

AMERICAN RIVER

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Volume 4 Issue 22

Serving Citrus Heights, Fair Oaks, Carmichael, Orangevale & Gold River

Second Edition for November 2009

Citizens At Risk Justice Undone - "In the Dark"

Special Commentary

By Jim Nielsen, Assemblymember,
2nd District, CA State Legislature

Yesterday, November 13, 2009, appropriately about dark, the California Department of Corrections and Rehabilitation (CDCR) announced its latest and maybe last response to a Federal Court ordered prison management plan. Hundreds of thousands of Californians will become victims of crime if these policies are fully implemented and tens of thousands of past victims will experience justice undone.

I observe and comment with authority as I spent most of the last decade and a half in leadership roles at the Board of Parole Hearings fighting similar attempts by CDCR.

One sound policy touted by CDCR is to finally get serious about accelerating construction of in-state prison capacity. There's no way to solve overcrowding while ensuring justice and public safety without more capacity for incarcerating criminals.

The Department proposes alternative housing for some offenders, a sound long range idea, but there are few local housing options now and no money for more. The proposed Parole Violation Decision Making Instrument has potential merit as a guide to decision making by parole officials. Unfortunately, there's a built in bias toward no consequences for parole violations, a removal of discretion for parole commissioners and a discounting of prior, continued and escalating criminality.

Foreign born offenders get a bonus. They can be deported but most will illegally return to victimize again, and federal officials are abjectly reluctant to prosecute these offenders because of the cost involved. Deported felons can receive a commuted sentence or will be discharged from parole when deported so there will be no parole supervision

or control when they illegally (and they will) come back.

These criminals get rewarded for being foreign born and suffer no consequences for thumbing their noses at our immigration laws. Domestic born offenders will likely win "disparate treatment" law suits and receive similar benefits and all justice will be soon compromised.

The Department has historically given short shrift to electronic monitoring and GPS even for sex offenders. I expect their proposal to impose these restrictive controls on parole violators will receive the same inattention as in the past.

I have always advocated retaining some control by use of summary parole (low supervision and services) for some parolees, but only with predictable, progressive parole revocation consequences for repeat offenders, particularly for violators with escalating criminality. The Department's proposal provides only local prosecution as a consequence for continued victimization. Most will face little to no consequences since local district attorneys and courts will not be able to handle the volume.

In fact, the greatest problem with these and most past CDCR "reforms" is that they simply represent a shifting of the burden of the convicted offender and parolee populations to our local governments without funds to deal with them.

For several years mentally ill criminal offenders who still require treatment that is not available in the community have been released in violation of state law and regulations. Our local governments do not have the means and resources to deal with these individuals.

Fifteen-years experience on the Board of Prison Terms taught me, a criminal offender who gets away with victimization will continue to escalate their victimization.

The Department proposes

to index criminality by raising the property crimes monetary threshold. The mother who is the victim of grand theft lives in fear no matter if she lost \$500 or \$5000. Property crimes - no big deal? I think not!

A proposal to limit local jail sentencing options for certain offenses is not as unjust and dangerous as CDCR's previously proposed sentencing commission, but it does tragically compromise justice.

Inmates will get substantially more "good time credits" on top of the 15% those with serious or violent crimes already get and the 50% other offenders receive whether or not they actually earn them. Where's the justice? Where's the outrage?

This year the legislature rejected many of these proposals. In its historic arrogance CDCR has lamely offered up the same old, same old yet again.

Over many years I have offered idea upon idea to CDCR leaders about these pressing issues. Almost all have vanished in what I call the "Black Hole" of CDCR. The "Black Hole" is bureaucratic intransigence. The consequence is you and your families are more at risk.

The awful crimes like the one committed by Phillip Garrido upon Jaycee Lee Dugard are the product of current parole and sentencing policies. They are but the most recent horror stories.

I can name Polly Klaas, Kimber Reynolds and ever so many more victims who are and will be the result of flawed parole and sentencing policies.

Saying that this proposal "reduces prison population without compromising public safety" will not make it so. Never has, never will.

Assemblyman Nielsen represents the Second Assembly District, which includes: Butte, Colusa, Glenn, Modoc, Shasta, Siskiyou, Sutter, Tehama and Yolo counties.

River Cats Launch Toy Drive

Accepting donations at Raley Field On Deck Shop and area Macy's locations

The Sacramento River Cats have announced that they are hosting a toy drive to collect gifts for their annual Winter Wonderland event at Raley Field. Now in its sixth year, Winter Wonderland is an annual event hosted by the River Cats and Raley Field with the goal of providing a holiday experience for over 500 area children in need. This year's Winter

Wonderland will take place on Friday, December 11th at Raley Field from 3:00 p.m. to 6:00 p.m.

Toy donations can be made at the Raley Field On Deck Shop or at five area Macy's locations (Downtown Plaza, Arden Fair Mall, Roseville Galleria, Sunrise Mall and Country Club Plaza) between today and December 6th. Gifts for both boys and

girls, ages 1-to-16, are needed.

Everyone who drops off a toy at the Raley Field On Deck Shop will qualify for a special 20% holiday discount on select merchandise purchased at the store between today and Wednesday, December 23rd.

For more information about Winter Wonderland and the toy drive, visit www.rivercats.com.

4-Wheel Drive Owners Invited to Toy Run



Toy Run Benefits Local Children's Charities

Orangevale - Four-wheel drive owners from throughout the region are invited by the Orangevale-based Hi-Landers four-wheel drive club to join them for their 22nd annual 4X4 Gold Country Toy Run on Saturday, Dec. 5, beginning at 8:30 a.m. at Lake Natoma Park near Folsom.

According to Deann MacDougall, this year's toy run chairperson, the annual event benefits local children's charities.

"This event grows bigger and better every year," said MacDougall, "and the less-fortunate children in the Sacramento region will have a much happier Christmas because of the generosity of our volunteers and our participants."

There is no cost to participate in the parade-like toy run; however, each participant is

asked to bring a new unwrapped toy with a minimum value of \$5. Last year, the toy run drew 218 participants who donated 646 gifts and toys and 214 sleeping bags to needy children identified by a local non-profit organization.

Registration begins at 8:30 a.m. and the parade will start at 10 a.m. (rain or shine). The 4X4 Gold Country Toy Run will take participants from Lake Natoma, north on Hazel Ave. to Douglas Blvd. The group will then turn right on Auburn-Folsom Rd., continue over the historic Rainbow Bridge, through the town of Folsom to Hwy 50 and return to the park staging area. At approximately 11 a.m., the judging will begin for the best-decorated vehicles followed by a prize drawing at noon.

Coffee and hot chocolate will be available at the beginning of

the toy run and food and drinks will be on sale at the conclusion of the trip. In addition, Santa Claus is scheduled to arrive at the park at approximately 11 a.m. to listen to requests from all the children.

MacDougall said that anyone wishing to simply drop off a gift is encouraged to visit the Lake Natoma staging area between 8:30 a.m. and noon.

"Our annual toy run is truly a joyous experience for everyone involved," said MacDougall. "Children often ask nothing for themselves, but will ask Santa to bring new shoes for little sister or a new coat for their mom."

For more information on the 22nd annual 4X4 Gold Country Toy Run, contact Deann MacDougall at 916/985-2250 or email dnnmacdougall@yahoo.com

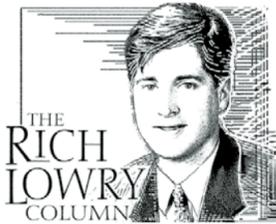
Christmas in the Village Returns to Fair Oaks

Fair Oaks - The Fair Oaks Chamber of Commerce invites you and your family to attend the 26th annual Christmas in the Village on Saturday, December 5th. The festivities begin at 1pm and end with the singing of Christmas carols and the Tree Lighting ceremony at 5 pm. The activities, throughout the day, include visits with Santa and Mrs. Claus from 1 pm to 3:30 pm; Holiday music from 1 pm to 2 pm and 3 pm to 4 pm; Vendor booths displaying arts, crafts and business services from 1pm to Dusk; "Winnie the Pooh" at 2 pm in the village amphitheater, with free admission with a can of food; the Holiday Parade beginning at 4 pm; and then



ending with the announcement of the winners of the Merchant's decorating contest and the Tree Lighting ceremony at 5 pm. All events will be held, rain or shine, near the Plaza Park in the Fair Oaks Village (Fair

Oaks Blvd. at California Ave.). Admission is free. For additional information, please visit www.fairoakschamber.com or call the Chamber office at 967-2903. Marketing opportunities for your business are still available.



Barack Obama's Mandate Gap

On Nov. 3, the fairy tale died. The election results in Virginia and New Jersey dismantled the self-satisfied, just-so story that Democrats have been telling themselves about last year's election.

The story goes like this: In 2008, Americans voted for change not just in the nation's leadership, but in its fundamental political orientation. They wanted a shift to the left not seen since 1932. The nation's political map had been utterly transformed. Barack Obama owned the suburbs and independents, and laid claim to formerly secure Republican states. An outdated GOP had been reduced to a rejectionist husk clinging to rural areas and the South.

A more modest rival interpretation explained it differently: A charming young man running against a Republican Party debilitated by its association with an unpopular war and a politically toxic incumbent won a solid 7-point victory nationally. He sounded reasonable and moderate and won for his party something important, if not necessarily epoch-making: a chance to govern after the other side had blown it.

The Republican sweep of the gubernatorial races in Virginia and New Jersey is flatly incompatible with the first, heroic interpretation. If things changed so fundamentally, they wouldn't have snapped back so quickly.

Obama beat John McCain among independents in Virginia by 1 point, and in New Jersey by 4 points, while winning the suburbs. Both Bob McDonnell and Chris Christie took back the burbs and wiped out their Democratic opponents among independents by 2-1 margins.

Liberals are comforting themselves that McDonnell and Christie had to play to the center, as if that in itself is a stinging rebuke to the right. They seem to forget

that they have long been arguing that conservative candidates can't appeal to the middle. That the pro-life, anti-gay-marriage, limited-government conservatives McDonnell and Christie had more cachet with the center than their opponents should be a Democratic warning sign.

Of course, Obama wasn't on the ballot, although that's cold comfort for 2010. In New Jersey, the youth vote dropped off from 17 percent in 2008 to 9 percent of the electorate in 2009. In Virginia, the youth vote fell off by half. The infatuation of starry-eyed Obama kids apparently isn't transferable.

Obama's mistake is governing as if he has a heroic mandate when he really has a modest one. This is his mandate gap. It accounts for the paradox of his current political standing. His job approval is holding up around 50 percent, and people still like him, even as his rating on key issues -- health care, the economy and the deficit -- falters.

The mandate gap is a potential killer for Democrats not named Barack. Consider poor Creigh Deeds, the losing Democrat in Virginia. He got saddled with Obama's unpopular policy positions, while Obama's likability naturally didn't make him any more charismatic or inspiring. At the end of his campaign, Deeds ran an ad consisting entirely of Obama waxing poetic about him at a campaign rally, in the forlorn hope the magic would rub off.

It didn't, and it won't for other Democrats. The mandate gap threatens their congressional majority. They'll persist anyway, sprinkling more pixie dust on their tattered fairy tale and wishing, wishing it were so.

Rich Lowry is editor of the National Review and co-author of the news thriller "Banquo's Ghosts."

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Psyching Out the Stock Market

By Dr. Mark W. Hendrickson

It is usually the stock market that psyches us out, not the other way around.

There's something about stocks that turns us upside down. For example, normally when something goes on sale, we tend to buy more of it; yet, when stock prices fall, many investors want to buy less.

This reminds me of Baron Rothschild's advice to "buy when there is blood in the streets." Those who heeded that advice last winter and bought stocks on sale during the depths of the selling panic are sitting on some handsome profits now. As it happened, a relative called me then and said, "I just sold all my stocks. I couldn't stand watching the prices fall."

Had I been an astute investor, I would have loaded up on stocks at fire-sale prices after that phone call. I remember wondering whether I should increase my modest holdings of a stock that had crashed to multi-year lows, but I didn't pull the trigger. That stock has risen seven-fold since then. Oh well, at least I didn't sell it.

The purpose in telling you this is to demonstrate that I am not a stock-market wiz. As an economist, though, people inevitably ask me to predict the stock market. They shouldn't. In the first place, my interest is in public policy and how to preserve our freedoms. I don't find a daily study of stock-

market gyrations remotely interesting. In the second place, even those who devote their full time to studying markets are frequently humbled when the market confounds their expectations. The reason is simple: individual stocks and market indexes will rise if more people want to buy them than sell them, and fall if more people want to sell. Question: How can anyone know what millions of other people will choose to do on any given day of the week or any year on the calendar?

Now that I've made that disclaimer, here is how I responded to a request for a prediction in late spring when the Dow was at about 8,000: Greg Wheatley, the host of Moody Broadcasting's "Prime Time America," asked me during a radio interview to predict a range for the Dow by mid-2010. After reminding the listening audience that my prediction was worth what they were paying for it (i.e., zilch), I ventured a guesstimate—a range of 11,000 on the upside and 5,000 on the downside.

My sense was that the market was not done bouncing up from last winter's lows. Recently, the Dow has been bouncing around the 10,000 level. It may or may not climb that last 1,000 points to 11,000. I would say it's possible, on a momentum basis, but on the basis of economic fundamentals, the market seems closer to a top than to a bottom.

It is important to remember, however, that the paper economy of the stock market is a different animal from the real economy that I study. It is possible that the stock market will continue to trend higher without the benefit of an underlying strong economy. The largest component of our economy is consumer spending (although President Obama and his team seem determined to make government spending number one). This year, total hours worked and total income have fallen and savings have increased, so it's hard to picture booming businesses sporting rising profits and stock prices.

Furthermore, banks are not lending. For over five months now, bank lending has declined every week. Consumer, industrial, and real-estate loans have dropped a net \$216 billion. That represents a 15 percent yearly rate of credit contraction. In the past, credit has always been expanding at the end of a recession.

With these market conditions, where is economic robustness going to come from?

As I've written before (here and here), Team Obama is pursuing policies similar to those that FDR adopted during the Great Depression. Even though those policies prolonged the Depression, there were several major bull markets within the horrible bear market of the 1930s. If history repeats itself, it

wouldn't surprise me if we have a severe bear market by next summer. Dow 5000—my off-the-cuff guess of a few months ago—seems unlikely now with the market near 10,000, but I don't think the stock market is out of the woods yet.

Now, what could blow my "prediction" (I mean, "guess") out of the water? In the first place, it can be foolhardy to bet against the resourcefulness and ingenuity of Americans. They always find ways to produce wealth, if the government lets them. Also, the Federal Reserve's injections of massive amounts of "liquidity" (sorry, in plain English, "money") into the financial system may drive stocks far higher. During Zimbabwe's recent hyperinflation, Zimbabweans perceived stocks as an inflation hedge; consequently, many stock prices soared, even as hyperinflation devastated their real economy.

Will the same thing happen here? I don't know. The only thing I know for sure is that Mr. Market will do his thing independent of what economists and financial experts want, leaving a trail of human smiles and tears in his wake. Good luck, everyone.

Dr. Mark W. Hendrickson is an adjunct faculty member, economist, and contributing scholar with The Center for Vision & Values at Grove City College.

Environmental Extremists Reverse Natural Order

By Charles G. Mills

Tens of thousands of California farmers are facing bankruptcy because they have been denied enough water for farming. The available water is being denied to the farmers out of fear that some fish will be harmed. The natural hierarchy of humans over fish, birds, and animals has been reversed.

Protection of wild animals and birds and ocean, river, and lake fish is one of the few legitimate functions of government. Such animals, birds, and fish are not private property, and for over a thousand years governments have limited fishing and hunting. Until recently, however, such restrictions have been intended for the benefit of people, not for an abstraction called the environment. The restrictions have recognized the dominion God gave to Adam over the natural world.

This is not the first time God's intended balance has been ignored. Greedy hunters killed more buffalo than they needed and left their bodies to rot uneaten on the plains. This overhunting unjustly depleted the food supply of those who depended on buffalo to survive. The plains Indians were starved

because the buffalo were not protected at all; the farmers of California are being bankrupted to protect fish. These seemingly opposite errors have the same cause: assigning a lower priority to feeding people than to serving the Environment.

When God gave us dominion over wildlife, He did not give us the right to abuse his gift as the buffalo hunters did. He also did not give us the right to spurn his gift as did the lawmakers who denied the California farmers the right to feed themselves for the benefit of a two-inch fish.

This same error distorts our energy policy. The need to develop sources of energy to heat our houses and cook our food is being subordinated to the worship of the Environment. The same extremists who would bankrupt farmers for the benefit of fish claim that they believe in "renewable energy." By this they mean windmills and solar panels, both for now impractical and unrealistic.

Renewable energy, however, does provide much of the energy for Western New York, Ontario, and the areas around some of our great Western dams. It is called hydroelectricity. For some reason, the champions

of windmills and solar panels obstruct every attempt to create new hydroelectric facilities, claiming these facilities endanger small fish. This is no more plausible than claiming that windmills endanger birds. Similarly, the champions of windmills and solar panels spurn capturing geothermal energy.

These extremists have also obstructed major projects to exploit oil resources in Alaska and offshore. There are sufficient oil resources in Alaska and off our coasts to give our country complete energy independence. The fierce opposition to such development is based on an unreasonable fear of damage to wildlife from oil spills that is highly unlikely.

The environmental extremists go far beyond protecting two-inch fish from exaggerated dangers. They have forced property owners to take mile-long detours from one part of their property to another. They have imposed enormous paperwork and expert burdens in the form of environmental impact statements on virtually everyone who builds something. They have subordinated the right to build a house or a school to the interest of insects

and worms. These requirements constitute a tyrannical burden on the use of private property.

Just as progressive societies destroyed too much for man's good, the extremists in the environmental movement today harm man by opposing our essential needs. Regulating us back to the stone-age is immoral because it denies people food, clothing, and shelter.

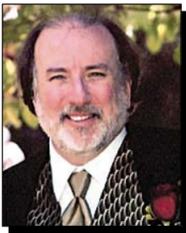
Traditional societies from the Middle Ages to the old South understood both their duty to conserve God's gifts and their duty to do so with the moderation necessary not to harm man. Today, environmentalists spurn God's gift of dominion over nature, and in the process they inflict harm, exemplified by the ruined farmers and those who will never receive the fruits of their farms. Environmentalism, in its contemporary form, is an act of ingratitude to God.

Charles G. Mills is the Judge Advocate or general counsel for the New York State American Legion. He has 40 years of experience in many trial and appellate courts and has published several articles about the law.

AMERICAN RIVER MESSENGER

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Subscriptions should be mailed to American River Messenger, 7405 Greenback Lane, #129, Citrus Heights, CA 95610. Subscription rate is \$25 per year; \$30 per year in Sacramento and Sacramento county; \$40 per year outside Sacramento county. The ARM is published twice monthly. Call 916-773-1111 for more information. (ISSN # 1948-1950)

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The Tea Party Patriots Farmer Relief & Freedom Relay... a Nationwide Call to Action!

Sacramento – In 2009, the protection of a shiny bait fish in the Sacramento-SanJoaquinRiverDelta has cost California's Central Valley farm economy more than 35,285 jobs; \$1.6 billion in revenue and a 40-percent unemployment rate in towns surrounded by parched fields.

On Nov. 8, supporters of the Tea Party Patriots launched the "Farmer Relief & Freedom Relay" to focus national attention on how environmental policies and court rulings have devastated California's Central Valley farms and surrounding communities. These "Tea-Niners" will also accept monetary donations to restock food pantries in the Golden State's San Joaquin Valley, the nation's now crusty "bread basket."

Only an act of Congress before the end of 2009 can suspend the Endangered Species Act in the Delta and open up water supplies for the 2010 growing season. "The insanity must end,"

says attorney Mark Meckler of Sacramento, a national coordinator of the Tea Party Patriots. "It is devastating California's economy. We are being crushed by burdensome regulations and taxes imposed by politicians who care more for causes and political gamesmanship than people."

The Relay will come to California by three routes: A northern (red) route from Portland, ME; a middle (white) route through America's heartland, and a southern (blue) route from Jacksonville, FL, converging in Fresno, CA on Nov. 22, 2009.

"Government is choosing the environment over human life," says Ben Bergquam, media and public outreach coordinator for the Central Valley Tea Party, a branch of the Tea Party Patriots. "We need to take the message nationally. We need to get people to stand up on one issue. We need laws that stop favoring radical environmentalists and support the productive people in this country."

The TPP Farmer Relief & Freedom Relay will also highlight the broader issue of eco-regulation and it's growing stranglehold on American freedoms and prosperity. Cap & Trade, the Copenhagen Treaty, and localized issues for communities along the Relay will relate the Central Valley crisis to the nationwide struggle to balance human needs with out of control government regulation.

"We are the people," Bergquam adds, voice raising. "We can support our own. We don't need subsidies or government handouts; just stop the radical environmental policies and turn the water on."

For information on the "Farmer Relief & Freedom Relay", including the stops and schedule of events, go to www.teapartypatriots.org.

For more information on the Central Valley relief efforts, please visit: <http://www.savingthevalley.org/>

Arden Hills - "Fight For Air Climb"

Coordinated by American Lung Association

Sacramento - Arden Hills Resort Club & Spa is proud to partner with the American Lung Association in the "Fight For Air Climb" scheduled for Saturday, November 14 in Sacramento. The challenge is to participate in a timed stair climb up 32 flights of stairs to the rooftop of the tallest building in the city located at 400 Capitol Mall. The fundraising event is aimed at improving air quality and striving for a world free of lung diseases such as asthma, lung cancer, and chronic obstructive pulmonary disease (COPD).

As a special training incentive, Arden Hills is offering a four-week training package for community members who want to join the Arden Hills: Team Extreme team

which includes the following:

- 1) Four-week team training effort on-site at Arden Hills that includes workouts led by Certified Strength and Conditioning Specialists (CSCS) in their new, state-of-the-art Strength & Conditioning facility (two training sessions per week beginning October 19);
- 2) Entry fee for climb;
- 3) Donation to the American Lung Association (each participant is required to raise \$100);
- 4) Arden Hills: Team Extreme t-shirt.

The four-week special team training package is open to everyone and costs \$205 per person. In addition to the complete team training package outlined above, Arden Hills is also offering four-week training

for Climb participants on other teams (for \$80) and an opportunity to be a part of the Arden Hills: Team Extreme but without the training sessions (for \$125).

"Lung health is a cause near and dear to me both personally and professionally," said Robert Linkul, Strength & Conditioning Specialist at Arden Hills. "This 'Fight For Air Climb' is a great way to raise awareness to the cause while also learning how to achieve a fitness goal and train effectively to ensure success."

For information about the Arden Hills: Team Extreme and other events, activities and wellness offerings at Arden Hills Resort Club & Spa, please call 916-482-6111 or visit www.ardenhills.net.

Every Day Grocery Shopping Can Now Help Support the Effie Yeaw Nature Center!

Carmichael - As part of the effort to keep the Effie Yeaw Nature Center's exciting nature programs running, the Center's non-profit partner American River Natural History Association (ARNHA) was selected to participate in the Raley's Quality of Life program. Each time a participant shops at Raley's, Bel Air, Nob Hill or Food Source stores, a portion of the purchase will be donated to ARNHA. There is no additional cost to the shopper to participate in the program.

Raley's Quality of Life fundraising program helps raise funds for youth and education-focused non-profit groups.

ARNHA was chosen because of the organization's long-term commitment and dedication to environmental stewardship. Funds raised through this program will go to keeping the Center doors open and feeding the resident animals, including long-time residents Virginia, the Great Horned Owl and Bandit the rattlesnake.

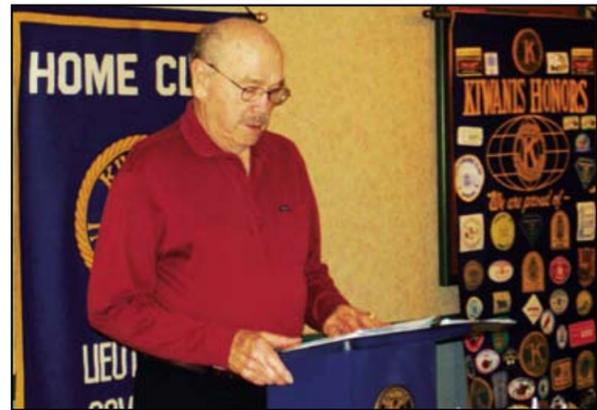
"Because of budget cuts, we are depending on the support of ARNHA to help keep us going for children and families," said Betty Cooper, Interpretive Specialist at the Nature Center. "We have built this program over the last 30 years and schools depend on us to help fulfill their state

curriculum requirements."

Quality of Life Cards are available at the Effie Yeaw Nature Center, or by calling 916-489-4918, or by e-mailing Jamie Washington at washingtonj@saccounty.net or Betty Cooper at cooperbe@saccounty.net. Anyone can participate and there is no cost to join. Learn more at <http://www.effieyeaw.org/>.

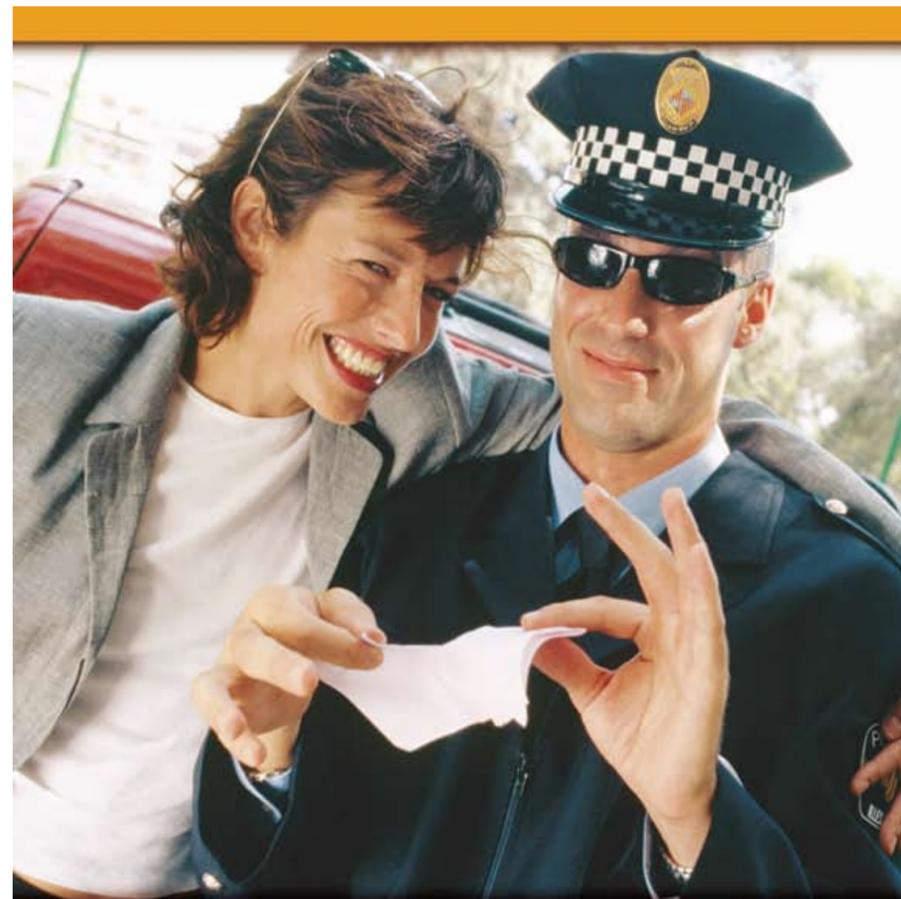
"There are many groups throughout the community that have benefited from this Raley's partnership, and we hope that we can raise enough funds to continue introducing children to the wonderful animals and programs at our Center for years to come," said Cooper.

Kiwanis Honors Local Veterans



Roy Putman addresses Citrus Heights Kiwanis

Citrus Heights—The Citrus Heights Kiwanis Club weekly meetings are held every Wednesday at 7:00 located Denny's on Sunrise Blvd. This Veterans Day they honored the following men: Bob Casha, Howell Hedrick, Eddie Ford, Don Maxham, Jim Putnam, Roy Putnam, Doug thompson, Mike Wollen. Honored, but didn't attend: Bob Wyllie and Frank McBryde. The speaker was Roy Putman and he spoke on the fact that he was at the "Battle of the Bulge".



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SACRAMENTO MUNICIPAL UTILITY DISTRICT
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Boy Scouts Successful E-Waste Drive



Leaders, E-Waste Committee, Scouts of troops 640 and 217 participated in an E-waste Drive at St. Mel's Catholic Church Saturday, November 14th. They started setting up at 7 am. The donators started arriving early at 7:45 and they were taken care of prior to the official starting time of 9am. Due to the early start, the first large bin was full soon after 9am with about 10,000 pounds of e-waste. The cars and pickups streamed steadily through all day until after closing at 1pm. Five bins

were filled and moved to CEAR who will recycle the contents. All computer hard drives will be shredded to protect any information that was still left on them. The Scouts directed the incoming traffic, checking with the donators to meet State regulations, and then directing them to the unloading area. Adults unloaded the E-waste into the large bins and everyone received a thank you as they departed. The scouts and adults had lunch in shifts, so the E-Waste unloading could continue. A

lot of pizza and soft drinks were consumed. At the end of the drive and the last bin picked up, the parking lot where the drive was held left no sign of the day's activity in typical Boy Scout way. Approximately 50,000 pounds of E-Waste was recycled meeting the Scouts goals of Going Green with the Boy Scouts and providing a much needed service to the communities we live in. With the success of this event, another is planned for early in the Spring in another location.

Laura on Life Once Upon A Time

By Laura Snyder

Once upon a time, there was a fairly average, run-of-the-mill maid named Laura. She grew up in a poor section of a city where she played on the sidewalk and wore hand-me-downs from friends that said "That looked better on me than it does on you." One day, her family moved to the country where Laura was introduced to trees and grass. She became a tomboy because boys had so much more fun than girls. Laura climbed trees, rode mini-bikes and raced the boys in her bare feet. Blue jeans were her clothing of choice and everything she owned was made of denim, even her shoes, should she decide to wear them. At some point, in middle school, Laura suddenly discovered boys... and chocolate. The boys, however, didn't know Laura existed, so chocolate became her best friend. The boys were still unconscious when she got to high school. Laura began to do things like brush her hair more than once a day. She started to wear shoes and let the boys win a race now and then. She still wore

hand-me-downs but they were from people who didn't know her. The boys remained comatose. Laura thought, "What do I have to do?" She thought about hanging a neon sign around her neck that said: This is a Girl! How silly. Then one day in 11th grade, while working at her first job, a boy - an actual boy - came to talk to her! She wasn't even wearing her neon sign! He put his arm around her and she felt safe and happy... like she didn't need chocolate that day. Amazingly, this boy, who was definitely not unconscious, came to talk to Laura every day. They shared their hopes, their dreams and their chocolate. Laura was awed by this guy. He didn't seem to care what she wore or whether she went barefoot. He made it clear that he would love her whether she brushed her hair or shaved it all off. He was proud of the fact that she could win a race against him. He just wanted to be the guy she ran with. He told her that the guys at her school were blind and their tastes probably ran towards sheep rather than women. Laura loved him for that.



One year after graduation, Laura married her knight in shining armor. Over the years, she had many bad-hair days and he found out that she doesn't cook so well either, but he still loved her. His armor dimmed just a bit, but she loved him even more. She encouraged his dreams and he made them happen. She was finally able to buy her own clothes. Babies and mortgages, job losses and setbacks, dirty diapers and mid-life crises, Laura and her man welcomed all of these challenges with the strength that comes from true love, new clothes, and chocolate. Truly, they lived... happily ever after. *Laura Snyder is a nationally syndicated columnist, author & speaker. You can reach Laura at lsnyder@lauraonlife.com Or visit her website www.lauraonlife.com for more info.*

Swimmers Accept College Scholarships



(Left to Right): Swimmers Emily Kane, Nick Johnson, Coach Brian Nabeta, Michael Franz, Emily Rodgers
Photo provided courtesy of John Rodgers

Six high school seniors, all of whom are talented swimmers who train at Arden Hills Resort Club & Spa, gathered for a unique group celebration as they made their individual final decisions to accept and sign "letters of intent" to accept scholarships to various

prestigious colleges in 2010. The student athletes currently attend various local high schools such as Jesuit, Rio Americano, St. Francis, Country Day, Bella Vista and Davis High School and have been offered coveted scholarships based primarily

on their strong swimming abilities. The swimmers signed letters of intent to colleges such as the University of Southern California, Texas Christian University, George Washington University, Bucknell University and UC Davis but could include others as many of the swimmers received multiple offers. All of the young swimmers have been trained by Arden Hills USA Swim Team Head Coach and Director of Aquatics Brian Nabeta, who along with their parents, were at the "Scholarship Signing Party" to provide support and encouragement to the student athletes as they made their final decisions.



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Tom's Reprieve

By Penny Howard

In spite of the frugal meals throughout the Great Depression, we could always look forward to a sumptuous Thanksgiving dinner once a year, with turkey, stuffing, gravy, and all the trimmings. That's because my Aunt Noreene and Uncle Udney always invited us to their home in Carmichael for the holiday feast.

It depressed Mama that we couldn't reciprocate, but times were too hard. However, she always baked pumpkin pies for the meal. It made her feel she was contributing.

Knowing how she felt, Daddy came home one day and announced that we were going to invite my aunt and uncle for Thanksgiving dinner.

"Oh Martin" she said. "I'd love to, but how can we afford it?"

"Don't worry", he said with a grin. "I have it all planned. The American Legion is having a turkey shoot. They have five turkeys, and I'm going to get one for us."

I knew Daddy was pretty good with a gun. He'd been in the army during World War I, and later in the National Guard. He'd also done some duck hunting, so I figured shooting something as big as a turkey would pose no problem for him at all. I had great confidence that we really were going to host the big family dinner at our home in Auburn. So, imagine my surprise when Daddy came home from the shoot with a huge Tom turkey--ALIVE!

"What happened, Daddy?" I asked. "How could you miss hitting something so big? And how come they let you bring him home if you didn't shoot him?"

He laughed as he explained. "You don't actually shoot the turkey. You shoot at targets. The turkeys are the prizes for the best marksmen".

With Thanksgiving more than a week away, my sisters and I delighted in feeding Tom. Daddy also came out each day to admire him, and we all laughed at the way he strutted around cocking his head. We all became quite fond of him.

Finally, Thanksgiving was just one day away. The pies were all baked so the oven would be free for Tom the next morning. We eagerly looked forward to the two families getting together at our home for the holiday.

As Mama started our evening meal, she turned to Daddy and said, "You'd better do your duty. Tom has to be ready to go into the oven first thing in the morning".

My throat tightened. My sisters and I each stared at each other in horror. In all our joy and anticipation for the big day, we had somehow forgotten that Tom would have to make the supreme sacrifice for our enjoyment.

"Oh, yeah," Daddy mumbled. "I guess I forgot".

He went slowly out the back door and picked up the ax. My sisters and I pressed our faces to the window as we watched him walking towards Tom's cage. That was too much for us. We couldn't watch. With aching hearts and teary eyes we retreated to the living room.

About ten minutes later, we heard Daddy come back into the kitchen. We went in to glare at him with accusing eyes. His shoulders sagged, and he looked at Mama with a quivering chin and tears in his eyes.

"I couldn't do it," he said. "Tom just looked at me so trusting with his big eyes. And I swear he even smiled, like he was expecting me to feed him."

"Oh, Martin, you have to" Mama cried. "Noreene and

Udney will be here for dinner. We can't let them down." "I know", Daddy said. "But, can't we get some hamburger? You could make a nice meatloaf?"

"No. It's past five. The butcher shop is closed, and it won't be open tomorrow, either. You have to kill Tom."

After some deep pondering, Daddy said. "Wait a minute. I'll be right back. I have an idea."

We couldn't imagine where he was going, or what he had in mind, but my sisters and I were sure glad that Tom had a reprieve. I don't think any of us could have eaten him.

Soon Daddy was back with a package under his arm. "There," he said with a big grin on his face. "It's a pork roast. It'll be great with the stuffing and other things you were going to fix tomorrow."

"Where did you get it?" Mama asked in surprise.

"I went over to the Simpkin's and told them of our dilemma. They were going to have this pork roast tomorrow, so I offered to trade Tom for their roast. They jumped at the offer. George is on his way over now to pick up Tom."

We all knew Tom would not see another sunrise. But, at least Daddy didn't have to kill him, and we didn't have to eat him.

But, then came another snag. When the Simpson's daughter, Laurie, (who had occasionally helped us feed Tom) found out, she burst into tears. So, George couldn't kill him either.

Our Thanksgiving table had quite a crowd that year, as the Simpsons also joined us for dinner. The servings were small, but everyone agreed it was the best Thanksgiving they ever had.

Seniors Helping Seniors® Serve Sacramento County Seniors

Carmichael - To help seniors who want to remain in their own homes and stay as self-sufficient as possible, West Sacramento residents Priya Bansal and her husband, Vipul Bansal have joined Seniors Helping Seniors® in-home services. The Bansal's territory provides services to Sacramento County, California seniors.

Seniors Helping Seniors in-home services is the only national caregiver and companionship organization that matches seniors who need in-home care services with seniors who provide them.

The mission is to provide seniors with the ability to choose an independent lifestyle in their own homes, for as long as possible, with the dignity and respect they deserve by finding caring seniors to help each other. In-home services include companionship, transportation, light house-keeping, meal preparation, yard work, pet care and more.

"We had been looking for opportunities to start a business that would be fulfilling and purpose-driven. After exploring many different options, we were not finding anything that resonated in our hearts. That is, until we learned about Seniors Helping Seniors in-home services. We were so impressed by Kiran Yocom's mission and knew this was the opportunity we were searching for," said Vipul Bansal, Franchise Owner.

He continued, "Our goal is to become the premier organization in Sacramento and surrounding areas to provide loving, caring, compassionate services for seniors by seniors. Our service will be an important resource, as Sacramento County is projected to have almost 75,000 seniors by 2040. We need to have services in place to allow seniors to be where they want to be, in their own homes, with the loving, caring, compassionate services required to maintain their independence."

Vipul and Priya Bansal have two children; their daughter Ayushi is seven and their son, Krishh is two years old. They enjoy spending

time with their children, listening to music and meditating. Priya's career began as a scientist in Central Scientific Instrument Organization, a premiere national laboratory dedicated to research, design and development of scientific and industrial instruments. Vipul began his career with Insweb, as a software engineer. Currently, Vipul is the Vice President of Software Development and is responsible for all of the corporate software development processes and major system implementations.

Active members of their community, the Bansals volunteer for All World Gayatri Parivaar (AWGP), a non-profit organization engaged in activities of social reconstruction with a view to usher in a bright future for mankind. Participating in many community events, they enjoy the opportunity to tell seniors and their family members about Seniors Helping Seniors in-home services. Most recently, they sponsored a Grandparents' Day Tea on September 20 and participated in the 2009 Memory Walk to benefit the Alzheimer's Association on October 3. Priya and Vipul look forward to continuing to share Seniors Helping Seniors services with Sacramento County.

Priya said, "We have already successfully provided a number of services in our community. Our Provider, Jim, has developmental disabilities and was recommended to us by Progressive Employment Concepts. He provided yard work for Frances and Fernando, both over 85 years old. Frances and Fernando were impressed by Jim's hard work and are looking forward to scheduling additional services with him."

Seniors Helping Seniors franchise organization has ten regional owners and over eighty franchise partners in Arizona, Alabama, Arkansas, California, Connecticut, Colorado, Florida, Georgia, Hawaii, Illinois, Indiana, Iowa, Massachusetts, Michigan, Minnesota, Missouri, North Carolina, New Jersey, New York, Ohio, Pennsylvania,

South Carolina, Tennessee, Texas, Virginia and Washington.

Philip Yocom, who manages the national Seniors Helping Seniors franchise organization, said he is pleased to welcome Priya and Vipul Bansal as franchise partners. "They come to our Seniors Helping Seniors community with a passion to help others. Priya and Vipul make an excellent addition to our franchise family."

Philip Yocom, and his wife, Kiran Yocom, co-founded Seniors Helping Seniors in-home services, which began as a non-profit organization serving Berks County, Pennsylvania over ten years ago. The original Seniors Helping Seniors center continues that tradition, providing over 1,000 hours of service every month.

Philip Yocom said, "What began as a heartfelt mission to fill a need that was not being served by our local community is now being recognized as a prime business opportunity being fueled by the fastest growing demographic in our society."

He said, "We want the existing Seniors Helping Seniors organization and our franchises to be the first place that seniors in need of non-medical services and those seeking extra income call."

"We support all of our franchisees with the expertise we have gained in running Seniors Helping Seniors in-home services in Berks County. We also provide marketing, sales, management, and technology support to our franchise owners."

He added, "We believe we have found a practical, cost-effective way to help seniors remain independent and to continue contributing. As we grow nationwide, we remain committed to providing our brand of loving, giving, caring, compassionate service."

For more information, contact Priya and Vipul Bansal at (916) 372-9640 or e-mail Priya@servingsacseniors.com

Visit their website at www.seniorshelpingseniors.com/Sacramento CA.

New Book Calls on Founding Fathers' Wisdom to Help Restore America

(Business Wire) - For decades on end, the influence of special interests and the government have tested the very constitutional fabric of society. At this crucial crossroads in America's history, California author Charles W. Frank challenges readers to take the road less traveled in his new book releasing nationwide this week, "House of Lords."

The book candidly and unapologetically exposes the present injustices of a governmental betrayal combined with those high rollers, who Frank argues, are responsible for sabotaging our sacred republic while American citizens are stripped of their cherished rights and freedoms. Revealing the stark reality of

hidden agendas, dysfunctional government, and a broken society that needs a new blueprint and spiritual renewal, Frank offers practical, unique solutions for a fractured nation—solutions that are rooted in the heartfelt ideologies originally formed and put forth by our country's founding fathers.

According to Eugene LeSage, owner, Sound Records/The Sound Foundation, "Charles Frank soulfully reflects on America's birth as a nation and where she is today. 'The House Of Lords' reveals in a timely fashion the real 'state of the union.' I found myself bearing witness to the truths in every chapter. This is a must-read for every politician and servant of this land."

Published by Tate Publishing and Enterprises, the book is available at any bookstore nationwide or can be ordered through the publisher at www.tatepublishing.com/bookstore or by visiting barnesandnoble.com, amazon.com or target.com.

Frank earned a B.A. in Social Science from California State University, Chico, had a regular column for a newspaper, and a variety of his articles have been published in periodicals.

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Belief Clusters

By Paul Gottfried

In my medieval history class, a question arose about how certain beliefs became grouped together. This question came up while we were discussing factions that formed in sixth-century Constantinople over hotly contested religious doctrines. These factions had their screaming partisans seated across from each other in the hippodrome during chariot races. Occasionally they would clash over the outcome of a race, most explosively in the Nika Riot of 532 A.D., when warring race fans pummeled one another, accusing their enemies of heresy.

One of my students wondered whether there was anything substantive linking these theological and spectator activities. She observed that certain belief clusters can be found in our society as well as in the Byzantine Empire; and our related positions like theirs would make no sense outside of a particular time and place. Why, for example, would someone's opinion about stem cell research tell you where that person would stand on such seemingly unrelated issues as the war in Iraq or global warming? Why would the fact that I oppose abortion lead one to suspect that I do not believe in the danger of global warming or that I oppose gun control laws? Or why would the discovery that someone is a strong environmentalist lead the researcher to conclude (often quite justifiably) that the interviewee is for gay marriage?

I am not making a case here for any of these positions or for any combination of them. I am simply asking why certain views make a match, although there is not much that apparently connects them. Now it is understandable that someone who opposes abortion would also reject stem cell research—and visa versa. And admittedly someone who is a passionate environmentalist might be more concerned about global warming than someone who

cares less about the environment. Also those who favor government control over the economy would be more eager to embrace the global warming cause than someone who inclines toward the free market. What seems to show less connection, however, is why being for or against more government action to deal with global warming would predict whether one is for or against abortion and gay marriage. How and why these stands are correlated is a question that needs to be addressed.

My student was correct to stress historical circumstances. Americans are trained to connect certain beliefs, even when those beliefs are, to all appearances, unrelated. One critical reason for this otherwise arbitrary grouping is that our two national parties and their respective boosters socialize Americans. And while our parties have varying degrees of ideological content, they are also collections of interests that pay for favors and yield votes. Being a "conservative" or a "liberal" means that one is a Republican or a Democrat. Being a Republican or a Democrat means working to pull as many votes and as much money into one's party as one can. Therefore, becoming associated with an ideological label translates into accepting a grab bag of positions that one's national party is taking for whatever reason at a particular moment.

The standard "conservative" position on health care may soon become the Republican one -- which is strengthening Medicare -- in order to enlist older Americans as Republican voters. There is no single "conservative" stand on immigration because the GOP is divided on this issue, partly by its indecision about which electoral group to court right now, Hispanic or Midwestern white voters. Since the party is currently wooing the NRA, the Right to Life, and the Jewish vote, one also finds gun rights, verbal opposition to abortion, and support for Israeli

settlements on the West Bank all riding in the same "conservative" car.

Meanwhile the "liberals," read Democrats, have a reawakened interest in nation-building, after opposing this during the Bush presidency. They also now passionately believe that it is the president's duty to address the nation's public school students, after having gone ballistic when the last two Republican presidents uttered similar platitudes to America's youth. In dealing with partisan Democrats, I also notice the tendency to interpret my concern about farm land being turned into housing developments as support for social causes that I do not happen to favor. Why should it be necessary to embrace gay marriage or late-term abortion in order to vote for someone who does not want to turn Lancaster County into strip malls and starter homes? And why are my "liberal" friends unwilling to restrict the predatory raids by trial lawyers against physicians and pharmaceutical companies? Why in this case is there no outcry against obscene profits?

I know that in raising such questions I may be going nowhere. But I would like to underline the fact that collections of party interests and lobbies do not constitute a worldview. Like the Byzantine Greens and Blues, who were amateur theologians but mostly sports fans, our "liberals" and "conservatives" view themselves as thinkers, but in truth they are mostly partisans.

Paul Gottfried, Ph.D., is the Raffensperger professor of Humanities at Elizabethtown College in Pennsylvania. The *Ornery Observer* is copyright (c) 2009 by Paul Gottfried and the Fitzgerald Griffin Foundation (<http://www.fgfbooks.com>). All rights reserved. A version of this column appeared in the Lancaster (Pennsylvania) Newspapers.

Government Reform Coalition Submits Measures to Call California Constitutional Convention

Would Be the First Convention in More Than 130 Years

Sacramento -- (Business Wire) -- Today, Oct. 28, 2009, Repair California, a group of everyday Californians, reformers and advocacy groups, turned in ballot language to call the first Constitutional Convention in California in more than 130 years. Citing a broken system of governance, the measures would call a limited Constitutional Convention to reform four areas of the constitution: the budget process; the election and initiative process; restoring the balance of power between the state and local governments; and, creating new systems to improve government effectiveness. The Convention is specifically prohibited from proposing tax increases or from considering changes to social issues such as marriage, abortion, gambling, affirmative action, freedom of the press, freedom of religion, immigration, or the death penalty. Voters will decide on calling the Convention on the November 2010 ballot, the Convention would be held in 2011 and its proposed reforms would require voter approval in one of the three scheduled statewide elections in 2012.

"Californians deserve a better system of governance, and this one is a failure," said Jim Wunderman, the President and CEO of the Bay Area Council and a member of Repair California. "California has become the laughing stock of the country, but the damage our state government is causing to our education system, prisons, water, budgeting, local governments and economy isn't funny, it's tragic. There has to be a better way, and as we look at 49 other states we realize that there can be a better way. Since the legislature is unable to act and our initiative system has been hijacked, the only way to reform our state is through a Constitutional Convention."

The two measures would call a limited convention to consider changes only to the state's governance system. In a first-of-its-kind approach, the proposed Convention would gather 240 everyday Californians

– three per Assembly District – four delegates from federally recognized Indian tribes, and approximately 221 delegates appointed by local government leaders from cities, counties and school districts to consider reforms.

"We don't fear the people, we celebrate them with this Convention," said Antonio Gonzalez, President of the William C. Velasquez Institute. "We believe the people of California should be involved in any effort to improve the Golden State, especially determining our foundational values and system of governance. This Convention is set up to mix the values of everyday Californians with experts appointed by local government leaders to produce reforms our state needs and voters will approve."

Bob Stern, President of the Center for Governmental Studies, noted, "Almost 100 years after Hiram Johnson, California's 'reform governor,' and the 'Progressives' made sweeping changes to our state's Constitution, California now has an opportunity to modernize it for the 21st Century. Although many important reform measures may be on the ballot, the proposals for a Constitutional Convention may be the most significant. If passed, they will make 2010 the 'year of reform.'"

In a poll of 1000 registered California voters, conducted by EMC Research, with a margin of error of 3.1 percent, Californians appear ready to approve the two measures to call the Convention. After explaining basic details of the proposal, such as who could serve as delegates and what issues would or would not be considered, more than two-thirds of Californians (69 percent) would vote yes on "Proposition 1," which would allow the voters of California to directly call a Convention. A similar supermajority of 71 percent would vote yes on "Proposition 2," which would immediately call a limited Constitutional Convention to propose reforms to the state's governance structure. Both measures only require a simple majority of 50 percent of

voters to win on Election Day.

The measures are supported by 70 percent of registered Republicans, 71 percent of Democrats and 74 percent of decline to state voters. In age groups, support is highest among young 18-34 year-old voters with 73 percent reporting they would vote yes, but 71 percent of those 55 years-old or higher would also approve the measures. Turnout is often considered a key political factor for ballot measures, but the Constitutional Convention measures are strong with low propensity voters (71 percent) and with high propensity voters (70 percent). Support for the Constitutional Convention is particularly high with Latino voters (80 percent). The poll was conducted September 8-13, 2009.

"Our current California Constitution doesn't just enshrine a broken governance system, its foundation was constructed with some shameful building blocks," said James Fang, President of Asian Week Newspaper and Vice President of BART. "It included provisions that 'No native of China' would ever have the right to vote, and prohibited public bodies from employing Chinese. That past needs to be firmly behind us and I am very pleased that this Convention is set up to celebrate and embrace California's diversity."

To draft the ballot measures, and ensure they reflected the sentiments of the state, Repair California held a series of Town Halls often attended by hundreds of people at sites in Los Angeles, San Diego, Alameda, San Francisco, Irvine, Santa Monica, Fresno, the Sierra Nevadas, Silicon Valley and Orange County. The movement also heard from thousands of others through Web 2.0 technologies. Finally, Repair California consulted with experts, historians and lawyers, and other experienced leaders who often offered their assistance pro bono.

"While perfect is not possible in any endeavor, we are very proud with what we have come up with," said Wunderman. "Now it is time to let the people speak."

Source: Bay Area Council

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Taste of Napoli at Christ the King



"A Taste of Napoli," the kick off event to Christ the King's 60th anniversary, involves many volunteers. From L. to R., standing: Kathy Schrumpf, Trish Zeigler, Mary Eppling, Rosaling Deutsch, Dan Tosi, Marilyn McCourt, Bob Schrumpt, Franca Lingren, and Norma Jennings. Seated, L. to R. are Elaine Norwood, Vikki Orman, Debbie Sells and Patty Jespersion. Not pictured are Dorothy Carpenter, Jeff and Mary Dahlstrom, Willie and Aileen Douglas, Mary Harty, Linda Johnston Panattoni, Lori Martin, Dick Mercer, Gloria Naify, Shirley Proaps, Debi Sells, and Alice Toler.

Citrus Heights - An elegant food and wine tasting event is being held at Christ the King Passionist Retreat Center, Saturday, Nov. 21 from 6 to 9 p.m. Kathy and Bob Schrumpf, events chairs who have been involved at the retreat center for more than 20 years, said, "This event opens the doors of a unique facility which shares its grounds with a monastery. Too few people know this spiritual oasis is available to them. This is an inaugural venture for the retreat center that promises to be a much anticipated event in the future."

Bishop Francis A. Quinn will serve as honorary chair. Funds raised will help with scholarships, maintenance and facilities needs. The event kicks off the 60th anniversary year of the retreat facility. Requested attire is Business/dressy. Attendees can stroll about the center, tasting foods of Italy, sipping wines from a dozen wineries, and listening to music from a variety of live performers. Local artists will sell their work. Participate in a raffle and a short live auction. Auction items include a day at Jim Russel's kart school, a burlap

transfer of a fresco by Giotto, hand carried from the basilica in Assisi, dinner with Bishop Jaime Soto and a weekend getaway in Healdsburg. The Retreat Center address is 6520 Van Maren Lane, Citrus Heights. Tickets are \$50 each. Advance purchase required. Reserve overnight accommodations for \$125 double occupancy. Space is limited. (916) 725-4720, ext. 323 or www.Passionist.org/ChristTheKing/overview. Christ the King Retreat Center's programs help people from throughout the region alleviate stress and improve their health and emotional wellbeing by providing time and space for spiritual rejuvenation. The center also rents space to more than 100 organizations in need of affordable meeting rooms and is a vital resource for the Northern California community. It is run by the Passionists, a Catholic community of religious men who specialize in retreat work and conducting parish missions. The first retreat center building accommodated thirty-plus retreatants, with a chapel, dining room, library and offices. In 1987 a new building added forty rooms (all with private baths), three small conference rooms and a large assembly room, which was named in honor of Bishop Quinn.



ROCK DOC

By Dr. E. Kirsten Peters

My 84-year old mother bent over the cookbook one day recently and read aloud to me as I wolfed down a chicken sandwich I'd made at lunchtime. The reading was a lesson in how to make a traditional - and very fine as it turned out - pork roast. Personally, I suspect it would be morally responsible to live as a vegetarian, and certainly good for my family's health and for the nation's medical-care bills. But I'm a sinner, and my kitchen produces meat and poultry meals on a daily basis. My mother read aloud the part of the recipe we both knew well concerning what happens when you take a beef or pork roast out of the oven. For a good bit of time, the meat will continue to cook as it rests on your countertop. And, indeed, the temperature inside a roast actually rises for about 5 -10 minutes after you take it out of the oven. What's up with that? While it's cooking in the oven, the roast experiences a moving "wave" of intense heat that's coming from the oven into the roast from all its surfaces. At first, only the outermost smidgen of the roast is warmed. Then it becomes hot and a smidgen more inside

Eating our Experiments

the roast becomes warmed - and so on. Over a couple of hours, the wave of heat that started on the surface of the roast has penetrated into it, further and further. When you take the roast out of the oven, that wave of moving heat starts to collapse. But the decline takes a bit of time, and the wave is still moving inward. So the inner portion of the roast can and does warm further. Geologists love heat waves on a much bigger and slower scale. Here's why: Last summer, the solid rock and soil around your home was warmer than it is now. That wave of warmth went down into the Earth all summer long, growing like the heat-wave in the roast in the oven. The wave that's down under our feet got launched going into the Earth, and it will continue to move downward. By mid-winter, it will be about 60 feet below the surface. Yes: last July is really down there, about six times the depths of my basement's floor. And the heat wave from the summer of 2008 is down in the Earth, about 120 feet deep. I like that idea very much. I'm not sure why, but the history of old heat waves is pretty cool. Yet it's also true the waves are getting a whole lot smaller in size. Really smaller, and rapidly so. This winter, last summer's heat wave will be only 0.002 as big as it was at its peak. And the summer of 2008 warmth will be reduced to 4 parts in a million of what it was. The numbers just mentioned came to me from Fred Gittes, a physics faculty member here at Washington State University. Because he's not a rock-head, but a clear-thinking physicist, he worked out the mathematical details as formulas and graphs for my pork roast, just for fun. But he had to use basic figures for the conduction of heat and the like assuming that the pork roast would behave as water does. That's because physicists and geologists, at least, don't have a completely detailed picture of just how heat gets into the meat in your oven. That's clearly our loss. The roast that inspired this train of thought is long since gone. The next roast in my house is coming up shortly, but it's going to be a fancy "crown" roast with a big, gaping hole in the middle. But bear with me and later in the fall I'll take some measurements on a solid beef roast and a stuffed turkey - and report back on the heating-in-the-center effect. No matter what the calculations of physicists may be, as a rock-head I trust the simple measurements of thermometers. Luckily, Fred is an easy-going fellow who takes an interest in this project and agrees with me in some ways. "All food experiments are good," he said. 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. This column is a service of the College of Sciences at Washington State University.



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Oil for Leadership

Sent by email from one of our readers.

Old News....We have known this for years. So why do we want to make the Middle East rich? Another reason we need all new faces in Washington!!!!

Also if I may add, about 6 months ago I was watching a news program on oil and one of the Forbes Bros. was the guest. This is out of context, but this is the actual question as asked. The host said to Forbes, "I am going to ask you a direct question and I would like a direct answer, how much oil does the U.S. have in the ground." Forbes did not miss a beat, he said, "more than all the Middle East put together." Please read below.

The U. S. Geological Service issued a report in April ('08) that only scientists and oil men knew was coming, but man was it big. It was a revised report (hadn't been updated since '95) on how much oil was in this area of the western 2/3 of North Dakota; western South Dakota; and extreme eastern Montana check THIS out:

The Bakken is the largest domestic oil discovery since Alaska's Prudhoe Bay, and has the potential to eliminate all American dependence on foreign oil. The Energy Information Administration (EIA) estimates it at 503 billion barrels. Even if just 10% of the oil is recoverable... at \$107 a barrel, we're looking at a resource base worth more than \$5.3 trillion.

'When I first briefed legislators on this, you could practically see their jaws hit the floor. They had no idea.' says Terry Johnson, the Montana

Legislature's financial analyst. 'This sizable find is now the highest-producing onshore oil field found in the past 56 years' reports, The Pittsburgh Post Gazette. It's a formation known as the Williston Basin, but is more commonly referred to as the 'Bakken.' And it stretches from Northern Montana, through North Dakota and into Canada. For years, U. S. oil exploration has been considered a dead end. Even the 'Big Oil' companies gave up searching for major oil wells decades ago. However, a recent technological breakthrough has opened up the Bakken's massive reserves.... and we now have access of up to 500 billion barrels. And because this is light, sweet oil, those billions of barrels will cost Americans just \$16 PER BARREL!

That's enough crude to fully fuel the American economy for 2041 years straight. 2. And if THAT didn't throw you on the floor, then this next one should - because it's from TWO YEARS AGO!

U. S. Oil Discovery- Largest Reserve in the World! Stansberry Report Online - 4/20/2006

Hidden 1,000 feet beneath the surface of the Rocky Mountains lies the largest untapped oil reserve in the world. It is more than 2 TRILLION barrels. On August 8, 2005 President Bush mandated its extraction. In three and a half years of high oil prices none has been extracted. With this

motherload of oil why are we still fighting over off-shore drilling?

They reported this stunning news: We have more oil inside our borders, than all the other proven reserves on earth. Here are the official estimates:

- 8-times as much oil as Saudi Arabia
- 18-times as much oil as Iraq
- 21-times as much oil as Kuwait
- 22-times as much oil as Iran
- 500-times as much oil as Yemen
- and it's all right here in the Western United States.

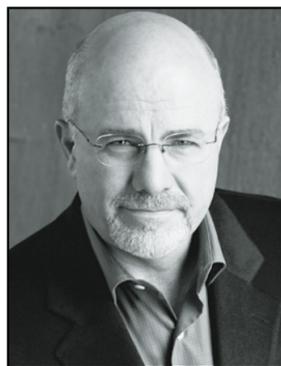
HOW can this BE? HOW can we NOT BE extracting this? Because the environmentalists and others have blocked all efforts to help America become independent of foreign oil! Again, we are letting a small group of people dictate our lives and our economy....WHY?

James Bartis, lead researcher with the study says we've got more oil in this very compact area than the entire Middle East -more than 2 TRILLION barrels untapped. That's more than all the proven oil reserves of crude oil in the world today, reports The Denver Post.

Don't think 'OPEC' will drop its price - even with this find? Think again! It's all about the competitive marketplace, - it has to. Think OPEC just might be funding the environmentalists?

Got your attention/fire up yet? Hope so! Now, while you're thinking about it...do this: GOOGLE it or follow this link. It will blow your mind. <http://www.usgs.gov/newsroom/article.asp?ID=>

Dave Says



Dave Ramsey is a personal money management expert, popular national radio personality and the author of three New York Times bestsellers - *The Total Money Makeover*, *Financial Peace Revisited* and *More Than Enough*. In them, Ramsey exemplifies his life's work of teaching others how to be financially responsible, so they can acquire enough wealth to take care of loved ones, live prosperously into old age, and give generously to others. Ramsey offers life-changing financial advice as host of a nationally syndicated radio program, "The Dave Ramsey Show," which is heard by nearly four million listeners each week on more than 350 radio stations throughout the United States. His syndicated column, "Dave Says," can be read in more than 270 print and online publications worldwide.

Balancing Ambition and Contentment

Dear Dave,

How do you balance ambition with contentment?

- Fran

Dear Fran,

This is a really good question! To be honest, I don't believe they require balance. You thought

Debt Freedom More Important Than Marriage?

Dear Dave,

When does reaching the point of being debt-free become more important than marriage? We're following your plan and doing the debt snowball, but my husband's been working a second job, and it's really cutting into our together-time at night and straining our relationship. I'm afraid we're going to end up debt-free, but divorced. When does one outweigh the other?

- Tracy

Dear Tracy,

When does one outweigh the other? Maybe when you stop whining?

Seriously, getting out of debt is never more important than your marriage. But families go through all kinds of stuff, and one of those things is cleaning up messes they've made. It's not always fun, but there's a price to pay if you want to win with your money or anything else.

It sounds to me like your husband has gone gazelle intense about getting out of debt, and in the process may have left you behind a little bit. I don't recommend that! He probably needs to take some time to come back and emotionally re-connect with you. And I'm sure some good, old-fashioned back rubs and words of encouragement from you are in order. Your man could use them if he's been working two jobs!

But there's plenty of time for snuggling and stuff later. Right now, you're trying to do something—something really important—for the good of your family. I know it can be difficult, but it won't last forever. And I can promise you this: Once you're done, you'll be very glad you toughed it out!

- Dave

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

Obama's First Year Short Changes Small Businesses, According to the American Small Business League

(Business Wire) -- The following is a statement by the American Small Business League:

A year after being elected, President Barack Obama's small business policies don't seem to match his campaign promises to America's 27 million small businesses.

President Obama earned the support of small business groups during his campaign by making several key promises. President Obama promised to:

- **Restore the Small Business Administration's (SBA) budget and staffing.** To date, the SBA's budget is less than what it was at the end of the Clinton Administration. During the Bush Administration the SBA's budget and staffing was cut by more than half. Despite promising to bolster the agency, the Obama Administration has failed to refill key positions, or restore the agency's budget. Today, the SBA's staff is at a 30 year low.

- **Restore the SBA Administrator to a cabinet level position.** Despite encouragement

from both Republican and Democratic leaders in Congress, President Obama has refused to restore the SBA's Administrator to cabinet level status.

- **Implement the congressionally mandated 5-percent set-aside goal for women owned firms.** To date, the Obama Administration has failed to honor that promise.

- **"End the diversion of federal small business contracts to corporate giants."** Since 2003, more than 15 federal investigations have found that billions in federal small business contracts have been diverted to Fortune 500 firms in the U.S. and some of the biggest firms in Europe and Asia. In February of 2008, President Obama acknowledged the magnitude of the problem by releasing the statement, "It is time to end the diversion of federal small business contracts to corporate giants."

In the most recent data released by the Obama Administration, Textron, a Fortune 500 firm with more than 43,000 employees was the top recipient of federal small

business contracts. Other firms such as Lockheed Martin, Boeing, Raytheon, Northrop Grumman, British Aerospace (BAE), Rolls-Royce, French giant Thales Communications, Ssangyong Corporation headquartered in Seoul, South Korea and Finmeccanica SpA which is located in Italy with 73,000 employees, were included in the Obama Administration's small business contracting data.

To date the Obama Administration has failed to take any action to honor that promise.

"American small businesses need more than speeches from President Obama. Every day he's been in office, government small business contracts have been diverted to Fortune 500 firms. He's given small businesses less than one percent of the stimulus funds. That's the real Obama plan for small business," ASBL President Lloyd Chapman said.

Source: American Small Business League

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Thanking God at Thanksgiving

by Pastor Ray Dare

In a few days the entire nation will shut down as we celebrate the Thanksgiving holiday. The irony is very little thanks to God takes place on Thanksgiving. We're too busy doing other things... preparing the turkey, watching football, visiting with relatives and friends, looking over the after Thanksgiving sale ads. It seems very little thanks actually takes place except for a 10 second prayer before the big meal! So allow me to suggest 3 things you can thank God this Thanksgiving. They're all based on the fact that God never changes. The Bible says, "But whatever is good and perfect comes to us from God... He shines forever without change..." James 1:17 There are 3 things about God that never change. You can thank God for these as we approach Thanksgiving. **God's love for you will never change.** You need to constantly remind yourself of this. God says, "I have loved you with an everlasting love." Jeremiah

31:3 God's love for you is constant. One of the reasons we get frustrated by relationships is people change, get moody, fickle. But God always acts like Himself. He never changes. He never acts out of character. The point is **you never need to doubt God's love.** No matter what happens. No matter what you feel, God's love for you never changes. "For I am convinced that **nothing can ever separate us from his love.**" Romans 8:38 He never changes His mind about you. It's important you understand that. If not, the next time something doesn't go your way or something bad happens you're going to think, "That's God getting back at me". No, that's life. God's love for you never changes. **God's Word never changes.** The Bible is always relevant, always fresh, always up to date. Anything man writes eventually becomes obsolete and outdated. You need to build your life on something more stable and permanent and unchangeable than the current fad, therapy or the current ideology in vogue. Jesus said, "Heaven and earth will pass away but My words will never pass away." Matthew 24:35 If you want to have more stability in your life when you're under stress, then

fill your mind with things that never change and things that you can always count on, God's Word. **God's plan for you will never change.** "The Lord will fulfill his purpose for me; your love, O Lord, endures forever." Psalm 138:8a (NIV) People say, "I made this big mistake... I missed God's plan, I'll just have to settle for second best." There's only one problem with that. You don't find that in the Bible. God is not the God of second bests, He's the God of second chances. You are still on Plan A. God knows everything that's going to happen in your life and He fits it all together to work for good in your life. Nothing can hinder God's plan for your life. Not even your own mistakes. He saw them coming long before you ever made them. Romans 8:28 says, "ALL things work together for good to them who love God and are called according to His purpose." Good, bad, or ugly, somehow **God knows how to turn them all around and use them for His purpose** in your life. God has not changed His mind about you. See you Sunday, Pastor Ray New Community Christian Church www.YourNewChurch.org



by Marlys Johnsen Norris

Have you ever made a very bad decision about something and felt like you were trapped in hell? Where can you go from here? Depression sets in and you feel like you are locked in jail, unable to escape. The darkness of the situation surrounds you and you feel breathless and sick. What should you do and what can you do to change the course of events? It seems like the enemy of your soul is laughing at you. Now, you are caught up in despair because of your bad decision. If you actually do recognize your enemy you know he has not won and you are determined he will not win. He may have come into your life as an

Trapped in Hell

angel of light causing you to make a very bad decision, but now as you recognize your situation, you are trusting the Lord who saved you to bring you out of it. The only ones who will be eternally trapped in hell are those who reject and rebel against the God of Creation for whom we-all were created. Paul the disciple of Jesus was jailed and God moved heaven and earth and opened the jail door allowing Paul to escape. Believing in this same God we know He is the God of miracles who can move a mountain at just the right moment in time. God has allowed us to make a bad decision, knowing that out of it, we will have learned a valuable lesson. We are to seek His face and His perfect will for our lives and when we do, absolutely anything and everything that happens to us is God ordained. We must remember and claim this promise for our lives- "All things work together for good to those who know and love God, to those who are called according to His purposes." Romans 8:28

Marlys Johnsen Norris
 Marlys5934@sbcglobal.net
 "Intimacy Begins Going God's Way"
 "God Moves Mountains, It was a Miracle"
 "Recipes for a Happier Marriage"
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BIBLE TRIVIA

by Wilson Casey

1. Is the book of 3 Timothy in the Old or New Testament or neither?
2. Who said, "Lo, I dwell in a house of cedars, but the ark of the covenant ... remaineth under curtains"? David, Nathan, Saul, Solomon
3. From Numbers 12, why was Miriam shut out of camp for seven days? Ungodly act, Leprous, Fasting, Lent
4. Who took David in as his own after the slaying of Goliath? Jonathan, Solomon, Saul, Eliakim
5. About how tall was Goliath in approximate cubits? 3, 4, 5, 6
6. Upon which mountain did Aaron die? Kor, Carmel, Pisgah, Sinai

ANSWERS: 1) Neither; 2) David; 3) Leprous; 4) Saul; 5) 6; 6) Kor

Wilson Casey's new book, "First: Origins of Everyday Things That Changed the World," is available from Alpha/Penguin publishing.

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New Title Delves into Judeo-Christian Heritage of Our Country

Author aims to spotlight how God is active in the affairs of nations

Longwood, FL—Throughout the long and storied history of America, the miraculous power of God has been ever-present. From the time Columbus set sail with three caravels across the ocean, to the war of independence and beyond, America survived, grew, and developed into the greatest nation against all odds. Given the renewed interest in the colorful Judeo-Christian heritage of our country—thanks in part to the works of authors such as Peter Marshall and David Manuel—it is important we continue to look at how these principles had a positive impact on American society in its formative years and how we can apply them to our lives today. Told from a Christian perspective, Xulon Press author Robert M. Riffle's new release, The Miracle of

Independence (paperback, 978-1-60647-153-1), spotlights how God has used His invincible, miraculous power to protect, promote, and preserve this, the greatest nation in this history of the world. Says Riffle, "It is my hope that my readers will have a great realization that God is active in the affairs of nations. I hope my readers will become aware that God will intervene on behalf of the godly in any nation if they are in right standing with Him." Riffle, who has always had a passion for history ever since he was exposed to it in primary school, went to college with the intention of becoming a history teacher. After receiving a bachelor's degree in history, he later rounded out his academic background with graduate courses in history and political

science. Riffle taught seven years in Pennsylvania prior to moving to California; he taught twenty-four years in San Diego County and retired from the San Diego Unified School District. It was during these years that Riffle observed the need to make people aware of God's divine purpose for America and resolved to write a book about it. Riffle is presently employed by Palomar College in San Marcos, California where he tutors history, political science, and economics. Xulon Press, a part of the Salem Communication Corporation, is the world's largest Christian publisher, with more than 5,000 titles published to date. The Miracle of Independence may be ordered on line at Amazon.com and Barnesandnoble.com.

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BECOME DIETARY MANAGER (average annual salary \$40,374) in eight months in online program offered by Tennessee Technology Center, Elizabethton. Details www.TTCelizabethton.edu, 1-888-986-2368 or email patricia.roark@tccelizabethton.edu. (Cal-SCAN)

Auction

Public Auction 10 AM Friday Nov 6th, 3900 Florin Perkins Rd., Machinery, Equipment, Trucks, Tractors, Lawn Equip, Collectibles, Glassware, Office & Res Furniture, New Jewelry, Costume Jewelry, Boats, Motorcycles, Cushman Traffic Scooters, Dump Tris, Electocs, Conveyor Sys, Dr casings, Units of trim, Office supplies, Flatbed, Dump & Equip Trailer, Forklift Safety cage, Toyota Forklift, Caterpillar 245 Kidsteer, Elec Scissor lift, Hand & Power tools, Mec Tools. To Consign for Pick-up Call 916-799-3909 Bond # 5861148 Catalog at www.cauctioneer.com (MPG)

Auto Donation

Donate Your Car. Children's Cancer Fund! Help Save A Child's Life Through Research & Support! Free Vacation Package. Fast, Easy & Tax Deductible. Call 1-800-252-0615. (Cal-SCAN)

Donate Vehicle: RECEIVE \$1000 Grocery Coupons, Your Choice. Noah's Arc, No Kill Animal Shelters. Advanced Veterinary Treatments. Free Towing, IRS Tax Deduction. Non-Runners. 1-866-912-GIVE. (Cal-SCAN)

AAAA* DONATION Donate Your Car, Boat or Real Estate, IRS Tax Deductible, Free Pick-Up/Tow Any Model/Condition Help Under Privileged Children, Outreach Center. 1-800-928-7566 (NANI)

Donate A Car Today To Help Children And Their Families Suffering From Cancer. Free Towing, Tax Deductible. Children's Cancer Fund of America, Inc. www.ccfca.org 1-800-469-8593 (NANI)

DONATE A CAR - HELP CHILDREN FIGHTING DIABETES. Fast, Free Towing. Call 7 days/week. Non-runners OK. Tax Deductible. Call Juvenile Diabetes Research Foundation. 1-800-578-0408 (NANI)

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ALL CASH VENDING! Be Your Own Boss! Your Own Local Vending Route. Includes 25 Machines and Candy for \$9,995. MultiVend LLC, 1-888-625-2405. (Cal-SCAN)

MAKE A Mint in Teeth whitening 300% industry growth this year! Distribute White Science's patented products & teeth whitening services. Low start up. Exclusive territories. Marketing plan & training provided. Best kept beauty secret of the stars! www.whiteningonwheels.com (877) 909-1080 (NANI)

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COMPRO ACCIONES TELMEZ Tu Tuviste telefono en Mexicoentre 1950 y 1990 y te dieron unas hojagrandes de coloresconcunpones? Lamame al (956) 236-9111 (SWAN)

Earn Money with Your Computer The best \$299.00 investment during this economy! Benefits So Awesome! \$3000.00 per mo possible after 1st six months! www.getstarted2win.com (MPG)

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

Are you tired of... Other people making it big while you work more and more just to stay caught up with your bills? Spiraling costs and debts? Your business owing you rather than you owning it? Never having the freedom to enjoy the fruits of your labor? Improve life's journey with an unequalled business opportunity, and product that improves everybody's health. For information how to become a part of one of the fastest growing company call 916-205-8118. (Serious enquires only) (MPG)

Upscale Townhome in Creekside 3/2 car garage cbarc ch Tennis, pool, yd maint. \$1395/ mo + \$1200 dep 390-5634 (MPG)

Ex Suites @ 1.50 SF Carmichael, 144 / 276 SF Sec Entry, Cov Parking, 916-483-5044 (MPG)

New 1 bd 1 1/2 ba in Fair Oaks, off street parking, no pets. Non-smoker. \$750/911 utilities. 2 wk Free. Call 916-966-0898. (MPG)

Do you dream of owning your own business? Pre-Paid Legal Services, Inc. is a publicly traded company on the NYSE and is expanding its services in your area. Full-time/part-time marketing opportunities available. For more information on how to become an Independent Associate of this fascinating company or if you would like to know more about our legal service plans, call today! Tony Lamm, Independent Associate, at 916-773-1421. (MPG)

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Geeks-In-Route On-site Computer & Computer Networking Services by A+ & Microsoft or CISCO Certified Technicians. If We Can't Fix It, It's Free! MCDIS/AMX/VISA. 1-866-861-GEEK (4335) (NANI)

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

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

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

Reverse Mortgages If you are a senior citizen, you have no doubt heard of a reverse mortgage. For ALL of the information and none of the obligation, call Len Lamb at 728-6653. (MPG)

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

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Handyman, JR Handyman Services Randy 916-880-6742 Joel Carter 916-637-3825 (MPG) Household Helper. You Name It! Hauling, Gutters, Tree Trim, Spot Carpet Clean 613-8359 (MPG) Handy Guys Small Jobs, Senior Discounts Gutter Cleaning - Deck's Woodwork 916-519-5135 Free Estimates (MPG)

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Plumbing Services Specialty Plumbing - Remodels, Repipes, Water, Sewer, Gas Lines, Water Heaters CA License 918844 (916) 607-6749 (MPG)

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Lose Up To 30 Lbs in 30 Days @ 30% Off Quick Start Program - January only! 1-888-834-6203 or 513-421-9252 (MPG)

25 PEOPLE WANTED to lose up to 30lbs in 30 days! Dr recommended! 888-233-4967 hnhhealth4u2@hotmail.com (MPG)

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Look Younger in Less Than a Day! www.hydratedskin.com then call 916-988-3027 ask for a Free Sample (MPG)

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Aloette Cosmetics offers the very best Aloe-based skin care products in North America. If interested in 'Buying or Selling' contact me at 916-624-2303. (MPG)

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AC Repair Low Prices 487-4609 (MPG)

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In-Home Caregivers Wanted Room and Board. Needed in your home for 35 year old man with early dementia. \$900/month. Some housekeeping needed. 916-989-9135. (MPG)

Self-Made Millionaire, looking for 10 people who want to earn 6 figures in the next 12-24 months. This is not a job. CALL NOW!!! 1-888-219-7757 (MPG)

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MECHANICS: Keep the Army National Guard rolling. Fix Humvees, Strykers, etc. Expand skills through paid career training. Part-time work. Full time benefits. www.NationalGuard.com/mechanic or 1-800-GO-GUARD. (Cal-SCAN)

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

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

Health Care Marketing. We are successful business entrepreneurs looking for people passionate about health & business. Go to www.myprotdandimbusiness.com and watch a video News clip. Leave your name and email address to learn more. we will get back to you. (MPG)

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\$\$\$ WORK FROM HOME \$\$\$ Earn Up to \$3,800 Weekly Working From Home assembling Information packets. No Experience Necessary! Start Immediately! FREE Information. CALL 24hrs. 1-877-224-0207 (NANI)

\$\$\$ START NOW \$\$\$ Earn Extra Income Assembling CD Cases from home! No Experience Necessary. Call our Live Operators for more information! 1-800-405-7619 Ext 2181 www.easywork-greatpay.com (NANI)

\$\$\$ 21 People Wanted \$\$\$ Earn \$1,200 - \$4,400 Weekly Working From Home Assembling Information Packets. No Experience Necessary! Start Immediately! FREE Information. Call 24hrs. 1-888-255-2802 (NANI)

Earn up to \$500 weekly assembling our angel pins in the comfort of your home. No experience required. Call 813-

699-4038 or 813-425-4361 or visit www.angelpin.net (NANI)

Earn up to \$30 per hour. Experience not Required. Undercover shoppers needed to judge retail and dining establishments. Call 800-742-6941 (NANI)

SALES, Seeking Business minded Marketing reps, New Technology/ Globally. Training available, F/PT, Residual Income, Commission, Fax Resume 916.910.2002 (MPG)

We are seeking dynamic customer service oriented individuals with great communications and typing skills needed to work on behalf of our company this service representative will earn up to \$3000 monthly any job experience needed. Email at danelopez1980@yahoo.com if interested (MPG)

MAKE A DIFFERENCE. For More Information: (916) 383-9785 ext. 15 (MPG)

Wanted: 29 Serious People to Work From Home using a computer. Up to \$1,500-\$5,000/PT/FT www.REBvision.com (MPG)

AWESOME CAREER Government Postal Jobs! \$17.80 to \$59.00 hour Entry Level. No Experience Required / NOW HIRING! Green Card O.K. Call 1-800-983-4384 ext. 54 (NANI)

Exp & professional filing clerk needed to organize and file for private residence. Must have own trans. Hrs: 12:30-5:30pm, m-w-f \$12/hr. \$180.00/wk flat. Resume to: FAX: 916-638-9951. (MPG)

Government Jobs-\$12-\$48/hr Paid Training, Full benefits. Call for information on current hiring positions in Homeland Security, Wildlife, Clerical and professional. 1-800-320-9353 x 2100 (NANI)

TIRED OF BEING BROKE? Get paid daily. No experience required. Local training. 888-211-4268 www.happyandhealthyfamily.com (MPG)

STRESSED OUT? Work from home & get paid daily! www.happyandhealthyfamily.com 888-211-4268 (MPG)

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Single Again Magazine Online is seeking an independent sales contractor to generate advertising sales for our nationally recognized website. We are a website designed for the divorced, widowed and separated that offers real advice and articles to help people rebuild their lives. This is a part-time, extra income opportunity that you can work at from your home. Compensation is commission only, but the commission is a generous rate. Check us out at www.SingleAgain.com. To apply, send your email to publisher@singleagain.com. (MPG)



Matheson Trucking, Inc. is now hiring an Executive Administrative Assistant to be the primary support for the CEO, CFO and COO. Supports front desk, prepares and maintains documents, schedules meetings and travel. Must have 5-7+ years exp supporting a corporate environment; excellent verbal and written communication skills; proficient in MS Outlook, Word, Excel and PowerPoint. Must be professional, friendly and a team player. Fax resume to 866-418-9913 (MPG)

Help Wanted - Medical

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

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OVER 18? AVAILABLE TO TRAVEL? Earn Above Average \$\$\$ with Fun Successful Business Group! No Experience Necessary. 2wks Paid Training, Lodging, Transportation Provided. 1-877-646-5050. (Cal-SCAN)

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House Cleaning Sparkling clean home guaranteed. Professional pet care. Experienced, dependable, reasonable rates. Call Madeline 916-723-1608. (MPG)

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

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Landscaping

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

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

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

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

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

Legal Services

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

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

Men's Suits For Sale

Men's Suits Men's 42 Jacket, 36-38 Waist Assorted used men's suits in very good condition. \$25-\$35 each. Buy one or all. Call 773-7337 (MPG)

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Reach over 30 million homes with one buy. Advertise in NANI for only \$2,795 per week! For information, visit www.naninetwork.com (NANI)

DIRECTV FREE MOVIES 3 MONTHS! Ask How! NO Equipment to Buy NO Start Costs! Free DVR/HD Upgrade! Other Packages Start \$29.99/mo! Details Call DirectStarTV 1-800-620-0058 (NANI)

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DIRECTV SAVE \$26/MO FOR A YEAR! Ask How! NO Equipment to Buy NO Start Costs! Free DVR/HD Upgrade! Other Packages Start \$29.99/mo! Details Call DirectStarTV 1-800-279-5698 (NANI)

AIRLINES ARE HIRING - Train for highpaying Aviation Maintenance Career. FAA approved program. Financial aid if qualified - Housing available. CALL Aviation Institute of Maintenance (888) 686-1704 (NANI)

**ALL Satellite Systems are not the same. Monthly programming starts under \$20 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

ATTEND COLLEGE ONLINE from Home. *Medical, *Business, *Paralegal, *Accounting, *Criminal Justice. Job placement assistance. Computer available. Financial Aid if qualified. Call 800-510-0784 www.CenturaOnline.com (NANI)

OLD GUITARS WANTED! Fender, Gibson, Gretsche, Martin, D'Angelico, Stromberg, Rickenbacker, and Mosrite. Gibson Mandolins/Banjoes. 1930's thru 1970's TOP CASH PAID! These brands only please! 1-800-401-0440 (NANI)

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DISH Network. \$19.99/mo, Why Pay More For TV? 2+ Rooms Channels. FREE 4-100+ Room Install. FREE HD-DVR. Plus \$600 Sign-up BONUS. Call Now! 1-888-430-9664 (NANI)

Discounted Steel Buildings Big & Small. Get the Deal of Deals! Placement to Site. www.scg-grp.com Source#03V. Phone: 916-248-4416 (MPG) The Fair Oaks Cemetery District is accepting sealed bids until 3:30 pm Oct. 14, 2009 for the following surplus equipment: One 1989 Ford Tractor with front loader bucket; One 1981 GMC Topkick Cab & Chassis; One 1985 Ford F250 Pickup. These items can be viewed at 7780 Olive Street, Fair Oaks, CA 95628 on Oct. 5th, 6th, 7th, 8th, 9th 2009. All equipment is sold "as is". The Fair Oaks Cemetery District reserves the right to refuse any & all bids. (MPG)

Electric Wheelchair Jazzy/1121 Brand new batteries - custom footguards - cane holder - basket - metallic blue. New \$5,700 - Sacrifice \$1,450 obo - Cash Only Please - (916) 488-4154 (MPG)

Kawai upright piano and bench, used, excellent condition, oak finish. \$3000 Call: 916-988-2927 (MPG)

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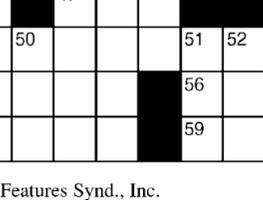
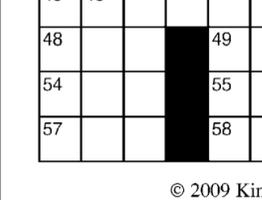
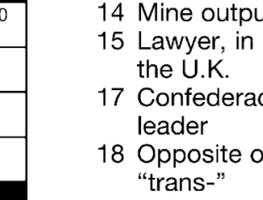
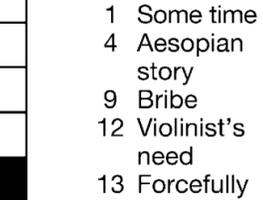
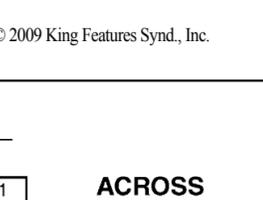
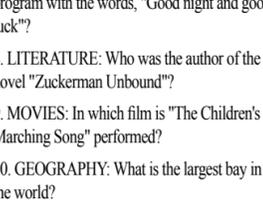
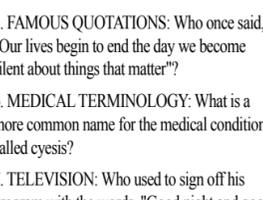
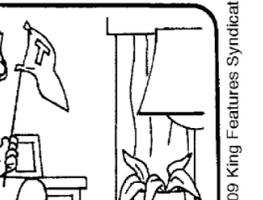
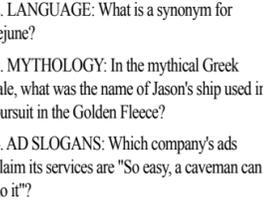
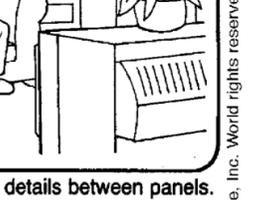
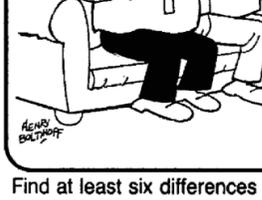
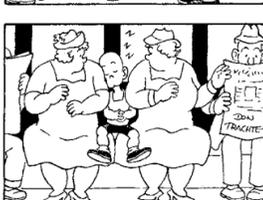
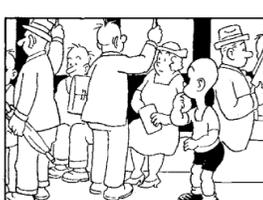
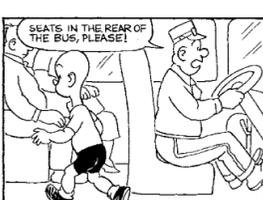
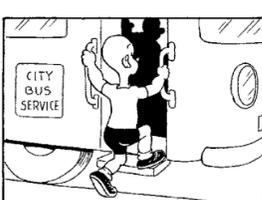
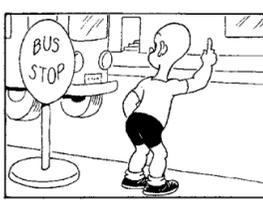
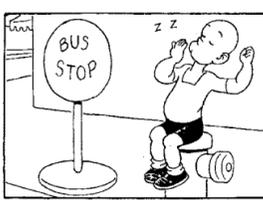
WANTED: OLD POSTCARDS 483-0622 (MPG)

Musical Instruments

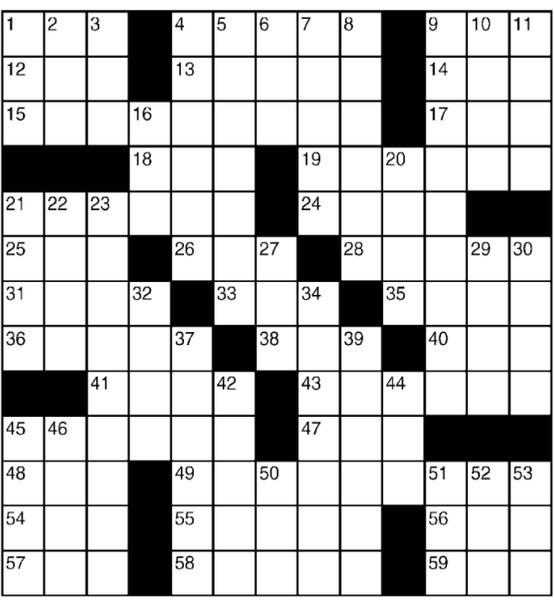
Piano YAMAHA console w/ bench walnut good condition, one owner. \$1700.00. 916-349-0650 (MPG)

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King Crossword



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- ACROSS**
- 1 Some time —
 - 4 Aesopian story
 - 9 Bribe
 - 12 Violinist's need
 - 13 Forcefully
 - 14 Mine output
 - 15 Lawyer, in the U.K.
 - 17 Confederacy leader
 - 18 Opposite of "trans-"
 - 19 Idea
 - 21 Missing
 - 24 Hit with an open hand
 - 25 Brazilian resort
 - 26 Joke

KING Crossword

- ACROSS**
- 28 Lascivious
 - 31 Right angles
 - 33 Poorly lit
 - 35 Wear out
 - 36 Cut corners
 - 38 Talk and talk and talk
 - 40 The Red or the Black
 - 41 Dweeby type
 - 43 Tenant
 - 45 Maine city
 - 47 Heavy weight
 - 48 Previous night
 - 49 Card game for recluses?
 - 54 In medias —
 - 55 Foolish
 - 56 Conventual
 - 57 Wife's address
 - 58 Lukewarm
 - 59 Homer's neighbor
 - 60 Flanders
- DOWN**
- 1 Tummy muscles
 - 2 Sticky stuff
 - 3 Pussycat's partner
 - 4 Up against
 - 5 1839 mutiny site
 - 6 Slugger's prop
 - 7 They have
 - 8 Sign up
 - 9 "Only the self exists"
 - 10 Sandwich cookie
 - 11 Hammerhead part
 - 16 Capades locale
 - 20 Lacking slack
 - 21 War god
 - 22 Swindle
 - 23 Reliability
 - 27 Showbiz job
 - 29 Genealogy chart
 - 30 Calendar
 - 32 Urban blight
 - 34 007's quaff
 - 37 "Cheers"
 - 39 Started a computer
 - 42 Danish money
 - 44 — rampage
 - 45 Shoulder of a road
 - 46 State with certainty
 - 50 Stander's loss
 - 51 Hostel
 - 52 Regret
 - 53 This clue's place, aptly enough

Answers on Page 10

Weekly SUDOKU

by Linda Thistle

	1		4					9
		3	9		8	6		
4			7					3
1	4	3						2
	6			2				5
9					6	3		
	7		2	8		4		
5			3				1	8
		9			1			7

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★ ★ ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

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MAGIC MAZE ● CUT —

D S P M J H E B Y E V T Q O L
 I G D B E Y S W T T R P M D K
 I F D B Y S S S E C I R P R W
 U S Q O A M A K O O I F D A B
 Z X W L U P L H S R Q O N T N
 K L C J D H G N C N C D F S D
 C C A N Y W V T U E D A S U C
 P N A N L H G U O R H T F M K
 I H F B W E C B I S D T F E Z
 Y W V U S O R E Q P U N O H N
 M L J I H F D T R O H S A T E

Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally.

- Across: And dried, And paste, And run
- Back: Class, Corners, Down
- Glass: Off, Out, Prices
- The mustard: Through, To the chas

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All Answers on Page 10

Contract Bridge

VIRTUE IS ITS OWN REWARD
 South dealer.
 Neither side vulnerable.
NORTH
 ♠ K Q 10 2
 ♥ 8 6 2
 ♦ 10
 ♣ Q J 9 8 5
WEST
 ♠ J 7
 ♥ K J 9 7 5 4
 ♦ A 4 3
 ♣ A 3
EAST
 ♠ 9 6 4 3
 ♥ 10
 ♦ Q 9 7 5 2
 ♣ K 6 4
SOUTH
 ♠ A 8 5
 ♥ A Q 3
 ♦ K J 8 6
 ♣ 10 7 2

The bidding:
 South West North East
 1♦ 2♥ Pass Pass
 2NT Pass 3NT
 Opening lead — seven of hearts.

ate-strength two-heart overcall, having spoken their piece, but in the actual case, South bid two notrump, which North correctly raised to three.
 However, South made the contract by virtue of excellent play. When East played the ten of hearts at trick one, declarer followed with the three! This remarkable play rendered the defense helpless.
 East returned a low diamond, South following low, and whether West took his ace or not, declarer could not be denied nine tricks after forcing out the A-K of clubs.
 Now let's suppose South had taken the ten of hearts with the queen, which seems the natural thing to do. In that case, declarer would probably have gone down three with normal play, losing four heart tricks, the A-K of clubs and the ace of diamonds.
 South rightly decided that West had at least two side entries for his two-heart bid. He also could feel reasonably sure that West had a six-card suit. This in turn meant that East's ten of hearts was a singleton.
 It is true that declarer also had to find East with the queen of diamonds and either the ace or king of clubs, but this kind of assumption is one that is regularly made out of necessity by players who tend to bid their hands to the hilt. That is the kind of life they lead.

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American Cancer Society Discovery Shop

The Sacramento Discovery Shop annual introduction to the yuletide season, Holiday Magic and Glitz and Glamour, opens November 6 and continues through December. Featured will be toys, new and vintage tree ornaments, silver, linens, crystal, Lladro, Lenox, Wedgwood and a huge selection of nutcrackers. Also highlighted will be sparkling party clothing, costume and fine jewelry, furs, and vintage purses.
 The Discovery Shop is located at 2744 Marconi Avenue, near Fulton Avenue. Open Monday through Friday from 10 to 6; Saturday 10 to 5; Sunday Noon to 5. For more information, call the Discovery Shop at 484-0227.

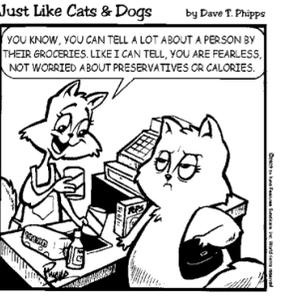
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Get the Emotional Support you Need
 Sessions provide families and caregivers guidance and training to assist them in caring for a person with Alzheimer's disease
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 Tues Dec 1st 6pm
 Tues Jan 5th 6pm
 Held at Carmichael Oaks Senior Living
 8350 Fair Oaks Blvd
 To register please call 944-2323

Sacramento Genealogical Society

Wednesday December 9, Root Cellar
 Sacramento Genealogical Society General Membership meeting 7pm - 8:30pm at Citrus Heights Community Clubhouse 6921 Sylvan Road, Citrus Heights. Program to be determined plus holiday festivities.
 Visitors welcome. Contact Sammie Hudgens (916) 481-4830 or www.rootcellar.org.

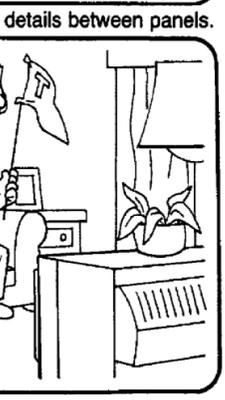
Got Community News? Call 773-1111



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Differences: 1. Letter on flag is missing. 2. Mustache is gone. 3. Vase is missing. 4. Drawer knob has been added. 5. Letter on shirt is different. 6. Plant has fewer leaves.

HOCUS-FOCUS



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Trivia test by Fifi Rodriguez

1. ANIMAL KINGDOM: What would a group of emus be called?
2. LANGUAGE: What is a synonym for jeune?
3. MYTHOLOGY: In the mythical Greek tale, what was the name of Jason's ship used in pursuit in the Golden Fleece?
4. AD SLOGANS: Which company's ads claim its services are "So easy, a caveman can do it"?
5. FAMOUS QUOTATIONS: Who once said, "Our lives begin to end the day we become silent about things that matter"?
6. MEDICAL TERMINOLOGY: What is a more common name for the medical condition called cyeis?
7. TELEVISION: Who used to sign off his program with the words, "Good night and good luck"?
8. LITERATURE: Who was the author of the novel "Zuckerman Unbound"?
9. MOVIES: In which film is "The Children's Marching Song" performed?
10. GEOGRAPHY: What is the largest bay in the world?

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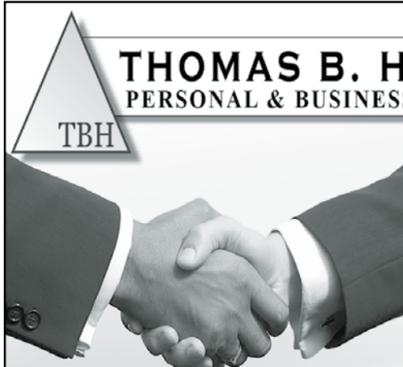
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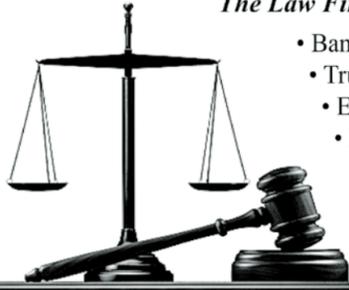
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Senator Cox Urging Governor to Veto Water Bills

Senator Dave Cox (R-Fair Oaks) today, November 5, 2009, sent the following letter to Governor Arnold Schwarzenegger urging his veto of the water policy and bond bills.

Request for Veto of Water Policy and Bond Bills

Consistent with public comments made by you and our legislative leaders, I write to request that you veto each of the bills that were passed by the Legislature relative to the water package.

Two nights ago, I insisted that the Senate endure roll-call vote after roll-call vote in order to show just how many Senate and Joint Rules were being waived to advance the package of bills related to water.

The Legislature did not just waive rules; it waived the process that exists to protect the public interest.

The Senate waived the process that provides for the participation of all 40 Senators and the nearly one million people we each represent. In doing so, we abandoned transparency and accessibility. The same thing occurred in the Assembly.

These are bills that were not subject to deadlines. There was no need to rush. Yet the Senate and the Assembly did!

The Legislature waived rule after rule. Both houses had to wait for amendments to get out of counsel and for bills to be mocked-up. In the Senate, policy committee chairs failed to insist upon these bills being referred to their committees and the Rules Committee failed to refer them to committees as required by the rules. It appears that the same was true in the Assembly.

It is interesting to me that there does seem to be consensus on the need to improve transparency in the Legislature and in government. It was you who stated so clearly at the California Railroad Museum that, "for democracy to be strong, we must bring the trust back to government."

In that same speech where you addressed the need for political reform, you stated that you would not sign any bill that has not received a full public hearing before the policy committees of both the Assembly and the Senate. You also said that, "bills are passed in a rush, in the middle of the night. There is no such thing as democracy in the dark."

Governor, this entire package was passed in a rush in the middle of the night. The bills were not even available in print and some amendments were simply hand-written on the Floor of each house.

Just two months ago, Assembly Speaker Karen Bass joined Senate President Pro Tem Darrell Steinberg to announce the creation of the Joint Select Committee on Reform. They announced that the committee will look at ways to make the legislature more transparent and effective and make state government more efficient and customer friendly.

The Joint Select Committee on Reform is tasked with (among other things):

- Giving Californians more value for their tax dollars by making government more efficient and accountable.
- Making government more transparent and accessible from around the state.

In February of this year, before the Sacramento Press Club, the Pro Tem stated:

"but there are lessons learned, and certainly once this is over, I want to pivot. I want to pivot in terms of doing everything I can to make sure that this process itself is not secret, that the work we do is transparent, that the process itself is accessible to real people, and that we begin to transform the culture of the legislature from one that, frankly, is not held in very high esteem, to a body that is seen as the pride of the country. We are going to make that as or more important than the bills we introduce and the laws we attempt to generate every year."

My Republican colleagues in the Senate also called for more transparency when they released their Roadmap to Restore California earlier this year. One of the major components of that plan is the Legislative Sunshine and Accountability Act, a package of reforms to end back room deals and midnight votes and bring transparency to state government and accountability to the Legislature. Included among the list of reforms:

- Public review of bills before they are voted on.
- Sunshine laws to end secret meetings and back-room deals.

Governor, there seems to be consensus on the need for more transparency; just an unwillingness to provide for it when it really counts.

Transparency and accountability will not be achieved with speeches and press releases for these are just words.

Transparency and accountability can only come from the actions of the Legislature and the Governor and, as we found out again over the last two days and nights, actions

Speak much louder than words.

Please do not take my focus on a process that lacked transparency as the sole reason to veto this package of bills. I have attached, for your review, a series of letters from local governments and water providers that serve the residents of my district and the surrounding Sacramento region. These letters point out the serious policy flaws in this package of bills.

The Sacramento Regional County Sanitation District points out that its ratepayers, residing in the County of Sacramento, the County of Yolo, and the cities of Citrus Heights, Elk Grove, Folsom, Rancho Cordova, Sacramento and West Sacramento will likely see their monthly sewer bills double or even triple. For residential customers that may be an extra \$1,000 per year and for the largest industrial users it could total into the millions of dollars.

The City of Sacramento outlines an egregious attack on the region's water rights and the inherent unfairness of a 20 percent conservation mandate on much of the state while exceptions are granted to Los Angeles, San Francisco, Long Beach, Monterey and Santa Ana that could result in those areas only having to face a 5 percent conservation requirement.

These assaults upon the district that I represent are made even more difficult to tolerate when one looks at the non-water related pork that is included in the bond measure. While language was removed that would have provided \$10 million to a specific non-profit (the Sacramento Bee called this line item "a candidate for the legislative-sausage-making hall of fame), the \$30 million pool of funds that provides for such expenditures as botanical gardens and aquariums remains in the bond measure. The non-water related components of the bond measure should be offensive to all of us and will likely be offensive to voters when they consider these matters when they reach the ballot.

Watching this embarrassing process unfold and reviewing the flawed policies that will harm the communities that I represent has been hard. It has been made more frustrating by having to witness the unbridled celebration of those responsible for both the process and the policies. Nonetheless, I must ask that you veto this entire package of bills.

Sincerely,
DAVE COX
Senator, First District

An Alarming Number of Teachers Leave for Another Career

What Urgent Step is Needed to Retain Them?

by Ariella Kapelner

"Tracy" (assumed name), having begun her teaching career with great passion and enthusiasm, has, after a couple of years, quietly been preparing her business plan for a cookie company.

She is not alone. The National Commission on Teaching and America's Future offer an alarming estimate that 46 percent of all new teachers are gone within 5 years, with 56 percent of them citing job dissatisfaction and a desire to find an entirely new career.

This phenomenon created a revolving door at the expense of \$7 billion annually to recruit, train and retain teachers.

Yoka Reeder, a child specialist, a teacher of 30+ years and an international speaker and trainer (her DVDs "Yoka Reeder on Raising Children" are on sale on Amazon), has assisted teachers to identify the reasons for leaving their profession, and handle them.

"If a teacher is worn-out at the end of the day," says Ms. Reeder, "she has been doing things other than teaching. She has been dealing with people who presented her with problems and didn't let her teach,



Yoka Reeder

and non-compliance. She has found herself having to deal with all these which have nothing to do with what she wanted to do: teach."

A number of agencies conduct ongoing surveys to find out why teachers leave their profession in an effort to find a way to keep them engaged, but from the lack of results in the field one would conclude that those who administer the surveys are not asking the correct questions, don't know how to understand the survey results, or don't know how to, or can't, use the surveys in order to retain their teachers.

Ms. Reeder offers a solution to retaining teachers as she recounts

how she helped Tracy decide between teaching and starting a cookie company: "Tracy said she would miss those few students who were paying attention and wanting to learn and working at her direction. They were there to be taught. The rest of the children were never really in her classroom to be taught. They were, therefore, on the wrong program. The right program for these children would be one which would begin with something they could do, and should have been taken through the program until they were truly present, in communication, wanting to learn and working with their teacher toward that goal."

Tracy soon forgot about the cookie company. She recognized that she needed to handle each of the aspects of school life which impeded her from doing what she loved best: teach.

Perhaps our public school system would do well to incorporate Ms. Reeder's recommendations into its teacher retention programs for more effective results.

Ms. Reeder's DVDs "Yoka Reeder on Raising Children" are available for purchase at www.amazon.com

Del Oro Caregiver Resource Center Conference Honors Family Caregivers

In celebration of November's National Family Caregiver Month, please join us for a special presentation entitled, "Healthy Aging: A Guide to Helping You Plan Your Journey". This event is being held Wednesday, November 18, 2009 from 9am - 11:30 a.m. at the Radisson Hotel, Edgewater Rooms D & E, 500 Leisure Lane, Sacramento. Registration begins at 8:30am.

Featuring, Cheryl Phillips, M.D., president of the American Geriatrics Society and locally sought-after speaker. Phillips's shares from her extensive experience working as the Chief Medical Officer of an all-inclusive Bay Area care program for the elderly. Phillips will discuss the various aspects of health as we age and what to expect along the way. Come learn specific things you can do to sustain your health and independence. This event will also feature nationally recognized speaker and poet, Frances Kakugawa. Kakugawa will be reading select poems and selling autographed copies of her book Mosaic Moon.

This conference is free and

open to the public. For additional information and to register, please contact Del Oro Caregiver Resource Center (916) 971-0893.

This event is funded by the

California State Department of Mental Health, Area 4 Agency on Aging and the National Family Caregiver Support Program.

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ERA Real Estate Hails Extended & Expanded Homebuyer Tax Credit Legislation

Tax credit extended for first-time homebuyers and expanded to include qualified current homeowners

Citrus Heights, (Grassroots Newswire) November 11, 2009- Thanks to legislation recently passed by the United States Congress and signed into law by President Barack Obama on Nov. 6, qualified first-time homebuyers and current homeowners have what is likely to be their best and final opportunity to receive substantial assistance with the purchase of a home according to Charlie Young, president and chief executive officer ERA Franchise Systems LLC. "The American Recovery and Reinvestment Act of 2009, offering an \$8,000 credit for qualified first-time homebuyers and which was set to expire at the end of November, has now been both extended and expanded in scope," Young said. Young said the Homebuyer Tax Credit will now be available for first-time homebuyers who sign a binding contract by April 30, 2010 and close on the purchase by June 30, 2010. In addition, the

scope of act has been expanded to include a \$6,500 credit for current homeowners who purchase a new primary residence. Under the terms of the legislation, "current" homeowners must have used the home they have sold, or that is being sold, as their primary residence consecutively for five of the past eight years. Other eligibility requirements apply, including income limits, but individuals who exceed the limit may be eligible for a partial credit, and buyers should seek advice from a professional tax advisor for specific tax calculations, according to Young. For a summary (in PDF format) of eligibility requirements for both first-time homebuyers and current homeowners, visit <http://www.era.com/eraresources/buyingadvice/taxcredit.jsp>. "This legislation will help stimulate a significant level of homebuying activity in the market and, more importantly, it will have a terrific impact on our economy,"

Young concluded. "Given that many leading economists believe the U.S. economy is in the early stages of a recovery, I don't foresee the tax credits being extended beyond the April expiration date. I caution all potential buyers that this is likely to be their last opportunity to take advantage of this generous tax credit." To find out more about the American Recovery and Reinvestment Act temporary federal income tax credit and whether it may be available to you, contact your tax professional or legal adviser; and contact an ERA Real Estate agent by visiting www.era.com to find your new home. According to the National Association of Realtors (NAR), about 1.4 million first-time homebuyers have qualified for the tax credit through August; NAR estimates that 350,000 of these buyers would not have purchased their homes without the credit.

November is National Adoption Month

By Senator George Runner and Assemblyman Roger Niello

November has long been considered the month of homecoming--families getting together to share traditional food and renew bonds. Unfortunately for about 75,000 children in California, there is no home for them to go to. To emphasize the need for these children to find a forever home, November has been declared National Adoption Month. Statewide, California communities will promote and celebrate awareness of adoption with adoption finalizations, agency fairs, candlelight vigils, and ceremonies where willing families will be urged to take the step to welcome into their homes a foster child or other local children seeking adoptive families. November 21st will culminate many different events as the nation and the state celebrate the 10th Annual National Adoption Day. Studies have shown that as many as 1 in 8 families have considered adoption, but don't

know where to begin the process. On November 21, in Sacramento, we will be hosting an event where these families can work with state and local foster care agencies, local adoption centers, law firms, child advocates, and courts to get information about the process and to understand the legal and financial issues involved in the process. Many prospective families have been surprised to learn that adopting a child from foster care is virtually free and that adoptive families receive tax breaks for giving one of California's overlooked children a new, permanent home. The state also provides families and adopted foster care children assistance in creating a permanent, lifelong bond. As we prepare to gather around Thanksgiving tables, we should remember that every child deserves and needs the love of a family. Statistics show that children in foster care who reach the age of 18 without the love and stability of a family or permanent connection are some of the highest at-risk children in the state. Within two to four years of leaving foster care, 50%

of these foster children will be on drugs, homeless, in prison, or dead. However, when these kids are provided the love of a stable, caring family, they go on to thrive, becoming strong individuals who may become healthy, loving parents that break the cycle of neglect and abuse. To find an adoption agency in your area and information about National Adoption Day activities on the internet visit: <http://www.california-adoption.org/county>. To see some of the California children looking for a home, go to: <http://www.cakidsconnection.com/FindChild.php>, where you can learn about each child's interests, accomplishments, lifetime goals, and need for a permanent home. And to learn more about the event on November 21, visit <http://www.communityrenewal.net/pdf/NADfamilyflyer.pdf>. Adopting a foster child is a way for each family in California to make a direct, meaningful, and lasting beneficial contribution to the future of our state.

Pedestrian Struck and Killed While Retrieving Belongings On Freeway

California Highway Patrol Release

On November 7, 2009 at approximately 6:00 a.m., a pick up truck carrying a load of boxes that were not properly secured, lost one of its boxes onto the roadway on northbound SR-51 south of Watt Avenue. The boxes contained hoodie jackets that and were strewn across the lanes. The driver of the pick up truck pulled to the right shoulder and the female passenger got out of the vehicle in attempt to go retrieve the items in the roadway.

Lauren Finicum, a 27 year old from Sacramento was driving a purple 2000 Mitsubishi Eclipse on northbound SR-51 south of Watt Avenue at approximately 70 mph in the #3 lane approaching the debris in the roadway. She suddenly observed a person in the #3 lane bending over to retrieve the items. She applied her brakes but was unable to stop prior to striking the pedestrian. The pedestrian was thrown into the #2 lane where

she was struck by multiple other vehicles. The pedestrian was pronounced dead at the scene. The #2 and #3 lanes were shut down for approximately 3 hours. Finicum was not injured in this collision. The female pedestrians name has not been released pending notification of next of kin. Alcohol and/or drugs do not appear to be a contributing factor in this collision. This collision is still under investigation.

Driver with Multiple Driving Suspensions Hits Motorcyclist

California Highway Patrol Release

On November 6, 2009, at approximately 12:25 p.m., Nakieay Payton, a 31 year old from Carmichael was driving a maroon 1994 Chrysler Le Baron on eastbound Winding Way west of Manzanita Avenue at approximately 15 mph. Edwin Craft, a 37 year old from Citrus Heights was riding a black Harley Davidson Road King motorcycle on westbound Winding

Way in the #2 lane at approximately 30 mph approaching the location of the Chrysler. Payton moved her vehicle into the two-way left hand turn lane and began to make a left turn directly in the path of the motorcyclist. The motorcyclist struck the right side of the Chrysler and he was thrown to the ground. Craft was transported to Mercy San Juan Medical Hospital with serious

injuries which include multiple spinal injuries and lacerations to his hands, face and body. Payton complained of pain to her right hip. Payton was driving on a suspended California driver's license and has numerous prior violations of driving without a license. She also does not have vehicle insurance. This collision is still under investigation.

Pedestrian Struck Crossing Outside of Crosswalk

California Highway Patrol Release

On November 4, 2009, at approximately 8:46 p.m., Edwin Craft, a 37 year old from Citrus Heights was driving a green 2003 Chrysler Mini Cooper on westbound Arden Way east of Ethan Way in the #2 lane. Pedestrian Michael Randall, a

24 year old from Sacramento was running in a northerly direction across the westbound lanes of Arden Way directly in the path of the Chrysler. Craft was unable to avoid Randall and he was struck and thrown into the traffic lanes. Randall was

transported to UCD Medical Center with a broken leg and head trauma. Craft was not injured. Randall was wearing dark clothing and crossing the roadway outside of a marked crosswalk. This collision is still under investigation.

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Sacramento Choral Society's Inaugural Stained Glass Performance Shines Forth



Photos by Paul V. Scholl, Messenger Publishing Group

James Lajoie
Special to the
American River Messenger

The word is out: The SCSO has launched its 2009-2010 season with a new series of concerts in fine style!

On Saturday, November 7 at 8 PM, the Sacramento Choral Society and Conductor Donald

Kendrick inaugurated their 14th season with a new concert series entitled Sacramento Stained Glass: A Tribute to the English Cathedral Tradition. The concert also celebrated the beginning of Donald Kendrick's 25th year on the music and education scene in the Sacramento region.

While the SCSO enjoys the

warmth and intimacy of the UC Davis Mondavi Center for their choral orchestral concerts, they chose to launch their new Stained Glass series back in Sacramento at the recently renovated Cathedral of the Blessed Sacrament. This decision turned out to be an artistic marriage made in heaven.

Under Bishop Weigand's leadership, the Diocese of Sacramento invested \$34,000,000 to restore this 120 year old historical Sacramento landmark. The Cathedral is once again a place of beauty and a center for culture and art with its rich acoustics, recently re-opened dome, and inspirational stained glass windows and art work.

The Choral Society played to a capacity audience of 1150 attendees at their November 7th inaugural concert. SCSO Conductor Donald Kendrick's thoughtful programming of great English works took advantage of the Cathedral's rich resonance. Works by composers such as Stanford, Britten, Parry, Knight, Byrd and Martin filled the

Cathedral, creating a true sense of celebration and nuance at the same time. Organist Stephen Janzen accompanied the Chorus in a masterful way and added great drama and beauty to the performance.

One of the focal points of the evening was a Requiem by English Composer Malcolm Archer. Written in 1994, Archer's Requiem embraced a combination of styles reflecting the music of John Rutter, Morten Lauridsen and Maurice Durufle. Alison Reid's rich and warm soprano voice reflected the musical hope and yearning musically created by Archer. Daniel Yoder's powerful baritone voice soared in such a rich Cathedral setting during the Requiem. His warm delivery transported the audience to another place in a tender and eloquent manner.

The SCSO will launch their Mondavi choral orchestra series with performances of their standing room only Home for the Holidays concerts on Saturday, December 12 at 2 PM and 8 PM. Call the Mondavi Box Office for tickets: 1-866-754-2787.

Concert Two of the SCSO's Sacramento Stained Glass series will be on Saturday, June 5, 2010 at 8 PM at the Cathedral of the Blessed Sacrament. For more information, visit sacramentochoral.com.



(L-R) Jim McCormick, President; Alison Reid, Soprano; Donald Kendrick, Conductor/Artistic Director; Daniel Yoder, Baritone

Meditation for Your Heart, Mind and Soul

December 10th, Thursday evening 6:30 to 9 pm

Learn Simple Meditation & Stress Reduction Techniques; how to regain your lost energy; balance overwhelming stresses and find new clarity in your life.

Workshop includes:

- Reducing Your stress while gaining more personal energy
- Countering effects of modern life anxieties and stresses
- Learn simple techniques to use anytime, anywhere
- How to re-energize Your Daily Life

Healing Your Home

December 15th, Tuesday evening 6:30 to 9:00 pm

Learn How to Create a more loving and healing environment for the holidays. Clear & Set the Energy of Your Home using specific Meditation Techniques.

A perfect workshop for those wanting to create a more loving, healing and graceful living environment within their home. You will learn techniques that will give You the power to manage the energy of Your home or workplace.

Seminar is offered by Rev. Paul V. Scholl

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.



Christ the King Retreat Center, 6520 Van Maren Lane, Citrus Heights, 95621
To register email Rev Paul at go2dlyt@aol.com, or call 916-773-1111.
Each workshop is \$20.



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