

# Carmichael Times



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Volume 30 Issue 2

*Serving Carmichael and Sacramento County since 1981*

January 13, 2010

## DART Serves Night & Day Carmichael Chamber Dinner Honors Sheriff McGinnis



Sutter, Yolo, Solano, San Joaquin, Contra Costa, Amador, El Dorado, and Placer counties. In our twenty-seven year history, DART has never failed to respond when called.

DART uses equipment that is highly specialized to function in hazardous and toxic environments. Much of their equipment is outdated and hard to maintain. Some of the team's dry suits are eighteen years old. In spite of a deficiency in funds, hardworking DART members keep this equipment serviceable and in safe working order. However, with more funds this equipment could be updated, replaced and enhanced. Today DART has four vehicles. Although 'tired', they still operate.

DART exists today because of the generosity of its members, the community, community organizations, and businesses who believe in saving lives and recovering the victims of tragedies. They play an integral emergency response and homeland security role as the "go to" public safety diving agency in the central region of Northern California.

**The Drowning Accident Rescue Team (D.A.R.T.)** is holding its 8th annual Crab Feed and Silent Auction on Friday January 22, 2010 at the Sacramento Elks Lodge #6, located at 6446 Riverside Blvd., Sacramento, CA, 95831. The event will run from 6 to 11 pm and includes Dinner and Dancing. The dinner menu will include fresh cracked crab, pasta, green salad, and bread. The price is \$40 per person and all proceeds will go to support the D.A.R.T. team. This is a fund raising event for D.A.R.T., which is an all-volunteer non-profit 501(C)(3) organization. For Information and to order tickets please visit the D.A.R.T website at [www.dartsac.org](http://www.dartsac.org) or call (916) 802-9813 or (916) 806-0118.

The Drowning Accident Rescue Team (D.A.R.T.) is an all-volunteer non-profit organization. The team responds to water rescue and recovery incidents involving individuals, vehicles, and evidence in many potentially dangerous situations. If there is a water-related accident in Sacramento County or the surrounding area, they are dispatched to that incident by Fire Dispatch via alphanumeric pagers. DART members are on call 24 hours a day 365 days a year.

There are over 40 volunteers coming from all walks of life including business professionals, medical professionals, retirees, and police officers. Volunteers contribute their time and resources to DART in a variety of ways including: rescue and recovery

dive operations, monthly general membership meetings, board of director meetings, monthly in-water training sessions, and other special training classes taken throughout the year to build skills and increase the services the team can provide. In addition, DART performs countless public speaking engagements and water safety demonstrations to community groups, service clubs, public agencies, and public or private schools to promote water safety to children and adults.

No DART member is paid for the time they give to DART. On an annual basis, DART is typically the first or second busiest public safety dive team in the nation; responding to an average of 120 to 140 calls per year. They respond primarily in Sacramento,



*All-star lineup. Carmichael Person of the Year 2010 -- Sheriff John McGinnis (third from left) -- stands behind his wife, Peggy and community leaders at The Palace in Carmichael. Flanking the couple are Senator Dave Cox, County Supervisor Susan Peters, fellow honoree Ross Davidson, Congressman Dan Lungren, Carmichael Chamber President Trish Harrington and Mercy San Juan Hospital Marketing Executive Bryan Gardner.*

*Photo by Susan Maxwell Skinner.*

*Carmichael* -- On Friday, January 8th, the Carmichael Chamber of Commerce honored Sheriff John McGinnis for his many years of service to the community with a well-attended formal dinner at The Palace in Carmichael.

In attendance were Congressman Dan Lungren, Senator Dave Cox, Assemblyman Roger Niello, Supervisor Susan Peters, Honorary Mayor Peter Tateishi, former Supervisor Sandra Smoley and radio talk show host Mary Jane Popp. Emcee of the event was television personality Tom Loffman. McGinnis received commendations from each of the local politicians, along with some good-natured "roasting" remarks. A large contingent of the

McGinnis family traveled to be in attendance for the recognition dinner, and the sheriff did not disappoint with his story-telling and sense of humor. Over one hundred fifty local business owners, community leaders and residents attended the annual fundraiser for the chamber of commerce.

Also recognized at the event was Col. Ross Davidson. Ross was honored for his many past military accomplishments and service to this country, his many years of local service and his long-time strong support of the business community and the chamber of commerce.

The event could not have been such a big success without the volunteer help from Linda Melody,

Susan Skinner, Nancy Fellers, Gary Anderson, Trish Harrington, Dan Blum, Chris Meyer, DonnReiners, Helen White, Loise Glazebrook, John Skinner, Peter Tateishi and Barry Smith. Their ongoing support of the chamber and the community is appreciated.

Special thanks is given also to Shafika Mancal of The Palace for hosting the event, as well as Mel Piercy from Copy Plus for his help with the programs, flyers, award designs and event promotion. Table sponsors included Fair Oaks Cemetery District, Ed Marzel and Carmichael Chevron, and Walt Farl of Edward Jones in Carmichael. Dan Blum of New York Life was the primary event sponsor.

## Good Beginning to 2010?



*Employers are seeking customer service, sales, manufacturing and shipping experience in early 2010.*

*By Rick Reed*

*Sacramento County* - At this time last year employers were using attrition, hiring freezes and massive layoffs to cut workers while some businesses closed their doors forever. After one of the worst years in decades, the Sacramento regional employment market is regaining traction. Usually a slow period for hiring in the Sacramento area Pacific Staffing has learned that forty-six percent (46%) of 100 top area companies surveyed plan to hire in the first quarter, Q1 of 2010.

In Q1 of 2009 more than half of Sacramento regional employers surveyed weren't hiring anyone, another twenty percent (20%) planning staff cutbacks and three local companies closed and laid-off everyone. In contrast to those conditions, in Q1 2010, just seven percent (7%) of company's surveyed plan to reduce workforces in January, February or March.

This year lay-offs or reductions-in-force are attributed to seasonal change and a merger, not to a failing recessionary economy.

Twenty-five percent (25%) of companies reported hiring for growth needs in the last quarter, Q4 2009. Historically the slowest hiring period of the year across the area, another positive sign for Sacramento regional jobs recovery in the first quarter of 2010 is indicated as twenty percent (20%) of employers polled say they will be motivated to hire for growth and add staff in Q1.

Contacted directly by telephone between November 18 and December 18, 2009, six percent (6%) of hiring is motivated by seasonal demands in Q1.

Sacramento employers are looking for technical skills first of all. Demand for technical experience was double any other in first quarter with a focus on computer

networking and proprietary industry-specific software operations. Employers also seek customer service, sales, manufacturing and shipping experience in the first three months of 2010.

Among all companies the cost of benefits was noted as the greatest challenge in the New Year. Morale was a significant issue noted by contacts at companies currently not hiring. For the first time in nearly a year, two companies say finding qualified candidates for jobs is becoming an issue.

The top 100 Sacramento Regional Companies By Industry by percentage; 44% are Service, 31% are Manufacturers, 15% are Construction and 10% are Retail.

*How does this Quarter compare to last quarter, or last year? Find out for yourself, for more information & surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).*

# Ancil Hoffman Lives On



Beautifully landscaped, and sitting on one and a third acres, the home is surrounded by orange, pecan, and olive trees.

Photos by Kent Weymouth

By Kent Weymouth

Nestled into the rolling hillside of Fair Oaks, a grand historic mansion sits, its famous first owner all but forgotten. Ancil Hoffman, one of Sacramento's most celebrated sons, built the home during the prime of his career. His was once the only home to grace Greenback Lane and the burgeoning community crossroads of Fair Oaks and Citrus Heights. In 1942 Ancil Hoffman created a unique 3,400 square foot home centered on entertaining guests. Beautifully landscaped, and sitting on one and a third acres, the home is surrounded by orange, pecan, and olive trees. Grape vines draped from arbors shade the natural stone patio. After the death of Ancil Hoffman in

1976 this showplace spent three decades in steady decline, before this luxurious home was rescued and beautifully restored to its former grandeur.

Ancil Hoffman was born in Adams County, Illinois in 1884. As a boy he moved with his family to Oklahoma and it was there that Ancil's mother died. His father Albert Hoffman left his boy in Oklahoma temporarily while he relocated to Sacramento in search of work. After securing a livelihood, Albert sent for his son. Ancil traveled from Oklahoma to Sacramento by train alone, and would later look back on that trip as one of the biggest thrills of his life.

In 1906, Ancil Hoffman opened his first saloon, located on M Street at 18th. He would



open another four bars before prohibition closed the doors of three of them in 1920. One of his nightclubs, located at 514 K Street was called the Hof Brau, but when World War I broke out, anything German began to take on hostility from the public, so Hoffman held a contest to rename the club, offering a prize of \$100 to the winner. The new name became the "All America Café", and was located just down the street from "Ancil's", another of his night clubs, located at 708 K Street. His nightclub/restaurants were frequented by big name entertainers of

the day, like Al Jolson, Eddie Cantor and Jimmy Durante.

On January 16th 1920, the Volstead Act went into effect, changing business for Hoffman by forcing him to lock up three of his bars and closing a liquor and beer distributorship that he owned. In all, Ancil would lose a million dollars almost overnight.

Hoffman once again turned to boxing, becoming a manager and promoter. His first fighter George Lee was a bantamweight who fought for the title in the early 1920s. Hoffman gained worldwide prominence during the 1920s and 1930s by managing the career of Max Bear. Hoffman had obtained the release of Bear from a San Francisco jail, where he was being held for the accidental ring death of his opponent Frankie Campbell. In 1934, Bear became champion by knocking out Primo Carnera in the 11th round, but lost the title to Jimmie Braddock in 1935 following a 15-round decision.

Hoffman's celebrity allowed him to meet many famous and infamous individuals of the day. When leaving on a trip to England, he swore to friends that he would meet the British sovereign, so during the

Grand National steeplechase in Liverpool, when Hoffman spied King George V, he went up to where he was standing and "accidentally" bumped into the ruler. When he apologized, the King replied "That's perfectly alright", therefore fulfilling Hoffman's promise to meet the King. Hoffman was even entertained by Adolph Hitler before the rise of the third Reich.

In 1937 a fire ripped through the home of Ancil Hoffman, destroying not only his belongings but over 100 suits belonging to Max Bear. Hoffman decided he would build a new home on the pastoral acreage he owned that would become a place for entertaining. The fireplace in the elegant drawing room is said to be from the original Sacramento Capitol Building. The Old Court House/Capitol once stood at the corners of 7th and I Streets, before the devastating fire of 1854 destroyed 12 blocks of downtown Sacramento including the Old Court House.

Max Bear retired in 1942, and Hoffman began to manage the career of Max's younger brother Buddy, who would fight Joe Louis twice for the championship. Buddy lost the first bout by default when Louis committed a foul in the sixth round, and Hoffman refused to let him continue the fight. Buddy would lose again in the first round of a rematch with the champ.

When Hoffman hung up the fight game, he turned his life to community service. Initially appointed to the Sacramento Board of Supervisors in 1950, he would be reelected to the position four times. Hoffman was elected president of the Galt fair board of directors with a unanimous vote in May of 1950. His service also included many elective and appointive boards. He was the president of the Citrus Heights Fire Commission and Chairman of the Orangevale School Board, and worked very hard to establish sanitation districts in the quickly developing areas of Orangevale, Carmichael, Fair Oaks and Citrus Heights. Hoffman also belonged to the

YMCA, the Elks, the Masons, the Lions Club; he was a charter member of the Grandfathers Club of America and one of the first members of the Sutter Club.

In 1961 during a board meeting to determine a name for the new park to be constructed on a 383 acre parcel of land formerly known as San Juan Meadows, Hoffman sat in silence as Supervisor Fred A. Barbaria suggested that they should name it Hoffman Park. Although the comment elicited a laugh from Supervisor Jack Mingo it also brought an agreement. When Barbaria made the motion official, Mingo seconded it. Thinking it was a gag; Hoffman continued to sit silent as the decision became unanimous when the four remaining members of the board voted in favor of the name change.

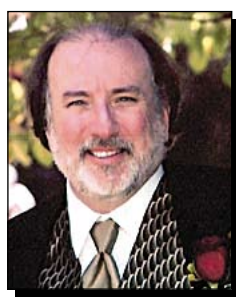
Ancil Hoffman Golf Course was dedicated on May 13 1965, and Ancil would knock the first ball from the tee, teaming with Buddy Bear to be part of the initial foursome to play the course. He confided before the match began, that he hadn't played golf since 1937. Hoffman had gone to London with Max Bear for a fight against Tommy Farr and purchased a set of custom made clubs, and hadn't played since. On his voyage home, he had slipped and broken his collarbone on the ship, leaving the clubs to sit gathering dust for over 25 years.

In 1975, "Ancil Hoffman Appreciation Night" took place as an expression of thanks for his philanthropy, presented by the Sacramento Board of Supervisors. President Gerald Ford commended him as an outstanding sportsman and for the generous contributions he had made to the Golf Club. Ancil Hoffman quietly passed away in the beautiful home he had built on January 7, 1976.

Today wild turkeys, deer and other wildlife roam through Ancil Hoffman Park and Golf Course. Sitting alongside the American River, Carmichael's best-kept secret is also home to the 77 acre Effie Yeaw Nature Center. For those interested in the availability of the Ancil Hoffman house you can e-mail [contactus@magpieinc.com](mailto:contactus@magpieinc.com).

## Carmichael Times

Serving Carmichael and Sacramento County since 1981



**Publisher - Paul V. Scholl**

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**Root Cellar Sacramento Genealogical Society**

January 20, 2010. Informal workshop to exchange ideas, get help with problems, and tell stories of research experiences. Presentation: "A Tour Through the Root Cellar Website" with Sandi Benward. Merrill Gardens (Garden Square Room), 7418 Stock Ranch Road, Citrus Heights, 1pm-3pm. Sign-in at front desk, get a guest badge, sign out when you leave. Free, everyone welcome. Contact John Jay (916) 331-0963, [jksljay@sbcglobal.net](mailto:jksljay@sbcglobal.net), or [www.rootcellar.org](http://www.rootcellar.org).

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# Gov. Schwarzenegger Lays out Priorities, Urges Continued Teamwork



Gov. Schwarzenegger Presenting State of the State Address

## Gov.'s Office Press Release

Sacramento, January 6th, Governor Arnold Schwarzenegger delivered his annual State of the State address before a joint session of the California legislature. The Governor reflected on the teamwork that brought California through the worst recession since the Great Depression in 2009 and laid out his vision for California in 2010. "This coming year can be summarized in one word: priorities. As we face another round of fiscal challenges, we must get our priorities straight and keep them straight. Creating jobs and getting our economy back on track, protecting education, reforming our tax and pension systems and putting an end to our boom and bust budget cycle must all be priorities," said Governor Schwarzenegger. "I know that if we can recreate the teamwork we built last year and focus together on these priorities, California, already seeing clear signs of recovery, will emerge from these difficult times stronger and more vibrant than ever."

In his speech, the Governor announced two new California initiatives: the California Jobs Initiative, designed to create jobs and ensure California is a better partner to the economy, and Operation Welcome Home, a program to ensure returning veterans are provided access to the services and opportunities they deserve. In addition, the Governor announced a historic shift in California's priorities by proposing a constitutional amendment to ensure that the state never again spends a greater percentage of funds on prisons than on higher education. The Governor also continued to push the priorities he has been advocating for years, including fighting for California's fair share of federal funding, tackling tax and pension reform and reducing prison costs. The Governor went into detail on each priority and provided specific proposals, which include:

### Constitutional Amendment to Increase Higher Education Funding

While this budget year will pose many challenges, the Governor drew the line at education and called for a historic realignment of California's priorities. He announced that he would work to protect California's schools and to shield higher education from further cuts. The Governor called on the legislature to help make California's education system a higher priority than prisons. Specifically, he proposed:

- A constitutional amendment to ensure California cannot spend a greater percentage of General Fund (GF) dollars on its prisons than on higher education.

- Under the Governor's initiative, no less than ten percent of GF dollars would be allocated to fund public institutions of higher education and no more than seven percent would be allocated to support the state prison system. These mandatory limits would begin in the 2014-15 fiscal year.

- The Governor announced that the amendment will include a provision that allows the California Department of Corrections and Rehabilitation the authority to contract with private entities - while retaining all authority - to build or operate prisons and manage or transfer inmates. This would save the state billions of dollars per year.

### Jobs and Economic Growth

The Governor made it clear that his number one priority in 2010 is fostering a business-friendly economy and creating jobs. In his speech, he outlined measures he will present to the legislature to

achieve that priority including:

- The California Jobs Initiative, a program to pump jobs into California by creating or retaining up to 100,000 jobs and providing training to 140,000 individuals to enable them to retain their current positions or compete for higher paying jobs.

- A measure to streamline the permitting of construction projects that already have a completed environmental impact report.

- A proposal to extend and expand the \$10,000 homebuyer tax credit to include the purchase of existing homes in addition to new residences for first-time homebuyers.

- A proposal to eliminate sales taxes on green tech manufacturing equipment.

- A proposal to eliminate frivolous lawsuits that punish California's small businesses.

### Budget and Tax Reform

For years, Governor Schwarzenegger has been calling for structural reforms in how California budgets and spends its money, and this year is no exception. In 2009, California's economic growth declined 2.8 percent, but our tax revenues were down more than 8 times that much - reinforcing the fact that our budget woes are self-inflicted wounds.

The Governor called on the legislature to work with him to fix California's broken tax system and take up the bold reforms proposed by the bipartisan Commission on the 21st Century. Restructuring our tax system will help ensure California has a stable, reliable revenue stream to fund the state's vital programs and services.

### Pension Reform

In 1999, the legislature boosted lifetime pensions for government employees without setting aside enough money to pay for them. Now annual pension costs are up over 2,000 percent just in the last ten years and will keep on growing and crowding out other programs unless we take action. Every dollar needed to meet underfunded pension promises is a dollar taken from higher education, environmental protection, parks and recreation and other important programs. To protect programs and taxpayers, the Governor called on the legislature to make pension reform a priority this year and to pass legislation reducing pension burdens going forward.

### Federal Funds

The Governor is committed to building a more fair and equitable financial relationship with the federal government. California must be reimbursed for overspending mandated by federal regulations and relieved of the costly burdens placed on our programs that restrict us from living within our means.

- The Governor will fight for a permanent shift in the monetary relationship between California and the federal government.

- Being a border state, California has a heavier financial burden when it comes to security, but the federal government is not sharing that burden fairly. The Governor will fight to restructure this inequitable funding arrangement.

- While the Governor has always been a strong supporter of health care reform, the legislation currently being debated in Congress will pile billions of dollars in additional costs on California. The Governor followed up his December 22, 2009 letter to Speaker of the House Nancy Pelosi and members of the California

Congressional Delegation by calling on them to either vote against the current legislation or fight for a more equitable deal for California.

### Operation Welcome Home

California has more returning veterans than any other state and the Governor committed to making these brave men and women a priority. Operation Welcome Home will put 300 recent veterans to work identifying and making direct contact with the 30,000 heroes returning to California annually to counsel them about benefits and transitional workforce training available to help them enter the workforce and transition successfully from the battle front to the home front. Specifically, Operation Welcome Home:

- Establishes nine regional full-time teams that will assist veterans in finding employment and job training, educational opportunities, housing, mental and physical health care, federal benefits and support for their families.

- Launches the California Veteran Corps, a volunteer network to reinforce the efforts of the full-time regional teams.

### Sen. Cox Reacts to Governor's State of the State address

"The State of California is facing a \$20 billion deficit. The Governor and Legislature must focus on ways to help bring back jobs for Californians. Assembly Bill 32 must be repealed to spark jobs creation. While an infusion of federal dollars is helpful - and the federal government should pay for its costs of social programs and mandates - federal funding alone will not solve the state's ongoing financial woes. The difficult decisions must be made now. There are no easy choices. We need a real budget process this year. Every program must be examined. We must change what we have been accustomed to doing. The current process is clearly not working. As I implored in various correspondences with legislative leaders, each and every Senator must be accountable for the budget. This means that every member of the Senate must sit on the budget committee and a budget subcommittee. By forcing all lawmakers to focus on the budget and the services that are offered by the state, Senators will gain a deep level of understanding for each program and its effectiveness."

### Assemblyman Niello Responds to Gov.'s Address

"The Governor laid out an agenda of reform that is sorely needed for California. And with an optimistic eye toward the future, he recognized the immediate pain that we will have to endure to address our budgetary challenges this year. Opportunities for reform exist in times like these. The Governor seems to agree and as I have stated consistently, California needs budget reform so that we end the boom and bust budget cycles that we have found ourselves in for the past 10 years. In trying to get our economy moving again, I agree that state government should do what it can to help put people back to work. After all, we will not end our State budget challenges until our economy recovers and employers are able to expand and hire new employees.

But in many cases, government just needs to get out of the way. And finally, as I have consistently warned, we must be very cautious about any assistance that we receive from the Federal Government. Relying on federal funding to fix our budget problems only puts off the fundamental reform that the Governor talked about and which I believe is absolutely critical."



Dr Bob Graykowski



Sure green vegetables are nutritional powerhouses. But don't neglect their red, orange, yellow and purple cousins. Bright is beautiful when it comes to vegetables: particularly if your optimal-health goal includes boosting your immune system, preserving your eye sight and reducing the risk of cancer. That's because the vitamins, minerals and all natural chemical components in vegetables help do all of this... and more.

I teach my patients to eat healthy daily by choosing fruits or vegetables from all the colors of the rainbow. Nutritional experts from around the world recommend eating a minimum of five large vegetable and fruit servings per day - and the brighter the better. Why? Because the brighter the color, the more phytonutrients a vegetable contains. Phytonutrients are plant-based sub chemicals that feature disease-fighting attributes. Here are some examples for a healthier diet.

**Red** - Although technically a fruit, many people consider

# Bright is Best for Veggies

tomatoes their favorite "veggie." Tomatoes are rich in lycopene, an antioxidant that prevents arteries from clogging and wards off prostate cancer. Lycopene is also what gives tomatoes their rich red color. Red-skinned potatoes, red beets, red peppers, radishes, radicchio, and red onions are other winning crimson vegetable options.

**Orange** - Carrots contain more than 100 phytochemicals, including carotenoids, which protect against cancer and eye disease. Other health-boosting orange vegetables include sweet potatoes, sweet peppers, acorn squash and pumpkins.

**Yellow** - In addition to carotenoids, yellow vegetables contain natural plant pigments known as bioflavonoid. Health benefits associated with bioflavonoids include improved cardiovascular health, increased capillary strength and improved structure of the body's connective tissues. Bioflavonoids also help to boost the immune system. That's why I encourage my patients to add plenty of yellow to their diet- including butternut squash, yellow peppers, sweet corn and yellow tomatoes.

**Green** - Chlorophyll is what gives green vegetables their vibrant shade. Among those bursting with antioxidants are artichokes, avocados, spinach, okra, sugar snap peas, zucchini, and green sweet peppers. The antioxidants in these foods are linked to the prevention of macular degeneration: a condition that

results in partial or total vision loss. If you're stuck in an iceberg rut like many people are, upgrade your lettuce of choice to a darker green variety, such as red leaf or romaine.

**Blue** - Blueberries not only taste great but they have some of the strongest cancer fighting nutrients of any fruit.

**Purple** - The best selections from the color purple include eggplant, purple cabbage and purple asparagus. These selections add extra punch in disease prevention.

**White** - Garlic is considered both an herb and a vegetable. Did you know that garlic can decrease LDL ("bad") cholesterol? And it doesn't take a bushel of this pungent vegetable to do the trick. The phytochemical allicin - is also present in onions and scallions. Cauliflower is another great "white" vegetable. Its all-natural chemical compounds are linked with anticancer benefits.

When cooking vegetables, go easy on the heat. Cooking veggies may cleave out some nutrients. Ideally, aim for tender yet still crisp. And prepare only what you plan to eat over a maximum of two to three days. The longer your store cooked vegetables, the more they lose their magnificent nutrients. If you are looking at making a healthy eating change in 2010 join us for our nutritional vitality class Jan 26th, simple steps to a sugar free family.

Creating a healthy community  
Dr Bob Graykowski

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# Keeping the Heat Going as the Weather Gets Colder

*Sacramento County Encourages Residents to Stay Safe When Heating their Homes*

As winter weather settles in across the Sacramento region, Sacramento County Code Enforcement wants to remind residents to take a few simple precautions when heating their homes to ensure that everyone in the household stays safe. "Heating the home takes a lot of energy and can cost a lot of money," said Carl Simpson, Chief of Code Enforcement. "While we know residents may be looking to heat their homes for less this year, we want to make sure people understand alternatives for heating their home, and when in doubt, throw on extra sweater." Tips for keeping the heat going and what to avoid:

- **Never use your oven, stove, or bring a BBQ into the home** – Not only are these methods fire hazards, using these appliances incorrectly can result in serious bodily injury or death for you and your family.
- **Don't leave your fireplace or**

- **space heater unattended** – Keep an eye on open flames in the house and make sure your smoke detectors are working.
- **Make sure your fireplace is safe to use** – Talk with your landlord about having your fireplace inspected to ensure that the fireplace is working correctly and ready for a fire.
- **Keep all flammable materials away from heat sources** – Move newspapers, matches, bedding, or anything that can easily catch fire at least three feet away. It is recommended that you do not run your space heater on a flammable surface such as carpet.
- **Close the door to any rooms you are not using** – Don't waste energy trying to heat rooms that are not in use. Close any heating vents going into those rooms.
- **Hang heavy curtains over your windows** – Heavy curtains can help block cold air from coming into

your home through the windows. You can also use towels or sheets to block cold air from coming in under your doors. Talk with your landlord about replacing the weather-stripping around your doors and windows to prevent leaks.

- **Set ceiling fans to blow air down and turn off vents in the kitchen and bath when not in use** – Because hot air rises, a ceiling fan can help blow the hot air back down towards the ground. Vents in use can suck hot air out of a room into the vented area that is not in use.

Code Enforcement recommends that you discuss heating issues with your landlord to resolve any problems regarding heaters or fireplaces. State law requires that there must be a heating source in a living area. If your landlord is not providing a heating source contact Code Enforcement at 916-875-5656 or visit [www.code-enforcement.sacounty.net](http://www.code-enforcement.sacounty.net) for additional information.



## ROCK DOC

By Dr. E. Kirsten Peters

I hope you played with your food when you were young. Perhaps you experimented at some point with pushing a drinking straw through Jello. If you twisted the straw as you removed it from your food, you could sometimes trap a column of gelatin in the straw. You then had the choice of either blowing the Jello at a sibling or, if your parents were at the table, gently squeezing the gelatin out of the straw onto your plate with your fingers. Geologists take samples of ancient muck and mire in a way similar to kids playing with Jello. We bang pipes down into the soft Earth of lakebeds or peat bogs, pull them up, and push out narrow columns of mud inside. The muck is composed of many, many layers that go back in time. We geologists call this activity "coring," and although it's physically tough work, it's no more complex than jamming straws into Jello. The reason geologists make cores of mud is that low spots on the Earth can record the climate of Earth's past. Evidence geologists get from coring lakebeds and peatbogs has taught us just how frequently both regional and global climate changes. A Scandinavian geologist got the coring and climate story started. His name was Lennart von Post, he lived and worked

# Playing with Jello and Deducing Climate Change

around 1900, and he was the first geologist to carefully investigate what cores of muck could reveal about past climates. Of all the places where geologists can core the Earth, our favorite spot is peat bogs. That's because peat is the first step in the long geologic process of producing coal, and geologists are inordinately fond of all fossil fuels. So it was quite natural that von Post started coring the ancient remains of plants and mud layers that make up the peat of southern Sweden. Little fragments of twigs and leaves can be preserved in peat, and if you can identify the species of plant that produced such material you have your first clue about past climate in a region. Von Post went to work identifying such bits of old plants, but he also had the wit to look at the ancient mire through a microscope. What he discovered was that he could identify ancient pollen in the layers of peat he was cataloging. Pollen is surprisingly sturdy stuff. It will remain intact for literally thousands of years, lying in a layer of muck, waiting for a geologist to come along, core it, and identify the plant that produced it. If you have allergies, you know pollen is blown around on the slightest breeze. That's the basic fact that makes pollen much better than twigs or leaves for telling us past climate. Pollen reflects all the plants in a whole region. If you know the identity of the whole range of plants in a region, you know pretty well what the climate must have been like, both in terms of temperature

and precipitation. (Think of gardening "zones.") And once you've described the pollen from a core, you can make a carbon-14 date of a twig and assign a specific age to the climate you've been able to deduce. Ancient pollen makes it crystal clear that climate varies again and again over whole regions on Earth. Just for example, in northern Europe where von Post first worked, there have been ten major climate intervals in the last 15,000 thousand years. Each of these shifts was substantial. The warmest era – when oak forests covered the lowland of Sweden – was what we geologists call "the Optimum," the balmy times of about 6,000 to 8,000 years ago. That era was much warmer than today. Some of the great shifts in climate were global in scope, some were only regional. And just to give us all nightmares, some of the biggest shifts in temperature occurred in just 20 years or so – well within a single human lifetime. Studying past climates demands strength in the field, patience in the lab, strong eyes for microscope work – and plenty of courage, too. The simple but brutal fact is that major and minor climate change is woven into the fabric of the Earth itself.

*Dr. E. Kirsten Peters is a native of the rural Northwest, but was trained as a geologist at Princeton and Harvard. Questions about science or energy for future Rock Docs can be sent to [epeters@wsu.edu](mailto:epeters@wsu.edu). This column is a service of the College of Sciences at Washington State University.*

## Widowed Persons Association of California, Inc.

**Office Hours 10:00 am- 3:00 pm**  
**Monday through Friday**  
 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.*

## CHAUTAUQUA PLAYHOUSE

*to open*  
**Maternal Instincts & Three Billy Goats Gruff**  
*in January*

Chautauqua Playhouse announces the opening of MATERNAL INSTINCTS by local playwright Dave Williams, opening on January 15, 2010 at the Playhouse. The show will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through February 21. 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.



(Clockwise from upper left) Simon Hunt, Shaleen Schmutzer, Maggie Adair Upton, Carissa Meagher

From Sacramento radio and theater veteran, Dave Williams, this is an award-winning comedy about four generations of mothers and daughters with a genetic penchant for deceit, misdirection and fierce loving loyalty. The family that frays together stays together! The production is directed by Paul Fearn and features Boots Martin, Shaleen Schmutzer, Maggie Adair Upton, Carissa Meagher and Simon Hunt. Set design is by Rodger Hoopman. Costumes are by Eileen Beaver.

Opening in the Chautauqua Children's Theatre on January 23rd is THREE BILLY GOATS GRUFF AND OTHER TALES. "Trip-Trap! Trip-Trap! Over the bridge to eat the delicious grass on the other side. But the ugly Troll has other ideas!" The show, directed by Marie Raymond, runs Saturday afternoons at 1 & 3 pm through February 13. All tickets to this show are \$7.00. For tickets and additional information call the theatre at (916) 489-7529. Information and tickets are also available at [www.cplayhouse.org](http://www.cplayhouse.org).

**CHAUTAUQUA PLAYHOUSE • 5325 ENGLE ROAD CARMICHAEL, CA 95608 • (916) 489-7529**

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Van tours offered monthly to local destinations.  
 For more information on trips call (916) 972-0336

<b>FREE TRAVEL SHOW</b> Wednesday, January 20 10 am	<b>DANCE BALLROOM TO LIVE BANDS</b> Tuesdays & Fridays • 1:15 - 3:45 pm • \$5/person Wednesday Night • 7 - 10 pm • \$7/person
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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](http://www.morpd.com)

### FACILITY RENTALS

<p><b>Mission Oaks Community Center</b>                  4701 Gibbons Drive, Carmichael</p> <p><b>Auditorium</b></p> <ul style="list-style-type: none"> <li>• Seats 250 Dining, 525 Assembly</li> <li>• Beautiful Park Setting, Wood Floor, Round Tables, Free Parking, Use of Catering Kitchen, One Year Advance Rentals</li> </ul> <p><b>Club &amp; Craft Room</b></p> <ul style="list-style-type: none"> <li>• Seats 45 Dining, 77 Assembly</li> </ul> <p><b>Please call (916) 972-0336 for availability and rates.</b></p>	<p><b>Swanston Community Center</b>                  2350 Northrop Ave., Sacramento</p> <p><b>Activity Room</b></p> <ul style="list-style-type: none"> <li>• Seats 125 Dining, 250 Assembly</li> <li>• Beautiful Park Setting, Non Skid Floor, Round Tables, Free Parking, Use of Pantry Kitchen, One Year Advance Rentals</li> </ul> <p><b>Conference Room</b></p> <ul style="list-style-type: none"> <li>• Seats 25 Assembly</li> </ul> <p><b>Please call (916) 333-6464 for availability and rates.</b></p>
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### MISSION OAKS RECREATION & PARK DISTRICT

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# Putting America's Small Businesses in Intensive Care

By Robert L. Hale

Much is being said in the health care debate. Most of it is pure political gamesmanship that, if passed, would bleed American small businesses into a state of financial anemia. If the proposed legislation passed by the House and now before the Senate becomes law, we can expect that small business growth and vitality will stop dead in its tracks; millions more people will experience layoffs, and the unemployment rolls will exceed those of the Great Depression -- and remain there indefinitely.

Is this claim simple fear mongering? Hardly. Those committed to imposing top-down health care on all Americans ignore the economic impacts -- to say nothing of the implications of placing our health in the hands of a bureaucracy that has proven it cannot successfully operate any program.

Elected officials demonstrate little understanding of the laws of economics, or they chose to ignore those laws. Senator Kent Conrad, Chairman of the Senate Banking Committee, tells us we must get our financial house in order. He is correct, yet he voted for a health care bill that would break the back of small business -- the engine of economic prosperity. He has actively participated in creating the dire economic situation in which we find ourselves. Conrad's rhetoric and actions perfectly illustrate the adage, "Watch what they do, not what they say."

The consequences of America's financial mess are being felt. The irresponsible spending spree of the last 40 years unfortunately was not obvious to the American public. Debt accumulation instead of increased taxation hid the truth of what elected representatives were

doing. Twelve trillion dollars of debt is simply deferred taxes, taxes whose interest alone will reach almost \$1 trillion a year by 2019.

Congress continues to drag us to bankruptcy. National bankruptcy is just as real as personal and business bankruptcies. The debt is due, and high and growing unemployment are the first painful realities of our insolvency.

Instead of doing what every bankrupt citizen must do -- tighten belts, stop spending, and go on a fiscal diet -- Congress is doing the opposite. It has gone on a debt-funded spending spree. In the last year, we have spent \$700 billion to bailout the financial industry, \$787 billion in wasteful "stimulus" pork, and now we hear plans to impose a \$1 trillion bill on the backs of small business through an ill-conceived health care bill. All of these actions defy the laws of economics.

The health care proposal will literally be the "straw that breaks the camel's back." As a small businessman, I operate retirement/assisted living facilities. Our business employs fewer than 100 people. The health care bill passed by the House would more than double our mandated health care costs, increasing them by \$346,523.40 annually. The Senate bill would do virtually the same thing. This increase mirrors the bulk of our annual profit. Further, the financial market crash has denied us access to credit to grow our business. We cannot currently build new facilities, hire staff, or offer additional housing options to a growing elderly population.

If either "health care" bill becomes law, we will be forced to lay off workers and reduce services, increase rents, or both. The former will increase unemployment. The latter will force many of our residents out or severely stretch their retirement funds -- funds already hit by the financial meltdown brought about by an irresponsible financial industry that these same

taxpayers have since bailed out.

The President's Chief Economic Advisor, Dr. Christina Romer, in her report, The Economic Effects of Health Care Reform on Small Businesses and their Employees, said, "Health care reform as envisioned in current draft legislation would reduce the current burdens on small firms and their workers." As I read the report, I fully understood how Alice felt in Wonderland. There is a total disconnect among Congress, the President's Council of Economic Advisors, and economic reality.

Health care proposals will increase unemployment. While neither bill would become effective for several years, the consequences will be felt immediately. Unlike government, businessmen plan for and anticipate the future and take steps to prepare for what they know will be coming.

Acknowledged unemployment is 10.2 percent. When we add those who have exhausted benefits or have given up looking for jobs, and factor in those working less than 40 hours per week, the rate jumps to more than 20 percent.

Either proposed health care bill will put small business on life support, crippling the economy and driving up unemployment. In short, Congress is about to put small business -- and our entire economy -- in intensive care.

*Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations. A Voice from Fly-Over Country is copyright by Robert L. Hale and the Fitzgerald Griffin Foundation (http://www.fgfbooks.com) P.O. Box 1383, Vienna, VA 22183. All rights reserved.*

## ESKATON Senior Residences and Services

### Driving Fitness For Older Adults

*This interactive class will help older drivers become proactive about driving fitness.*

Larry Dawes, MSW will share ways to assess and maintain your roadway skills.

**This free class will be held from 1:00 PM - 2:30 PM Monday, February 8, 2010**

**Eskaton Jefferson Manor 5959 66th Avenue Sacramento, CA 95823**

**Call The Senior Connection for reservations, (916) 334-1072**

### Recession and Recovery

*Concerned about managing your retirement funds in tough times? Elder law attorney Mark Hyjek and a group of financial experts discuss navigating the ever-changing economy.*

**This free class will be held from 10:00 AM - Noon Wednesday, February 10, 2010**

**Eskaton Village Carmichael 3939 Walnut Avenue Carmichael, CA 95608**

**Call The Senior Connection for reservations, (916) 334-1072**

### Publicity Notice for Monthly Meeting of Mission Oaks Genealogy Club, Carmichael, CA

On January 21, 2010 the Mission Oaks Genealogy Club will meet from 1-3 p.m. at Mission Oaks Community Center, 4701 Gibbons Drive, Carmichael. Sandra Harris of the California State Library will present a virtual tour of the State Library at 9th & N Streets. Visitors are welcome.

*For more info call Robert Noyes (916) 332-5753 or visit website at: <http://missionoaksgenealogyclub.org>.*

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- ◆ Invitation Inspiration for Any Budget

**Saturday, March 13, 2010 10:30 - 11:30 am**

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SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2009-00066476  
 WHEREAS, Levi Augustus has filed a petition with this court for a decree changing name of Levi Augustus to Levi Augustus Mahoney. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Jan. 26, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 14, 2009. Shelleyanne W.L. Chang Judge of the Superior Court  
 Publish: December 23, 30, 2009, January 6, 13, 2010.  
 AUGUST 91204 1-13-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2009-00067324  
 WHEREAS, Kristine Bird Troughon has filed a petition with this court for a decree changing name of Kristine Bird Troughon to Kristy Bird Troughon. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Feb. 9, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 23, 2009. Loren E. McMaster Judge of the Superior Court  
 Publish: January 6, 13, 20, 27, 2010.  
 GOFF 00101 1-27-10

interested in the above entitled matter appear before this court at 9 a.m. on Feb. 18, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Jan. 7, 2010. Shelleyanne W.L. Chang Judge of the Superior Court  
 Publish: January 13, 20, 27, February 3, 2010.  
 FINERT 00102 2-3-10

requirements. You may want to call an attorney right away. If you do not know an attorney, you may want to call an attorney referral service. If you cannot afford an attorney, you may be eligible for free legal services from a nonprofit legal services program. You can locate these nonprofit groups at the California Legal Services Web site ([www.lawhelpcalifornia.org](http://www.lawhelpcalifornia.org)), the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp](http://www.courtinfo.ca.gov/selfhelp)), or by contacting your local court or county bar association. The name and address of the court is: Superior Court of California, County of Alameda, 24405 Amador Street, Hayward, CA 94564. The name, address, and telephone number of plaintiffs attorney, or plaintiff without an attorney, is: Glen L. Moss, 1297 "B" St., Hayward, CA 94541; 510-583-1155 Dated: May 12, 2009. Publish: January 13, 20, 27, February 3, 2010.  
 MOSS 00102 2-3-10

FICTITIOUS BUSINESS NAME STATEMENT #0910724. George William Villareal, 6318 Markley Way, Carmichael, CA 95608 is doing business under the Fictitious Business Names "A+ Carpets, Z Best Floors" at 6318 Markley Way, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Dec. 2, 2009. Publish: January 6, 13, 20, 27, 2010.  
 A+CAR 00101 1-27-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2009-00067313  
 WHEREAS, Daniel Richard Archuleta-Abel has filed a petition with this court for a decree changing name of Daniel Richard Archuleta-Abel to Daniel Richard Archuleta. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Feb. 9, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Dec. 28, 3009. Shelleyanne W.L. Chang Judge of the Superior Court  
 Publish: January 6, 13, 20, 27, 2010.  
 ARCHUL 00101 1-27-10

STATEMENT OF ABANDONMENT OF FICTITIOUS BUSINESS NAME FILE #0413336  
 The following persons have abandoned the use of the FICTITIOUS BUSINESS NAME of K.A.S., Inc., located at 10127 135 Gold Creek Circle, Folsom, CA 95630. Shirley Kuykendall, VP, 135 Gold Creek Circle, Folsom, CA 95630. The Fictitious Business Name Statement was filed on Nov. 29, 2004 in the County of Sacramento. Filed with the Clerk of Sacramento County on Nov. 23, 2009. Publish: January 13, 20, 27, February 3, 2010.  
 KASINC 00102 2-3-10

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF SACRAMENTO  
 ORDER TO SHOW CAUSE  
 CHANGE OF NAME  
 #34-2009-00067808  
 WHEREAS, James Howard Finerty and Elizabeth Ann Finerty have filed a petition with this court for a decree changing names of James Howard Finerty to James Howard Finerty and Elizabeth Ann Finerty to Elizabeth Ann Finerty. IT IS ORDERED that all persons

SUPERIOR COURT OF CALIFORNIA  
 COUNTY OF ALAMEDA  
 SUMMONS  
 CASE #HG09451810  
 NOTICE TO DEFENDANT:  
 Anthony Robert Portillo, Fidelity Capital Lending, Inc., George Garcia and Does 1-25, Inclusive. You are being sued.  
 PLAINTIFF'S NAME IS: Arline Guerrero and Jesus Guerrero.  
 You have 30 Calendar Days after this Summons and legal papers are served on you to file a typewritten response at this court and have a copy served on the petitioner. A letter or phone call will not protect you. Your written response must be in proper legal form if you want the court to hear your case. There may be a court form that you can use for your response. You can find these court forms and more information at the California Courts Online Self-Help Center ([www.courtinfo.ca.gov/selfhelp.org](http://www.courtinfo.ca.gov/selfhelp.org)), your county law library, or the courthouse nearest you. If you cannot pay the filing fee, ask the court clerk for a fee waiver form. If you do not file your Response on time, you may lose the case by default, and your wages, money and property may be taken without further warning from the court. There are other legal

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# Entire River Cats Coaching Staff to Return for 2010

**Sacramento** – The Sacramento River Cats and Oakland Athletics announced today that Manager Tony DeFrancesco and the entire 2009 River Cats Field Staff will return to Sacramento for the 2010 season. DeFrancesco will enter his 6th season as River Cats Manager, once again joined by Pitching Coach Rick Rodriguez, Hitting Coach Brian McArm and Athletic Trainer Brad LaRosa. DeFrancesco's six-season stretch in Sacramento has been amongst the most successful six-year stretch

in Minor League Baseball history. During that time, DeFrancesco's River Cats teams have won five division titles, three Pacific Coast League crowns and one Triple-A Championship. With DeFrancesco at the helm, the River Cats have compiled a 499-364 record with his first win of the 2010 season marking his 500th in a Sacramento uniform. The 46-year-old DeFrancesco has spent 15 seasons managing in the A's minor league system and one season (2008) with the A's Major League coaching staff. In 2003,

he was named the Pacific Coast League Manager of the Year and also earned honors as *The Sporting News* Minor League Manager of the Year after guiding the River Cats to a 92-52 regular season mark, still the best record in franchise history. DeFrancesco's 15-year minor



league managerial record, which includes stops with the A's Arizona Rookie League team (1994), Short-A Southern Oregon (1995-96), Single-A Visalia (1997-98), Double-A Midland (1999-2002) and Sacramento, stands at 1021-888. A former catcher, DeFrancesco was a ninth-round selection of the

Boston Red Sox in the 1984 June Draft and spent eight seasons in the minor leagues with the Boston and Cincinnati organizations. A graduate of Suffern (NY) High School, DeFrancesco played three seasons at Seton Hall University. The River Cats begin their 2010 home schedule on Friday, April 16th when they host the Reno Aces (Triple-A affiliate of the Arizona Diamondbacks) at Raley Field at 7:05 p.m. Tickets for this game are currently available only through purchase of River Cats Full

Season Tickets, Mini-Plans and group packages. 2010 River Cats Season Tickets, Mini-Plans and group outings can be purchased at the Raley Field Ticket Office and by calling the River Cats Ticket Hotline at (916) 371-HITS (4487). Season-long ticket packages start at just \$162! For more information about the 2010 River Cats season, visit [www.rivercats.com](http://www.rivercats.com). For information on other events at Raley Field, visit [www.raleyfield.com](http://www.raleyfield.com).

## DMV Offices will be Closed Fridays Jan. 15 and 22

The Department of Motor Vehicles (DMV) reminds customers that all public offices will be closed on Fridays Jan. 15 and 22, 2010, in keeping with the Governor's Executive Order S-13-09. All Offices will be open on Friday, Jan. 29.

The Department offers a number of online services through its website ([www.dmv.ca.gov](http://www.dmv.ca.gov)) including payments for vehicle registration and driver license renewals via secure debit transactions, filing a notice of release of liability, change of address, and scheduling appointments. Customers who have a registration renewal date that falls on Jan. 15, and 22 will have penalties waived until the next business day.

Don't Stand In Line, Go Online! Doing business with the DMV has never been easier. The DMV offers an array of services to customers 24 hours a day, 7 days a week through its Web site ([www.dmv.ca.gov](http://www.dmv.ca.gov)), including online appointments for written and drive tests; vehicle registration and driver license renewals, selection of personalized license plates, changes of address and payment of fees via secure debit transactions. Customers can also effect transactions via the telephone by calling (800) 921-1117. For registration and driver license renewals, customers must have their six-digit Renewal Identification Number (RIN) that accompanies their renewal. Automated services are also available at (800) 777-0133.

## Hit And Run Crash Involving Motorcyclist in Antelope

On November 29 2009, at approximately 5:50 a.m., Danny McDonald, a 28 year old from Citrus Heights was riding a black 2003 HarleyDavidson Sportster motorcycle on westbound Antelope Road at Antelope North Road. An unknown vehicle was traveling eastbound on Antelope Road at Antelope North Road at unknown speed. For unknown reasons, one of the vehicles steered to the left and both vehicles collided. McDonald was thrown to the ground and transported to Mercy San Juan Medical Hospital and is listed in stable condition with serious injuries. The other vehicle fled the scene immediately after the collision.

Debris left at the scene from the hit and run vehicle indicated it belongs to a newer model, gray Nissan pathfinder or similar vehicle. The vehicle should have front end damage. If you witnessed this collision or have any information regarding the driver or vehicle, please contact the North Sacramento CHP Special Investigations Unit or Officer Beasley at (916)338-6710. If after hours, please contact the CHP Sacramento Communications Center at (916) 861-1300.

This collision is still under investigation.

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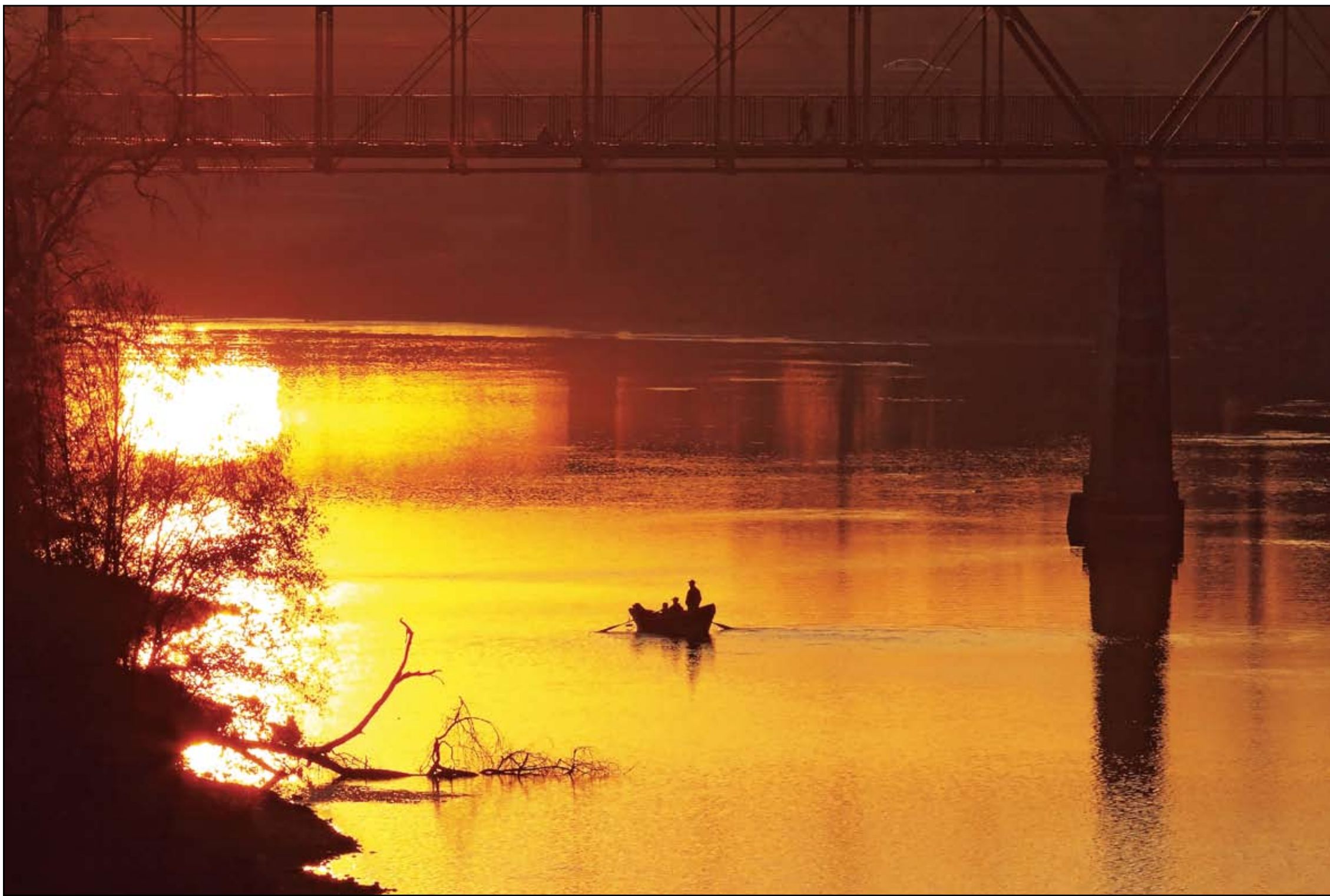
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By purchasing a Sacramento County annual parks pass (starting at just \$50!), you will help keep bathrooms clean, picnic areas, trails and parking lots maintained, and parks safe. You will also help to preserve the Parkway as the "crown jewel" of our regional parks system. It's a good deal for the budget-conscious as well. A \$50 pass gets you unlimited day use at all Sacramento County Parks, whether you can stay

for hours, or just visit for a few minutes to relax and unwind. A pass pays for itself in just ten visits.

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Find out how to purchase an annual Parks Pass at [www.sacparks.net](http://www.sacparks.net), or call County Regional Parks 916-875-6961.

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## Assistance League of Sacramento® Receives \$500 Donation from Local SKAL Chapter



Judi Frantz, Dave Ryan, Liz Stenstrom

Sacramento – President Mary McPherson, President, Assistance League of Sacramento, announced that Dave Ryan, President of the Sacramento Chapter of SKAL presented a donation of \$500 to President-Elect Liz Stenstrom and Social Chairperson, Judi Frantz. President McPherson said, “We are gratified to receive the unrestricted donation which will be used to supplement continuing philanthropic program activities serving the needs of people in the greater Sacramento area.” SKAL President Dave Ryan said, “The Sacramento Chapter of SKAL is a professional organization of tourism leaders around the world, and the Sacramento chapter decided

to choose Assistance League of Sacramento as their charity of choice subsequent to learning about its many philanthropic programs.” He said, “The \$500 donation was based on a percentage of the proceeds from a golf tournament held at Teal Bend, CA.” The word SKAL comes from Scandinavia and has a long tradition – a bowl with a welcome drink, was offered to visitors when they entered the home.

The letters of the word SKAL mean: Sundhet (Health), Kariék (Love), Alder (Long Life), Lycka (Luck). SKAL President Ryan said that the first club was founded in 1932 in Paris by travel managers, following an educational tour of Scandinavia. The

idea of international goodwill and friendship grew and in 1934 the “association of International des SKAL Clubs” was formed. SKAL International today has approximately 20,000 members in 480 clubs through 89 nations. The first North American Chapter of SKAL was founded in New York, in 1938. Assistance League of Sacramento is one of more than 120 chapters of Assistance League, a national nonprofit organization that puts caring and commitment into action.

The Sacramento chapter celebrated its 40th anniversary in 2009 and is an all volunteer organization with no paid staff. In 2008-2009, more than 200 dedicated member volunteers, in addition to over 150 community volunteers, generously served 57,000 hours and touched the lives of more than 18,000 people in Sacramento communities through its philanthropic programs.

Additional information about Assistance League of Sacramento can be obtained by accessing the web site: [www.sacramento.assistanceleague.org](http://www.sacramento.assistanceleague.org), or by contacting [alsacmail@gmail.com](mailto:alsacmail@gmail.com). The office is located at 2528 Yorktown Avenue, Suite C, Sacramento, CA 95821, (916) 488-0828.

### ST. JOHN THE EVANGELIST SCHOOL

presents its 27th Annual Crab Feed Dinner on Saturday, February 6th from 6pm to midnight.

Tickets are \$39 per person and can be purchased in the school office at 5701 Locust Avenue, Carmichael.



No host bar from 6pm to 7pm, dinner from 7pm to 9pm and dancing 9pm to midnight.

Call the school office at 481-8845 for more information.



All proceeds from the crab feed are given to the school for operating expenses.

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Rev. Paul has been teaching stress reduction and meditation workshops since 1995 at many continuing education and spiritual centers. He is an ordained Interfaith Christian minister, spiritual and grief counselor. He has served as a hospice chaplain and hospice volunteer trainer. He has also served in the fast-paced publishing industry for more than twenty-five years.



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