



Volume 4 Issue 6

Sam's Club Supports Navy League



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Turbulent Times?



Dr. Thelma, Woman of the Year

Page 13

Page 3

Page 6

Page 9

Second Edition for March 2009

\$76 Million in Economic Stimulus Funds for Transit and Roads



The Sacramento Area Council of Governments (SACOG) Board of Directors today authorized \$76 million for transportation projects in Sacramento, Sutter, Yolo and Yuba counties. This is in addition to \$32 million authorized in February for road rehabilitation. The amounts are based on the region's estimate of funds from the American Recovery and Reinvestment Act signed by President Obama in February. The decision today includes some transit funding for Placer and El Dorado counties. The Placer County Transportation Planning Agency and the El Dorado County Transportation Commission Planning award road funds and а portion of transit funds for their counties. SACOG has been working with Senators Boxer and Feinstein, and Congressmembers Herger, Lungren, Matsui, McClintock, Tauscher and Thompson to ensure that these funds come to the region. Several members offered their thoughts on the action:

Projects receiving funding range from trail track relocation at the downtown Sacramento Railyards; makinglocalstreetssafeandaccessible for pedestrians, bicyclists, drivers and transit; replacing and adding new buses, and maintaining existing buses and light rail. SACOG anticipates at least \$120 million for the six-county region, but the total amount the region will receive for transportation from the American Recovery & Reinvestment Act is not yet known. The state of California, through Caltrans, will control some of the funds. The U.S. Department of Transportation and Caltrans have not specified the exact amount that the region will receive, although based on past formulas, SACOG is anticipating total of approximately а million in road funds \$72 and \$37.8 million in transit funds. Transportation projects must be ready to send out to bid (obligated) by

ready to send out to bid by August 29. For more information visit www.sacog.org/stimulus. Projects Authorized for Recovery American and Reinvestment Act Funds by SACOG Board include: City of Citrus Heights, Greenback Lane pedestrian safety project for \$1,500,000, City of Rancho Cordova, International Drive extension and Folsom South Canal Bridge for \$1,050,000, Sacramento MetropolitanAirQualityManagement District for Bicycle parking (racks) \$310,000, Sacramento Regional Transit District (SRTD) Preventative maintenance for \$946,296. SACOG coordinates transportation planning, funding and project delivery for Sacramento, El Dorado, Placer, Yolo, Sutter and Yuba counties and the cities within them. For funds distributed through Caltrans, Placer and El Dorado counties make their own funding decisions. SACOG also engages elected officials in land use and other regional issues.

Garbeau's Theater Survives Looks Forward to New Lease on Life

When the last of this past sold-out weekend's three audiences left Sunday evening, Garbeau's owners and staff stayed to celebrate. "We did it!" exclaimed CEO and co-owner, Mark Ferreira.

Garbeau's launched a capital campaign in February to come current on rent and to satisfy other requirements set by landlord Andy Lakha. Five days before their March 16th deadline, they announced their final make-orbreak goal of \$8,000. Ferreira says the community responded by attending "our biggest karaoke night ever" and selling out the weekend's three evening performances.

Though short of the \$100,000 goal set last month, Ferreira said the public response had an impact. "We remain surprised at the degree the media picked up

this story," explained Ferreira," and our landlord seemed equally surprised." After seeing the coverage, landlord Andy Lakha waived some conditions including a requirement for Garbeau's to find an investor to personally guarantee the remainder of their five-year loan.

Quick to thank the media and community as a whole, Ferreira also recognizes other regional theatre companies who had pledged to honor Garbeau's season passes if the fundraising effort failed. "In this economy, we will still continue to struggle alongside other performing arts venues," Ferreira said, "but we remain hand-in-hand and look for ways to thank them, to sustain each other, and to remind people to keep the arts by supporting the arts."



Mark Ferreira, CEO, Garbeau's

deadline met, Lakha agreed to meet on March 18th to renegotiate the venue's rent. Their building, the historic Nimbus Winery, is owned by Lakha Investments Co., which is headquartered in Bellevue, Washington.

More information can be found at www.garbeaus.com or by calling Garbeau's box office at (916) 985-6361.

Ferreira says that with the

Tax Day Tea Parties Expected to Number More Than 1,000 'We don't necessarily need mainstream media anymore'

Civitas Academy Enrollment Shatters All Expectations – Second Class to Be Formed

May 29. Transit projects must be

PRESORTED STD. **US POSTAGE** PAID PERMIT 32 Rancho Cordova, CA

Rio Americano High School's Academia Civitas, Calfornia's only high school partnership academy offering specialized curriculum in government, public policy and legislative internships, completed its Fall '09 recruitment earlier this year, resulting in a already-full class and a significant wait list for admission. In response, the Civitas enrollment deadline is being extended to April 1st, and a second class is currently being formed. For those unfamiliar, Academia Civitas is a 4-year program, entering its sixteenth year in providing students a civicsoriented, college preparatory education, encompassing the study of public policy and issues on a local, state, national and international level. Students participate in internships, attend

workshops and forums, direct community projects, and are exposed to a broad variety of speakers and perspectives. Additionally, students may receive up to a full semester of transferrable college credit their Civitas classes. for

If you believe your student would benefit from, or has an interest in exploring the world of government and public service, while developing the critical thinking skills that will serve him or her for a lifetime, then please contact Ms. Linda Reed, Civitas Coordinator @: 916-971-7517; or you may e-mail (a): lreed(a)sanjuan.edu. her Applications and enrollment criteria for Academia Civitas may bedownloadedat: http://riocivitas. Intra-district and intercom. district transfers are available.

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While WND has been tracking 170 individual tea parties across the nation, one group has announced it is planning rallies in 1,000 cities and towns on April 15. The American Family Association,

or AFA, is coordinating 1,000 Taxed Enough Already, or TEA, parties to be held at 12 p.m. in front of city halls across the nation.

The organization launched a Tea Party Day website just days ago so volunteer organizers may register their protests with AFA. The website also provides a list of other protests across the nation that are not organized by AFA.

Tell Congress to stop spending America into the ground! Sign the WND petition demanding lawmakers stop the bailouts, stimulus bills and march toward socialism and national destruction.

Michael DePrimo, special counsel to AFA President Tim Wildmon, told WND that AFA has been inundated with e-mails from citizens who want to attend or organize tea parties in their own cities. "We're trying to get people to attend

these and we're also encouraging others if there is no tea party in their community to start their own," he said. "All we're trying to do is really generate activity to try to try to get people to attend these rallies to really send a message to Washington."

The group encourages tea party attendees to bring a cell phone and call the president, 202-456-1414, and Congress, 202-224-3121, while attending the rallies.

While many mainstream media outlets have provided little to no coverage of the nation's numerous tea parties so far, DePrimo said the growing movement is proof that Americans no longer need them to launch a widespread revolution.

"Ithink the media does whatever the media choose to do," he said. "We're all aware that the media have a liberal bias. I suppose if it's big enough, they will report on it. If they think it really may spur some change in Washington that the media elites don't want, they may ignore the story altogether."

De Primo continued, "The good news is that with the Internet, Facebook, texting and with all the ways we can communicate today, we don't necessarily need the mainstream media anymore. The message can get out without them."

AFA lists tea party organizers from various cities to coordinate the April 15 events and is rapidly adding more by the day. DePrimo said volunteers who do not see their location on the list should visit the Tea Party Day website to add their tea party information. The current list includes the following towns and cities in (excerpted) California

Highland, Camarillo, Fontana, Lancaster, Roseville, San Clemente, Cambria, Spring Valley, Lakeside, Exeter, San Jose, Pleasanton, Yuba City, Turlock, El Cajon, Sacramento, Rancho Ventura, Palos Verdes, Fresno, Porterville, Palmdale, Valencia, San Marcos, Modesto, Orange, Woodland Hills, La Palma, Fremont, Temecula, Rancho Cucamonga, Valencia, Taft

California times close to this newspapers distribution; Citrus Heights – Wednesday, April 15, from 3:30 p.m. to 6 p.m., intersection at Greenback Lane and Sunset Boulevard Sacramento - Wednesday, April 15, from 12 p.m. to 3 p.m. at state capitol building on L Street San Francisco – April 1 from 11 a.m. to 1 p.m. at Civic Center Park, one block from Nancy Pelosi's office at 450 Golden Gate Ave. San Francisco – April 15 at 1 p.m., location not yet chosen.

Chelsea Schilling is a staff writer for WorldNetDaily.

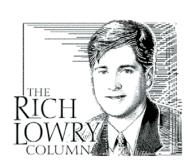
Chamber Offers Ireland Adventure

The Citrus Heights Regional Chamber is traveling to Ireland from November 3rd to the 12th experience the beautiful to countryside, interesting history and hospitable culture this country has to offer. This vacation includes visits to Dublin, Kilkenny, Kilarney and and the Cliffs of Moher. You will have the opportunity to kiss the Blarney Stone, shop for traditional Irish goods

handcrafted by local artisans, and enjoy a time-honored Irish jaunting car ride. This trip also includes visits to some of Ireland's famous castles including an overnight stay in Cabra Castle and dinner on the grounds. Chamber partners, Collete Vacations and Giselle's Travel, have provided a first-rate vacation package with four or five star hotel accommodations, delicious meals and knowledgeable tour

directors. Many of your meals are provided on this luxurious vacation with eight breakfasts and five dinners included in the reasonable price of \$2,999.

For more information about traveling with the Chamber to Ireland, call the Chamber Office at (916) 722-4545 and ask for Bettie Cosby or email Bettie (a) Ch Chamber.com.



"read my lips" no-new-taxes

pledge in his acceptance speech

at the Republican Convention in

August 1988, and broke it two

years later. That seemed a fast

turnaround, but President Barack

Obama has outpaced him by

making, and then signaling his

intention to break, a no-new-taxes

"If your family earns less than

\$250,000 a year," Obama said

in his speech to Congress, "you

will not see your taxes increased

a single dime. I repeat: not one

Unless, that is, your family

pays a utility bill. Earlier from the

same podium, Obama exhorted

Congress to send him "legislation

carbon pollution." This cap-and-

trade program would increase

the cost of energy for everyone,

regardless of income. It is a broad-

based (if indirect) tax increase of

the sort the casual listener would

have thought Obama ruled out in

Obama's recently released

budget outline proposes using

revenues raised by cap-and-trade

to fund his "making work pay"

tax credits that were part of the

stimulus bill. Of those credits,

Obama said, "The recovery

plan provides a tax cut -- that's

right, a tax cut -- for 95 percent

of working families." This was

a central Obama pledge during

the campaign, although he never

mentioned he'd fund it with a

countervailing tax increase on

working families and everyone

Obama is a talented, but a

wily and dishonest, salesman.

Nineteenth-century pol Martin

Van Buren earned the sobriquet

"the little magician" for his skillful

manipulation of New York's

political machine. Obama is the

rhetorical magician, depending

-- as all magicians do -- on deft

else.

categorical language.

single dime."

pledge all in the same address.

Obama the Rhetorical Magician

sleight of hand. George H.W. Bush made a

In his speech, Obama didn't want his listeners to think he's a big-government heir to Lyndon Johnson, so he talked of slashing waste. He said his team had begun going "line by line" through the budget, and "we have already identified \$2 trillion in savings over the next decade."

In common parlance, "savings" is taken to mean ... well, savings. But half of this \$2 trillion is accounted for by Obama's planned tax increases on the rich -- in other words, he has identified revenue, not savings. Much of the rest is arrived at by assuming the Iraq War would cost \$170 billion a year for the duration, even though Obama has long planned a drawdown. Obama portrays that places a market-based cap on himself as ruthlessly paring back government when he is simply raising taxes and leaving Iraq.

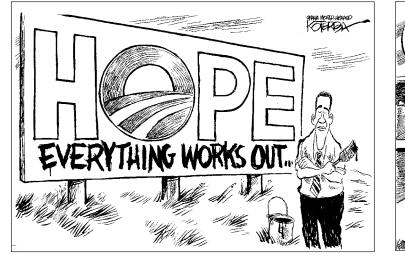
> Evenasheexpandsgovernment, Obama forswears any interest in expanding government and says he's scaling back: "Everyone will have to sacrifice some worthy priorities for which there are no dollars, and that includes me." Really? His budget increases discretionary spending by 12 percent next year. To paraphrase Bob Dole, where's the austerity?

> Obama prides himself on a facility with words that has fueled his political rise. He clearly respects words, including their power to manipulate and mislead. "A good catchword," Oliver Wendell Holmes said, "can obscure analysis for 50 years." To pass a vast program changing the relationship of American government to its citizens, Obama only needs to obscure analysis for about a year.

Rich Lowry is editor of the National Review.

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Reviving Liberty Will Take Courage

by Charles G. Mills

Five Republicans have been elected president since World War II. All of them, at least to some extent, wanted to decrease the size of the federal bureaucracy. President Reagan had the most success of the five, but all left office with a larger, more powerful, and more intrusive civilian bureaucracy than they inherited. Although each president had some people in the administration who were willing to reduce the size of the federal government at the expense of their own power, many others were seeking to cut the federal government in someone else's department.

We already have federal control of agricultural production, standardized federal testing in the schools, the suppression of their traditional religious mission by most universities, a uniform national minimum drinking age, massive federal interference in the health insurance industry and in hospital administration, and standardization of everything from highway and airport signs to drivers' licenses. We are facing major steps toward socialized medicine, significant federal ownership and control of our largest banks, federalization of mortgage lending, hundreds of thousands of new federal civilian jobs, and a general takeover of our lives by the federal government. All that remains is to nationalize the fashion police, and we will have conception to euthanasia totalitarianism.

The road to bringing liberty back to life does not run through the White House. That route has failed five times already. It is

through two institutions: state governments and churches. Choosing this route will require the courage to turn down federal money when strings are attached and the will to face down the federal government.

Such courage is not impossible; it has been displayed before. In 1961, the federal government created federal student loans. Students who wished to receive these loans had to take an oath similar to the one required at the time for a passport. While some students formed a national organization in support of such an oath, others opposed it. Several universities simply refused to allow their students to borrow under the program. During the second year of the program, the number of universities boycotting it grew so large that Congress caved in and canceled the oath requirement.

Conservative state office holders will have to risk a lot and endure unpopularity when they turn down federal money. This cannot be done successfully by one, or even a few, states. It will only work if a significant number of governors, with the support of their legislatures, target an unpopular federal mandate, refuse to accept federal money linked to it, and stay the course during their initial unpopularity. This will require the development of young conservatives who believe in states' rights and are not willing to be sent to Washington. This can work many times, but not enough to really alter the balance of power against the federal government and in favor of the states.

Our Constitution provided for a militia as a balance against federal power. Today, almost the entire militia -- the National Guard -- is financially supported by the federal government and subject to orders from the president. Even in those states that have significant elements in their militias that are not federally recognized, the National Guard is the best-equipped and best-trained part of the militias. If states really want to stand up to the federal government, they must enlarge the independent part of their militias and make them the elite core of the states' forces. States must recruit at their own expense and develop their own sophisticated 21st-century weapons. This is going to require complete solidarity by a number of conservative governors.

Bringing liberty back to life will take more than changing power relations. It will also require a change in our national character. It will require recognition that every abortion is an assault on everybody's right to life. It will require recognition that it is unjust to minor children if one of their parents walks away. It will require recognition that the traditional family -- not the government or an imitation family -- is the first guardian of liberty. It will require recognition that chemical and mechanical contraception creates a psychological distortion that frequently develops into an acceptance of abortion.

Creating character is the function of the family and the church, not the state. Most heads of family will take their lead from their church. An America that truly loves liberty will only come if that minority of our churches that are not hopelessly corrupt put aside unimportant issues and concentrate on the right to life, the importance of the traditional family, the non-negotiable duty of every politician to oppose legal abortion and euthanasia, the right of the church to teach and enforce its teachings in its universities and hospitals, and the dangers of contraception to liberty.

This is going to require courage and leadership not only from bishops, but from all clergy, teachers, and others in authority. It is going to require a willingness to break the addiction to federal money for religious universities and hospitals. It is going to require a willingness to confront some of the most powerful politicians in the country when they stray from the will of God. It may not be enough to excommunicate them privately; it may have to be done publically.

The revival of liberty requires more than winning presidential and congressional elections. It will require a new generation of leaders both in church and state government capable of turning down everything Washington has to offer.

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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.

See his biography and other columns at http:// www.fgfbooks.com/Mills-Charles/Mills-bio.html.

For more information, see www.fgfbooks.com.

Eric Holder's America: A Different Land

by Allan C. Brownfeld

In an incredible speech to employees at the U.S. Department of Justice, Attorney General Eric Holder declared: "Though this nation has proudly thought of itself as an ethnic melting pot, in things racial we have always been and I believe continue to be, in too many ways, essentially a nation of cowards." He charged that, "We, as average Americans, simply do not talk enough with each other about race."

Callingthosewithwhomheseeksdialogue "cowards" may not be the best way to move forward. Clearly, Mr. Holder, our first black attorney general, sought to be provocative. The question raised in many American minds, of all races, is quite different from the one Mr. Holder suggests. It is whether he is living in the same country as the rest of us. The fact is that America has undergone dramatic change in recent years, change that most black commentators recognize and applaud. The election of our first black president is only part of it. In her book, The Breakthrough: Politics And Race in the Age of Obama, Gwen Ifill, managing editor and moderator for "Washington Week" on PBS, focuses on a number of black politicians who, she argues, are transforming American politics. They are children of the civil rights movement, who were born in the 1960s and 1970s and grew up "in a world shaped by access instead of denial." The book is structured around several prominent figures. Cory Booker, the mayor of Newark, New Jersey, an all-American tight end with degrees from Stanford, Oxford, and Yale, presided over a dramatic drop in his city's crime. Deval Patrick, the Massachusetts governor and a Harvardeducated lawyer from Chicago's South Side, became the state's first black governor "without as much as a dogcatcher's election under his belt." Congressman Artur Davis, who sidestepped both Alabama's black and white political establishments while fending off attacks by the Rev. Al Sharpton, declared that, "Everybody of our color is not our kind." Ifill moves beyond these well-known figures and highlights others such as Lisa Borders, the Atlantic City Council president, who battles accusations that she is not "black enough." Borders declares: "You told me to go to school, get my education. You told me to pay my bills in full on time. You told me to give back to the community --Exactly where did I lose my blackness?" Another figure is South Carolina State Rep. Bakari Sellers, who sees more commonality than difference among his underprivileged black and white constituents. "If you're poor and black in South Carolina, or poor and white in South Carolina, you face basically the same issues." While Barack Obama is the most visible member of this new generation of black political leaders, Ifill points out that he is hardly alone: "The bench is deep, crammed with mayors, state law makers, and other rising stars poised to grab at the next brass ring.' David Axelrod, Obama's key adviser as candidate and now as President, describes

his "postracial" strategy, noting that "the story of this race is that race didn't play the decisive role that people thought it would."

Eric Holder may not have noticed that, as Barack Obama took office, far fewer black and white Americans said they view racism as a "big problem" in American society than said so in mid-1996, according to a Washington Post-ABC News poll. The survey found that just over 25 percent of all Americans said they see racism as a large societal problem, less than half of the 54 percent who said so about a dozen years ago.

Richard G. Hatcher, who became one of the nation's first black mayors when he was elected in 1967 to lead Gary, Indiana said he believed the 2008 election would reshape the perceptions that blacks and whites have of each other. "That's the great hope," Hatcher states. "We do not have to be absolutely obsessed with the issue of race anymore. There's no reason why the vision of America cannot be real." Newsweek columnist Ellis Cose notes that when he wrote The Rage Of A Privileged Class in 1993, "I argued that many successful black Americans were seething about what they saw as the nation's broken promise of equal opportunity Now, Barack Obama sits in the highest office of the land and a series of high-powered African-Americans have soared to the uppermost realms of their professions. The idea of a glass ceiling is almost laughable. Serious thinkers are searching for a new vocabulary to explain an America where skin color is an unreliable marker of status.... America, in the last decade and a half, has come much further than many thought it could. The rage I wrote about has not vanished, but it has been greatly tempered with more than a modicum of hope."

Holder has "insufficient appreciation of generational change.... Remember those young Obama supporters chanting 'race doesn't matter' at his victory rallies during the primaries? For them and others in their generation, racedoesn'thold the same power."

For those of us old enough to have lived in the South during the years of segregation, the changes we have seen were hard to imagine 50 years ago. As a student at the College of William and Mary in Williamsburg, Virginia, I lived in a place and time when blacks could not eat in public places frequented by whites. Each public place had four restrooms, "Black Men," Black Women," "White Men," "White Women." Our little movie theater did not have a balcony, so a segregated section was created by roping off several aisles for the use of black patrons. Blacks not only could not attend the college as students. but they were not welcome as speakers. In my junior year, as an officer of the Political Science Club, I and several of my fellow members decided that it was time for a change. We invited the distinguished president of the Hampton Institute -- the black college down the road -- to address our group. Dr. Alonzo Moron (who went on to become president of the American Red Cross and governor of the Virgin Islands) came to Williamsburg; we managed to take him to dinner at the Williamsburg Inn (his light complexion helped a great deal). His address was academic and non-controversial. The result: our group was thrown off campus and I was called to the president's office. At this time, I had already been writing a column in the school paper each week and wasrecognized as something of a conservative. The president said, "I am surprised at you; I thought you were a conservative." I replied that racism was not one of the

things I wanted to conservative. We had our next meeting at the Methodist church.

Eric Holder is living in a time warp. We now live in a society that is a model for the world -- in which men and women are judged on their individual merit, not on the basis of race, religion, or ethnic background. Far from being "a nation of cowards," we are a society that has been able to confront problems and move to resolve them.

More than 50 years ago in the South, many of us strove to alter the old racial patterns. Beyond the expectations of many, this was accomplished. America is not perfect, as our current economic and other problems show us all too clearly. But it is not the America Eric Holder sees. Perhaps he can be persuaded to remove his blinders and see our society as it really is. Perhaps he can find it within himself, finally, to take "yes" for an answer.

Μ ESSEN E R G

"Written by the people for the people" Publisher - Paul V. Scholl



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The Washington Post charges that Eric

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For a complete biography and to read this column on-line, seehttp://www.fgfbooks.com/ AllanBrownfeld/aBrownfeld-bio.html .

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Sams Club Supports Navy League



From left to right - Sam's Club employees, Larry Turner, Sam's Club Store Manager, Joe Fraccola VPNLC & PAO, Tal Norwood, SVPNLC, Sam's Club employees

On Friday, February 30, Citrus for Communications, accepted the Heights, Sam's Club Store Manager, Larry Turner, presented the council with a grant check for \$1,000. Joe Navy League Sacramento Council, Fraccola, the council's vice president presented a Certificate of Appreciation

check on behalf of the council.

Joe Fraccola, on behalf of the

Eltorai of Gold River Named to Dean's List at Washington University in St. Louis

(Grassroots Newswire) - Adam Eltorai of Gold River (95670) was named to the Dean's List for the fall 2008 semester at Washington University in St. Louis. Eltorai is a graduate of Sacramento Country Day School in Sacramento, CA, and is enrolled in the university's College of Arts & Sciences. To qualify for the Dean's List in Arts & Sciences, students must earn a semester grade point average of 3.5 or above and be enrolled in at least 14 graded units.

Washington University is counted among the world's leaders in teaching and research, and it draws students and faculty to St. Louis from all 50 states and more than 125 countries. More than 13,500 undergraduate, graduate and professional students enroll each year. The university's 3,140 faculty teach in seven schools: Arts & Sciences, Olin Business School, Sam Fox School of Design & Visual Arts, School of Engineering & Applied Science, School of Law, School of Medicine and George Warren Brown School of Social Work. Twenty-two Nobel laureates have been associated with Washington University, with nine doing the major portion of their pioneering research here.

to Larry for the generous gift. The Grant will be used in our community to help the Navy League

bulid America's future through

successful youth programs like the Navy

Sea Cadets Corps and the Navy League

Foundation Scholarship Program. The

Sacramento Council, charted in 1956, is

involved in supporting and promotiing

youth-oriented organizations and

activities in Sacramento such as the

Sea Cadets, the Young Marines, and

the Navy JROTC program at Luther

Burbank, and the Marine Corps

JROTC program at J.F. Kennedy

HIgh Schools. The grant will also be

uded to purchase equipment, awards,

adminstrative supplies, maintenance

and repair of equipments as needed.

Joe Fraccola, Public Affairs Officer,

For more information call

916-638-8720.

The university offers more than 90 programs and almost 1,500 courses leading to bachelor's, master's and doctoral degrees in a broad spectrum of traditional and interdisciplinary fields, with additional opportunities for minor concentrations and individualized programs.

Do You Know This Woman?

You will soon. She is daring to take on Nancy Polosi for her seat in the House of Representatives in the next general election. A staunch Republican, smart, experienced and focused, DANA WALSH was elected seven times to the San Francisco Republican Central Committee. She is also a Senior Advisor to the San Francisco Republican Assembly, and very involved in community projects. Quite a record for this petite, blond independent business

woman. Dana will be speaking at the Sacramento Republican Women's Luncheon on Wednesday April 1st. But don't be fooled by the date! You'll want to come and hear her thoughts on where our focus should be for the future. The luncheon is scheduled for 11:30 AM on April 1st. at North Ridge Country Club, 7600 Madison Avenue, Fair Oaks. Luncheon Cost is \$25.00. Call Cammie at 939-9560 for reservations.

Sacramento Blue Star Moms Have Gone to the Dogs vets, they will even teach you to train A fully trained service dog is free of

your own dog to help with chores.

is a program that offers fully trained

service dogs free of charge for wounded

veterans. Service dogs are trained for

mobility, balance, and psychiatric

responses. Many of the returning

wounded troops from the Iraq War could

benefit from having a mobility and/or

psychiatric service dog in their healing

and reintegration into civilian life.

Paws for Vets will be moving into new

offices at Mather Field where they

will be closer to the Veterans hospital.

They are hoping to increase their

ability to train service dogs as they

will be working with the Transitional

Housing at Mather. The Transitional

housing tenants will be raising the

puppies, learning how to train and

groom them. Upon graduation from

the Transitional housing center, the

tenants will have a marketable skill

of dog trainer and dog groomer.

love for dogs and my commitment

to the troops and veterans combine.

Now I am in a position to have my

Within the next few months, Four

Four Paws for Vets, in Fair Oaks,



Do you love dogs? Do you support our military men and women? Now is the time to combine these two. The Sacramento Blue Star Moms is a support and service group in the greater Sacramento and surrounding areas. We are Moms, Family and Friends united in support of our men and women in the Armed Force of the United States of America. Two to three times a year we send care packages out to the troops.

It was after one of these carepacking sessions that I thought about the military dogs. As a dog lover, I wanted to do something for the dogs that are working overseas. In my research I realized that the dogs are under strict diet guidelines from the military veterinarians. So I had to find another way to show my appreciation of the dogs and the military. Further research lead me to a center

here in Sacramento that trains dogs, trains vets to train dogs for other

American Households Would Face Annual Burden of \$144.8 Billion Under Cap-and-Trade System

With climate change legislation becoming a top Congressional priority in recent months, a new study shows that a cap-and-trade system curbing greenhouse gas emissions would place an annual burden of \$144.8 billion on American households. The average annual household burden would be \$1,218, which would be approximately 2% of the average household income.

In Tax Foundation Working Paper No. 6, "Who Pays for Climate Policy? New Estimates of the Household Burden and Economic Impact of a U.S. Cap-and-Trade System," Tax Foundation Adjunct Scholar Andrew Chamberlain explains that this burden would be disproportionately borne by low-income households, those under age 25 and over 75 years, those in southern states, and single parents with dependent children. The bottom 20 percent of income earners has an annual cap-and-trade burden that is equal to 6.2% of their household cash income. The second quintile has a burden equal to 3.2% of household cash income, the third quintile 2.4%, the fourth quintile 2.0% and the top quintile 1.4%.

"Lawmakers weighing the costs and benefits of climate policy should be aware that cap-and-trade would impose a significant and regressive annual burden on U.S. households," Chamberlain argues.

Chamberlain also observes that with lawmakers facing two basic options for climate policy (a federal carbon tax, or a cap-and-trade system), cap-and-trade is often viewed as more politically attractive because of lawmakers' unwillingness to be associated with explicit tax increases, but it would not represent a "tax free" way to reduce greenhouse gas emissions.

charge to the vet. It cost nearly \$10,000 to raise a puppy; this includes puppy shots, food, equipment, and training. A \$700.00 donation will provide an adult dog, equipment, and six months of training for a wounded veteran. The Sacramento Blue Star Moms will be hosting a booth at the Sacramento Kennel Club show April 9-12, 2009 at Cal Expo to collect donations for the training of service dogs for the veterans. We will have a booth inside the grounds, near the racetrack. If you come to enjoy the show, stop by the booth Thursday through Sunday. We will, also, have a booth at the main entrance turn around on Saturday and Sunday, if you don't wish to enjoy the show. It will make for an easy drop by donation after Easter Services.

You can also reach the Sacramento Blue Star Moms at support@ sacramentobluestarmoms.org or www.sacramentobluestarmoms.org.

You can get information about Four-Paws for Vets at fourpawsforvets@ gmail.com or google: Four Paws for Vets. See you at Cal Expo April 9-12, 2009.

"A cap-and-trade system offers lawmakers a way to curb greenhouse gas emissions through regulations rather than tax increases - a less visible approach that enjoys the popular perception of being less burdensome to households," says Chamberlain. "Contrary to this perception, economic theory teaches that cap-and-trade and carbon taxes impose nearly identical economic burdens on households."

Working Paper No. 6 can be found at http://www.taxfoundation.org/ publications/show/24472.html.

The Tax Foundation is a nonpartisan, nonprofit organization that has monitored fiscal policy at the federal, state and local levels since 1937.

To schedule an interview, please contact Matt Moon, the Tax Foundation's Manager of Media Relations, at (202) 464-5102.

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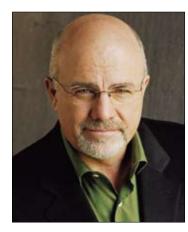






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Dave Says



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 Ramsev 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.

Ramsey earned his Bachelor of Science degree in Finance and Real Estate from the University of Tennessee. A frequent speaker around the country at large-scale live events, Ramsey is a passionate and inspiring presenter who is at ease on both sides of the mic. More than 500,000 people have attended Ramsey's live events. He resides with his wife, Sharon, and their three children, Denise, Rachel, and Daniel, in Nashville, Tennessee.

Heading For An **Emergency**

Dear Dave.

My husband has Hepatitis C, and at this point his only option is a liver transplant within the next two years. We make about \$70,000 a year, but we also have \$25,000 in debt. He's still able to work right now, and we have health insurance, but how should we begin preparing for the operation and medical bills? - Nikki

Dear Nikki,

God bless you guys. This is going to be really tough. You're going to face a lengthy loss of income, and sky-high medical bills even if everything goes well. I'm really sorry you have to go through this. Life can be hard enough without major health issues knocking you over.

The good news is that there's something you can do about all this, and it all starts with saving. First, set aside an emergency fund of three to six months of expenses as quickly as you can. In your case, I'd recommend leaning toward the six month side, because you'll be facing a real emergency pretty soon. Second, you guys need to have no life for the next year or two, and get very serious about paying off as much debt as possible after you get your emergency fund in place. I'm talking about following a very strict budget, and living on rice and beans. Bottom line? The less debt you have, the better off you'll be. Wouldn't you love to be debt-

free and have six months of expenses in the bank before they perform this operation? You can do it, if it becomes important enough to make it priority one.

- Dave

Mortgage Insurance is a **Ripoff**!

Dear Dave,

My wife and I just had our first child. Not long before that we bought a house, and since then we've been getting calls and letters about buying mortgage protection insurance. They say it would pay off the mortgage if we die. Our mortgage is \$114,000, and we're both 26-years old. Is this a good idea? - Robert

Dear Robert,

No, it's not a good idea. Mortgage insurance is a ripoff, and here's why. This stuff is nothing more than a life insurance policy with the word "mortgage" stuck on the front. They make it sound like a highend, specialized product, and they jack the price way up! Sometimes you can get guaranteed issue if you become very sick and can't get insurance anywhere else, but other than that it's just a racket.

At your age, if you're healthy, you could easily get \$250,000 on a 20-year level term life insurance policy for \$12 to \$15 a month. Then, if something happened to you, your wife could pay off the house with the insurance money, and still have some left over.

I always recommend a good, level term life insurance policy not just to cover your mortgage - but for eight to 10 times your annual income. You've got a responsibility to take care of your family now, and in the event that something unexpected happens, and you're no longer around! - Dave

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

POPPOFF! with Mary Jane Popp **INSTANT PERSUASION**

Could it be true that men are from Mars and women are from Venus, and never the twain shall meet? Some say...'tis true...but not Laurie Puhn. From CNN to the New York Time to my Radio show "POPPOFF" Laurie just says it ain't so. Men and women are not different. Biologically...yes! But she says, "believing that men and women are different is like believing that an apple a day will keep the doctor away." And that includes the

typical gender gap gossip. Laurie is a Harvard-educated lawyer, dynamic speaker, communication expert, and author of the highly acclaimed "Instant Persuasion" How to change your words to change your life. So Dr John Gray, listen up!

Laurie says it's time to stop excusing and accusing each other for behaving like a man or like a woman. It's time to apply equal standards to both sexes. And here is the best part. Laurie claims when we change our mindset and employ the Instant Persuasion rules of communication, your marriage becomes a lasting partnership, dating becomes easier, and your relationship will blossom! There are some empowering rules:

- 1) Complain with impact
- 2) Disagree without being
- disagreeable 3) Rein in roaming anger
- 4) Right your wrongs
- 5) Find factual solutions
- 6) Don't take sides
- 7) Punch With A Smile
- 8) Avoid Empty Gestures
- 9) Don't Cave Under Pressure

And she tells us how to handle each situation with real-life stories and change how we communicate forever. And she goes through some

very agonizing myths we need to hear about and how to handle like:

MYTH #1: If a man wants to be happy, he should always agree with his wife.

TRUTH: If a man wants to be happy, he must respectfully disagree with his wife. Disagreement is normal, but there is a right and wrong way to disagree.

RULE: Disagree without being disagreeable. If you disagree before you give your spouse a chance to explain herself, anything you say will create a conflict. Instead, respectfully ask your spouse, "Why do you think that?" and listen to the answer... before you disagree. Then you've set the foundation for productive conversation.

MYTH #2: A woman shouldn't complain. She should aim to please if she wants to keep her man.

TRUTH: Voicing a complaint can strengthen a relationship, when it is constructive, not destructive. Be a constructive complainer so you disarm and charm your mate.

RULE: Complain with impact. Think of a possible solution to the problem and then state the complaint and the possible solution in the same conversation. This directs the conversation toward a cooperative effort to resolve the issue.

Laurie claims the words we choose...whether we're apologizing, criticizing, disagreeing, delivering a complaint, or asking for a favor... can make the difference between understanding and misunderstanding, connection and disconnection, getting what we want and watching it slip away. It's called "Instant Persuasion" and it does. For more info, check out www. smartcomments.com. This is a book that puts values into action. So go for it!





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Check out the "POPPOFF" Radio show live Monday thru Friday AM-950 KAHI at 3 PM & 10 PM for provocative fast-paced informational and entertaining radio listening!

Curves Supports Communities Nationwide

With 11th Annual Food Drive

Citrus Heights, CA (Grassroots Newswire) March 4, 2009 -- During the month of March, Curves of Citrus Heights will participate in the 11th Annual Curves Food Drive to benefit local food banks. Collectively, over the past five years, nearly 50 million pounds of food were distributed to local communities all over the world through

"The Curves Food Drive is always exciting," said Helen Gutch, the owner of the Citrus Heights club, located at 8071 Greenback Lane, Citrus Heights. "We have a chance to help so many people at a time when the food banks are lowest. Especially during these uncertain times, this food is needed more than ever It's a win-win situation

workout that combines strength training and sustained cardiovascular activity through safe and effective hydraulic resistance. Curves also works to help women lose weight, gain muscle strength and aerobic capacity, and raise metabolism with its groundbreaking, scientifically proven method that ends the need for perpetual dieting. Founders Gary and Diane Heavin are considered the innovators of the express fitness phenomenon that has made exercise available to around 4 million women globally, many of whom are in the gym for the first time. With nearly 10,000 locations worldwide, Curves is the world's largest fitness franchise. For more information, please visit: www.curves.com.

Volunteers Needed for Project Success at Sylvan Middle School

Dear Community Partner:

Sylvan Middle School, and San Juan Unified's Prevention and Intervention Office are excited to begin Project Success, a pilot program aimed to assists students who would benefit from additional academic support. To make this opportunity a success, we need your help! We are in need of adult volunteers as Mathematics and English tutors, on Tuesdays during the school day. You will work with students ages 12-14, in grades 7 or 8. Project Success, provides support to students who would benefit from working in small learning groups, as well as developing skills in goal setting, organization, and communication.

The level of Mathematics is, Pre Algebra which includes introductory Algebra skills. The reading support consist of short, timed reading passages and reading comprehension. Scheduling of student groups, supplies and curricula will be provided. Additionally, there will also be a trained credentialed professional in the room to support you.

and to schedule a time that works best for you. Renee may be reached at the number or e-mail below.

We look forward to hearing from you!

Jeff Banks, Principal Sylvan Middle School

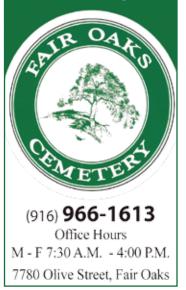
Renee Mello Supervisor, Prevention and Intervention San Juan Unified School District Ph: (916)979-8601 Fax: (916)971-7767 E-Mail rmello@sanjuan.edu

the Curves Food Drive.

Curves of Citrus Heights is also giving back to the community by waiving its normal service fee for any new member who brings in a bag of non-perishable groceries and joins between March 9th and March 28th. This promotion will help the women of Citrus Heights manage their weight and their wallets by joining Curves for free, while also helping feed hungry people in the community.

Endowment Care Cemetery District

Established 1903



for everyone, and we're very proud to participate.'

Others wishing to donate may drop off non-perishable food items at Curves Monday through Friday during business hours through the month of March. For more information, please call Curves Citrus Heights at 729-2878.

About Curves

Curves works every major muscle group with a complete 30-minute

All we need from you is your time and experience for one to two hours each week between 8:00am-2:30pm. Sylvan Middle School is located at, 7131 Auburn Blvd., Citrus Heights, CA 95610. If you would like to be a part of this exciting pilot program, please contact Renee Mello for more details.

Police Report Suicide in Citrus Heights

At 1600 hours, members of the Citrus Heights Police Department assisted the Citrus Heights Code Enforcement Team at the 7400 block of Grand Oaks Blvd in the investigation of theft of power. As officers were talking with the residents inside, they heard the sound of a gunshot from a back bedroom. They evacuated the residence, safely removing the family members who had granted them access to the home, in addition to eighteen homes in the surrounding area.

Officers secured a perimeter and called upon the Citrus Heights Police Department SWAT Team. After several attempts by

the Crisis Negotiations Team to contact the remaining occupant proved futile, the Sacramento County Sheriff's Office bomb squad robot was deployed. The SWAT team affected entry and discovered the subject had perished suffering a self-inflicted gunshot wound.

Sacramento County The Coroner and the Citrus Heights Police Department Evidence Response Team are assisting detectives with the processing of the scene.

For further information, please contact Sgt. Lee Herrington at (916) 727-5574.

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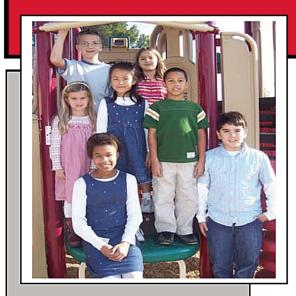
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\$1 Billion Grant Program Will Create and Save Law Enforcement Jobs Across America

Approximately 5,500 additional law enforcement officer jobs will be created or saved in law enforcement agencies across the country through funding provided by the stimulus plan recently signed by the President. The American Recovery and Reinvestment Act of 2009 allocates \$1 billion to the U.S. Department of Justice Office of Community Oriented Policing Services (the COPS Office) for the COPS Hiring Recovery Program. The grant program will be open to state, local and tribal law enforcement agencies

"This is a major investment that will create and save more than 5,000 jobs," said Acting Director Tim Quinn. "The jurisdictions that receive these grants will be able to protect these critical law enforcement

positions and use them to address crime and public safety issues."

Funds awarded to law enforcement agencies by the COPS Office provide 100 percent of entry-level salary and benefits for each officer for 3 years. All jurisdictions that receive funding must plan to retain COPS-funded officer positions after federal funding has ended

Other programs administered by the COPS Office-Technology, Methamphetamine Initiative, Tribal Resources Grant Program, Secure our Schools, and the Child Sexual Predator Program-will be offered through allocations in the 2009 Omnibus appropriations bill.

Information about applying for the COPS Hiring Recovery Program will be posted on the COPS Office

and Department of Justice web sites in the coming weeks.

In an email from County Exec, Terry Shutten, he wrote, "On the Federal Stimulus Package front, Sacramento County could possibly receive many millions of dollars for infrastructure, social services and public protection. A multi-agency team is working to make sure the County gets the maximum amount".

Submitted by Sherrie Waugh, Crime Prevention Specialist, Sacramento County Sheriff, Patrol Services/ North Division.

from The March issue of the Community Policing Dispatch (http:// www.cops.usdoj.gov/html/dispatch/ March_2009/index.htm)

Roseville Resident Wins \$5,000 For Best Commercial \$5,000 Raley's Shopping Spree Goes to Chris Howard for Original 30-second Commercial

West Sacramento – Raley's is thrilled to announce that customer - and Bel Air employee – Chris Howard is the winner of a \$5,000 Raley's shopping spree. His entry was selected as the best homemade 30-second commercial in the Raley's Private Brands Commercial Contest.

From over sixty entries - some mailed in on DVD's, many posted online – the judges panel chose the top three submissions, from Pleasanton customer Matt Abbott, Loomis customer Paul Renken and the winner, Chris from Roseville. Then, the three videos were posted on raleys.com for the public to view and vote on. The contest was open to both customers and Raley's employees, to give all shoppers the opportunity to showcase their interest in Raley's Private Brands.

"We were very pleased with the number of responses we received for our video contest. There were lots of fun and original ideas submitted," said Margaret Lombard, Vice President of Marketing. "We are also impressed by the time and energy people spent creating their entries. It was great to see what they like best about Raley's Brands. We thank every participant for taking the time to create a commercial.'

The two runners-up will receive \$100 gift cards each, while all other qualifying entries will receive a \$10 Raley's gift card as a special thank you for participating from the Raley's Private Brands team.

An employee at the Bel Air in Antelope, Chris is excited to have been selected as the winner. He shops at the Bel Air on Sunrise Ave. and Cirby in Roseville and plans to spend the prize on groceries for his three children. He also hopes to pursue other opportunities in art and film as a hobby.

Chris receives his grand prize at a special reception hosted by the Roseville Bel Air on Sunrise and Cirby

(1039 Sunrise Ave.) at 9:00 a.m. on Sunday, March 22. To watch Chris' winning commercial, visit raleys.com

Did You Know? Raley's Private Brand Facts:

· Nob Hill Trading Co. Aged Balsamic Vinegar is produced by an exclusive source in Modena, Italy and is aged for eight years.

· Raley's Maple Syrup is made by a seventh-generation syrup maker in Vermont.

Raley's Olive Oil is produced in Spain, the world's biggest source.

· All Full Circle grocery products are all-natural and USDA certified organic.

 All Sunnyside Farms milk is made from cows not treated with any growth hormones.

 Raley's Fresh Produce Cut Fruit and Vegetables are as fresh as can be – they're prepared and delivered daily.

CHP Offers Teen Safety Course

Sacramento,-Topeducation, legislative and law enforcement leaders and others joined today to announce this year's launch of Impact Teen Drivers, an exciting statewideawarenessprogramdesigned to save the lives of beginning teen drivers by using a variety of engaging and dynamic educational tools.

The statistics prove that more action is needed to prevent teen deaths. In addition to the high rate of teen drivers who are involved in a collision in their first year of driving, nationally the fatal crash risk per mile driven by 16-yearolds is twice that of 18-19-year-olds and about seven times the for drivers ages 30-59. risk The Impact Teen Drivers program will coincide with Teen Driving Safety Week, which begins March 9. During Teen Driving Safety Week, California school teachers are being asked to share the materials that were delivered to every public high school in the state with students who are either just learning to drive or who have just received their driver's license.

"The Legislature, by adopting resolutions authored by Sen. Allen Lowenthal (D- Long Beach), Assemblymember Mike and (D-Monterey Park), Eng saw the importance of bringing attention to the imperative need of reducing teen auto collisions the No. 1 killer of our beginning drivers," said Jon Hamm, president of Impact Teen Drivers and CEO of the California Association of Highway Patrolmen, one of the founding critically important message through

sponsors of Impact Teen Drivers. Impact Teen Drivers has launched also а website (www.impactteendrivers.org) with resources for teachers, interactive elements, fast facts for parents and teens and an interactive wall for people to create their own memorials to remember friends lost in collisions. MySpace and Facebook pages have also been developed. Commissioner Joe Farrow of the California Highway Patrol (CHP), added,"Our officers tell us one of the most stressful parts of their job is when they have to tell the parents of a teen that their child was killed in an automobile crash. We are proud to play a role in this educational program that could reduce collisions, save motorists from injury or death and keep a parent or family member from receiving heartbreaking news."

Impact Teen Drivers is excited to announce this year a new "Create RealImpact"classroomgrantprogram. Many grants will be awarded to California high schools who find innovative and creative ways to use the Impact Teen Drivers program or materials.FromaPSAputtogetherbya video production class to a teacherled school service project, Impact Teen Drivers will reward original and inventive ways schools use their program to reach teen drivers and help them make good decisions behind the wheel.

"This is an extremely smart approach," Farrow noted. "Impact Teen Drivers is using teams to get this

to their peers. This is a win-win; the teen or classroom developing the messaging wins a grant and his or her classmates win by hearing a message thatwillchangetheirdrivingbehavior." want to applaud the Ϋ́ groundbreaking work that all those involved with the Impact Teen Drivers program have accomplished. It is important to remember that there is much work to be done. The driver fatality rate for 16-year-old drivers is simply unacceptable. I look forward to working with law enforcement, educators and parents to ensure that we are doing everything we can to encourage safe teen driving and prevent these unnecessary tragedies," said Assemblyman Mike Eng.

Impact Teen Drivers, prepared to meet the challenge, is also sponsored by the California Teachers Association and California Casualty Insurance. The list of supporters also includes the CHP, California State Firefighters Association, the Peace Officers Research Association of California, and the Association of California Schools Administrators. The program has a vast number of volunteers, including students who served as advisors in developing the program materials, teachers and parents of teens killed in crashes. Dave Montijo, #15343

Public Information Officer

CHP Auburn Area Office 9440 Indian Hill Road, Newcastle, CA 95658

Assemblyman Niello Announces District "Office Hour" Locations and Dates

Niello (R-Fair Oaks) announced today that his staff will be holding Office hours throughout the 5th Assembly District. Individuals in need of assistance with state related matters are invited to stop in.

"Constituent service is an important aspect to any elected office and I want to make sure that my staff and I are as accessible to my constituents as possible. In addition to holding quarterly community meetings in locations throughout the district, my staff

Sacramento-AssemblymanRoger will be holding these office hours to further assist individuals who are experiencing difficulties with State Agencies or Departments," said Assemblyman Niello.

District staff will be available at the locations below for citizens to discuss their concerns or get assistance with state matters. "I am focused on making

government work for its citizenry and bringing government assistance to the people," said Assemblyman Niello.

Assemblyman Niello's staff will be on hand to provide the assistance at the following two locations in March. Questions should be directed to the District Office at (916) 349-1995.

Natomas March 25, 2009 Bella Bru Café, 4680 Natomas Blvd. Sacramento, CA 95835 9:00am -12:00pm

Carmichael March 31, 2009 Lido Bar and Grill, 7739 Fair Oaks Blvd. Carmichael, CA 95608 9:00am -12:00pm

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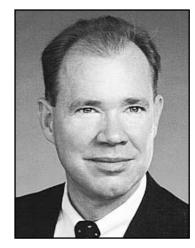
Serving Sacramento and surrounding areas, this caring doctor is available when most are not: 8 a.m. to 8 p.m. Monday thru Friday; and weekends and after hours by appointment. Deaf and hearing impaired are welcome.

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Governor, You're not in Hollywood Anymore



By Jon Coupal

In Hollywood, when a studio is having problems with a screenplay, they often call on a skilled writer known as a "script doctor" to improve portions of dialogue, pacing or, in extreme cases, even the story line.

Hollywood veteran Arnold Schwarzenegger apparently is having problems with one of his own productions, Proposition 1A on the May 19 special election ballot, a measure that would cost Californians \$16 billion in additional taxes. So our Governor is trying to rewrite the script himself. But in politics, this function is called a "spin doctor."

Although Proposition 1A was put the ballot as part of the February budget deal, the governor has embraced it as his own. And Dr. Arnold is now promoting it as budget reform, not a tax increase. In a speech before San Francisco's Commonwealth Club Schwarzenegger said Proposition 1A is not a tax increase because the tax increase has already been approved. "No matter how you vote on the reform package, yes or no, taxes will be increased temporarily," he said. "It's just a matter of whether it's two years or it's four years.'

Let's see. Suppose one buys a car and agrees to a price of \$20,000. After believing the transaction

bill for a second payment of another \$20,000. When calling the dealer, the buyer is told that the second \$20,000 is not an increase in the price, it is just an extension. I suspect very few people would accept this explanation and for most the next step would be to contact a lawyer, the attorney general's office and the Better Business Bureau. Yet this doubling of the tax increase, by extending the length of its imposition, is not a tax increase according to the governor. In case anyone has lost track, as a result of the budget "deal" Californians will pay higher sales, income and car taxes. Families will lose additional \$200 in an tax for each dependent credits child. These tax increases will move the state from sixth in the nation in taxation as a percentage of personal income, to first. Ignoring this, the governor wants us to believe that Proposition 1A is simply a measure that will provide the state with a rainy day fund to be used during difficult times, and cap on spending. But Proposition 1Å fails in its promise to provide a real spending limit for California. How can it, when the Governor can suspend transfers into the budget stabilization fund simply by issuing an executive order? How can this be characterized as imposing "spending discipline" if the spending limit will automatically be adjusted for new upward taxes? The only thing certain about Proposition 1A is that it will continue the tax increase by an amount estimated by the non-partisan Legislative Analyst Office to be \$16 billion.

Apparently believing that the best defense is a good offense, the governor attacked opponents of Proposition 1A calling them "special interests." By special interests, does the governor mean taxpayers? Does he mean those of us who are struggling to hold onto our jobs at

completed, the buyer receives a a time when more than one in ten of our neighbors are unemployed? Does he mean those who are desperately trying to hang onto their homes in an economy that resulting in record high is foreclosures? Is he referring to the millions of Californians who work hard to provide for their families, while at the same time paying record taxes so that state employees -- the highest paid in the nation -- can be exempted from any significant sacrifice? Schwarzenegger also claims that those who say a vote for Proposition 1A is a vote for tax increases are on the "far right" and are guilty of misleading voters. Could his remarks be are directed at the Howard Jarvis Taxpayers Association, which

has taken a leadership position in opposing Proposition 1A? That seems odd because six years ago he gladly appeared as the featured speaker at an event commemorating the 25th anniversary of Proposition 13 and heaped lavish praise on both Howard Jarvis and the work of the taxpayers organization he founded. Not once did he express the view that the organization that had helped millions of Californian's keep their homes was a "special interest" or advanced an agenda outside the mainstream. In fact, after being elected governor, he asked me, the organization's president, to join his transition team.

The governor has run twice as a steadfast opponent of new taxes. His change of heart is reminiscent of one of his movies, Total Recall, where memories are erased and replaced. Is it possiblethat Schwarzenegger's mind has been replaced by that of another filmmaker, the far-left Michael Moore?

Jon Coupal is President of the Howard Jarvis Taxpayers Association -- California's largest taxpayer organization -- which is dedicated to the protection of Proposition 13 and promoting taxpayers' rights.

Robert M. Hertzberg to Serve as Co-Chair of California Forward, Bipartisan Effort to Transform State Government

Sacramento, (Business Wire)--Former Assembly Speaker Robert M. Hertzberg today will begin serving as co-chair of California Forward, an ambitious bipartisan effort to remake a state government it sees as increasingly hobbled by partisan stalemates, poor fiscal choices, and inadequate public programs.. Hertzberg last week was elected to the post by unanimous vote of California Forward's Leadership Council. The co-chair position was previously held by Leon E. Panetta who recently was tapped by President Barack Obama to serve as director of the Central Intelligence Agency.

"It is a rare honor to serve alongside Bob Hertzberg, a leader who has immersed himself in the effort to improve California's systemic governance problems for more than 15 years," said Thomas McKernan, fellow co-chair of California Forward. "Bob's public service-most notably as Speaker of the California State Assembly where he was elected to the post by his peers with unanimous, bipartisan support-and, recently, as a trusted friend and advisor to Governor Schwarzenegger-speaks volumes to his devotion to build bipartisan, public interest reforms that will help California change the way public decisions are made and how public dollars are spent. I look forward to learning from and working alongside him in this important effort.'

In addition to its co-chairs, California Forward's Leadership Council includes Robert "Bob" L. Balgenorth, Phaedra Ellis-Lamkins, R. William "Bill" Hauck, Antonia Hernández, Fred Keeley, Stewart Kwoh, Donna Lucas, Sunne Wright McPeak, Bruce McPherson, Charles "Chuck" Poochigian, Cruz Reynoso, Connie Rice and Gene Voiland. "I have watched California

Forward's work for the past year and am honored to work alongside public, business and regional leaders who care deeply about California's future and have devoted their lives to helping its government institutions keep pace with a changing state," said Hertzberg. "Californians are known for their imagination, creativity, innovation and boundless energy—and our challenge is to recreate a governance system that matches our people. It was done once and we can do it again."

Hertzberg is a partner at Mayer Brown LLP and is chairman and cofounder of G24 Innovations based in Cardiff, Wales, which manufactures a new type of lightweight and flexible solar cell that generates power in low, ambient and even indoor conditions. His work with G24 Innovations and co-founder of Renewable Capital, has made him an active entrepreneur and leader in global policy on renewable energy solutions. He previously served as a California State Assemblyman representing the 40th District from 1996-2002 and was Speaker of the California State Assembly from 2000-2002. He chaired the transition team for Los Angeles Mayor Antonio Villaraigosa and served on the transition team for Governor Arnold Schwarzenegger. He is a founding member of the Leadership Council of the Public Policy Institute of California (PPIC). Hertzberg was named as "One of the Most Influential People in Southern California" by the Los Angeles Times. He currently serves on the Board of Counselors for the USC School of Policy, Planning and Development. He is a Magna Cum Laude Graduate of The University of Redlands (1976) and received his JD from the University of California, Hastings College of the Law (1979). Hertzberg is married to Dr. Cynthia Telles, who is a faculty member at the UCLA School of Medicine

California Forward was launched on March 26, 2008, as a multi-year governance reform effort made possible by The James Irvine Foundation, The William and Flora Hewlett Foundation, The David and Lucille Packard Foundation, The California Endowment, and The Evelyn and Walter Haas Jr. Fund.

Contacts: California Forward Armando Botello, 916-491-0022



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Abortion Rights: Back to the States?



bv Robert L. Hale

Texas case involving the state's law proscribing abortion. The state of Texas argued that it has an interest in protecting human life and that its laws proscribing abortion were valid and proper.

The turning issue of Roe, according to Blackmun, was whether we were dealing with a question of life or of liberty, the latter understood in terms of privacy. Although Blackmun stated, "The Constitution does not explicitly mention any right of privacy," he went on to create one for purposes of the opinion.

Addressing the life issue he said, "Some of the argument for this

through legislative intent, how "person" in the North Dakota constitution will be defined. The question of rights would be directed back to the court to determine whether -- since the U.S. Constitution does not define "person" -- it is left to the states to do so.

If the states should define person for purposes of their constitutions, then each state would be able to define "person" and provide protection as it sees fit. In short, abortion proponents are terrified by the possibility that they would have to battle state by state to legalize abortion. Roe v. Wade stated that,

North Dakota Republican Representative Dan Ruby introduced a bill that has caused concern among abortion proponents on the national level. The 105-word bill does not mention abortion. The operative part of the bill states:

"For purposes of interpretation of the constitution and laws of North Dakota, it is the intent of the legislative assembly that an individual, a person, when the context indicates that a reference to an individual is intended, or a human being includes any organism with the genome of homo sapiens."

"Genome of homo sapiens," in common language, means a person, individual, or human being exists at conception.

Why has this bill generated so much concern? Because, if this bill becomes law in North Dakota and is upheld by the courts, it will reestablish state sovereignty relative to defining "person" and allow states to again stipulate how they choose to protect persons.

Justice Blackmun's question relative to when life begins that he posed in the January 22, 1973, Roe v. Wade decision has since been answered. Science now recognizes that at the moment of conception a unique individual has been created and is alive. Not viable, but certainly alive and unique.

Roe v. Wade was the result of a

justification [laws against abortion] rests on the theory that a new human life is present from the moment of conception. The state's interest and general obligation to protect life then extends, it is argued, to prenatal life. Only when the life of the pregnant mother herself is at stake, balanced against the life she carries within her, should the interest of the embryo or fetus not prevail."

Thus, if THE question of life trumped the question of liberty -- the newly created privacy interest -- then states would have a right to regulate the process.

Blackmun writes, "The appellee and certain amici argue that the fetus is a 'person' within the language and meaning of the Fourteenth Amendment. In support of this, they outline at length and in detail the wellknown facts of fetal development. If this suggestion of personhood is established, the appellant's case, of course, collapses, for the fetus' right to life would then be guaranteed specifically by the Amendment. The appellant conceded as much on reargument. On the other hand, the appellee conceded on reargument that no case could be cited that holds that a fetus is a person within the meaning of the Fourteenth Amendment. The Constitution does not define 'person' in so many words."

The bill seeks to address the concern raised by Justice Blackmun. Representative Ruby's bill defines,

since there was no understanding of when life began, the "liberty" interest trumps the "life" interest. The North Dakota bill would define person as being in existence from the moment of conception -- genome homo sapiens. The fight to keep abortion cheap, legal, and unlimited would have increased by a factor of 50.

The situation may be even more dire for abortion proponents. States may determine that the only exception to permitting an abortion would be the life of the mother. We all know that medical advances have made this circumstance truly rare.

The Montana legislature passed a similar bill in recent weeks. States want their sovereignty, and this may well be how they re-establish it.

States' rights as well as the lives of millions hang in the balance.

Robert L. Hale received his J.D. in law from Gonzaga University Law School in Spokane, Washington. He is founder and director of a nonprofit public interest law firm. For more than three decades, he has been involved in drafting proposed laws and counseling elected officials in ways to remove burdensome and unnecessary rules and regulations.

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Answer

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

Puzzles are on Page 10

Trivia Answers

1. George Bernard Shaw

2. Rosalind Russell

3. "Taxi"

4. Amethyst

5. Nashville, Tenn. and Natchez, Miss.

6. Greek nymphs of the evening

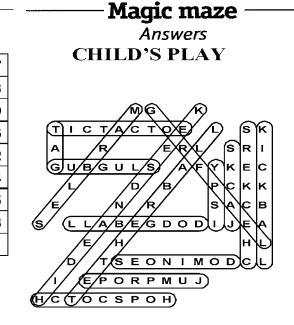
7. Sea of Japan

8. Special stones, handles and brooms

9. Bounty paper towels

10. A fear of relatives

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Answers Solution time: 27 mins.

Ι	М	Ρ		Е	Μ	U		Т	Α	Ρ	Ι	R
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Welcome to Planet Death Star

from Whiskey & Gunpowder By Dan Denning

Down, down, down they go. But are stocks cheap as we begin the first week of March? "They are cheap looking back," says our friend Eric Fry in California, "but they still might be VERY expensive looking forward."

Ah yes, the future. What does it hold? Well, apparently more lay-offs and CEO pay raises. Judging by Sol Trujillo's \$20 million goodbye handshake and the actions of the board at Pacific Brands (giving themselves raises while sacking workers) it looks like there are some people out there doing their level best to run the good name of their corporation into the ground.

Don't they know that's bad for business? Kevin Rudd is headed over to America this month to speak with Barrack Obama about climate change, the global financial system, and other ways to save the world and improve on human nature. Perhaps he might ask him if America's US\$1.75 trillion annual deficit for next year should cause global investors to worry about America's credit quality.

Again from Eric, "The cost of buying a five-year credit default swap (CDS) to insure against the possible default of U.S. Treasury bonds reached 100 basis points for the first time yesterday. In English, the price of insuring \$10,000,000 worth of Treasury bonds for five years now costs \$100,000 — up from just \$5,000 one year ago."

We've said before it's nearly impossible to default on your debt when you can print the money to pay it back. But what this normally does is send interest rates up on new short-term borrowing, of which there is a lot lately in America. Keep in mind, the Obama budget

includes about US\$3.5 trillion in Federal spending, much of it to be financed with short-term borrowing. In fact, this week the U.S. Treasury is selling \$94 billion in debt. The Treasury is even bringing an oldfriend back from the dead. The seven-year Treasury note (which had been discontinued in 1993) will be reissued beginning with an auction of \$22 billion worth today. Can you see how government borrowing needs begin to crowd out lending to the private sector? Can you see also how we are speeding into an era where more of national cash flows are redirected to central governments for redistribution and/or the service of interest payments to foreign lenders? Can you see how directing national cash flow toward wealth re-distribution does not lead to more capital formation and wealth generation? Ron Paul is still the only man in

Washington who can see all this. He made a great point the other day that no one wanted to listen to. "Credit is not capital," he told Ben Bernanke. You can't recapitalise the banking system by printing new money or extending credit.

Credit comes from available savings. That's why a high savings rate is essential the formation of future capital. We're not making it up. It's even the first sentence of the Treasury White Paper on the Capital Assistance Program. "The financial system plays the critical role of channeling funds from savers in the economy to the investors with the ideas and ability to turn those funds into productive consumers. This is actually good for banks in the long run. But we won't run on and on about it below, although we've provided a fuller quotation for you below. Incidentally, as we expected a couple of weeks ago, the gold price (in U.S. and Aussie dollars) has given up some of its ground after streaking ahead. But we wouldn't be too worried. One last quote for the day from Eric Fryon the matter, "The credit crisis does not study technical charts or read investor sentiment

indicators. It does what it does. And what the credit crisis does best is destroy creditbased enterprises...and reward the buyers of non- credit-based assets like gold." Huzzah.

Still with us? Good! How about a quick revisit of the "baseline" and "more adverse" assumptions that are embedded in the CAP plan (son of TARP) released yesterday by the U.S. Treasury. The table listing the assumptions is below. But let's give you the analysis first: crrraaaaaazzzzy! After reading it, you'll be more convinced than ever that falling stock and house prices this year are going to be followed by a blizzard of paper money that will send inflation soaring. **Government Assumptions That Guarantee Inflationary Disaster Ahead**

How about some analysis? First, the GDP assumptions are for — at worst — a 3.3% contraction this year and a recovery in 2010. It's probably more realistic to expect a GDP contraction of between 5 and 10% this year (based on the cliff diving GDPs of Asia and Europe) and a smaller contraction of 2-5% in 2010. Although either could be much worse, as the fourth quarter GDP figure in the U.S. was already a little fishy to begin with.

Second, the unemployment projections appear to have been generated on Planet Fantastic, where the laws of gravity and reality do not apply. Has anyone generating these U.S. statistics taken a look at the economy lately?

Or are these statistics pure propaganda and fabrication, designed to obscure from ordinary Americans (and Westerners) everywhere that real wages have been falling for thirty years and will continue to do so as global production shifts to low-wage labour markets?

Finally, how is it no one in the media picked up on the fact that the Treasury's "baseline" forecast is for an 18% decline in house prices over the next two years (under rosy assumptions about GDP growth and unemployment)? Or that the "more adverse" forecast has house prices falling 29% in the next twenty-four months?

And here's a question...how could house prices fall and unemployment continue to rise without having a further massively negative effect on bank loan books? If TARP and CAP are designed to

If TARP and CAP are designed to shore up bank capital by taking some a snapshot of how banks will perform under certain scenarios, then the plans are generations, and replace the private sector with the government as the prime mover of economic life in the modern world. Or have we missed something? A supernova, of course, is the death of a star. It unleashes a giant amount of light, heat, energy, and radiation in one brilliantly beautiful moment of destruction. But let's not forget it's a moment of death, as pretty as it might be.

Perhaps that's where we're headed. Instead of seeing a recession as the method of re-establishing the efficient allocation of an economy's resources and capital, the banksters and pollies are going to give us an even bigger global system of paper, as Ron Paul suggests. With the dollar-standard in tatters,

with the donarstandard in tadets, the only place left to go in the artificial evolution of paper money is a global fiat standard on top of the dollar standard. We have no idea what it would look like. But you can bet there are some other folks who've been thinking long and hard about it and are more than willing to use the current crisis as an excuse to inflict it upon you. Finally, the last (and longish) word from

Rothbard on why booms require busts. "The 'boom,' then, is actually a period of wasteful mal-investment. It is the time when errors are made, due to bank credit's tampering with the free market. The 'crisis' arrives then the consumers come to re-establish their desired proportions.

"The 'depression' [ed. note, Rothbard uses the word 'depression' in place of 'recession'] is actually the process by which the economy adjusts to the wastes and errors of the boom, and re-establishes the efficient service of consumer desires.

"The adjustment process consists in rapid liquidation of the wasteful investments. Some of this will be abandoned altogether (like the Western ghost towns constructed in the boom of 1816-1818 and deserted during the panic of 1819); others will be shifted to other uses. Always the principle will be not to mourn past errors, but to make the most efficient use of the existing stock of capital.

"In sum, the free market tends to satisfy voluntarily-expressed consumer desires with maximum efficiency, and this includes the public's relative desires for present and future consumption. The inflationary boom hobbles this efficiency, and distorts the structure of production, which no longer serves consumers properly.

"The crisis signals the end of this inflationary distortion, and the depression is the process by which the economy returns to the efficient service of consumers. In short, and this is a highly important point to grasp, the depression is the 'recovery' process, and the end of the depression heralds the return to normal and optimum efficiency. "The depression that for from

"The depression, then, far from being an evil scourge, is the necessary and beneficial return of the economy to normal after the distortions imposed by the boom. The boom then requires a bust."

Some people don't want a return to normal. Bankers don't want it because it means a lot of them would be out of business for good. Investors in creditbacked bonds don't want it because it means taking losses. And politicians certainly don't want it because the sense of continual crisis is the perfect mechanism for the relentless expansion of government power in private life. The only who want things to be normal are normal people. And they are stuck right now living on Planet Death Star; a spaceship captained and crewed by a bunch of morons who will be the financial death of us all. Or are we just whistling a bizarre Dixie?



ROCK DOC By Dr. E. Kirsten Peters

I take a personal interest in pickup trucks that can shut down half their cylinders to get better gas mileage when conditions permit. And I've studied the mechanics of hybrid cars that save braking energy to help power your vehicle a bit later in your journey. Efficiency fascinates me.

But the efficiency of engines, as important as it is, pales in global significance to the basic efficiency of one piece of the living world.

Enormous business opportunities and satisfying meals both hinge on our ability to increase the efficiency of crops. And the good news is that researchers are working hard to greatly increase the efficiency of the most important staple crop the world has ever known.

Rice provides more than a fifth of all the calories we humans consume. It is more important to stomachs worldwide than wheat, corn, rye or even Big Macs. In short, more than 3 billion people depend on rice as their main source of food, including most of the world's poor.

But it happens that the basic way rice converts sunlight to carbohydrates is not efficient. In fact, rice is about as inefficient in the plant world as my 1987 pickup is compared to the new trucks that can shut down half their cylinders.

A New Way of Making Supper

The rubber meets the road in the world of plants as carbon in the air is taken up and transformed into carbohydrates via photosynthesis. The source of carbon for plants is carbon dioxide gas. Yes, that's the famous greenhouse gas you've heard about, but it's also a natural component of every breeze you've ever felt, one that's crucial to all the plants around us. And from the point of view of plants, there isn't nearly enough carbon dioxide in the air.

As it happens, rice photosynthesis converts carbon dioxide into food in a pretty inefficient manner. In contrast, corn is a great example of a plant that makes much more efficient use of limited resources – including moisture in the soil and also carbon dioxide in the air. Corn's internal processes are up to 50% more efficient than those of rice. Plant scientists call corn a "C4"

plant compared to the "C3" status of rice. Don't sweat the names – I mention them only because you may see them on the business pages of your newspaper. But focus on this important point: corn can actively accumulate relatively scant carbon dioxide in a way that supercharges its photosynthesis engine. So corn powers right by rice on the crucial racetrack of converting sunlight into food.

A number of research scientists now have projects underway to help create a new strain of rice that runs on corn's internal C4 biochemistry. It's like putting a modern and efficient truck engine into my 1987 pickup. This kind of highly promising work is part of the emerging realm of biotechnology.

It's not as easy to see the biotechnology in the world around us as it is to see the Internet and cell phones that clamor for our attention. But re-engineering the living world has potentially even more positive impact than improving electronics and engines.

Professor Gerry Edwards of Washington State University is one scientist dedicated to understanding the fundamentals of photosynthesis and the possibility of implanting the basic C4 engine into a C3 crop like rice. Under the leadership of the International Rice Research Institute in the Philippines, and through a grant funded by the Bill and Melinda Gates Foundation, Edwards is part of an international team at work on the project.

"C4 rice could yield more harvest on the same amount of land with increased efficiency in use of sunlight, fertilizer, and water. It's especially important considering global warming and water shortages," Edwards said to me recently. "C4 rice will require some years to achieve, but it's definitely worth the effort."

American researchers have always excelled at this kind of fundamental science, work that can make great leaps with practical benefits of consequence to billions of people. Research in science and engineering has been an economic powerhouse for us, and I'm sure it will contribute substantially to our recovery from this recession.

Pass the rice, please, and keep the good science coming.

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.

So You Want to Solve the Economic Crisis? TURNOFF WEEK 2009 is your First Step

Washington, DC- Start to prepare now for the first of two internationalTURNOFFWEEKS (April 20-26 and September 20-26). By turning off, we lessen the depressing news, news we can often do nothing about. Turnoff is the time for families to pull together, involve themselves in the community get physically active and live in the real world.

December, the National Institutes of Health released a review of 30 years of studies on screentimes impact. The study reveals alarming health concerns, ones that lead to a breakdown of family and society. Turnoff Week is the first step in reversing this trend and a door to a new way of life, increasing mental and physical activity, family and community interplay and even increasing productivity in the workplace. JoinCenterforSCREEN-TIME Awareness and the local event planners in your community for a week that can truly change your life and your attitude about life.

For more information, www. screentime.org or 202-333-9220 WHERE: All 50 US States and

WHERE: All 50 US States and 40 nations around the worldWHEN: April 20-26, 2009WHO: Over 20 million people will in someway participate, from schools and libraries to Departments of Health and Education

economic resources," the paper begins. This is exactly how recessions prepare the way for the future boom. As households reduce consumption they increase savings.

Banks can become solvent again by retaining earnings (cutting dividends like ANZ did earlier this week) and increasing their depository base (and, of course, writing down bad investments and making more prudent loans). Or, the bad banks go belly up and the good banks are able to come in and scoop up the remaining assets.

Losers fail. Winners win. Or, as Rothbard puts it, an increase in savings reflects an increased desire for cash from almost certain to fail if those scenarios fail to account for increased default and foreclosure rates in residential and commercial real estate that would come in the next two years (not to mention poor performance in securitised credit cards, student loans, and auto loans...all of which would deteriorate as unemployment rises.)

And how is simply raising taxes and transferring money to the newly unemployed going to solve this again?

All we can think of now is a supernova. In the rush to repair the broken financial system (which was broken by the explosion in credit and the enormous misallocations and distortions it caused) liberals and conservatives and professional politicians of every stripe (without brains or spines) are launching every conceivable spending plan they can think of. Their goal is to tag the culpable private sector for all the blame, shift the burden for losses on to the public balance sheet and future

Regards, Dan Denning Australian Daily Reckoning

Gary's Note: Borrow and printing just doesn't work. Credit isn't capital, after all. Dan Denning stops by again with an explanation. Post your questions and comments to www.whiskeyandgunpowder.com.

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Spring and Summer Events

The Fair Oaks Chamber of Commerce is pleased to announce the following spring and summer events for 2009:

May 2nd and 3rd (7 a.m. to 4 p.m.): The 60th Annual Spring Fest. This year's theme is "Pirates of the American River". Family Fun! Parade, Pancake breakfast, frog jumping contest, car show, pony rides, Sun Run, Toilet Races, food, vendors, exhibits and MORE! Events to take place throughout the Fair Oaks Village (10224 Fair Oaks Blvd.)

June 5th (6 p.m. to 10 p.m.): The 16th Annual Taste of Fair Oaks features handcrafted Ales & Lagers, Foothill



held at the Northridge Country Club, 7600 Madison Ave, Fair Oaks, 95628. Admission is \$35 in advance (special raffle for advance purchasers); \$40 at the door.

June 11th to August 27th (7 p.m. to 9 p.m.). Concerts in the Park: The weekly Thursday night Concerts in the Park series is free to the public and is held in the Village Park (7997

California Ave). The bands are fantastic this year, and the Fair Oaks Foundation for Leisure and the Arts will again be selling ice cream sundaes and root beer floats.

Attention small business owners: These events provide an excellent opportunity for you to advertise your business. Events are well publicized and draw between 400 and 12,000 attendees. Please call the Chamber office at 967-2903 for pricing.

Additional information about these events, as well as other events throughout the year, can be found on the Chamber website WWW. fairoakschamber.com.

Rancho Cordova City Staff Wins Local Volunteer Award



Rancho Cordova City Manager Ted Gaebler (sixth from left) is surrounded by City employees after accepting the 2009 Distinguished Community Service Award at the recent Cordova Community Council's Mardi Gras Celebration. Pictured from left: Troy Holt, Todd Humphrey, Dawn Becker, Nancy Pearl, Lisa Canfield, Gaebler, Stacey Peterson, Diana Rodriguez, Shannan Loveless, Kerry Simpson, Jay Hadley, Kim Oliver, Alex Miller, Jessica Crone, Lorianne Ulm, Liisa Behrends, David McCoy, and Stacy Leitner.

City of Rancho Cordova employees were the recipients of the 2009 Outstanding Public Service Award that was presented at the recent Cordova Community Council's Mardi Gras Party and Awards Ceremony.

For the 10th year, the Cordova Community Council recognized outstanding volunteers in several categories for their public service contributions to the Rancho Cordova community.

City employees were lauded for their public service outside of their work hours.

"Many City employees spend plenty of their off-the-job hours volunteering right here in Rancho Cordova," said Brenda Jordan, a Cordova Community Council Board Member, during the presentation ceremony.

members and they volunteer in many ways to support community activities and programs. "Members of our staff eagerly back local charitable organizations," said Lisa Brown of the City's Human Resources Department. "All are acts of individual kindness and generosity and demonstrate our employees' deep commitment to the City of Rancho

General Admission

Child, Student, Senior

Cordova."

Staff raised \$3,000 at Rancho Cordova's Cancer Relay for Life. They contributed \$2,500 to help replace equipment that was stolen from the Cordova Junior Lancer's football team. They held a Media Day fundraiser where they donated and bought books, tapes, DVDs, and CDs. Profits were given to the Sacramento VA Medical Center at Mather and unsold items were taken to the Sacramento Friends of the Library. The Folsom Cordova Community Partnership was the beneficiary of staff's United Way efforts.

They have adopted soldiers who are stationed overseas, sending them packages of reading materials, food items, and games. They give blood at quarterly blood drives at City Hall. They have participated in parades at the There are about 70 City staff City's 4th of July celebration and at the Rancho Cordova Night at the California State Fair. They have staffed booths, served on boards and committees, delivered food baskets, and volunteered at many community functions. "The list is just part of what staff members contributed last year," said Brown. "It is important for us to be actively involved in the community not just to work here but to give back to

the City of Rancho Cordova."

Other volunteers honored at the awards ceremony were Josie Steelman, Rancho Cordovan of the Year; Brian Danzl, All American 4th of July Volunteer; Knights of Columbus Council 5322, Outstanding Fairth Leadership; Kelli Davis, Youth Leader of the Year; Glenn Reagan, Educator of the Year; Ross and Betty Lefever, Distinguished Service to Youth; Sacramento Valley Live Steamers Railroad Museum, Distinguished Community Service; and Grocery Outlet and Granite Construction Company, Distinguished Community Business Partners.

For information about volunteer opportunities or the Cordova Community Council, please contact Shelly Blanchard at (916) 273-5704.

The City of Rancho Cordova is celebrating its fifth anniversary of incorporation. City Hall is located

Website Launched to Help Businesses with Access Reform Laws

Sacramento – Assembly Republican Caucus Chairman Cameron Smyth, R-Santa Clarita, and Assembly Budget Committee Vice-Chairman Roger Niello, R-Fair Oaks, today announced the launch of a new website aimed at informing businesses of the tools available to them under newly-enacted SB 1608.

"I'm proud to have been a leader on access compliance, and on SB 1608 in particular," said Smyth. "This website will be a great resource for businesses looking to become access compliant, and for anyone who is interested in learning more about the recent reforms. It represents a true bi-partisan effort to protect the civil rights of individuals while encouraging

businesses to open their doors without the fear of expensive lawsuits." "The reforms that were approved in SB 1608 will go a long way toward helping these businesses become ADA compliant. But to help them understand what is specifically contained in SB 1608 and just how the new legislation will help, this website was essential. I appreciate the leadership that Assemblyman Smyth has provided on this issue and I was pleased to work together with him to provide this information online," said Assemblyman Niello. Assemblyman Smyth jointauthored SB 1608, which addressed conflicting access standards in

and building inspectors, and inconsistent interpretations of California's damages provisions, all of which made it nearly impossible to comply with access standards in California. Many of these provisions went into effect on January 1, 2009.

Assemblyman Smyth represents the 38th Assembly District in the California Legislature, which includes the communities of Santa Clarita, Los Angeles, Simi Valley and Glendale. Assemblyman Niello represents

the 5th Assembly District in the California Legislature, which includes the communities of Arden Arcade, Carmichael, Citrus Heights, Fair Oaks, Folsom, Granite Bay, Natomas, North Highlands, Orangevale, and Sacramento.

Churchill PTO Shred Day!!

state and federal codes, a lack of

continuing education for architects

Stay Safe Shred, Inc. and PRIDE Industries are proud to offer professional "shred" services to Winston Churchill Middle School and the community. 100% of the proceeds will be donated to Churchill Middle School PTO. On Thursday, November 13th, 1:00pm-3:00pm, a Stay Safe Shred, Inc. mobile truck will be parked in front of the Churchill Middle School. Simply drop off your materials for shredding. They'll secure your materials, provide you with a receipt, and a Certificate of Destruction.. Your materials will then be safely transported to a shred facility for destruction that evening. It's easy! *Price:* \$6/Letter file box

or grocery bag \$8/Legal file box or garbage bag Please make checks payable to: Churchill PTO

Some Suggested Items to Shred • Account information • Advertising misprints • ATM Receipts • Audio or visual tapes • Audits/Surveys • Bank statements • Bids • Birth Certificates • Blueprints • Cancelled checks • CD's • Company letters Competitor information • Computer printouts • Credit cards • Credit card applications • Customer lists • Disks • Documents containing maiden names • Documents containing names, addresses, phone numbers, or email addresses Investment documents • Documents containing passwords or PIN numbers • Driver's licenses or items with a driver's license no. • DVD's • Employment applications • Executive correspondence • Expired licenses and passports • Film • Financial records • Floppies • Hard drives • ID cards •

Insurance data · Inter-company floor plans • Inventory lists • Invoices • Items with a signature • Legal Records · Lottery tickets · Magnetic media · Marketing misprints • Medical records • Obsolete inventory and files • Outdated business records • Patient records • Payroll records • Personnel records • Pre-approved credit card applications • Prescriptions or pill bottles • Price lists • Profit and loss statements • Proposals • Proprietary memos • Quotes • Receipts • Report cards• Resumes • Signatures • Tax records • Tapes • Transcripts• Travel itineraries • Used airline or train tickets• Utility bills • X-ray

All proceeds help us improve our school!

Children's Receiving Home Luncheon Open

The children's receiving home guild is having a luncheon that is open to all in the community to attend. All guild members are also encouraged to come. The speaker is tasha norris, associate

Tuesday, April 28th, 2008 11275 Folsom Boulevard Sacramento CA 95742 Social 11:30, Lunch 12 noon \$22.50-\$25.00

Menu selection will be:

A Turkey Club Sandwich, with smoked cheddar, lettuce, bacon, tomato, onion on a butter grilled french roll. Served with a Ceaser salad. \$22.50. Served with coffee/tea/soda. Tax/tip included.

A Chicken Cobb Salad. Wood fired chicken breast, avocado, tomato, smoked bacon, crumbled blue cheese and egg with choice of dressing. This is served with clam chowder. \$25.00. Served with coffee/tea/soda. Tax/tip included.

Mail meal selection along with a check made to "CRHG" to:

4316 Las Cruces Way, Sacramento CA 95864, no later than April 17, 2009. For further information, call Sally at 916.489.7013. Limited number available at door.

Lori VanHamersveld, Publicity Chairperson, CRHG (916) 485-2045



executive director for youth services. When:

Where: Sheepherder's Inn Time: Price:

at 2729 Prospect Park Dr., Rancho Cordova, CA95670. The phone number is (916) 851-8700 and the web address is www.cityofranchocordova.org.

Photo provided by the City of Rancho Cordova



\$5

FREE

Expert Shows How Business Communications Principles Apply to the Church

Christian Newswire: Take the lump out of your throat and the knock out of your knees by learning from an expert how to prepare for your next important presentation, whether at work, in a club -- or at church.

According to Tony Jeary, "Mr. Presentation(tm)," most Christians have never had any training in how to make some of the most important presentations in their life - - sharing their faith, teaching a Sunday School class, or welcoming first-time visitors to their church. "I realized a long time ago that life is a series of presentations," Jeary says. "And if we effectively communicate the message of God's love to people we can have a profound impact on their lives."

Jeary, a nationally-known business communication expert and writer, coaches many of the world's top business leaders at major corporations to improve their presentation impact. He has written more than 20 books for the business market, including his signature business work, Life is a Series of Presentations, published by Simon & Schuster in 2004.

Now turning his attention to helping those in the church, in Jeary's newest book (Purpose-Filled Presentations, Standard Publishing, June 2009) he outlines Seven Steps to Effective Presentations. These practical steps will help anyone be more prepared and more confident in making a presentation. Here they are: 1. Clarify objectives -- Write out what you want to accomplish

in the presentation and why each goal is important. Understanding the "why" will energize your efforts, boost your confidence

and increase your effectiveness. 2. Define your audience -- You cannot reach your audience unless you understand who they are and how they think. Once you've gathered as much information as you can, remember that all people want to belong, to be respected, to be liked, to be safe, to succeed and to be inspired. 3. Gather content -- Keep your objectives in mind as you study and gather information for your presentation. Be sure to start with what the Bible says about the subject, and then keep your presentation practical and realistic. 4. Maximize preparation -- Prepare

thoroughly in every way possible. Gather more information than you even will use, and outline the entire presentation. Jeary offers his Three-Dimensional Outline as a simple, yet powerful tool. The 3-D Outline(tm) doesn't simply include what you will say in what order, but also adds columns that note why you are presenting each point, and the methods you will use, as well as noting how long each section will take. Free templates for Jeary's 3-D Outline(tm) are available at www. PurposeFilledPresentations.com.

5. Open well -- Use the first twothree minutes to connect with your audience by showing respect and building rapport, and by opening with something that grabs their attention -- an interesting statistic, a compelling photograph, humor, or a comment about current events. 6. Engage your audience --Remember that people will retain about 90 percent of what they say and do, and only 20 percent of what they hear. Involve the audience in the presentation through discussion, handouts, humor.

7. Close with action -- Find out whether you've connected with the audience by eliciting feedback about how they are going to put what they learned into action. Your call to action will bring your points and objectives together and give attendees a reason to be glad they spent time at your presentation.

Jeary will lead a workshop in Dallas on Saturday, March 21 at 10 a.m. demonstrating these seven principles at work. Using examples of eight major types of church presentations, volunteers will learn how to actively implement these strategies in their ministries. The workshop will be part of the Christian Book Expo, sponsored by the Evangelical Christian Publishers Association, held at the Dallas Convention Center.

For registration information, contact www.christianbookexpo.com.

A complete discussion of the seven principles and use of the 3-D Outline(tm) in the preparing for presentations in a church setting is available in Purpose-Filled Presentations. This first-of-itskind book will focus on successful presentation and communication skills specifically for the church environment.

more information or to For order the book, contact www. PurposeFilledPresentations.com or www.standardpub.com. For more than 140 years, Standard Publishing has been raising the standard for trueto-the-Bible resources that educate, encourage and enrich. The company is based in Cincinnati, Ohio where it was founded in 1866. For more information, visit www.standardpub.com.



Christian Newswire: In the confusing and dangerous climate of today's culture, war is the daily reality for every teen. This is a generation bombarded by lies, hungry for help, and desperate for truth. No matter what the situation looks like on the surface, every teen faces struggles, temptations, issues, fears, and challenges--only one choice away from hurt, addiction, heartbreak, and more. Teenagers desperately need their parents to stand beside them in this war--yet even though they live under the same roof, many parents are blind to the depths of the daily struggle.

In his new book, The Fight of Your Life, author and popular youth speaker Jeffrey Dean challenges and equips parents to embrace their

teens' well-being--and for their very souls. "I'm convinced that today's Christian teens are desperate to stand for what is right. But many aren't sure how to do so. That's where you and I can help," Dean says to parents. "We can't sugarcoat what's happening in your teen's world. As a parent, you are engaged in one of the greatest fights of your life. It's already on, whether you want it or not. The question isn't, are you at war? The question is, are you equipped to do battle?"

The Fight of Your Life speaks to any parent, whether their kids attend public schools or Christian schools or whether they seem to be making good choices or have already suffered some devastating wounds in the heat of battle. Dean teaches parents to study their teen's culture so they can live

about specific issues that their teens are facing. Once they are aware of the stakes, he lays out a plan to teach teens discernment and to provide them with armor for fighting the battle and wings for rising above it.

Even as he speaks bluntly about what's really going on out there, Dean's tone remains hopeful and encouraging, and for good reason!. "Parents have been given the incredible privilege to encourage their teens to live wholeheartedly for our Lord and Savior Jesus Christ, the fighter who is greater than anything this world can throw their way," he declares. "We are not alone in this fight! Now is the time for parents to grab their weapons, jump into the battlefield on their teen's side, and be ready to give it all they've got."



by Pastor Ray Dare

Everybody has difficulty in life. Trouble is a part of life. You will have difficulties. Few people faced the difficulties that Paul did in life. Yet he learned to grow through his problems. 2 Corinthians 6:4 says, "In everything we do we show that we are God's servants, by enduring troubles, hardships and difficulties with great patience." You show what kind of Christian you are by the way you respond to problems. If you cop out, complain, gripe and run from difficulty, you're not a very mature person either spiritually or emotionally. But if you learn from difficulty, you just keep growing and growing.

What do you do when you face difficulties in life? Romans 5:3-4 says, "We can rejoice when we run into problems and trials for we know ... they help us learn to be patient. And patience develops strength of character in us and helps us trust God

What To Do In **Turbulent** Times

more each time..." The result? God wants you to learn something. That's the whole purpose for the problems and difficulties you're facing. Every storm is a school. Every trial is a teacher. God wants to teach you through your troubles. Everv difficulty is for your development.

Most of us are slow learners. Most of us have had to learn something more than once. If you don't learn something, God will bring it again in your life. It will come back. See, when you go through situations in life, those difficult times, what happens to you is not nearly as important as what happens in you.

You're going to be hurt many times in life because life is not fair. It just isn't. People are going to disappoint you. You will have problems, difficulties and hurts that will make you bitter or better. You will either grow up or give up. You'll either become what God wants you to be or you will shrivel and your heart will become cold and hard. It's vour choice.

Some of you are facing some major problems right now and you're getting discouraged. Everything seems to be going wrong. The bad things seem to be outweighing the good things in your life right now. God wants to say to you, "Fear not, for I am with you. Do not be

dismayed. I am your God. I will strengthen you; I will help you; I will uphold you with my victorious right hand. Isaiah 41:10 (Living)

Psalms 4:1 says, "Hear me when I call, O God of my righteousness, you have enlarged me when I was in distress ... " I want to call your attention to that phrase: "you have enlarged me when I was in distress." In your difficult times, in the storms of life, when things aren't going good, that's when God enlarges you. He can enlarge your vision, and He can enlarge your confidence, your strength and your commitment to Him.

Turbulent times are no time to blame God, whine, cry, say, "Why me, God?" and get bitter. It's no time for that. It's time to get better. It's time to be more devoted to God; to turn your attention toward God. Many times the struggle is what gives us strength. In your struggle, in your difficulty, don't run away from God. Use your adversity as a stepping stone to get you closer into God. Realize that God is taking you to a whole new level in your Christian walk; to a whole new area in your ministry. Turn your attention toward God.

See you Sunday, Pastor Ray New Community Christian Church www.YourNewChurch.org

President Obama Wants to Hear From You.

But he's given you a deadline: You've got two weeks to voice your concerns - to speak out for America's pro-life medical professionals ... and their moral conscience - before it's too late. Right now, the Department of Health and Human Services is accepting public comment on this very critical issue - but the deadline is quickly approaching. Stand for life and speak to the President on this serious issue! Add your name to our online PETITION TO PROTECT PRO-LIFE DOCTORS now! Here's some background ...

The Conscience Clause was implemented by former President George W. Bush to give physicians and nurses the choice to act according to their moral conscience - to not participate in abortion procedures if it conflicts with their personal convictions.

Now, President Obama wants to change that. He's angling to remove Conscience Clause protection for healthcare providers and force them into performing abortion procedures. In other words, if you've got strong moral convictions - or pro-life Christian views - President Obama says they don't matter.

I cannot stress this strongly enough - this move by President Obama to remove Conscience Clause protection is nothing more than a "piecemeal application" of the deadly Freedom of Choice Act. The Obama Administration is on the march against pro-life America. And they're moving fast. Piece by piece, one issue at a time, they're dismantling every advance for life that was made under the previous Administration.

So we can't wait. We must be vigilant and forceful on behalf of life. And we must let the President know exactly where we stand on this issue. Voice your concerns NOW. Tell President Obama to respect the conscience rights of pro-life medical professionals by adding your name to our PETITION TO PROTECT PRO-LIFE DOCTORS immediately.

And be sure to use our online forward-to-friend tool to invite your friends, family, and colleagues to add their names as well! We've got two weeks to make our voices heard. Please let me hear from you quickly! Go to ACLJ.org and sign the petition.

American Center for Law and Justice P.O. Box 90555, Washington, D.C. 20090-0555 Phone: (800) 296-4529

EASTER AT NORTHMINSTER

3235 Pope Avenue (between Watt and Fulton) • (916) 487-5192 • www.northminsteronline.org. NORTHMINSTER PRESBYTERIAN CHURCH INVITES YOU TO EXPERIENCE OUR HOLY WEEK SERVICES.

Palm Sunday • April 5, 9:55 a..m.

Oak Avenue Free Methodist Church

8970 Oak Avenue, Orangevale, CA 95662 Corner of Oak and Beech (916) 988-8815 • Pastors Andrew Webb & Robert Price

Office Hours: 9 am to Noon - Tuesday - Friday Wednesdays: Senior's Bible Study: 1st & 3rd, 10 am - 11am Evening Adult Study: 7 pm - 8:30 pm Sunday School - 11 am For All Ages • Sundays Worship - 9:30 am

www.avefmc.org

Grace Baptist Church

6724 Palm Avenue Fair Oaks, CA 95628 Pastor Charles Carter (916) 967-3915

Come grow with us at Grace Baptist Church where the Old Time Gospel Message is still preached and God-Honoring music is still sung. Grace Baptist still stands on the Principles, Doctrines and Separation, Found and taught in The Bible

Service Schedules

Sunday Schools (All Ages) 9:45 am Sunday Worship 11:00 am Sunday Evening 6:00 pm Wednesday Evening 7:00 pm

Come and Experience God's Amazing Grace (Located south of Madison; just east of Dewey) Call for More Information



Extra money coming back. Extra moments to enjoy.

If you make less than \$42,000, find out about the Earned Income Tax Credit. It could mean up to \$4,800 extra back from the IRS when you file your taxes. Wouldn't that lighten your load? Visit irs.gov/eitc, or call 1-800-829-1040 to see if you qualify.

> Life's a little easier with

Children waving palms and singing (joined by our handbell and children's chime choirs) introduce the joyous pageantry of Jesus' entry into Jerusalem.

Maundy Thursday • April 9, 6:30 p.m. Participate in a small group communion service to commemorate and celebrate the Last Supper. Join us in a time of fellowship and reflection. Our chancel and bell choirs will provide music.

Good Friday • April 10, 7:00 p.m. Tenebrae service based on Dale Wood's Service of Darkness with candles, meditation, music, and dancers. EASTER SUNDAY April 12

Sunrise Service • 6:30 a.m. Join us at East Lawn Mortuary (5757 Greenback Lane) for this very inspirational service.

Traditional Service • 9:55 a.m.

We celebrate this glorious Resurrection Day with our chancel and bell choirs leading us in joyous, inspirational praise and traditional music. Come help us celebrate!



Monday - Sunday 8:30 am - 5: 30 pm We Accept All Competitors' Coupons Locally Owned & Operated **Professional Auto Detailing**

No Extra Charge For Trucks, Vans or SUVs That Accomodate Our Automatic Car Wash



5927 San Juan Ave Between Madison & Greenback Citrus Heights • 916-967-3083



FUN & GAMES



1. FAMOUS QUOTATIONS: Who once said, "My way of joking is to tell the truth,

Weekly SUDOKU

by Linda Thistle

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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!

© 9 ing eatures ynd., nc.

MAGIC MAZE • CHILD'S PLAY NAXVSQMGOLKJHEC I С Т А С Т О Е)X L V S К TARPRNLJERLHSRI FGUBGULSDAFYKEC BYLXVTDRBPOPCKK MEKIGNERDBZSACB SXLLABEGDODIJEA WUTERHQONLJMIHL G F D D T S E O N I M O D C L CIAEPORPMUJNYXW HCTOCSPOHVTSRPO Find the listed words in the diagram. They run in all directions - forward, backward, up, down and diagonally. Checkers Kickball Tag Hopscotch Tetherball Leapfrog Dodge ball Ispv Tic-tac-toe Marbles Dominoes Jacks Hide-and-seek Jump rope Slug bug

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Answers on Page 6 All **Contract Bridge**

WHY IS HE SO GOOD TO ME? East dealer. North-South vulnerable.

NORTH **♠** K 10 9 8 3 ♥952 ♦ A 4

from a successful diamond finesse. But South also saw another possibility, which he decided to exploit.

Accordingly, South led the queen of spades at trick two, which held, and followed with the jack of spades - on which he played the eight from dummy! East thereupon also played low,

Creek Week 2009

WHO: Creek Week 2009 WHAT:

(April 18 - 24) Activities and events for the entire family. Most are free. Go to www.creekweek.net for dates and details.

(April 25) Volunteers are needed for area creek clean ups, invasive plant removal and native planting. Locations vary. Go to www.creekweek.net to sign up. A celebration in planned for the volunteers at American River College that will include free food, music and exhibits.

WHEN: April 17 - 25, 2009

WHERE: Throughout Sacramento county, Citrus Heights, Carmichael, Rancho Cordova, Rio Linda, Antelope, Galt, and Orangevale

WHY: To provide outreach and education about the abundant aesthetic, recreational and ecological values that natural streams offer.

CONTACT: Alta Tura, 916-454-4544

Workshop for **Home Gardeners**

The UCCE Placer County Master Gardeners would like to remind your readers of an upcoming workshop for home gardeners. The topic is "Planning a Summer Vegetable Garden." The workshop will take place at the Placer Nature Center, 3700 Christian Valley Rd, Auburn, on Saturday, March 28, from 10 am to noon. Thank you for your ongoing support educational of our programs.

Judith Myrick, Placer County Master Gardener

San Juan High School **Class of 1964 45th Reunion**

The San Juan High School class of 1964 will be holding its 45th reunion at the Lions Gate Hotel on June 6, 2009. The Reunion Committee is looking for all classmates to join in an evening of dinner, dancing to the oldies, a silent auction and fun, fun, fun.

For further information about the event, contact Dick Cowan at 916-635-7225 or dcowan@clarksullivan.com

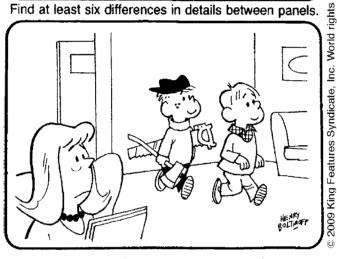
Solemates Walking Events for March

Walkers are invited to join the Solemates Walking Club on the following March walk. There is no cost. Participants must be able to walk the minimum number of miles noted below.

Saturday, March 28th, 8:30 AM -Solemates moderate 4+ mile walk from Powerhouse in Folsom up to site of the new Folsom Landing Bridge opening. No children or pets please. Bring water, snack and walking stick.



Find at least six differences in details between panels.



5. Extra page added to paper. 6. Boy's nose is different. ing. 3. Chair ruffle is missing. 4. Boy's left arm is visible. Differences: 1. Necklace is different. 2. Hammer is miss-

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It's the funniest joke in the world.' 2. MOVIES: Which award-winning actress

starred in "Auntie Mame"? 3. TELEVISION: In which television

sitcom did the character Reverend Jim appear?

4. GENERAL KNOWLEDGE: What is the common birthstone associated with the month of February?

5. HISTORY: Which two early American cities were linked by the Natchez Trace route?

6. MYTHOLOGY: What were the Hesperides?

7. GEOGRAPHY: What body of water lies to the east of North Korea and South Korea?

8. GAMES: What equipment is used in the game of curling?

9. AD SLOGANS: What product is advertised with the slogan, "The quicker picker-upper."

10. PHOBIAS: What kind of fear is represented by syngenesophobia

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

"Beware of Greeks bearing gifts" is just as good advice today as it was 3,000 years ago, when the Greeks left a huge wooden horse on Troy's doorstep that eventually led to the Trojans' undoing. A wily declarer showed here how the ancient adage still applies, and how a gullible defender, who must have thought it was Christmas, fell right into the trap. West led a heart to East's jack and declarer's king, and South quickly saw that by forcing out the ace of spades he could ensure eight tricks and that the ninth might later come

delighted with the opportunity to cut declarer off from dummy's remaining spades.

Declarer then abruptly shifted gears, leading a low diamond to the ace, followed by another diamond. It did not matter whether East took his king on this trick or the next one. Either way, South now had nine unassailable tricks - two spades, two hearts, four diamonds and a club - and so made three notrump. Of course, he would have gone down had East taken the jack of spades at trick three and returned a heart.

East should have viewed with grave suspicion South's failure to overtake the jack of spades with dummy's king. He probably thought declarer had blundered by playing low from dummy, but it turned out that South was dumb like a fox.

The hand demonstrates that psychology can sometimes play a key role in bridge. Declarer saw an opportunity to create the impression that he had erred, and East cooperated by falling for the ruse.

The obvious moral: Always look a gift horse in the mouth!

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Coffee after. Rain cancels. Carpooling from Sunrise Mall available. Contact Dan O'Donahue @ 967-9361.

Poetry in Our House

Our House Poetry Series

3rd Tuesdays Monthly, 7-8:30 pm 1004 White Rock Road # 400.

El Dorado Hills, Montano de El Dorado Center (south of Hwy 50 on Latrobe Rd at White Rock Rd) 916-933-4278

Poetry Features and Open Mic.

Come and speak your word and/or listen the that of others in a lovely Art Gallery. The setting couldn't be better! ... and the Words ... oh, the Words ... !

> Refreshments usually available. Check it out!

by Steve Becker

		By Steve Deeker	
	KING	Crossword	Answers on Page 6
AC	ROSS		
1	Mischief-	29 Cassandra place	enchilada 33 Kin of: alt sp.
	maker	Peterson's 54 Afternoon	9 Luau bowlful 36 Milky
4	Bird that lays	stage name social	10 B&B gemstone
	green eggs	31 Bellybutton 55 Ball-bearing	11 — U.S. Pat. 37 Main meal
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32 Wood-

denial

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Learn About New Advances in **Rheumatoid Arthritis Treatment**

Rheumatology Sacramento, specialist, Kenneth Wiesner, M.D., will present information on advances in arthritis treatment options and provide information on community resources available to assist with managing arthritis. In addition

the Arthritis Foundation will be 1-4. Registration begins at 5:45 available to answer questions and to provide educational materials. This free symposium will be held on Wednesday evening, April 8, at the Sutter Cancer Center, 2800 L Street, Sacramento, in classrooms

p.m. and Dr. Wiesner's presentation begins at 6 p.m. Question and answer session is between 6:45-7:15 p.m. Space is limited, to RSVP or for more information, please call 1-877-361-2663 and select option 5.

Sacramento German Genealogy Society Monthly Meetings and Annual Seminar

P. O. Box 660061 • Sacramento, CA 95866-0061 http://www.sacgergensoc.org

TUESDAY, MARCH 24, 2009 Topic: "Don't Be Afraid to Look in **Unexpected Places**' Presenter: Kay Cayler

Kay Cayler seems to find a missing piece to a puzzle when she's unimpeded by looking only in the "proper" places. An engaging speaker, Kay will share with us some of her "outside the box" solutions to genealogical problems.

SATURDAY, APRIL 18, 2009 (all day) SGGS Annual Seminar:

"Linking Up with Our German Roots." Turn Verein, 3349 J St. Sacramento

Our speaker for this all-day event will be Kory Meyerink, MLS, AG, FUGA, a popular presenter at national genealogy conferences, with many years of experience in German research. His twenty-year professional career in genealogy included

the Family History Library BYI University, PBS Ancestors television series, speaking at numerous national conferences, genealogical researcher, and author of many books and magazine articles. He is accredited in four areas: Germany, Midwest, Eastern and New England, US. He will address the following topics at this year's SGGS Spring Workshop: 1. Internet sources for German research 2. German resources in the Family History Library 3. Accessing records in Germany (local repositories) 4. German sources for determining the ancestral home To register for this year's Spring Workshop or for more details see this

year's brochure: SGGS 2009 Spring Workshop Brochure

TUESDAY, MAY 26, 2009 Topic: "Stories and Demonstrations of German Folk-dancing"

Presenter: Mario Herger, speaking on German dance, with demonstrations by the "Alpentänzer"

Mario Herger's life work is the preservation of ethnic dancing. This meeting and demonstration will be one to remember! We'll move the furniture around so that Mario Herger can introduce examples of actual German dances performed by the dance group Alpentänzer which we'll witness up close!

The meetings are held at 1pm in St. Mark's Methodist Church Fellowship Hall on Lusk Dr. & St. Marks Way. St Mark's is located directly behind Country Club Plaza near Watt and El Camino. The seminar will be at the Turn Verein 3349 J St.

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\$1000.00 scholarship to **Miss Sacramento** \$500.00 scholarship to **Teen Sacramento**

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· 1st runner-ups will be awarded with Greater Sacramento Titles · Winner will attend a minimum of 25 public appearances, fund raisers,

parades, grand openings and special community events. · Call director for application and more information - 721-3824

Miss & Teen & Pre-Teen is open to ladies who are single, never been married, nor a parent and of good morals an character. *Pre-Teen contestants* 11 – 12 years Miss contestants 16 – 27 years Teen contestants 13 - 17 years

Mrs. / Ms. is open to ladies who are single, married, with or without children and of good morals and character.

Mrs. / Ms. contestants 18 years and older

If Miss Sacramento is unable to use her scholarship with one year of her reign and or graduation, it will be awarded to her first runner-up. If Teen Sacramento is unable to use her scholarship within one year of graduating high school, it will be awarded to her first runner up.

Mary Purvis Local California Director

Waggin Tails Doggy Daycare, and VibraPet Sacramento's **Premium Dog Food Announce Their Easter Egg Hunt for Dogs**

Why: Because we will have a howling good time! When: April 4th *What time:* The hunt begins at 10:00 and will last until 12:00 Where: Waggin Tails Doggy Daycare located at 8516-D Auburn Blvd., Citrus Heights, CA 95610

What to bring - Bring your dogs leashed. (All dogs must be leashed) and a basket for finding treats *How much* - believe it or not it is

FREE Easter Bonnet Contest: We will be having an Easter Bonnet Contest from 10-11 AM for dogs. The dogs will have their picture taken in their

bonnets as they enter, and the winner will be announced a 11:30 AM.

The winner will receive a spa package basket from Waggin Tails and VibraPet.

Have questions? Call Kris at 916-601-3584 Andrea at 916-247-9361

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Assemblyman Niello Honors Folsom Lake College President Dr. Thelma Scott-Skillman as Woman of the Year

Her visionary leadership of Folsom Lake College is recognized in Capitol Ceremony



Sacramento - Assemblyman Roger Niello (R-Fair Oaks) honored Dr. Thelma Scott-Skillman of Folsom as the 2009 Woman of the Year for the 5th Assembly District during a special Assembly ceremony at the State Capitol on Monday. "Thelma has significant vision, of the grandest nature." said Assembly Niello. "Her dedication intestinal fortitude was and witnessed as the school broke

ground last year on a performing arts center of a truly regional nature." Dr. Scott-Skillman has enjoyed

an abundantly successful and distinguished career as an educator. Since 2001, she has served as the founding President of one of the newest community colleges in California. Notably, Thelma guided Folsom Lake College through its first accreditation process. Most recently, she led the way in the

construction of a regional performing arts center that will showcase artistic excellence and quality education. "She is truly passionate about

community, education, and the arts---in addition to being just an allaround wonderful woman. Thelma's strength of character is unparalleled, and I'm proud to have selected her for this award at the State Capitol today," said Assemblyman Niello

"I am honored to have been named 5th District Woman of the Year, and that a man I admire as much as Roger would consider me deserving of such an award. I am humbled and inspired." said Dr. Scott-Skillman.

The Woman of the Year ceremony is an annual event to celebrate remarkable women in California who are making a difference in their communities. Honorees from throughout the state were recognized during Monday's special Assembly floor session. Assemblyman Niello awarded Dr. Scott-Skillman with an Assembly resolution in recognition her community of service.

Hospice Consortium Seeks Volunteers to Care for Terminally III Patients **Throughout the Sacramento Region**

Sacramento – Life prepares few of us for death. That is why hospice volunteers as members of a Team of trained professionals play an important role in providing care, companionship and support to terminally ill patients and their families. The Sacramento Hospice Consortium is offering training classes beginning March 6 and April 3 in

Sacramento for people interested in becoming hospice volunteers. More than 300 volunteers currently work with seven hospice programs serving the Greater Sacramento area, but more help is needed. Volunteers take a series of classes including History and Philosophy of Hospice Care, Concepts of Death and Dying, Communications Skills, and Grief

and Bereavement. Training is designed for both those wishing to become hospice volunteers and those caring for and supporting a dying family member or friend.

For more information or to register, call the Sacramento Hospice Consortium Volunteer Response Line at (916) 388-6288. The cost for 24 hours of training is \$35.

WANTED: Musicians, Artists, Street Performers, Dancers & More! The Weird-er, Wild-er & Wacky-er, the better

The California State Fair know there are a lot of talented entertainers in the Golden State. The organization today announced it has extended the applicationdeadlineforpotential entertainers for the 2009 State Fair! Any individuals, bands, dance troupes, performance artists and other familyorientated entertainers that are interested in performing at the 2009 California State Fair are encouraged to submit an application and promotional packet by March 30, 2009.

a wide variety of performers to schedule on its many stages, and is especially interested in acts that can be roving or placed in a variety of locations around the fairgrounds. To highlight this year's theme, Weird, Wild & Wacky acts are particularly encouraged to apply!

Each year, the State Fair seeks NOTE NEW DEADLINE FOR APPLICATIONS: March 30, 2009.

To download an application please visit the California State Fair website, www.bigfun. org or click here: http://www. bigfun.org/pdfs/entertainment/ Entertainment App.pdf For more info, contact the State Fair Entertainment Department *at entertainment@calexpo.com* or call 916-263-3141.

Crocker Launches Arts Stimulus Package

Special deals for visitors and extra discounts for public employees on Furlough Fridays

Sacramento - Economy have you feeling down? The Crocker Art Museum is offering some much-needed respite and relaxation at special rates through its Arts Stimulus Package. Launching today, the special deals and discounts will remain in effect through 2009.

"Historically, museums are very well attended during times of national strife and economic decline," comments Lial A. Jones, Director, Crocker Art Museum. "Individuals look for places to relax and refresh. Our goal is to keep the Crocker easily accessible during this difficult time."

TheArtsStimulusPackageincludes two ongoing specials for the general public and extra discounts for public employees on Furlough Fridays.

Guests can purchase a new membership onsite at the Museum and receive \$5 off an Individual or Family-level membership, regularly \$45 and \$55 respectively.

April Activities at the Towe Auto Museum

Special deals for visitors and extra discounts for public employees on Furlough Fridays

Exhibits:

What: Red Lights and Sirens: Vintage Emergency Vehicles exhibit - January 10, 2009 -April 4, 2009

On exhibit, fire and ambulance vehicles that span the first three decades of the 20th century, from an 1894 horse drawn wagon to a 1930 fire engine. The exhibit includes five fire fighting vehicles and two ambulances. Each vehicle served a different purpose; together they present a broad view of emergency response vehicles from the beginning of the automobile age. The Museum is open daily from 10am - 6pm, taking the last admission at 5pm. Museum admission: \$7 Adults; \$6 Seniors (65+); \$3 Students with current ID; Under 5 free. Group rates and AAA/Banazzle member discounts available.

Special Event:

What: Kids 'SafetyDay-Saturday, April 4, 2009 from 11am - 3pm. Don't miss your last chance to see the Red Lights and Sirens exhibit and enjoy the day learning about how to keep kids safe in our community. Enjoy booths from local organizations and meet local emergency service personnel, get up and close and personal with emergency vehicles of today, purchase lunch, have a safety seat check up performed, and enjoy the Museum, the Red

Membership benefits include one membership when purchased onsite full year of offerings from the Crocker, including free admission, exhibition opening special celebrations, Third Thursday Jazz concerts, family programs and more.

Visitors enjoy 10 percent off a purchase of \$10 or more at the Museum Store with the coupon available for download at crockerartmuseum. org/specials. The Museum Store offers a variety of unique items that reflect the Museum's diverse art collection, its exhibitions and programs and the regional arts scene.

Every Friday, state, county and city employees may show their business cards or identification badges to receive reduced admission for up to four individuals. Furlough Friday admission rates are \$4 adults, \$3 seniors and \$2 students. Admission is regularly \$6 adults, \$4 seniors and \$3 students. Public workers will also receive \$10 off a new

Lights and Sirens exhibit and

an arts & crafts area for kids.

This event is free with Museum

admission - \$7 Adults; \$6 Seniors

(65+); \$3 Students with current

ID; Under 5 free. Group rates

and AAA/Banazzle discounts

available. This event is sponsored

by Midtown Monthly and AAA.

What: "Artomotive" Photography

Saturday, April 25, 2009.

Enjoy a morning of cool cars

and photography, with local

photography enthusiast, Jim

Richter. Jim will guide you in

the basic steps and skills needed

to capture that perfect picture.

Whether you are a classic car

owner and want to photograph

your cool ride or just interested

in the art of photography – this

class is for you! Students are

asked to bring their own camera/

supplies (including a flash and/

or a polarizing lens if you own

one). Students must be at least

12 years old (minors must be

accompanied by an adult). All

skill levels welcome! Cost is \$10

Class with Jim Richter

Classes:

at the Museum on Furlough Fridays. For more information, visit crockerartmuseum.org/specials.

The Crocker Art Museum was founded in 1885 and continues as the leading art institution for the California Capital Region and Central Valley. The Museum offers a diverse spectrum of special exhibitions, events and programs to augment its collections of California, European and Asian artworks. The Crocker is located at 216 O Street in Downtown Sacramento. Museum hours are 10 a.m.-5 p.m., Tuesday-Sunday; 1st and 3rd Thursdays until 9 p.m. Free admission on Sundays from 10 a.m.-1 p.m. is made possible through the support of Bank of America. For more information on exhibits and events call (916) 808-7000 or visit crockerartmuseum.org.



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Please mail Applications and Promotional Kits to: California State Fair Attention: Entertainment, P.O. Box 15649, Sacramento, CA 95852.

The 2009 California State Fair will be held from August 21 to September 7, 2009 at Cal Expo in Sacramento, CA.

per student and space is limited and pre-registration is required so call (916) 442-6802 or visit www. toweautomuseum.org to register!

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Monthly Military/Spouse Retiree Meeting

Our next monthly military retiree/spouse meeting will be on 8 Apr 2009. We are now meeting in the North Highlands Park and Recreation District on Watt Ave and Freedom Parkway(Formerly E Street). The meeting starts at 1030 hrs and our Speaker will be Dean Moline, Director, VA National Cemetary in Dixon, CA. If you want to have lunch following the meeting, please call JoJo at 344-6249 at least 24 hrs in advance of the meeting. Direct any questions to our volunteers at 561-7476, Mon thru Thurs, 0900 to 1500 hrs.

Sheriff's Meeting Location Change

Tuesday, March 24, 6:15 PM

Location Change - Now meeting at La Vista School, 4501 Bannister Rd. (North of Winding Way)

For further information:

Sherrie Waugh,Crime Prevention Specialist, 536-9876 swaugh@sacsheriff.com Note: The meetings are always the 4th Tuesday of the Month

The Frame Stop and Gallery

Invites you to experience the fine art of **The Greenwich Workshop's Essential Women of California** Featuring the Fine Art of: June Carey, Bev Doolittle, Judy Larson

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Fair Oaks Honorary Mayor A Center of Influencer for US Army

FAIR OAKS – Sacramento Army Recruiting Battalion and Fair Oaks Chamber of Commerce have a common center of influencer: Honorary Mayor Dustin Buck.

It was April 17, 2008, when the Recruiting Battalion first met Dustin Buck. The Fair Oaks Recruiting Station provided an Army Reserve birthday cake at the Chamber's monthly meeting. Public Affairs specialist Cathy Pauley and the former Executive Officer for the recruiting battalion attended the meeting to see Reserve Recruiter Staff Sgt. Mark Kisielewski talk about Army benefits and take pictures. Following the luncheon, they met Buck.

"We talked to Dustin about having a difficult time getting into some of the Fair Oaks schools. He was an alumni of the city school system and said he could help," Pauley said. "One way, he suggested, was for the Army to sponsor the Fair Oaks Golf Tournament.

"It sounded intriguing and it was an event we hadn't tried in the past. The Chamber had never had a sponsor before either, so it was something new for both parties," Pauley said.

One of the selling points was the scholarship awarded to a high school golfer. "He said the recruiter could present the scholarship. A sure way to get into the school," Pauley said.

The golf tournament was a great opportunity to groom COIs in Fair Oaks and was a lot of fun, too. Dustin was also running for Honorary Mayor and was elected; thus becoming a vital link to the community for the recruiting battalion.

In November, the recruiting battalion was looking for COIs to attend the All American Bowl in San Antonio, Texas. Pauley thought of Mayor Buck and made the call. She was unable to get in touch with him as her deadline neared, so she wasn't able to include him in the nominations. He did get in touch with her later and was sorry he missed the timeframe. As the AAB neared, someone from another battalion dropped out and the battalion's higher headquarters didn't want to lose the seat. Pauley remembered Mayor Buck.

"He was very excited to be included in this awesome trip," Pauley said. "And I was excited he was able to attend." When he returned from the four day trip, Mayor Buck talked to Pauley and told her he wanted to speak about the Army to anyone we needed him to speak to. She remembered that phone call.

The recruiting battalion had a Chalk Talk with the Sacramento Kings and had a couple of tickets for COIs. Pauley called Mayor Buck and asked if he would like to attend. He gladly accepted and brought his parents – also awesome people. Although he didn't speak to the Future Soldiers in attendance, Fairfield Mayor Harry Price talked about the All American

Bowl and service to country and introduced Mayor Buck to the group, too. Mayor Price is also a valuable center of influencer to the Army's recruiting battalion.

The Battalion held a COI luncheon on March 6th at McClellan Park and wanted to have people in the community speak on their experiences with the recruiting battalion and how they can help the battalion's grassroot mission. Mayor Buck was at the top of the list of someone Pauley wanted to speak. He gladly accepted.

Everyone in attendance appreciated what Mayor Buck spoke about - his meeting the recruiters and the full circle he has come in supporting our effort. "It is a privilege to have the chance to help with this partnership," Mayor Buck stated. "By targeting local community and business leaders, the US Army is taking a new approach to recruitment and public relations. It has been an educational and inspirational experience, and I am grateful for this opportunity to be able to further educate my community with the knowledge and tools the US Army has so eagerly provided."

We sincerely appreciate all that Mayor Buck has done for our battalion and the Fair Oaks Army recruiters and look forward to his participation on our Grassroots Target Committee and other efforts.

Thank you, Mayor Buck.

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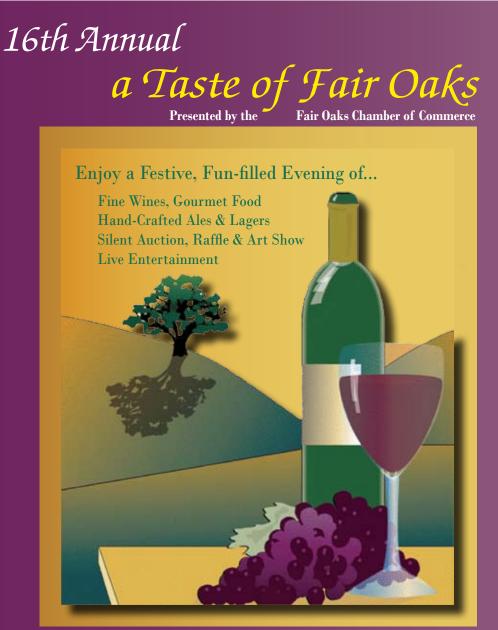


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Must be 21 or over to attend.

Orienteering on Sacramento State Campus

Navigate your way around the Sacramento State campus at a spring orienteering meet on Saturday, April 4.

The meet at California State University, Sacramento is sponsored by Gold Country Orienteers.

Orienteering is a fun and challenging sport for individuals and families. Using a detailed map, compass and a set of clues, you navigate from point to point to find a series of designated places. The sport can be done as a competitive race or a leisurely hike and is great for youth groups, outdoors enthusiasts, adventure racers and anyone seeking a physical and a mental challenge.

This meet will feature a Score-O course that's suitable for anyone from beginning to advanced orienteers. In Score-O, a number of locations are designated as circles on the map and you will have 60 minutes to find as many as you can in any order. Each location that you find is worth 1 point. For every minute or part of a minute that your time exceeds 60 minutes, two points will be subtracted from your score.

orange-and-white The usual orienteering control flags will not be used on the campus. Instead, when you arrive at a location, you will have to answer a multiple-choice question. Question and

answer sheets, as well as pencils, will be provided at the start.

Registration will be from 9 a.m. to 12 noon. The course can be started between 10 a.m. and 12:30 p.m. Beginning instruction will be available. The cost is \$5 for GCO members and \$6 for nonmembers, for each individual or team going out together, and \$2 for a second map.

For more information, visit www. goldcountryorienteers.org or contact Marsha Jacobs at 916-408-8052 or marsha@batnet.com.

Sacramento Walking Sticks Club Hosting Walking Event

The Sacramento Walking Sticks Club will be hosting a 2-day walking event that everyone is welcome to attend on Saturday & Sunday, April 18 & 19, 2009. Registration for both days will begin as early as 8:30 a.m. thru 12:00 Noon. All walkers must be finished and off the trails at 3:30 p.m. The start/finish location will be Rancho Seco Park, 14962 Twin Cities Road, Herald, CA 95638. There is an entry fee of \$5.00 per vehicle so carpooling is recommended. The

walk is FREE and something the entire family can participate in. Dogs will need to be left at home because the Ranch Trail wanders through a working ranch that prohibits dogs. If anyone wants to obtain "volkwalk credit" in their event/distance books, the cost for the walk is \$3.00. There will be a 5K (3.1 miles) and an 11K (7.0 miles) route to choose from. Both routes are rated a 2 which means it's a moderately easy walk on pavement or on trails;

may not be suitable for wheelchairs or strollers. People will walk along the shores of Rancho Seco Lake and take in the colorful flora and dramatic views of oak woodland habitat and the Sierra Nevada Mountains in the distance. Bring water for the walk.

There will be a barbeque lunch provided by the Club after the walk on both days that everyone welcome to attend. Bring is your lawn chairs and spend the day at Rancho Seco Lake Park.

"DU volunteers have historically gone above and beyond and these chapters important to them and their communities," exemplify our grassroots system," said Lewis said. "The more money we raise, Bruce Lewis, president, Ducks Unlimited.

passion for conservation is what fuels their hard work." The Placerville Chapter has earned a

"Volunteers within these chapters are

this organization's foundation and their

Memphis, Tenn. - The President's

Top 100 are among Ducks Unlimited's

elite chapters throughout the nation.

Every year, the list is reserved for the 100

chapters who raise the most grassroots

dollars for DU's habitat conservation

work. The Placerville, Calif., DU Chapter

made the list as one of the organization's

highest fundraising chapters.

spot on the President's Top 100 list out of the more than 3,500 DU Chapters nationwide. DU's grassroots system has become a model for other conservation organizations worldwide and has funded a portion of the more than 12 million acres DU has conserved since 1937.

Local Ducks Unlimited Chapter Makes Top 100

"These chapters are showing that the future of waterfowl populations and wetlands that filter our drinking water are the more habitat we can conserve and the closer we are to preserving our waterfowl hunting heritage. I would like to personally thank all our top 100 chapters for their achievement and look forward to seeing them among our elite chapters

Ducks Unlimited is a unique organization because it relies on the generosity and passion of its volunteers to accomplish its goals. Striving for success, the top 100 chapter volunteers, like all DU volunteers never fail to answer the call.

next year."

With more than a million supporters, Ducks Unlimited is the world's largest and most effective wetland and waterfowl conservation organization with more than 12 million acres conserved. The United States alone has lost more than half of its original wetlands - nature's most productive ecosystem - and continues to lose more than 80,000 wetland acres each vear.

Volunteers Needed for 'THE GREAT RACE'® Saturday, July 18, 2009

The success of the area's bestwith crowd control, equipment, course

and water safety, as well as to support the Kaiser Permanente Kids Duathlon. THE GREAT RACE® is a fundraising event benefiting programs for the Sacramento County Therapeutic Recreation Services (TRS) that support mentally and physically challenged people. THE GREAT RACE®, presented

take place on July 18, 2009. Participants run 5.82 miles, cycle 12.5 miles and paddle boats 6.35 miles on a racecourse located on and alongside the American River Parkway. Teams and individuals

Continuing this year is the Kaiser Permanente Kids Duathlon, a 2.5-mile run and a 6-mile bike ride. Sponsored by Kaiser Permanente, this duathlon provides kids with their own event to compete in while family members are tackling THE GREAT RACE®.

When: Saturday, July 18, 2009 THE GREAT RACE®-8 a.m. Kaiser Permanente

Where: American River Parkway, Rancho Cordova and Sacramento, CA. *Begins at William Pond Recreation Area

To date, THE GREAT RACE® hasraised approximately \$850,000 for TRS accounting for over 20 percent of the program's budget.

To volunteer or register for the event, visit www.thegreatrace. org, or call (916) 381-0255.

THE GREAT RACE. The World's Globest Tris Amented by Eppir's Greet Rece TheGreatRace.org - 2° P3 - 5

1st Annual Playground Classic hosted by Arden Manor Recreation and Park District

Arden Manor Recreation and Park District will host the 1st Playground Annual Classic. The Playground Classic is a series of three friendly, yet competitive tournaments of your favorite

childhood games, Dodgeball, Kickball, and Capture the Flag. The Playground Classic can be used as a team building experience for business associates, gathering a group of friends, or just because you enjoy bombarding others with red rubber balls and stealing flags.

The event will be held on three consecutive Saturdays, at Jonas Larkspur Park, located on the corner of Jonas Avenue and Larkspur Lane in Sacramento, 95864. Each Saturday

features a different game; April 18th, Dodgeball; April 25th, Kickball; and May 2nd, Capture the Flag. Games begin at 10am, and tournaments will be finished no later than 3pm. Registration is currently open for co-ed adult teams of 10 to 12 people, across the Sacramento area. Teams should be equally divided between men and women players. Teams can register for the full tournament for \$150 or each tournament for \$60. Teams that register for the full tournament before April 3rd will receive a team t-shirt. Registration forms and further information are available on the Arden Manor Recreation District

website; www.amrpd.org.

Marketing and sponsorship opportunities are available for this event. For more information, refer to the Playground Classic section of the Arden Manor website and see "Sponsorship."

For more information on this event, as well as upcoming programs, please visit our website at www.amrpd.org or call the District Office at (916) 487-7851.

For further information contact Marisa Lacampagne Recreation Coordinator Arden Manor Recreation and Park District 916.487.7851 marisa@amrpd.org

TRIVIA CHALLENGE What do you know?

FUN FACT Question What American city has long held the tradition of using vegetable dye to turn it's river green on St. Patrick's Day?





known run-cycle-paddle triathlon, THE GREAT RACE®, is dependent on the generous support of hundreds of volunteers. THE GREAT RACE® can compete in a variety of divisions. is in its 36th year and is once again calling on volunteers to help assist

Trivia Challenge Questions

1. SPORTS: The NCAA Men's basketball tournament called "March Madness" is also known as "The Big" what? 2. HISTORY: What woman won the Nobel Peace Prize in 1979? 3. GAMES: How many Triple Word Score spaces are on a Scrabble Board? 4. COOKIES: What Girl Scout cookie is their best-seller?

5. ART: American artist Grant Wood used his dentist and his sister as models for what classic painting?

6. MUSIC: 3 Points: What band flies "like an eagle"? What bandleader was always "In the Mood"? We used to sing along with what goateed conductor? 7. TV: What was the family name on the Cosby show? 8. GEOGRAPHY: 4 points: What are the capitals of the 4-corners states? 9. KIDDIE LIT: Who spun straw into gold? 10. HOUSES: The White House is the most-visited house in

Fun Fact Answer: Chicago

QOTM Answers: 1. "Dance" 2. Mother Teresa 3. Eight 4. Thin Mints 5. American Gothic 6. Steve Miller Band, Glenn Miller, Mitch Miller 7. Huxtable 8. Phoenix, Salt Lake City, Denver, Santa Fe 9. Rumplestiltskin 10. Graceland

<u>Trivia Challenge is brought to you by BrainSports Live Trivia Games</u> We bring "game show" fun to your business, fundraiser, party any event with a group of people looking for a mind-stimulating change of pace!

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House Adopts Plan For 'Volunteer' Corps Also requires new evaluation of 'mandatory' service for all

By Bob Unruh

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The U.S. House of Representatives has approved a plan to set up a new "volunteer corps" and consider whether "a workable, fair, and reasonable mandatory service requirement for all able young people" should be developed.

The legislation also refers to "uniforms" that would be worn by the "volunteers" and the "need" for a "public service academy, a 4-year institution" to "focus on training" future "public sector leaders." The training, apparently, would occur at "campuses."

The vote yesterday came on H.R. 1388, which reauthorizes through 2014 the National and Community Service Act of 1990 and the Domestic Volunteer Service Act of 1973, acts that originally, among other programs, funded the AmeriCorps and the National Senior Service Corps. It not only reauthorizes the programs, but also includes "new programs and studies" and is expected to be funded with an allocation of \$6 billion over the next five years, according to the Congressional Budget Office.

Many, however, are raising concerns that the program, which is intended to include 250,000 "volunteers," is the beginning of what President Obama called his "National Civilian Security Force" in a a speech last year in which he urged creating an organization WND reported when a copy of the speech provided online apparently was edited to exclude Obama's specific references to the new force.

The new bill specifically references the possibilities "if all individuals in the United States were expected to perform national service or were required to perform a certain amount of national service."

Such new requirements perhaps, the legislation notes, "would strengthen the social fabric of the Nation and overcome civic challenges by bringing together people from diverse economic, ethnic, and educational backgrounds."

No one, apparently with the exception of infants, would be excluded: "The means to develop awareness of national service and volunteer opportunities at a young age by creating, expanding, and promoting service options for elementary and secondary school students, through service learning or other means, and by raising awareness of existing incentives." According to a report by Canada Free Press, "volunteerism' that kept America running since the days of its founding" would be "wiped out with the stroke of a pen."

"It becomes forced labor and like the practice of another era, presses American citizens of all ages and creeds, unknowingly into military service," the commentary said. "On paper, H.R. 1388 is the 'Generations Invigorating Volunteerism and Education Act'; the more innocuous sounding 'The Give

Act,' for short.

"The Give Act puts the finishing touches to Public Allies New Leadership for New Times, modeled after Saul Alinsky's 'Peoples Organizations' and operating under Michelle Obama," the commentary said.

"Michelle was also a pioneer in the social entrepreneur movement – leaders who create new approaches and organize to provide new solutions to social problems. Like most things Saul Alinsky, H.R. 1388 sounds noble in stating why wide-sweeping change is necessary," the commentary said.

"H.R. 1388 goes straight to the heart of volunteerism in America, impacting everything from the lemonade stands of neighborhood children, to the residents of senior citizens homes. ... The Give Act puts tow-headed school children and silver-haired seniors in the official uniform of the new State, and encompasses every walk of life in main-street America," the commentary said. "Whether you are young or old, or firmly believe that volunteering means you are offering your time to the good of community work, you will be pressed into Obama's National Civilian Community Corps."

Groups of such "volunteers," would, under the legislation, be "grouped together as appropriate in campuses for operational, support, and boarding purposes. The Corps campus for a unit shall be in a facility or central location established as the operational headquarters and boarding place for the unit. ... There shall be a superintendent for each camp." The plan generated this concern from Resistnet.com: "This is the equivalent of brown shirts." Another portion of the bill talks about a "service learning" plan that will be "a mandatory part of the curriculum in all of the secondary schools served by the local educational agency." A forum participant noted, "I wonder what's going to happen to those who refused to 'volunteer.' Maybe they will be put into a different 'campus.' I guess we will soon find out."

Formal announcements about the plan suggested something far different, picking a provision far down in the 200 pages legislation to highlight. of According to a Business Wire statement released by Sen. Chuck Schumer, D-N.Y., the bill "would formally authorize federal support for establishing the anniversary of the September 11 terrorist attacks on America as a National Day of Service and Remembrance." That provision is tucked into the far reaches of the legislation, but Schumer discussed it as if it were the primary point. "I could not be more proud to work to pass this important provision," said Schumer. "September 11 should not only be a day for mourning it should be a day to think about our neighbors, our community, and our country. We can take a tragic day in our nation's history and turn it into a force for good."

On the Albany Insanity blog, this concern was raised: "What gives the government the right to require individuals to give three years service under the guise of 'volunteer' service? It is not

explicit exactly who is required but I think they get the bill passed and then iron out the details. It talks about uniforms and 'camps.' They revise the word 'camps' and call it 'campus.' There is language about Seniors and Community organizations."

The blog noted, such work forces would be used for "pressing national and local challenges" that apparently could range from weather disasters to economic uncertainty. At a Republican website, officials noted it authorizes funding for an Education Corps, Healthy Futures Corps, Clean Energy Corps, Veterans' Corps and Opportunity Corps. The bill was sponsored by Rep. Carolyn McCarthy, a Democrat from New York. It was approved in the House 321-105, with mostly GOP opposition. It now goes to the Senate.

WND reported earlier on Obama's Colorado Springs campaign speech when he sought a civilian security force as big and well-funded as the military – with a budget of hundreds of billions of dollars. WND later reported when the official website for Obama, Change.gov, announced he would "require" all middle school through college students to participate in community service programs.

However, after a flurry of blogs protested children being drafted into Obama's proposed youth corps, officials softened the website's wording. Originally, under the tab "America Serves," Change.gov read, "President-Elect Obama will expand national service programs like

AmeriCorps and Peace Corps and will create a new Classroom Corps to help teachers in under served schools, as well as a new Health Corps, Clean Energy Corps, and Veterans Corps.

"Obama will call on citizens of all ages to serve America, by developing a plan to require 50 hours of community service in middle school and high school and 100 hours of community service in college every year," the site announced.

WND previously reported on a video of a marching squad of Obama youth. Joseph Farah, founder and editor of WND, used his daily column first to raise the issue and then to elevate it with a call to all reporters to start asking questions.

"If we're going to create some kind of national police force as big, powerful and well-funded as our combined U.S. military forces, isn't this rather a big deal?" Farah wrote. "I thought Democrats generally believed the U.S. spent too much on the military. How is it possible their candidate is seeking to create some kind of massive but secret national police force that will be even bigger than the Army, Navy, Marines and Air Force put together?

"Is Obama serious about creating some kind of domestic security force bigger and more expensive than that? If not, why did he say it? What did he mean?" Farah wrote.

Bob Unruh is a news editor for WorldNetDaily.com.



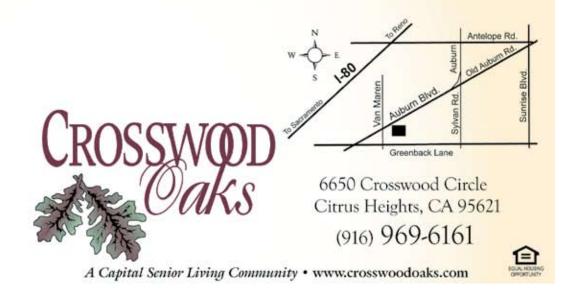


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