I'd speak up if there was something they could do to change my situation from good to ideal. But in a lot of ways, it all goes back to how you would want to be treated if the situation were reversed. Remember the Golden Rule? Just looking at things from that perspective can answer a whole lot of ethics questions! - Dave

*Please visit www.davesays.org for more financial advice.

Sacramento German **Genealogy Society (SGGS)** P. O. Box 660061 Sacramento, CA 95866-0061 http://www.sacgergensoc.org

The regular meetings are held at 1 pm in St. Mark's Methodist Church Fellowship Hall at Lusk Dr. & St. Marks Way. St Mark's is located east of Country Club Plaza near Watt and El Camino Avenues. Individual help with your German genealogy questions at 9:30 am the same day as the meeting, upstairs in the classroom wing, east end.

April 24, 2010

SGGS ANNUAL SEMINAR: Getting to Know Your Immigrant Ancestors: Key Federal Records: Featuring John Philip Colletta, O Ph.D. Learn about passenger arrival records, breaking through brick walls, naturalization records, and lesser-used Federal records from this nationally known, knowledgeable, and entertaining speaker.

Time: 8:30 am to 4:00 pm. Registration opens at 7:30 am Place: Sacramento Turn Verein, 3349 J Street, Sacramento

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Pre/Registration fee (by April 11th): SGGS members \$40 each or \$50 per

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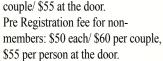


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opened Bad Seed on March 12 opened Rapunzel on March 20

Chautauqua Playhouse opened the thriller BAD SEED by Maxwell Anderson, on March 12, at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through April 18. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

Bad Seed: (L) Lauren Metzinger and Mary Bond. Pictures by Warren Harrison

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Based on the best-selling novel by William March, the play took Broadway by storm in the 1950's and has been filmed twice. It remains a suspenseful psychological drama, even 55 years later. Rhoda Penmark is the star child of her class and the apple of her mother's eye, every bit the perfect child. Then one of Rhoda's classmates drowns on a school field trip under strange circumstances. Unspeakable terror and a villain you'll never forget. Director and set designer Warren Harrison has assembled a cast including Mary Bond, Monique McKisson, Julie Bock-Betschart, Walter Thompson, Daryl Petrig, Chris Lamb, Michael Walker, Bob Nannini and Carolyn Gregory. Lauren Metzinger will be featured as "Rhoda". Costumes are by Eileen Beaver.

The Chautauqua Children's Theatre opened their new production of RAPUNZEL on March 20. Under the direction of Marie Raymond, this musical adaptation of the classic fairy tale will delight audiences of all ages. Showtime is on Saturdays at 1 pm and 3 pm, from March 20 – April 10. All seats for the Children's shows are \$7.00.

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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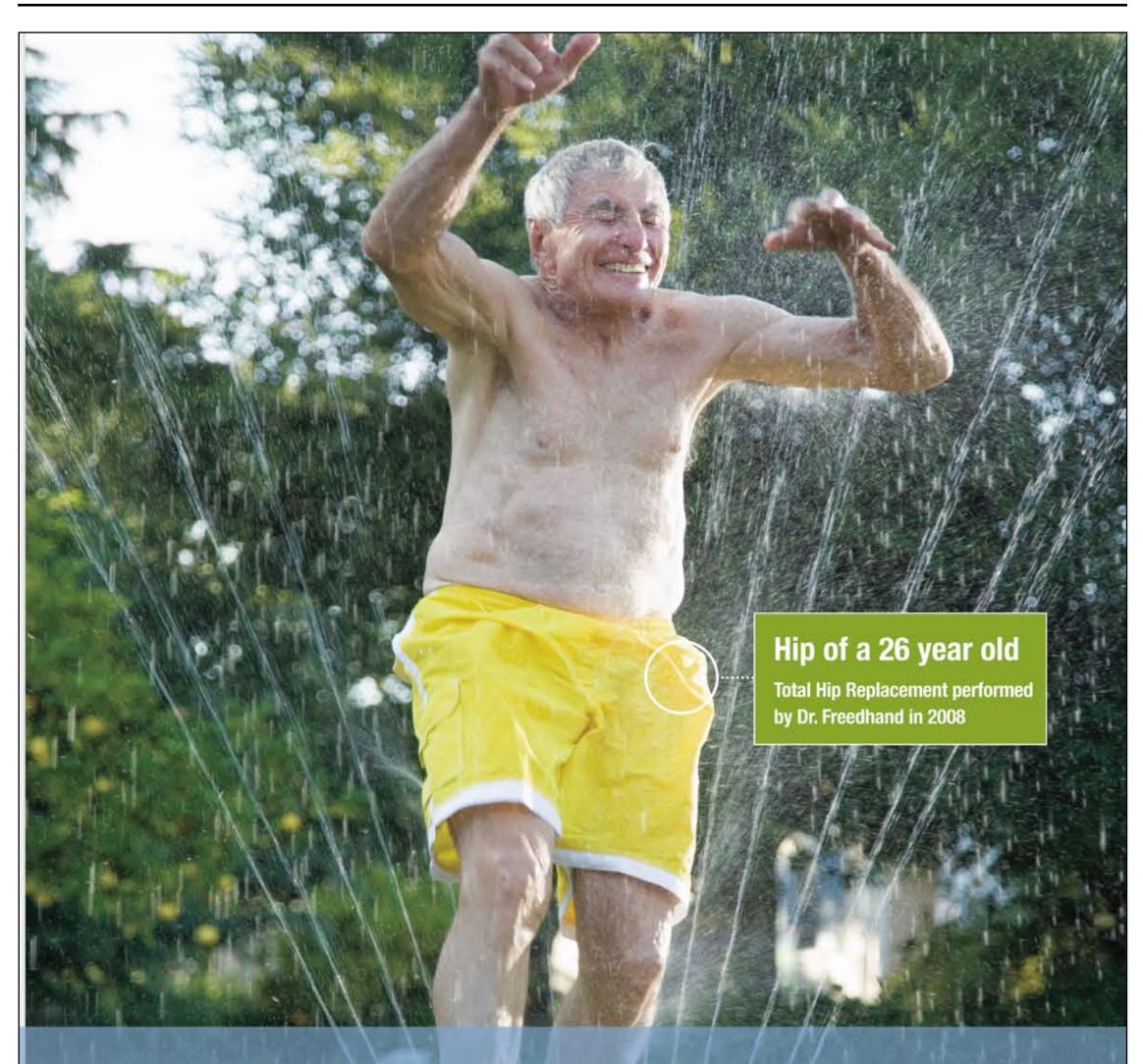
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