

# AMERICAN RIVER

## M E S S E N G E R

### 10 Commandments...

...of citizenship

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### Ken Cooley Elected

New Vice Chair  
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Presented with  
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Award

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Volume 3 Issue 20

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

Second Edition for October 2008

## Veggie Chase Exceeds Expectations!



Runners from the Veggie Chase's Toddler Trot - photo by Amanda Morello

### "It was Veggie Mania..."

Rancho Cordova, CA - October 16, 2008 - An incredible showing of kids and families participated in the Veggie Chase 5K and Kid's Run/Walk event benefiting Soil Born Farms on Sunday, October 12th. "So many people heard

about this event from print, electronic and television media which accounted for the LARGEST influx of families on Race Day that I can remember seeing in many years! We had over 1,500 pre-register for this event with nearly as many showing up on race day...It was

Veggie Mania taking hold" said Tim Coughlin with the Northern California Youth Running Foundation.

-Over 1,700 under the age of 17 participated!

-More than 300 "first-time" adults who had never participated in any

formal event before!

We're on track towards an even larger 2nd Annual Veggie Chase 5K & Kid's Runs! Stay tuned...



## 1000 Participate in Hope Walk at William Jessup



Roughly 1,000 participants attended the Hope Walk at William Jessup University on Saturday morning, October 18. To date, the Rocklin based walk raised \$30K with additional monies yet to be counted. Hopewalks

is an educational and fund raising walk that provides an opportunity for children, their families and friends to make a difference in the lives of orphans and vulnerable children worldwide.

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PERMIT 32  
Rancho Cordova, CA

## Hot Community Marching Band Adds Warmth to Its Uniform

The Citrus Heights Lion Club has made a \$ 500 donation to the award-winning Citrus Heights Community Marching Band to help purchase sweatshirts for band members to wear at "cooler" functions.

The band, a popular attraction at many area events, has pretty much limited its appearance to warm weather and indoor events because the band uniform is a T-shirt and khaki slacks

"Because of the Lions Club generous donation, we will be able to add a warm sweatshirt to our uniform and march at football games in the fall and at outdoor parades in November

and December." Said Kathy Cook, a band spokeswoman.

The band was founded by Cook and Linda Glover in 2005 to add music to the annual Citrus Heights Red, White, and Blue parade.

It is made up of about 50 band musicians, 17 youth majorettes, and 10 adult majorettes.

Band members, who range in age from 12 to 85 years, meet for weekly practices.

March through November.

The directors are Tiffany Kincer, Mesa Verde High School music teacher, and Adam Sartain, who has a music performance degree from UC

Davis.

"We welcome new members at any time," said Cook.

And we definitely would like to add a flag corps to the group."

There is no charge to be a band musician but "you must be able to play an instrument, read music, and be able to march," she added.

Youth majorette classes are offered at Rusch Park that is located at 7801 Auburn Boulevard.

"There is a fee for the class but scholarships are available," said Cook.

This year's band performances in addition to the Red, White and Blue

## Score Another One for Options for Youth

Academic Performance  
Continues to Rise at  
California's Largest Dropout  
Recovery Programs

Business Wire - California's two largest dropout recovery programs, which together serve an estimated 26,000 of the state's most at-risk teenage student population each year, reported dramatic and continued improvement in key state benchmarks for academic performance, according to officials at Options for Youth (OFY) and Opportunities for Learning (OFL) charter schools.

Both programs are continuing to experience an upward trend in their scores on California's Academic Performance Index (API) and the California High School Exit Exam (CAHSEE). All eight programs improved API scores; of those, most showed improvement in the English and math sections of the exit exam.

Tom Goodman, the superintendent for both OFY and OFL, commented on the reasons that the programs are experiencing so much success.

"By adding resources and new programs, we are continuing to improve our ability to meet and exceed state standards," he said. "The scores show how effectively we are recovering many students who would otherwise be dropping out of school."

Goodman noted that the statistics translate into changing the lives of thousands of teenagers - most of whom are low-income, ethnic minorities; they include former gang members, teen mothers or students who have simply fallen behind or do not fit in at a traditional high school.

"Behind all this data are real people

who now have hopes and dreams for their futures," he said. "The human element to this effort is enormously gratifying to all of us."

API - California's API system rates schools on their academic achievement. An annual score is given to each school and ranges from 0-1000. The 2008 Growth API summarizes performance on a number of required standardized tests mandated by the California Department of Education. The following represents the local 2008 API scores for individual OFY and OFL schools and how they compared to 2006 scores:

OFY - San Juan: 640, a one-point increase

CAHSEE - The state's high school exit exam is an important indicator of student success in English Language Arts (ELA) and math; it is a prerequisite for earning a diploma. The following represent 2007-08 passage rates for each subject, as well as the percentage improvement for the previous year:

OFY - San Juan: 79% ELA, six-point decrease; 70% math, eight-point increase

Both OFY and OFL have boosted resources in recent years for professional development for teachers, curriculum, Saturday schools, technology, field trips, assessment and other programs.

"For more than 20 years, we have continued to improve and adapt our programs to meet the needs of at-risk students," said Goodman. "Our test results underscore this commitment to do whatever it takes to reach this underserved population."

\* Based on internally calculated API Base score

## Dogoween Event A Huge Success

A record number of canines competed for "barking lot" rights at the Sunrise Festival Shopping Center during Dogoween last weekend. Over 70 dogs dressed in Halloween finery that featured dragons, fairies, princesses and witches to military, fire fighters, service workers and action figures. In the end, a medium sized dog "Diana" won the hearts of the crowd and judges dressed like an angel and was awarded Best of Show. Diana and her human companion Jay Redden of Sacramento took home top honors, a trophy, \$50 gift card and \$200 in cash. The Best of Small Dog Division was Bailey, dressed like a London Beefeater and Best of Large Division was Jake, resplendent in a Snoopy aviator outfit.

The judges remarked that the caliber of costumes and creativity was at an all time high. The 8th annual contest was sponsored by Sunrise MarketPlace, Sunrise Festival and Petsmart.



Sunrise MarketPlace Executive Director Kathlynn Carpenter and Sunrise Festival's Gloria Wright present Best of Show to Jay Redden and Diana.

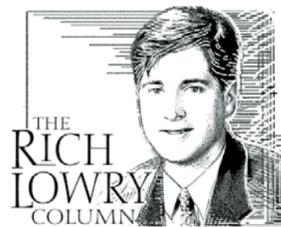
Parade have included Orangevale Pow Wow Days parade, the Citrus Heights Relay for Life, the Roseville 4th of July Parade, the California State Fair, County Supervisor Susan Peters' Concert in the Park, Citrus Heights Sunday FunDay, and San Juan High School Alumni's 95th Anniversary Picnic. "We have won a prize at Pow Wow Days every year that we have participated in its parade," said Cook

The final 2008 appearances will be at the San Juan High School's homecoming game on October 24th and at the Roseville Christmas Parade on November 22nd.

Major band sponsors for 2008

are the Sunrise Recreation and Park District, the City of Citrus Heights, the Sacramento County Board of Supervisors, Kniesels Body Shop, and the Hearts for Parks.

For more information about the band, band and majorette registration, or donations, please contact Cook at (916) 725-0198 or Linda Glover (916) 725-5214. Donations, which are tax deductible, should be made to Hearts for Parks, and specify CHCMB, (Citrus Heights Community Marching Band), on memo/line on your check and mailed to Hearts for Parks, 7801 Auburn Boulevard, Citrus Heights, CA 95610

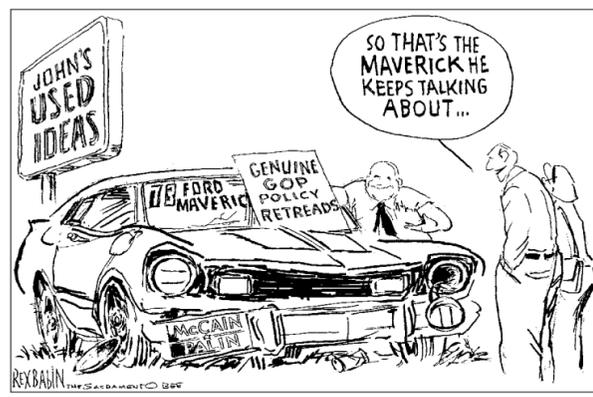
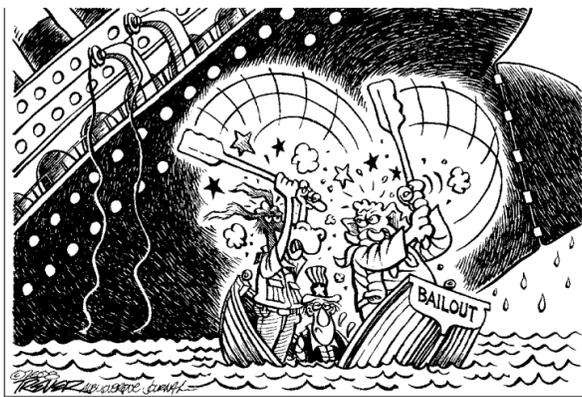


# Is Phil Gramm to Blame?

bill just blessed the world as it was already evolving. Three, the legislation appears to have alleviated the current crisis rather than making it worse. Big, diversified financial institutions have been weathering the crunch better than anyone else and have occasionally swooped in to lessen the pain. Bank of America acquired Merrill Lynch, which would have been impossible prior to Gramm's deregulation. Otherwise, Merrill would either have gone under or been bailed out by the taxpayers. Similarly, J.P. Morgan wouldn't have taken over Bear Stearns. The root of this crisis is subprime loans lavished on people who couldn't truly afford their homes. This bad debt was securitized -- i.e., chopped up -- and spread throughout the system as complicated financial instruments. Gramm makes an unlikely villain here, since he always opposed the rush to give marginal borrowers mortgages -- and took hell for it from left-wing activist groups. It's the very word "deregulation" that galls Gramm's critics. In their simplistic morality play, anything promoting it must be to blame. But Fannie Mae and Freddie Mac were practically arms of the government ("government-sponsored enterprises") and still did more than any other institution to spread the bad debt before requiring a bailout themselves. It's certainly possible to fault lax regulation. The Securities and Exchange Commission's 2004 decision to allow the investment banks to double their leverage looks foolhardy. But the mistakes and mania that created this crisis can't be attributed to one man. In other words, Barack Obama and every other Democrat should lay off their scapegoat of the hour.

Rich Lowry is editor of the National Review.

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# More Debt? You've Got to be Kidding!



by Jon Coupal

Even in the best of times, the three major bond proposals on the November ballot would merit a thumbs down. Propositions 1A, 3, and 10 would put taxpayers another \$16 billion in debt to fund some dubious projects. Proposition 1A spends \$10 billion as a down payment on a massive bullet train project. Promoters, which includes the company responsible for Boston's infamous "Big Dig" disaster, claim the project can be completed for about \$50 billion. However, a just released study by transportation experts, which includes a former president of the High Speed Rail Association and a former member of the Amtrak Reform Council,

show that actual costs could easily exceed \$80 billion.

The study also shows that backers have radically exaggerated the potential ridership and that the travel time between San Francisco and Los Angeles would be much greater than advertised. Study authors actually support sound high speed rail projects, but they reject the Proposition 1A plan as a fantasy that could cost taxpayers additional billions of dollars for a much diminished outcome. The California High Speed Rail Proposal: A Due Diligence Report was sponsored by the Howard Jarvis Taxpayers Foundation, the Reason Foundation and Citizens Against Government waste and can be viewed at [www.hjta.org](http://www.hjta.org).

Promoters of Proposition 3 know the best way to gain support for a spending measure is connect it to children. Since its purported purpose is to expand children's hospitals, its passage might seem a certainty. However, the primary beneficiaries of this billion dollar bond will be five private hospitals. Is anyone surprised that the campaign that placed Proposition 3 on the ballot was paid for by these private interests? After all, it is a great return on investment -- a few million dollars upfront to collect signatures in return for hundreds of millions of taxpayers' dollars later. Proposition 10 is a clever scheme.

It is designed to ride on the hysteria over global warming by claiming to reduce emissions of greenhouse gases. However, it is really a \$5 billion subsidy to those who buy vehicles that use alternative fuels, especially natural gas. A company owned by billionaire T. Boon Pickens, a major supplier of natural gas, paid to gather the signatures to put Proposition 10 before voters. Without guaranteeing any net reduction in emissions, Proposition 10 will help to make a very rich man even richer.

Yes, in the best of times, these measures would leave taxpayers holding their noses. However, at a time when the state and nation are in the midst of fiscal crisis, the propositions move into a category under the heading of "You've got to be kidding!"

California is already massively in debt -- we approved another \$42 billion in bonds just two years ago. These new bonds, would add another \$16 billion to a debt that must be repaid from our state general fund, which has an ongoing structural deficit. Currently, more than 5% of budget goes to retire bond debt, money that is then unavailable for important state services like education, healthcare, transportation and law enforcement.

But it gets even worse. California is suffering 7.7% unemployment

and is setting records for home foreclosures. The State Department of Finance says that California has experienced a net out-migration of citizens over the last decade as taxpayers and jobs are moving to other states and even other countries. Our state is already regarded as a bad credit risk and with the failure of some of our nation's largest financial institutions the cost of borrowing is going even higher.

Usually, government bonds cost taxpayers double their face value when interest over 30 years is added. However, with the high cost of borrowing and our state's poor credit rating, taxpayers could be on the hook for 220% or 240% of bond face value, rates that might make Tony Soprano look like a compassionate lender.

Even without going further into debt, State Treasurer Bill Lockyer warned the state will be hard pressed to pay its bills. Our state's credit situation is so bad the governor has requested a \$7 billion bailout from the federal government.

Propositions 1A, 3, and 10 mean more debt, and California needs more debt like a drowning man needs a brick.

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.

# The Ten Commandments of Citizenship



by Lee H. Hamilton

This presidential election, if you believe the polls and the rhetoric, is about change in Washington. Both candidates promise it, while voters clamor for it. It is the cause of the moment.

Yet I have news for you: Change in Washington won't happen, and certainly can't be sustained, without change in the country at large. For the point is not to overthrow the system, it's to make it function properly. Government does not fix itself. Only a citizenry that is engaged in our democracy to an extent far greater than in recent decades can help to heal our system. To get change in Washington, in other words, it has to begin with you.

Since being a responsible citizen takes commitment, here are some precepts to follow if you want to be effective -- what I call the "Ten Commandments of Citizenship":

Vote. This is the most basic step democracy asks of us. Don't buy the argument that it doesn't matter. Every election offers real choices about the direction we want our towns, states and country to take. By voting, you not only select the officials who will run the government, you suggest the direction government policy should take and reaffirm your support for a representative democracy.

Be informed. To be a knowledgeable voter, you need to know what candidates actually stand for, not just what their ads or their opponents' ads say. Read about the issues that confront your community and our nation as a whole. Our government simply does not work well if its citizens are ill-informed. Communicate with your representatives. Representative

democracy is a dialogue between elected officials and citizens -- that dialogue lies at the heart of our system. Legislators and executives can't do their job well if they don't understand their constituents' concerns, and we can't understand them if we don't know their views and why they hold them.

Participate in groups that share your views and can advance your interests. This one's simple: In a democracy, people tend to be more effective when they work together rather than acting as individuals. You can be sure that almost every issue you care about has one or more organizations devoted to it. By joining and working with the ones you think best reflect your views, you amplify your beliefs and strengthen the dialogue of democracy.

Get involved locally to improve your community. You know more about your community's strengths and weaknesses than anyone living outside it. Identify its problems and work to correct them. Involvement is the best antidote I know to cynicism.

Educate your family, and make sure that local schools are educating students, about their

responsibilities as citizens. As a society, we're not as good as we should be at encouraging young people to get involved in political life. Too many young people -- and even many adults -- do not understand how our government and political system work and why it is important for them to be contributing citizens.

Understand that we must work to build consensus in a huge, diverse country. In pretty much every way you can think of, ours is an astoundingly mixed nation of people, with wildly divergent views on most issues and a constantly growing population. This means we have to work through our differences not by hammering on the other side, but by bringing people together through the arts of dialogue, accommodation, compromise, and consensus-building.

Understand that our representative democracy works slowly. There's a reason for this: it is so that all sides can be heard, and so that we avoid the costly mistakes produced by haste. Our Founders understood this 220 years ago, and it's even more vital now, when issues are vastly more complex and the entire world is closely connected.

Understand that our system is not perfect, but has served the nation well. Democracy is a process designed to give people a voice in how they are governed. It's not perfect -- far too many people feel voiceless, and polls in recent years suggest that unsettling numbers believe the system is broken. And our system offers no guarantee that you'll get what you want. Yet it is also true that it provides every individual an opportunity to be heard and to work to achieve his or her objectives, and it has served our nation well for over two centuries.

Understand that our system is not self-perpetuating; it demands our involvement to survive. Just because it has worked in the past does not mean we will have a free and successful country in the future. Lincoln's challenge is still urgent: whether this nation so conceived can long endure. Being a good citizen isn't something one does just for the heck of it; it's critical to the success of our nation.

Lee Hamilton is Director of the Center on Congress at Indiana University. He was a member of the U.S. House of Representatives for 34 years.

**AMERICAN RIVER MESSENGER**

*"Written by the people for the people"*

**Publisher - Paul V. Scholl**

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# Socialized Medicine” or “Civilized Medicine?”



Dr. Bill Durston

medicine is practiced in the rest of the civilized world.

The United States is the only industrialized western democracy that doesn't have some form of universal health care for all its citizens. In California, 20% of people have no medical insurance, and many others who think that they are adequately insured find that when they develop a serious illness or suffer a serious injury, they still get stuck with a large portion of the bill because of copays, caps, deductibles, and clauses that exclude coverage for pre-existing conditions. While the wealthy and well-insured enjoy excellent medical care in the United States, on overall measures of quality of care, the U.S. ranks 15th out of 25 compared to the other leading industrialized democracies of the world.

Another criticism that one often hears from critics of universal health care is that we can't afford to pay for it. The fact is, we're already paying for it. We're just not getting what we pay for. The U.S. spends on average twice as much per capita on medical care as the other countries of the world that not only have universal coverage, but better overall quality of care.

The problem with our health care system is just one symptom of a fundamental problem with our democracy. Instead of government of, by, and for the people, we have government of, by, and for special interests, with the health care industry being a prime example. Too many politicians, including my opponent in the 3rd Congressional District, take big contributions from the for profit health insurance industry, the drug industry, and even some self-serving doctors, and then vote in their interests rather than in the interests of the health and well-being of their constituents.

If every other western, industrialized, democratic country in the world can provide universal access to affordable, high quality medical care for all its citizens, then so can we. But to do so, we must first elect leaders who will represent the interests of the people, not the interests of their wealthy donors, and who understand the difference between "socialized medicine" and "civilized medicine."

*Note: Dr. Bill Durston is the Democratic Candidate for U.S. House of Representatives in California's 3rd Congressional District*

# Military Graduates Hometown News



**Army Pvt. Kyle Macias** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military justice system, basic first aid, foot.

Macias is the son of Rene Macias and Amy Hooper of Rampart Drive, Carmichael, Calif.

**Army Pvt. Aaron J. Orens** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of David Orens of

86th Ave S.E., Yelm, Wash., and brother of John Orens of Meadow Gate Drive, Roseville, Calif.

The private is a 2001 graduate of Mount Tahoma High School, Tacoma, Wash.

**Army Pvt. Giovanni J. Vitalie** has graduated from the Infantryman One Station Unit Training at Fort Benning, Columbus, Ga. The training consists of Basic Infantry Training and Advanced Individual Training.

During the nine weeks of basic combat training, the soldier received training in drill and ceremonies, weapons employment, map reading, tactics, military courtesy, military justice, physical fitness, first aid skills, and Army history, core values and traditions. Additional training included development of basic combat skills and battlefield operations and tactics, and experienced use of various weapons and weapons defenses available to the infantry crewman.

The Advanced Individual Training course is designed to train infantry soldiers to perform reconnaissance operations; employ, fire and recover anti-personnel and anti-tank mines; locate and neutralize land mines and operate target and sight equipment; operate and maintain communications equipment and radio networks; construct field firing aids for infantry weapons; and

perform infantry combat exercises and dismounted battle drills, which includes survival procedures in a nuclear, biological or chemical contaminated area.

Vitalie is the son of Ron Vitalie of Collinsville Road, Suisun, Calif.

His stepfather, Mike Herbert, resides on Dry Creek Road, Auburn, Calif.

In 2007, the private graduated from Chana High School, Auburn.

**Army Reserve Pvt. Daphne R. Nunes** has graduated from basic combat training at Fort Jackson, Columbia, S.C.

During the nine weeks of training, the soldier studied the Army mission, history, tradition and core values, physical fitness, and received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics, military courtesy, military justice system, basic first aid, foot marches, and field training exercises.

Nunes is the granddaughter of Nina Richmond of Patton Ave., Citrus Heights, Calif., and Rick Phillips of S. Tipton St., Visalia, Calif.

In 2005, the private graduated from Bella Vista High School, Fair Oaks, Calif.

# State Chamber Applauds Senator Cox for Perfect Legislative Record

The leading organization for businesses in California—the California Chamber of Commerce – awarded Senator Dave Cox a perfect score for his voting record during the 2008 Legislative session.

“While I appreciate the recognition, I was simply doing my job to represent the people who elected me,” said Sen. Cox, a small business owner and lawmaker who represents the Northeastern part of the state. “For too long, this Legislature has enacted anti-business legislation that has severely impacted jobs and job opportunities of

my constituents. This has to change.”

Cox added, “The economy is the foremost issue on Californians’ minds. Having a strong economy means stability, low unemployment and less crime. Understanding the importance of a strong economy, I will continue to do my part to support legislation that will keep California competitive in this tough economy.”

Each year, the California Chamber of Commerce and its team of experts identify legislation that impacts jobs and the state economy. Specifically, they assess lawmakers’ vote records

in five categories: employment law, environmental regulation, health care, legal and taxation. After careful review, officials at the state’s top chamber gave Cox 14 out of 14.

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

## Fall 2008 Assemblyman Niello Community Meeting Calendar

**All meetings are held at 7:30 a.m.**  
This Month's Speaker:  
Gary Dietrich, President and Co-Founder of Citizen Voice

**Folsom/Granite Bay**  
Wednesday, October 22, 2008  
My Brother Vinny's Restaurant  
718 Sutter Street, #218  
Folsom

**Fair Oaks/Carmichael**  
Thursday, October 23, 2008  
Dianda's Italian Bakery and Café  
10131 Fair Oaks Blvd.  
Fair Oaks

**Orangevale**  
Friday, October 24, 2008  
Denny's Restaurant  
8841 Greenback Lane  
Orangevale

**Arden Arcade/North Highlands**  
Thursday October 30, 2008  
Mimi's Café  
2029 Alta Arden Expressway  
Sacramento

The last time this ad ran as supplied by their campaign, it incorrectly attributed one of the quotes. Here is the corrected version.

# Re-Elect and Elect

Bret  
Daniels

Jim  
Remick

## City Council

[www.ElectBretandJim.com](http://www.ElectBretandJim.com)

- Mayor of Citrus Heights 2005
- City Councilmember 1999-2005
- Nearly thirty year resident of Citrus Heights
- Nearly twenty five years in law enforcement and national defense
- Former Neighborhood Association officer
- Business owner and corporate officer
- Former PTA President and Little League coach
- Founding Member and Corporate Secretary for the annual Toys for the Troops Kids Toy Drive
- Graduated from San Juan High School
- Homeowner
- Dad

- 15 year Citrus Heights resident and homeowner
- Sheriff Sergeant with 11 years of law enforcement experience including supervising, budgeting, training and as a former DARE Officer
- Disabled Navy Veteran
- Former Citrus Heights business owner
- Sergeant at Arms for Badge of Honor
- Elected trustee for a \$5 billion Public Employee Retirement System
- Attended prestigious Wharton School of Finance
- Little League Coach
- Active member of Deputy Sheriffs Association
- City Council Candidate in 2006
- Husband and Father

“It was an honor to serve as your Councilmember and Mayor from 1999-2005. I'm ready to go again and I want Citrus Heights to be a destination where people want to live, play and work and I will make sure this a city that is clean, safe and prosperous. I grew up here, graduated from San Juan High School and want to call Citrus Heights my home forever. I would be honored to have your vote.” ~ Bret Daniels, Candidate, Citrus Heights City Council

“I chose Citrus Heights 15 years ago. I loved the rural feeling in the middle of a busy and vibrant city. I want Citrus Heights to be a city that families love to call home. I want to assure that our community is one that is safe, desirable and inspires civic pride! In 2006, 7305 of you honored me with your vote and I ask for your vote again.”~ Jim Remick, Candidate, Citrus Heights City Council

## Together, Bret Daniels and Jim Remick bring to Citrus Heights:

43 years of law enforcement and national defense experience • 40 years of residency in Citrus Heights

24 years of union membership • 15 years of business ownership experience

20 years of volunteer work including youth coaching, PTA and collecting toys for the kids of our deployed troops

9 years of service to Citrus Heights including elected and neighborhood associations officer positions

“As a business leader, I know that Bret and Jim will bring the required knowledge, experience and drive to allow our vital business community to thrive in Citrus Heights.”

Mike Sides, 2007 President, Citrus Heights Chamber of Commerce

“Bret and Jim have the right experience to ensure that you and I will feel safe when we decide to either take a walk to the park at noon or around our neighborhood at night.”

Rita Rae Perry, Citrus Heights Planning Commissioner, 1999-2004

“I have watched Bret and Jim be a champion for the will of the people for years. Their common sense approach to things that effect our city and their willingness to stand up against what is wrong instead of bowing to what is politically correct is absent in our elected leaders. Given the chance, they will make this the most livable city on the west coast.”

Jay Evans, Immediate Past President, Birdcage Heights Neighborhood Association

# straight talk for teens

## Youth panel weighs in on same-sex marriage

by Lauren Forcella

**Dear Straight Talk:** I enjoy the window into the minds of youth that your column provides and I'd like to ask them a question. Gay marriage became legal in June in California, but in November, voters have a chance to reverse that decision and etch into the state constitution that marriage is strictly "between a man and a woman." Where does youth stand on this issue? Should marriage be something only a man and a woman get to do, or should it be available to same-sex couples as well? - Woodland, CA

**Dear Woodland:** In four years of writing this column, no issue has inspired more passion in the youth panel than defending the rights of gays. At press time, nearly 80 percent of the panel's input supported same-sex marriage. To read all the panel comments, please visit our website at [www.straighttalkforteens.com](http://www.straighttalkforteens.com).

**From Taylor, 19:** I have two gay cousins, one male, one female, whom I love dearly. If they want to marry and call it "marriage," who am I to judge and prevent that? I don't believe being gay is a choice. My mom recognized my female cousin was gay when she was 4 years old. That could've been me.

**From Britney, 16:** This topic is reminiscent of racial segregation. I believe being gay is not a choice; it's like having a different skin color. No matter your skin color — or your sexual orientation — we are all still people. Most people against gay marriage cite the Bible. But I'm a Bible-follower, too, and it does not definitely say marriage must be "between a man and a woman."

**From Dominic, 22:** When I think of marriage, I think of a man and a woman, but the fact that this is a legislative issue is ridiculous. This is the so-called "land of the free." The role of government is to protect our rights, not to bicker over making them exclusive.

**From Michael, 16:** If gays want to marry, it's not the government's position to interfere. They do no harm. On the other hand, I'm unhappy with how the gay agenda is pushed. In almost every movie, a gay or lesbian couple is kissing. Gays have the legal benefits of marriage, why do they need to call it "marriage?" What will be next?

**From Elise, 17:** I have no problem with gays, but marriage is ordained of God and should be between a man and a woman. However, if same-sex couples love each other and wish to be together, they should have many of the same

benefits as married couples.

**From Bird, 18:** The marriages a church performs will remain the choice of that church. But the right to a civil marriage should be open to anyone.

**From Jack, 18:** This country preaches that everyone is created equal, so who among us is good enough to say gays can't get married?

**From Graham, 15:** Gays and lesbians should have equal rights in everything — including marriage. There is not a single reason to refuse them. Some Christians don't believe in gay marriage. This confuses me. Jesus, himself, said: "Do unto others what you would want done to you."

**From Betsy, 20:** I have never considered gay marriage complicated. When two people are in love, regardless of their sex, they should be able to get married. Where I get confused is when gay couples are allowed the same rights as married heterosexual couples but aren't allowed to actually say they're "married." Excuse me, but what the heck is the difference?

**From Lennon, 22:** People say it's in the Bible that marriage is between a man and a woman. Have these people ever heard of "separation of church and state"? If you don't think gays should be allowed to marry, move to the Middle East where the church rules the state. Oh wait! There are terrorists there!

More panel comments are on the website at [www.StraightTalkForTeens.com](http://www.StraightTalkForTeens.com).

Write to Straight Talk at [www.StraightTalkForTeens.com](http://www.StraightTalkForTeens.com) or PO Box 963, Fair Oaks CA 95628



# Joni Hilton

## Aptitude or Attitude?

to point you towards gainful employment? Surely there's a limit to what careers they can suggest!

Just picture it: "Dear Mr. Gambino, your son, Tony, would make an excellent Mafia hit man..." See? There are lots of careers that should never even be brought up. For example: Drug smuggler, rug flipper at the rug store, self-published poet, loan shark, riverboat gambler, rap artist, graffiti artist, street musician, armed robber, con man, explosives expert... the list goes on and on and surely includes clown. Come to think of it, some of those could be one and the same guy.

Do we really want tests administered to our children, steering them to be professional underachievers who are constantly in debt, have no credit whatsoever, and are inevitably going to come home and ask us to cosign on a car they can't afford?

Because that's where this is going, you know.

I blame the Clinton administration. Okay, first I blame Bob, then I blame the Clinton administration.

And don't write in telling me plenty of fine upstanding citizens have gone to Clown College

(an oxymoron if ever there was one) and are now working for the circus. I simply ask you this: Would you cosign for them to buy a car? I rest my case. No mother sits in the bleachers and points out her offspring who's wearing floppy shoes, a fright wig and a rubber nose, and says, "That's my boy!" I'm telling you, you deliver a ten-pound baby and this is what happens.

On the other hand, if you're planning a children's party in the near future, and you need some entertainment, you know where to find me.

*Joni Hilton is an award-winning playwright, the author of 16 books, holds a Master of Fine Arts degree in Professional Writing from USC, and is frequently published in major magazines. A former TV talk show host in Los Angeles, she is also a TV spokeswoman across the U.S. for various corporations, and highly in demand as a public speaker. She is Founder of Holy Cow, an organic line of cleaning products ([holycowproducts.com](http://holycowproducts.com)), the winner of dozens of cooking contests, and a former model and Miss California. She is married to Bob Hilton, and they are the parents of four children. For book reviews, recipes, purchasing information about her books, and more, simply type Joni Hilton into Google or Yahoo.*

Listen to "The Joni Hilton Show" streaming live, weeknights 6-8 pm on [www.KAHL.com](http://www.KAHL.com)

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# City Council Member Ken Cooley Elected Vice Chair of Internationally Renowned California Seismic Safety Commission

Rancho Cordova



Councilman Ken Cooley

Rancho Cordova City Councilman Ken Cooley has been unanimously elected to serve as Vice Chair of California's internationally-renowned Alfred E. Alquist Seismic Safety Commission. The Commission investigates earthquakes, researches earthquake-related issues and reports and makes recommendations to the Governor and Legislature concerning policies and programs to reduce earthquake risk.

Fifteen of the 20-member Commission are members are appointed by the Governor and confirmed by the Senate. One member is appointed by each

of the following : the Senate Rules Committee, the Speaker of the Assembly, the Building Standards Commission, the State Architect's Office and the Governor's Office of Emergency Services. Commissioners are chosen for their expertise and experience.

Cooley was nominated by the League of California Cities to represent California's cities on the Commission in 2005 and was appointed by Governor Schwarzenegger in 2007. He was confirmed by the California State Senate earlier this year. He has a keen interest in earthquake safety and has a long history working on seismic issues both in and out of the State Legislature where he worked from 1977 to 1985 and 1988 to 1991. Cooley, who was Chief of Staff to the late Assemblyman Lou Papan from 1977 to 1985, had become Chief Counsel to the Assembly Committee on Finance and Insurance in 1989 when the Loma Prieta earthquake struck. He worked closely with members of the Senate and Assembly and Seismic Commission staff to develop public policy responses to that earthquake. He was similarly engaged in response to the 1994 Northridge quake, as counsel to State Farm Insurance, for whom he continues to work.

"I am honored to be selected for leadership on this critically important Commission," stated Councilman Cooley. "California's earthquake peril puts cities statewide at risk," he continued. "In a large earthquake, our community of Rancho Cordova will play an important support role since we are home to the statewide headquarters for the Governor's Office of Emergency Services and since the long runways and base facilities at Mather Airport are well-suited to providing a staging area for recovery and the jumping-off point for immediate statewide response. This appointment ensures that our residents are represented in the region and the state, should a seismic event occur in our environs."

Cooley was elected to Rancho Cordova City Council in 2002 and was officially sworn in as a 'charter' councilmember on July 1, 2003, the day the City incorporated.

He and his wife Sydney have lived in Rancho Cordova since 1977.

Rancho Cordova City Hall is located at 2729 Prospect Park Drive, Rancho Cordova, CA 95670, phone 916-851-8700, www.cityofranchocordova.org.

# Red Light Enforcement Program Now Includes Sunrise & Oak

Citrus Heights

In an effort to reduce collisions and make City streets safer, Citrus Heights began to issue citations for red light photo enforcement program violations at Sunrise & Oak, October 11, 2008, 12:01am. Cameras and violation sensors have been monitoring both northbound and southbound traffic at this intersection since September 11, 2008.

The program is seen by City officials as an important step to improve the safety and flow of local traffic. However, the City was giving drivers

who live, work, or travel through Citrus Heights a 30-day grace period before actual citations were issued.

"Photo enforcement has a greater deterrent effect if drivers are aware it's out there," said Sergeant Mattke, Program Manager for the new safety initiative. "It is important to us that all Citrus Heights drivers know we're using photo enforcement and that they have time to learn about this new safety program."

We started using the red light cameras at Sunrise & Oak on September 11, 2008, but for the first thirty days, we issued only Warning Notices. The Notices explained that beginning

October 11, 2008, actual Citations would be sent to violators, who will then be responsible for paying the \$381 fine listed on the Citation." It should be noted right turns on a red light, without stopping, is also a violation. One must come to a complete stop behind the limit line to make sure the intersection is clear of traffic and pedestrians, before continuing with the right turn.

A person can view their violation, by going to the coming to the police department or viewing it on the Redflex website listed on the citation. For information you may contact Sergeant Mattke, program manager at (916) 727-5500.

# 5 Year Old Dies In Traffic Collision While Sitting On Grandmas Lap

Citrus Heights

On October 14, 2008 at approximately 3:25 p.m., Joni Kelley, a 52 year old from Antelope was driving a gold 1996 Toyota Camry west on Iroquois Court. Kelly pulled up to a driveway at 7911 Iroquois Court and for unknown reasons her foot came off the brake and onto the accelerator. The Camry lunged forward approximately 40 feet and struck the unoccupied residence. After the initial impact the Toyota rolled back into the street. Five year old, Alexander

Martinez was sitting in the drivers' seat on his grandma's lap when the accident occurred. The impact caused both front airbags to be deployed. A witness immediately pulled Alexander from the crash and began to give him CPR. He was transported to Mercy San Juan Medical Center (MSJ) where he died from his injuries (Sacramento County Coroner's Case #08-05506). Kelley was also transported to MSJ and is listed in critical condition with major head trauma.

Kelley was driving on a suspended drivers' license. It is unknown at this time if alcohol and/or drugs (pending

blood results) or a medical condition is a factor in this collision. A child safety seat was not located in the vehicle.

*This collision is still under investigation.*

**As a reminder, all children 6 yrs or 60 lbs shall be restrained in a child restraint system and in the back seat. No matter how close or far away you are from home you should never let your child ride on your lap or let them steer the car under any circumstances.**

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## Regional Transit Master Plan



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Please join us at a community workshop as we work together to make decisions about transportation investment priorities. You will have the opportunity to participate in an interactive exercise that will shape the future of transit in the Sacramento region.

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| <b>Rusch Park Auditorium</b><br>7801 Auburn Boulevard, Citrus Heights<br>Thursday, October 9 6 p.m. to 7:30 p.m. | <b>City of Rancho Cordova</b><br>American River North Room<br>2729 Prospect Park Drive<br>Wednesday, October 15 6 p.m. to 7:30 p.m. | <b>Samuel Pannell Meadowview Community Center</b><br>2450 Meadowview Road, Sacramento<br>Tuesday, October 21 6 p.m. to 7:30 p.m. | <b>City of Folsom Community Center</b><br>52 Natoma Street<br>Thursday, October 23 6 p.m. to 7:30 p.m.          |
| <b>South Natomas Community Center</b><br>2921 Truxel Road, Sacramento<br>Tuesday, October 28 6 p.m. to 7:30 p.m. | <b>Tsakopoulos Library Galleria</b><br>East Meeting Room<br>828 I Street, Sacramento<br>Thursday, October 30 5 p.m. to 6:30 p.m.    | <b>Carmichael Park Community Clubhouse</b><br>5750 Grant Avenue<br>Thursday, November 6 6 p.m. to 7:30 p.m.                      | <b>City of Elk Grove Council Chambers</b><br>8400 Laguna Palms Way<br>Thursday, November 13 6 p.m. to 7:30 p.m. |

Refreshments will be served. To RSVP, call 916-556-0302 or e-mail [rsvp@sacrt.com](mailto:rsvp@sacrt.com). Reservations are not required, but are encouraged. For more information or to fill out an online survey, visit [www.sacrt.com](http://www.sacrt.com) and click on the TMP logo.

If you need special assistance to participate in the meetings, please call 916-556-0302. RT will provide meeting materials in alternative formats or make arrangements for sign language interpreters and sighted guides upon request. Notification at least 72 hours before the meeting will allow RT to make reasonable arrangements to ensure accessibility to the meetings.

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### Commandments regarding our relationship to God

I. "You shall have no other gods before me.

II. "You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the fathers to the third and fourth generation of those who hate me, but showing love to a thousand [generations] of those who love me and keep my commandments.

III. "You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

IV. "Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter,

nor your manservant or maidservant, nor your animals, nor the alien within your gates. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

### Commandments regarding our relationship to our fellow men

V. "Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

VI. "You shall not murder.

VII. "You shall not commit adultery.

VIII. "You shall not steal.

IX. "You shall not give false testimony against your neighbor.

X. "You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his manservant or maidservant, his ox or donkey, or anything that belongs to your neighbor."

## The Beatitudes

"Blessed are the poor in spirit, for theirs is the kingdom of heaven. Blessed are they that mourn, for they shall be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called the children of God. Blessed are they which are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are ye, when men shall say all manner of evil against you falsely, for my sake. Rejoice, and be exceeding glad, for great is your reward in heaven; for so persecuted they the prophets which were before you." Jesus Christ

## Bill of Rights

### Amendment I

Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the government for a redress of grievances.

### Amendment II

A well regulated militia, being necessary to the security of a free state, the right of the people to keep and bear arms, shall not be infringed.

### Amendment III

No soldier shall, in time of peace be quartered in any house, without the consent of the owner, nor in time of war, but in a manner to be prescribed by law.

### Amendment IV

The right of the people to be secure in their persons, houses, papers, and effects, against unreasonable searches and seizures, shall not

be violated, and no warrants shall issue, but upon probable cause, supported by oath or affirmation, and particularly describing the place to be searched, and the persons or things to be seized.

### Amendment V

No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a grand jury, except in cases arising in the land or naval forces, or in the militia, when in actual service in time of war or public danger; nor shall any person be subject for the same offense to be twice put in jeopardy of life or limb; nor shall be compelled in any criminal case to be a witness against himself, nor be deprived of life, liberty, or property, without due process of law; nor shall private property be taken for public use, without just compensation.

### Amendment VI

In all criminal prosecutions, the accused shall enjoy the right to a speedy and public trial, by an impartial jury of the state and district wherein the crime shall have been committed, which district shall have been previously ascertained by law, and to be informed of the

nature and cause of the accusation; to be confronted with the witnesses against him; to have compulsory process for obtaining witnesses in his favor, and to have the assistance of counsel for his defense.

### Amendment VII

In suits at common law, where the value in controversy shall exceed twenty dollars, the right of trial by jury shall be preserved, and no fact tried by a jury, shall be otherwise reexamined in any court of the United States, than according to the rules of the common law.

### Amendment VIII

Excessive bail shall not be required, nor excessive fines imposed, nor cruel and unusual punishments inflicted.

### Amendment IX

The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people.

### Amendment X

The powers not delegated to the United States by the Constitution, nor prohibited by it to the states, are reserved to the states respectively, or to the people.

## What Will You Do When They Come For You

by Stephen P. Halbrook, Ph.D., J.D., excerpts from his website

It would be instructive at this time to recall why the American citizenry and Congress have historically opposed the registration of firearms. The reason is plain. Registration makes it easy for a tyrannical government to confiscate firearms and make prey of its subjects. Denying this historical fact is no more justified than denying that the Holocaust occurred or that the Nazis murdered millions of unarmed people.

Ordinance Concerning the Possession of Arms and Radio Transmitters in the Occupied Territories

1) All firearms and all sorts of munitions, hand grenades, explosives and other war materials must be surrendered immediately.

Delivery must take place within 24 hours to the closest Kommandantur [German commander's office] unless other arrangements have been made. Mayors will be held strictly responsible for the execution of this order. The [German] troop commanders may allow exceptions.

2) Anyone found in possession of firearms, munitions, hand grenades or other war materials will be sentenced to death or forced labor or in lesser cases prison.

3) Anyone in possession of a radio or a radio transmitter must surrender it to the closest German military authority.

4) All those who would disobey this order or would commit any act of

violence in the occupied lands against the German army or against any of its troops will be condemned to death.

The Commander in Chief of the German Army

The Night of the Broken Glass (Kristallnacht)—the infamous Nazi rampage against Germany's Jews—took place in November 1938. It was preceded by the confiscation of firearms from the Jewish victims. On Nov. 8, The New York Times reported from Berlin, "Berlin Police Head Announces 'Disarming' of Jews," explaining:

After invading, Nazis used pre-war lists of gun owners to confiscate firearms and many gun owners simply disappeared. Following confiscation, the Nazis were free to wreak their evil on the disarmed populace, such as on these helpless Jews from the Warsaw Ghetto.

"The Berlin Police President, Count Wolf Heinrich von Helldorf, announced that as a result of a police activity in the last few weeks the entire Jewish population of Berlin had been 'disarmed' with the confiscation of 2,569 hand weapons, 1,702 firearms and 20,000 rounds of ammunition. Any Jews still found in possession of weapons without valid licenses are threatened with the severest punishment."<sup>2</sup>

On the evening of Nov. 9, Adolph Hitler, Propaganda Minister Joseph Goebbels and other Nazi chiefs planned the attack. Orders went out to Nazi

security forces: "All Jewish stores are to be destroyed immediately. Jewish synagogues are to be set on fire. The Führer wishes that the police does not intervene. All Jews are to be disarmed. In the event of resistance they are to be shot immediately."<sup>3</sup>

All hell broke loose on Nov. 10: "Nazi Smash, Loot and Burn Jewish Shops and Temples," a headline read. "One of the first legal measures issued was an order by Heinrich Himmler, commander of all German police, forbidding Jews to possess any weapons whatever and imposing a penalty of twenty years confinement in a concentration camp upon every Jew found in possession of a weapon hereafter."<sup>4</sup> Thousands of Jews were taken away.

It was self-evident that the Jews must be disarmed before the extermination could begin. Finding out which Jews had firearms was not too difficult. The liberal Weimar Republic passed a Firearm Law in 1928 requiring extensive police records on gun owners. Hitler signed a further gun control law in early 1938.

Other European countries also had laws requiring police records to be kept on persons who possessed firearms. When the Nazis took over Czechoslovakia and Poland in 1939, it was a simple matter to identify gun owners. Many of them disappeared in the middle of the night along with political opponents.

## From the Manifesto of the Communist Party - Sound Familiar?

1848 by Karl Marx and Frederick Engels

These measures will, of course, be different in different countries.

Nevertheless, in most advanced countries, the following will be pretty generally applicable.

1. Abolition of property in land and application of all rents of land to public purposes.

2. A heavy progressive or graduated income tax.

3. Abolition of all rights of inheritance.

4. Confiscation of the property of all emigrants and rebels.

5. Centralization of credit in the banks of the state, by means of a national bank with state capital and an exclusive monopoly.

6. Centralization of the means of communication and transport in the hands of the state.

7. Extension of factories and

instruments of production owned by the state; the bringing into cultivation of waste lands, and the improvement of the soil generally in accordance with a common plan.

8. Equal obligation of all to work. Establishment of industrial armies, especially for agriculture.

9. Combination of agriculture with manufacturing industries; gradual abolition of all the distinction between town and country by a more equable distribution of the populace over the country.

10. Free education for all children in public schools. Abolition of children's factory labor in its present form. Combination of education with industrial production, etc.

When, in the course of development, class distinctions have disappeared, and all production has been concentrated in the hands of a vast association of

the whole nation, the public power will lose its political character. Political power, properly so called, is merely the organized power of one class for oppressing another. If the proletariat during its contest with the bourgeoisie is compelled, by the force of circumstances, to organize itself as a class; if, by means of a revolution, it makes itself the ruling class, and, as such, sweeps away by force the old conditions of production, then it will, along with these conditions, have swept away the conditions for the existence of class antagonisms and of classes generally, and will thereby have abolished its own supremacy as a class. In place of the old bourgeois society, with its classes and class antagonisms, we shall have an association in which the free development of each is the condition for the free development of all.

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## Pay for college without going broke

### Fair Oaks man teaches free workshops to help parents save thousands in process

**FAIR OAKS**---Parents that are planning on sending a child to college in the next few years, but aren't quite sure how to pay for it can now rest a little easier.

Tary Farnholtz of Dollars for College, Inc. has been educating parents in the community about what to do if they haven't saved enough for college.

"It's really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they're facing a bill of \$18,000-\$45,000 a year, and they don't know who to turn to," he says. "Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a six-figure income."

Tary's affiliation with College Planning Specialist of Carlsbad, CA who have worked with over 3000 families in the last 15 years ranging from single moms to corporate CEO's, swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make.

"Simply put, we show parents the truth that they aren't hearing anywhere else about how the college process really works, and how they can get their child into a top school, help that student pick a career that will suit them and pay them well, and save *thousands* of dollars in the process."

Parents will have a few opportunities to hear Tary speak. He is teaching his class 'How to Give Your Kid a 4-Year College Education...Without Going Broke!'

The workshop dates are Saturday, October 11<sup>th</sup>, 10:15-11:45am; Saturday, November 1<sup>st</sup>, 10:15-11:45am and Saturday, November 8<sup>th</sup> at 10:15-11:45am.

Held at the Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks, CA 95628. Thursday, October 30<sup>th</sup>, 6:15-7:45pm; Thursday, November 6<sup>th</sup>, 6:15-7:45pm. Held at the Carmichael Library, 5605 Marconi Avenue, Carmichael, CA 95608.

"We'll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it'll be like learning how to get a brand new Lexus for the price of a used pick up truck," he grins.

Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more.

"They will learn a ton, and I do my best to make the class fun," he says. "It's like I'm giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly!"

Don't forget: the class is totally free, but seats are limited by the size of the room and many families have had to be turned away at the door of recent workshops due to no reservation being made. You can reserve a seat by calling (916) 966-8800 or schedule a FREE, no obligation, one-hour consultation.

# Declaration of Independence

IN CONGRESS, JULY 4, 1776

The unanimous Declaration of the thirteen united States of America

When in the Course of human events it becomes necessary for one people to dissolve the political bands which have connected them with another and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn that mankind are more disposed to suffer, while evils

are sufferable than to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. — Such has been the patient sufferance of these Colonies; and such is now the necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable,

and distant from the depository of their Public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

He has refused for a long time, after such dissolutions, to cause others to be elected, whereby the Legislative Powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice by refusing his Assent to Laws for establishing Judiciary Powers.

He has made Judges dependent on his Will alone for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harass our people and eat out their substance.

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation, and tyranny, already begun with circumstances of Cruelty & Perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince, whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their legislature to extend an unwarrantable jurisdiction over us. We

have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these united Colonies are, and of Right ought to be Free and Independent States, that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. — And for the support of this Declaration, with a firm reliance on the protection of Divine Providence, we mutually pledge to each other our Lives, our Fortunes, and our sacred Honor.

# The Constitution of the United States

The Constitution of the United States

Preamble Note

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Article 1 - The Legislative Branch Note

Section 1 - The Legislature

All legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives.

Section 2 - The House

The House of Representatives shall be composed of Members chosen every second Year by the People of the several States, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature.

No Person shall be a Representative who shall not have attained to the Age of twenty five Years, and been seven Years a Citizen of the United States, and who shall not, when elected, be an Inhabitant of that State in which he shall be chosen.

(Representatives and direct Taxes shall be apportioned among the several States which may be included within this Union, according to their respective Numbers, which shall be determined by adding to the whole Number of free Persons, including those bound to Service for a Term of Years, and excluding Indians not taxed, three fifths of all other Persons.) (The previous sentence in parentheses was modified by the 14th Amendment, section 2.) The actual Enumeration shall be made within three Years after the first Meeting of the Congress of the United States, and within every subsequent Term of ten Years, in such Manner as they shall by Law direct. The Number of Representatives shall not exceed one for every thirty Thousand, but each State shall have at Least one Representative; and until such enumeration shall be made, the State of New Hampshire shall be entitled to chuse three, Massachusetts eight, Rhode Island and Providence Plantations one, Connecticut five, New York six, New Jersey four, Pennsylvania eight, Delaware one, Maryland six, Virginia ten, North Carolina five, South Carolina five and Georgia three.

When vacancies happen in the Representation from any State, the Executive Authority thereof shall issue Writs of Election to fill such Vacancies.

The House of Representatives shall chuse their Speaker and other Officers; and shall have the sole Power of Impeachment.

Section 3 - The Senate

The Senate of the United States shall be composed of two Senators from each State, (chosen by the Legislature thereof.) (The preceding words in parentheses superseded by 17th Amendment, section 1.) for six Years; and each Senator shall have one Vote.

Immediately after they shall be assembled in Consequence of the first Election, they shall be divided as equally as may be into three Classes. The Seats of the Senators of the first Class shall be vacated at the Expiration of the second Year, of the second Class at the Expiration of the fourth Year, and of the third Class at the Expiration of the sixth Year, so that one third may be chosen every second Year; (and if Vacancies happen by Resignation, or otherwise, during the Recess of the Legislature of any State, the Executive thereof may make temporary Appointments until the next Meeting of the Legislature, which shall then fill such Vacancies.) (The preceding words in parentheses were superseded by the 17th Amendment, section 2.)

No person shall be a Senator who shall not have attained to the Age of thirty Years, and been nine Years a Citizen of the United States, and who shall not, when elected, be an Inhabitant of that State for which he shall be chosen.

The Vice President of the United States shall be President of the Senate, but shall have no Vote, unless they be equally divided.

The Senate shall chuse their other Officers, and also a President pro tempore, in the absence of the Vice President, or when he shall exercise the Office of President of the United States.

The Senate shall have the sole Power to try all Impeachments. When sitting for that Purpose, they shall be on Oath or Affirmation. When the President of the United States is tried, the Chief Justice shall preside: And no Person shall be convicted without the Concurrence of two thirds of the Members present.

Judgment in Cases of Impeachment shall not extend further than to removal from Office, and disqualification to hold and enjoy any Office of

honor, Trust or Profit under the United States; but the Party convicted shall nevertheless be liable and subject to Indictment, Trial, Judgment and Punishment, according to Law.

Section 4 - Elections, Meetings

The Times, Places and Manner of holding Elections for Senators and Representatives, shall be prescribed in each State by the Legislature thereof; but the Congress may at any time by Law make or alter such Regulations, except as to the Place of Chusing Senators.

The Congress shall assemble at least once in every Year, and such Meeting shall (be on the first Monday in December.) (The preceding words in parentheses were superseded by the 20th Amendment, section 2.) unless they shall by Law appoint a different Day.

Section 5 - Membership, Rules, Journals, Adjournment

Each House shall be the Judge of the Elections, Returns and Qualifications of its own Members, and a Majority of each shall constitute a Quorum to do Business; but a smaller number may adjourn from day to day, and may be authorized to compel the Attendance of absent Members, in such Manner, and under such Penalties as each House may provide.

Each House may determine the Rules of its Proceedings, punish its Members for disorderly Behavior, and, with the Concurrence of two-thirds, expel a Member.

Each House shall keep a Journal of its Proceedings, and from time to time publish the same, excepting such Parts as may in their Judgment require Secrecy; and the Yeas and Nays of the Members of either House on any question shall, at the Desire of one fifth of those Present, be entered on the Journal.

Neither House, during the Session of Congress, shall, without the Consent of the other, adjourn for more than three days, nor to any other Place than that in which the two Houses shall be sitting.

Section 6 - Compensation

(The Senators and Representatives shall receive a Compensation for their Services, to be ascertained by Law, and paid out of the Treasury of the United States.) (The preceding words in parentheses were modified by the 27th Amendment.) They shall in all Cases, except Treason, Felony and Breach of the Peace, be privileged from Arrest during their Attendance at the Session of their respective Houses, and in going to and returning from the same; and for any Speech or Debate in either House, they shall not be questioned in any other Place.

No Senator or Representative shall, during the Time for which he was elected, be appointed to any civil Office under the Authority of the United States which shall have been created, or the Emoluments whereof shall have been increased during such time; and no Person holding any Office under the United States, shall be a Member of either House during his Continuance in Office.

Section 7 - Revenue Bills, Legislative Process, Presidential Veto

All bills for raising Revenue shall originate in the House of Representatives; but the Senate may propose or concur with Amendments as on other Bills.

Every Bill which shall have passed the House of Representatives and the Senate, shall, before it become a Law, be presented to the President of the United States; If he approve he shall sign it, but if not he shall return it, with his Objections to that House in which it shall have originated, who shall enter the Objections at large on their Journal, and proceed to reconsider it. If after such Reconsideration two thirds of that House shall agree to pass the Bill, it shall be sent, together with the Objections, to the other House, by which it shall likewise be reconsidered, and if approved by two thirds of that House, it shall become a Law. But in all such Cases the Votes of both Houses shall be determined by Yeas and Nays, and the Names of the Persons voting for and against the Bill shall be entered on the Journal of each House respectively. If any Bill shall not be returned by the President within ten Days (Sundays excepted) after it shall have been presented to him, the Same shall be a Law, in like Manner as if he had signed it, unless the Congress by their Adjournment prevent its Return, in which Case it shall not be a Law.

Every Order, Resolution, or Vote to which the Concurrence of the Senate and House of Representatives may be necessary (except on a question of Adjournment) shall be presented to the President of the United States; and before the Same shall take Effect, shall be approved by him, or being disapproved by him, shall be repassed by two thirds of the Senate and House of Representatives, according to the Rules and Limitations prescribed in the Case of a Bill.

Section 8 - Powers of Congress

The Congress shall have Power To lay and collect Taxes, Duties, Imposts and Excises, to pay the Debts and provide for the common Defence and general Welfare of the United States; but all Duties, Imposts and Excises shall be uniform throughout the United States;

To borrow money on the credit of the United States;

To regulate Commerce with foreign Nations, and among the several States, and with the Indian Tribes;

To establish a uniform Rule of Naturalization, and uniform Laws on the subject of Bankruptcies throughout the United States;

To coin Money, regulate the Value thereof, and of foreign Coin, and fix the Standard of Weights and Measures;

To provide for the Punishment of counterfeiting the Securities and current Coin of the United States;

To establish Post Offices and Post Roads;

To promote the Progress of Science and useful Arts, by securing for limited Times to Authors and Inventors the exclusive Right to their respective Writings and Discoveries;

To constitute Tribunals inferior to the supreme Court;

To define and punish Piracies and Felonies committed on the high Seas, and Offenses against the Law of Nations;

To declare War, grant Letters of Marque and Reprisal, and make Rules concerning Captures on Land and Water;

To raise and support Armies, but no Appropriation of Money to that Use shall be for a longer Term than two Years;

To provide and maintain a Navy;

To make Rules for the Government and Regulation of the land and naval Forces;

To provide for calling forth the Militia to execute the Laws of the Union, suppress the Insurrections and repel Invasions;

To provide for organizing, arming, and disciplining the Militia, and for governing such Part of them as may be employed in the Service of the United States, reserving to the States respectively, the Appointment of the Officers, and the Authority of training the Militia according to the discipline prescribed by Congress;

To exercise exclusive Legislation in all Cases whatsoever, over such District (not exceeding ten Miles square) as may, by Cession of particular States, and the acceptance of Congress, become the Seat of the Government of the United States, and to exercise like Authority over all Places purchased by the Consent of the Legislature of the State in which the Same shall be, for the Erection of Forts, Magazines, Arsenals, dock-Yards, and other needful Buildings; And

To make all Laws which shall be necessary and proper for carrying into Execution the foregoing Powers, and all other Powers vested by this Constitution in the Government of the United States, or in any Department or Officer thereof.

Section 9 - Limits on Congress

The Migration or Importation of such Persons as any of the States now existing shall think proper to admit, shall not be prohibited by the Congress prior to the Year one thousand eight hundred and eight, but a tax or duty may be imposed on such Importation, not exceeding ten dollars for each Person.

The privilege of the Writ of Habeas Corpus shall not be suspended, unless when in Cases of Rebellion or Invasion the public Safety may require it.

No Bill of Attainder or ex post facto Law shall be passed.

(No capitation, or other direct, Tax shall be laid, unless in Proportion to the Census or Enumeration herein before directed to be taken.) (Section in parentheses clarified by the 16th Amendment.)

No Tax or Duty shall be laid on Articles exported from any State.

No Preference shall be given by any Regulation of Commerce or Revenue to the Ports of one State over those of another: nor shall Vessels bound to, or from, one State, be obliged to enter, clear, or pay Duties in another.

No Money shall be drawn from the Treasury, but in Consequence of Appropriations made by Law; and a regular Statement and Account of the Receipts and Expenditures of all public Money shall be published from time to time.

No Title of Nobility shall be granted by the United States: And no Person holding any Office of Profit or Trust under them, shall, without the Consent of the Congress, accept of any present, Emolument, Office, or Title, of any kind whatever, from any King, Prince or foreign State.

Section 10 - Powers prohibited of States

No State shall enter into any Treaty, Alliance, or Confederation; grant Letters of Marque and Reprisal; coin Money; emit Bills of Credit; make

any Thing but gold and silver Coin a Tender in Payment of Debts; pass any Bill of Attainder, ex post facto Law, or Law impairing the Obligation of Contracts, or grant any Title of Nobility.

No State shall, without the Consent of the Congress, lay any Imposts or Duties on Imports or Exports, except what may be absolutely necessary for executing it's inspection Laws; and the net Produce of all Duties and Imposts, laid by any State on Imports or Exports, shall be for the Use of the Treasury of the United States; and all such Laws shall be subject to the Revision and Control of the Congress.

No State shall, without the Consent of Congress, lay any duty of Tonnage, keep Troops, or Ships of War in time of Peace, enter into any Agreement or Compact with another State, or with a foreign Power, or engage in War, unless actually invaded, or in such imminent Danger as will not admit of delay.

Article. II. - The Executive Branch Note

Section 1 - The President Note1 Note2

The executive Power shall be vested in a President of the United States of America. He shall hold his Office during the Term of four Years, and together with the Vice-President chosen for the same Term, be elected, as follows:

Each State shall appoint, in such Manner as the Legislature thereof may direct, a Number of Electors, equal to the whole Number of Senators and Representatives to which the State may be entitled in the Congress; but no Senator or Representative, or Person holding an Office of Trust or Profit under the United States, shall be appointed an Elector.

(The Electors shall meet in their respective States, and vote by Ballot for two persons, of whom one at least shall not lie an Inhabitant of the same State with themselves. And they shall make a List of all the Persons voted for, and of the Number of Votes for each; which List they shall sign and certify, and transmit sealed to the Seat of the Government of the United States, directed to the President of the Senate. The President of the Senate shall, in the Presence of the Senate and House of Representatives, open all the Certificates, and the Votes shall then be counted. The Person having the greatest Number of Votes shall be the President, if such Number be a Majority of the whole Number of Electors appointed; and if there be more than one who have such Majority, and have an equal Number of Votes, then the House of Representatives shall immediately chuse by Ballot one of them for President; and if no Person have a Majority, then from the five highest on the List the said House shall in like Manner chuse the President. But in chusing the President, the Votes shall be taken by States, the Representation from each State having one Vote; a quorum for this Purpose shall consist of a Member or Members from two-thirds of the States, and a Majority of all the States shall be necessary to a Choice. In every Case, after the Choice of the President, the Person having the greatest Number of Votes of the Electors shall be the Vice President. But if there should remain two or more who have equal Votes, the Senate shall chuse from them by Ballot the Vice-President.) (This clause in parentheses was superseded by the 12th Amendment.)

The Congress may determine the Time of chusing the Electors, and the Day on which they shall give their Votes; which Day shall be the same throughout the United States.

No person except a natural born Citizen, or a Citizen of the United States, at the time of the Adoption of this Constitution, shall be eligible to the Office of President; neither shall any Person be eligible to that Office who shall not have attained to the Age of thirty-five Years, and been fourteen Years a Resident within the United States. (In Case of the Removal of the President from Office, or of his Death, Resignation, or Inability to discharge the Powers and Duties of the said Office, the same shall devolve on the Vice President, and the Congress may by Law provide for the Case of Removal, Death, Resignation or Inability, both of the President and Vice President, declaring what Officer shall then act as President, and such Officer shall act accordingly, until the Disability be removed, or a President shall be elected.) (This clause in parentheses has been modified by the 20th and 25th Amendments.)

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(In Case of the Removal of the President from Office, or of his Death, Resignation, or Inability to discharge the Powers and Duties of the said Office, the same shall devolve on the Vice President, and the Congress may by Law provide for the Case of Removal, Death, Resignation or Inability, both of the President and Vice President, declaring what Officer shall then act as President, and such Officer shall act accordingly, until the Disability be removed, or a President shall be elected.) (This clause in parentheses has been modified by the 20th and 25th Amendments.)

The President shall, at stated Times, receive for his Services, a Compensation, which shall neither be increased nor diminished during the Period for which he shall have been elected, and he shall not receive within that Period any other Emolument from the United States, or any of them.

Before he enter on the Execution of his Office, he shall take the following Oath or Affirmation:

"I do solemnly swear (or affirm) that I will faithfully execute the Office of President of the United States, and will to the best of my Ability,

preserve, protect and defend the Constitution of the United States."

Section 2 - Civilian Power over Military, Cabinet, Pardon Power, Appointments

The President shall be Commander in Chief of the Army and Navy of the United States, and of the Militia of the several States, when called into the actual Service of the United States; he may require the Opinion, in writing, of the principal Officer in each of the executive Departments, upon any subject relating to the Duties of their respective Offices, and he shall have Power to Grant Reprieves and Pardons for Offenses against the United States, except in Cases of Impeachment.

He shall have Power, by and with the Advice and Consent of the Senate, to make Treaties, provided two thirds of the Senators present concur; and he shall nominate, and by and with the Advice and Consent of the Senate, shall appoint Ambassadors, other public Ministers and Consuls, Judges of the supreme Court, and all other Officers of the United States, whose Appointments are not herein otherwise provided for, and which shall be established by Law; but the Congress may by Law vest the Appointment of such inferior Officers, as they think proper, in the President alone, in the Courts of Law, or in the Heads of Departments.

The President shall have Power to fill up all Vacancies that may happen during the Recess of the Senate, by granting Commissions which shall expire at the End of their next Session.

Section 3 - State of the Union, Convening Congress

He shall from time to time give to the Congress Information of the State of the Union, and recommend to their Consideration such Measures as he shall judge necessary and expedient; he may, on extraordinary Occasions, convene both Houses, or either of them, and in Case of Disagreement between them, with Respect to the Time of Adjournment, he may adjourn them to such Time as he shall think proper; he shall receive Ambassadors and other public Ministers; he shall take Care that the Laws be faithfully executed, and shall Commission all the Officers of the United States.

Section 4 - Disqualification

The President, Vice President and all civil Officers of the United States, shall be removed from Office on Impeachment for, and Conviction of, Treason, Bribery, or other high Crimes and Misdemeanors.

Article III. - The Judicial Branch Note

Section 1 - Judicial powers

The judicial Power of the United States, shall be vested in one supreme Court, and in such inferior Courts as the Congress may from time to time ordain and establish. The Judges, both of the supreme and inferior Courts, shall hold their Offices during good Behavior, and shall, at stated Times, receive for their Services a Compensation which shall not be diminished during their Continuance in Office.

Section 2 - Trial by Jury, Original Jurisdiction, Jury Trials

(The judicial Power shall extend to all Cases, in Law and Equity, arising under this Constitution, the Laws of the United States, and Treaties made, or which shall be made, under their Authority; to all Cases affecting Ambassadors, other public Ministers and Consuls; to all Cases of admiralty and maritime Jurisdiction; to Controversies to which the United States shall be a Party; to Controversies between two or more States; between a State and Citizens of another State; between Citizens of different States; between Citizens of the same State claiming Lands under Grants of different States, and between a State, or the Citizens thereof, and foreign States, Citizens or Subjects.) (This section in parentheses is modified by the 11th Amendment.)

In all Cases affecting Ambassadors, other public Ministers and Consuls, and those in which a State shall be Party, the supreme Court shall have original Jurisdiction. In all the other Cases before mentioned, the supreme Court shall have appellate Jurisdiction, both as to Law and Fact, with such Exceptions, and under such Regulations as the Congress shall make.

The Trial of all Crimes, except in Cases of Impeachment, shall be by Jury; and such Trial shall be held in the State where the said Crimes shall have been committed; but when not committed within any State, the Trial shall be at such Place or Places as the Congress may by Law have directed.

Section 3 - Treason Note

Treason against the United States, shall consist only in levying War against them, or in adhering to their Enemies, giving them Aid and Comfort. No Person shall be convicted of Treason unless on

the Testimony of two Witnesses to the same overt Act, or on Confession in open Court.

The Congress shall have power to declare the Punishment of Treason, but no Attainder of Treason shall work Corruption of Blood, or Forfeiture except during the Life of the Person attained.

Article. IV. - The States

Section 1 - Each State to Honor all others

Full Faith and Credit shall be given in each State to the public Acts, Records, and judicial Proceedings of every other State. And the Congress may by general Laws prescribe the Manner in which such Acts, Records and Proceedings shall be proved, and the Effect thereof.

Section 2 - State citizens, Extradition

The Citizens of each State shall be entitled to all Privileges and Immunities of Citizens in the several States.

A Person charged in any State with Treason, Felony, or other Crime, who shall flee from Justice, and be found in another State, shall on demand of the executive Authority of the State from which he fled, be delivered up, to be removed to the State having Jurisdiction of the Crime.

(No Person held to Service or Labour in one State, under the Laws thereof, escaping into another, shall, in Consequence of any Law or Regulation therein, be discharged from such Service or Labour, But shall be delivered up on Claim of the Party to whom such Service or Labour may be due.) (This clause in parentheses is superseded by the 13th Amendment.)

Section 3 - New States

New States may be admitted by the Congress into this Union; but no new States shall be formed or erected within the Jurisdiction of any other State; nor any State be formed by the Junction of two or more States, or parts of States, without the Consent of the Legislatures of the States concerned as well as of the Congress.

The Congress shall have Power to dispose of and make all needful Rules and Regulations respecting the Territory or other Property belonging to the United States; and nothing in this Constitution shall be so construed as to Prejudice any Claims of the United States, or of any particular State.

Section 4 - Republican government

The United States shall guarantee to every State in this Union a Republican Form of Government, and shall protect each of them against Invasion; and on Application of the Legislature, or of the Executive (when the Legislature cannot be convened) against domestic Violence.

Article. V. - Amendment Note1 - Note2 - Note3

The Congress, whenever two thirds of both Houses shall deem it necessary, shall propose Amendments to this Constitution, or, on the Application of the Legislatures of two thirds of the several States, shall call a Convention for proposing Amendments, which, in either Case, shall be valid to all Intents and Purposes, as part of this Constitution, when ratified by the Legislatures of three fourths of the several States, or by Conventions in three fourths thereof, as the one or the other Mode of Ratification may be proposed by the Congress; Provided that no Amendment which may be made prior to the Year One thousand eight hundred and eight shall in any Manner affect the first and fourth Clauses in the Ninth Section of the first Article; and that no State, without its Consent, shall be deprived of its equal Suffrage in the Senate.

Article. VI. - Debts, Supremacy, Oaths

# Save for Retirement — 52 Weeks a Year



**Kirk Camunez**

you'll need during retirement. The income you'll need during retirement depends on your projected lifestyle. If, for example, you plan to retire early and travel continually, you'll likely need to save more than your neighbor, who wants to stay close to home and open a small business. So, map out your retirement and try to come up with a "price tag" for it. You may want to work with a professional financial advisor, who has the tools and experience to help you develop these calculations.

Take full advantage of your retirement savings plans. Put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan — and every time you get a raise, increase your contributions. Also, even if you have a 401(k), you're probably still eligible to contribute to an IRA, another excellent tax-advantaged retirement savings vehicle. If you ever get to the point where you are "maxing out" on your both your 401(k) and IRA, you may want to look at other tax-advantaged investments, such as fixed annuities.

Don't shortchange your retirement to help pay for college. If you have children, you may want to help them pay for college, which has gotten increasingly expensive over the past several years. But if you decide to assist them by tapping into your retirement accounts — for example, by taking a loan against your 401(k) — you could seriously set back your progress toward your retirement savings goals. Instead of raiding your 401(k), consider establishing a tax-advantaged college savings account, such as a Section 529 plan or a Coverdell Education Savings Account.

National Save for Retirement Week will come and go. But if you can use

this event as a motivational tool to help yourself develop some solid retirement savings strategies, it will be a week worth remembering.

*This article was written by Edward Jones for your Edward Jones financial advisor.*

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MAKING SENSE OF INVESTING

# Orangevale Parks And Recreation District Presents Bolder Adventure Film Festival

## Orangevale

On Saturday November 1 from 5 pm to 9 pm. Films from the Bolder Adventure Film Festival will be shown in the main building at the Orangevale Parks and Recreation District. These films encompass the world of

adventure sports. This is a family event with children under 18 being free and 5-dollars for adults over 18. Along with films, vendors will be on hand with multiple speakers from the world of adventure sports.

**Date**  
Saturday November 1st  
**Time**  
5pm to 9pm

**Cost**  
\$5 for adults over 18  
Kids free

**Location**  
Orangevale Recreation & Park District  
6826 Hazel Ave. Orangevale, Ca 95662  
**Contact Information**  
City Of Orangevale  
Recreation & Park District  
(916) 988-6140

# SMUD GM Fills Two New Executive Posts

The Sacramento Municipal Utility District's (SMUD) General Manager and CEO John DiStasio has named Gary King as director of Workforce and Paul Lau as deputy assistant general manager of Customer, Distribution and Operations.

Lau has worked at SMUD for 24 years in the Distribution Services and Change Management departments.

He most recently worked as director of Customer Services. In his new role, Lau will work with the executive team to oversee the implementation of the Compact with the Customer, an all-encompassing program aimed at encouraging ratepayers to reduce their peak energy use and adopt energy-efficient ways to manage their electric bills.

King has extensive experience in the human resources field and has worked for SMUD for 10 years. Most recently he was the manager of the Human Resources department. King will work with the executive team to ensure that SMUD's workforce strategies and practices keep SMUD competitive in attracting top quality employees.

*Memories fade... but meaningful moments will be cherished forever*



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## Orangevale Chamber of Commerce for the Month of October

**Brewfest & Karaoke Contest**  
Friday October 24 6 - 10pm

Located at the Orangevale Grange Hall 5807 Walnut Ave. Tickets can be purchased at the Orangevale Chamber of Commerce 9267 Greenback Lane; we take Credit Cards, Cash & Checks. \$20.00 in advance & \$25.00 at the door. Designated drivers and Karaoke entry \$5.00. For more information please call 988-0175

**Rollingwood Mixer**  
October 28th 6 - 8pm

Come & see their newly remodeled club. Enjoy some good food & spirits while visiting with friends.  
Located at 9373 Winding Oak Drive

# GOLD RIVER CREDIT UNION

**We are not into Subprime Lending, Mortgage Participation or Purchasing of Loans, and we don't invest our member's money in risky funds.**

Over the past couple of weeks, I have been fielding an increasing number of phone calls regarding the security of investments on deposit at other financial institutions and investment firms. There seems to be an overwhelming level of shock from people who have recently learned that their investments are either uninsured or only insured for a small portion of their total investment. The majority of people have inquired about our insurance and were relieved to find that their funds with us are insured by the National Credit Union Share Insurance Fund, which is managed by NCUA, the National Credit Union Administration. The common sentiment being expressed seems to be insecurity as to how to best protect their money and a fear that things may continue to get worse. According to a California Representative, "credit unions represent the only sector of the financial industry that is not in dire straits right now".

**We are not part of the problem: we are your credit union in Gold River.**

**Linda Sweet**  
President/CEO



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# Staying Cool in a Crisis

with you or that God is mad at you. No matter what situation you go through, God is with you. You never go through a crisis by yourself. God says, "I will never leave you. I will never forsake you. I'm with you always." The Bible says, "Nothing can separate us from the love of God." (see Romans 8:35-39)

God always cares for you. When the disciples found themselves in the middle of a natural disaster (Matt. 8), they cried out, "'Teacher, don't You care if we drown?'" That's our typical reaction isn't it? "Don't you care, God?" The first thing we tend to do is question God's love. "Why is this happening to me?" "Don't You love me?" The answer is, of course He loves you. You have no idea how much God cares about you. The Bible says God's love is wider, deeper, and greater than anything you can imagine.

God is always in control. Jesus said, "Take heart, because I have overcome the world." I haven't, but He has so I don't have to worry. One of these days you will come to the point in your life that you realize, "I can't control everything." That's a major step of maturity. I cannot control everything that happens in life. But I don't have to. It's out of my control, but it's not out of God's. And God is in control. He's close, He cares and He's in control, so I don't have to sweat it."

What storm are you sailing through right now? A financial storm? A relational storm? An emotional storm? Your heart

is aching and your ship taking on water and you feel like

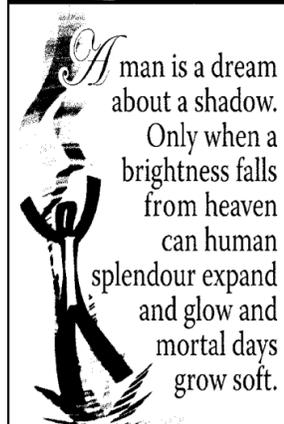
you're about to sink? What are your options? You can be filled with peace or you can be filled with panic. Jesus Christ can calm the storm in your life, but you must trust Him.

"He will not be overthrown by evil circumstances. God's constant care of him will make a deep impression on all who see it. He does not fear bad news, nor live in dread of what

may happen. For he is settled in his mind that God will take care of him. That is why he is not afraid but can calmly face his foes." Psalms 112:6-9 (LB)

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

## THE OBSERVATION DECK



A man is a dream about a shadow. Only when a brightness falls from heaven can human splendour expand and glow and mortal days grow soft.

C. S. LEWIS

## Holiday Craft Fair at East Valley Church

East Valley Church of Orangevale is Hosting a Holiday Craft Fair on November 15, 2008. Premium Space \$75.00 & Basic Space \$65. For an application or more information call EV at 916.988.1717 or email; EVCRAFTFAIR@Comcast.net

## BIBLE TRIVIA

by Wilson Casey

1. Is the book of Esther in the Old or New Testament or neither?
2. Who killed 69 of his brethren, but spared Jotham, for he hid himself? Abimelech, Jeroboam, Uzziah, Hiram
3. From Proverbs 25, "Who so boasteth himself of a false gift is like clouds and wind without ..."? Meaning, Hope, Breeze, Rain
4. Who was the wife of Ananias who died along with her husband after lying about an offering? Jezebel, Anna, Sapphira, Jael
5. Which two foods were said to flow in the land of Canaan? Peaches/Cream, Figs/Apples, Milk/Honey, Manna/Bison
6. What were the Israelites, as slaves of Egypt, forced to make? Bread, Bricks, Staffs, Spears

ANSWERS: 1) Old; 2) Abimelech; 3) Rain; 4) Sapphira; 5) Milk/Honey; 6) Bricks  
For more trivia, log on to www.TriviaGuy.com.  
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# Cyberspace and Our Dependence



by Marlys Johnsen Norris

Have we given technology power to totally govern all our lives and how we live? It seems so! Has man become so wise, believing he is making life easier and better, he is now utterly foolish?

A few months back I went to the grocery store and while waiting in line, the computers went down. Everything stopped! A sense of panic enveloped the whole working staff at the store. What happened? What shall we do? How long would this last? The registers were locked and could not be opened. There was no access to a place where anyone could pay for the goods in their basket. If there was, would the cashier be able to make the correct change without actually seeing the amount in a computer?

So what if, all-of-a-sudden the

automobile you were driving just stopped and no matter what you tried, you could not get it started? No one could start it. You are stranded somewhere far from home. And it was even more frightening when your cell phone was dead and did not work either. Then, all around you there were people mingling and confused in the streets questioning "what has happened?"

Cyberspace as fantastic as it is-- may turn out to be the worlds curse someday in the future. Cyberspace has brought about a strange Utopian phenomenon we all have come to depend upon. With everything depending on the cyberspace and computers, if anything happens to hinder and stop the working system of the Cyberspace technology, the whole world would be in a state of confusion. Where it cannot function for any reason, our world's communication (telephones, televisions, computers), transportation (air travel, autos, trucks), and even the ability to purchase food at the store will be affected. We couldn't get to work and we couldn't get home to our families if it happened while we were at work. What will we do?

There is something ironic and tragic about this scenario because we hate to think of it, however, it is a possibility! One, we must face squarely and not deny. Can we go back to the good ol' days? Probably never! Instead, as the Bible clearly tells us, we need to keep

oil in our lamps for that day when we need light. (Matthew 25) We need to keep ourselves prepared. We need to remember the old ways of planting a garden, walking or riding a bike to places we need to go and we need to keep close contact with those we love because we never know when all-of-a-sudden things might change drastically forever. After 9/11 and the many tragedies of nature, we know this is true.

Hal Lindsay said, "Satan is called the Prince of the power of the Air?" Could this possibly be? We know that there are too many influences in this world contrary to seeking and following the God of the Bible. Isn't this a strong indication of the end times the Bible refers to in Matthew. Another preacher said, "God demonstrated His love to this world to rid His universe of all sin and evil". Jesus demonstrated that love to separate us from sin and evil, when He willingly became the Sacrificial Lamb who died and shed His blood to cleanse those who accept Him (as Savior and Lord) of all sin.

Marlys Norris  
Award Winning Author for "Recipes for A Happier Marriage" "Intimacy Begins Gong God's Way" Senior Gleanings Marlys@sbglobal.net

# Don't Tolerate Religious Bigotry



I am outraged. You will be, too. Iranian President Mahmoud Ahmadinejad is coming to America - bringing his dangerous worldview to New York and the United Nations ... And our own nation's religious leaders are planning to welcome him warmly!

Not only is the Iranian President addressing the U.N. - religious leaders are sponsoring a special Muslim ceremony with Ahmadinejad celebrating the end of Ramadan. I urge your generous, immediate financial support as the ACLJ launches a nationwide campaign to protest this meeting with U.S. religious leaders while our legal defense teams here in America and in Europe work to answer serious threats to your religious freedom.

Perhaps even more disturbing, Ahmadinejad's visit comes at a time when one of the largest organizations inside the U.N. - the Organization of

the Islamic Conference - is pushing a sinister anti-Christian resolution ... a dangerous measure which threatens and targets Christians because of their religious beliefs and could make sharing your faith an international crime.

We will be there every step of the way. I am personally leading a team of ACLJ and ECLJ attorneys and staff researching and preparing reports and oral presentations to protect YOUR religious liberty. (We're calling on the U.N.'s High Commissioner of Human Rights to vehemently oppose this dangerous resolution and focus instead on improving existing international law to protect the religious beliefs of ALL individuals.)

At a time when so many Jews and Christians are facing persecution worldwide - this "celebration" with Ahmadinejad is nothing short of outrageous. This is the same man who has repeatedly incited genocide against Israel ... who has dismissed the Holocaust as a "myth" and has arrogantly called for Iran to "wipe Israel off the map." Please help the ACLJ today as we continue to work aggressively, serving as your voice on this issue and protecting your freedom.

We must take a stand against these religious leaders planning to meet with such an enemy of religious freedom. The American Friends Service Committee, Mennonite Central Committee, Quaker United Nations Office, Religions for Peace, and the World Council of Churches are hosting the event, to be held in New York on September 25. I find it disconcerting that religious leaders would give any credence or forum to a man who so boldly and violently rejects religious freedom and embraces terrorism - including the total destruction of Israel.

We as a nation cannot be apathetic to Ahmadinejad's outright hatred of the Jewish people. I trust you will stand with me and the American Center for Law and Justice right now by giving generously to help us send a solid message to President Ahmadinejad, the United Nations, and these misguided religious leaders: Religious bigotry will not be tolerated in any form, nor will we give voice to those who repeatedly - unabashedly - refuse basic human rights and freedoms.

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

# St. Marks Harvest Party

Are you already dreading trick-or-treating? The walk in the dark and the huge pile of candy? You're invited to a great—and safe—alternative. Mark your calendars to stop by on Friday, Oct. 31, from 4-7 pm at St. Mark's Lutheran Church and School. It is located on the corner of Birdcage and Kingswood, just off of Sunrise.

This year's Harvest Party features an always-popular, free hayride, and the free Bounce House

is bigger and better than ever. There are games for all the kids—and prizes galore! Don't miss the treat-filled Goodie Walk. Tickets for the games and Goodie Walk are an incredible deal. Speaking of a bargain, don't worry about cooking dinner either; food is available for purchase and is a great deal. Kids are encouraged to dress-up. Please just stay away from the spooky & creepy costumes—we don't want to scare any of the little ones.

St. Mark's Lutheran Church and School has been your neighbor for almost 40 years. If you've met us before, let's get reacquainted—and if we've never met, it's about time. Grandparents, bring your grandkids; adults, invite your neighbors; kids, drag your friends along. They'll have a fabulous time.

St. Mark's is located at 7869 Kingswood Dr, Citrus Heights. Call the School Office at (916) 961-7891 for more information.

## Grace Baptist Church

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Pastor Charles Carter

(916) 967-3915

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Sunday Evening 6:00 pm  
Wednesday Evening 7:00 pm

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Corner of Oak and Beech

(916) 988-8815

Pastors Andrew Webb & Robert Price

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9 am to Noon ~ Tuesday - Friday

Wednesdays:

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10 am - 11 am

Evening Adult Study: 7 pm - 8:30 pm

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**International Inventor's EXPO.** Las Vegas - Oct. 18th -19th, 2008. FREE admission. Inventions Worldwide. Booths available. See investors, buyers, and licensee's www.inventbay.com/inventorsexpo or call 1-888-999-4391 (NANI)

**Advanced Stuttering Therapy** Speak fluently. Practical, Effective 12-day treatment. Superior, long-term results. Some scholarships available. Hollins Communications Research Institute—nationally recognized center, Roanoke, Virginia. 540-265-5650 www.Stuttering.org (NANI)

**Miscellaneous Items For Sale**  
**DIRECTV FREE 4 Room System!** All 265+ Channels FREE 4 Months! Includes Movie Channels! 95 HD Channels! Ends Soon, Ask How! Packages Start \$29.99! FREE DVR/HDD! 1-800-973-9044 (NANI)

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**\*\*A L L Satellite Systems are not the same.** Programming starting under \$20 per month, HDTV programming under \$10 per month and FREE HD and DVR systems for new callers. CALL NOW 1-800-799-4935 (NANI)

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**Moving-Must Sell!!** Arcade style Nintendo Popeye game with quarter mechanism. Works also without mechanism connected. It's a joy for small children to see Pluto try to catch Popeye and save Olive Oil. For the serious video player. The game is a real challenge. \$500 or best offer. Call Shirley at 482-4188. (ARM)

**FREE DIRECTV 4 Room System!** All 265+ Channels FREE 4 Months! Includes Movie Channels! 130 HD Channels! Ends Soon, Ask How! Packages Start \$29.99! FREE DVR/HDD! 1-800-620-0058 (NANI)

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**Free DIRECTV Satellite TV** for 4 months with NFL Sunday Ticket; Free Set-Up, HD-DVR Upgrade. Offer ends 10/31/08. Call Expert Satellite 1-866-926-2066 (credit card required) (NANI)

**DIRECTV Satellite Television,** FREE Equipment, FREE 4 Room Installation, FREE HD or DVR Receiver Upgrade. Packages from \$29.99/mo. Call Direct Sat TV for details 1-800-380-8939 (NANI)

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**MEMORY FOAM THERAPEUTIC NASA VISCO MATTRESSES WHOLESAL!** AS ON TV TWIN-\$299 FULL-\$349 QUEEN-\$399 KING/CAL KING \$499 CRAFTSMATIC ADJUSTABLES - \$799 FREE DELIVERY 25 YEAR WARRANTY 60 NIGHT TRIAL 1-800-ATSLEEP 1-800-287-5337 WWW.MATTRESSDR.COM (NANI)

**DIRECTV Satellite TV.** Save \$18/month for 12 months. Free Install 4-Room System;

Free HD or DVR upgrade. Packages from only \$29.99/mo. Call Expert Satellite 1-866-926-2066 (NANI)

**Musical Instruments**  
**WORLD GUITAR SHOW.** Buy, Sell, Trade, Marin Civic/ San Rafael, July 26-27. Pomona Fairplex, August 2-3, Saturdays 10-5, Sundays 10-4. Bring your gear!! www.TXShows.com (Cal-SCAN)

**Notary**  
**Mobile Notary Services** Certified Loan Signer Paralegal Services Powers of Attorney, Wills Will Travel to Your Home or business 916-508-7080 (ARM)

Notary Services Hospital, Care Home or make arrangements. Call (916) 482-9388 for details. Ask for Debbie or leave message. (ARM)

**Painting**  
**All Pro Painting Res/Com.** Quality work free est. sen disc lic914715 Ph 607-0523 (ARM)

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**Pet Sitting/House Cleaning** Professional loving pet care. Established reputation. Secure, happy and kennel free environment. Lots of TLC. Call Madeline 916-723-1608. (ARM)

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**Pet Sitters Wanted!** Gold River has a need for pet sitters. References required. Please call 916/ 635-5590. (ARM)

**Home Sitters on Wheels** office needs two RVers with RV's for pet sitting. Call 916-483-5146 for more information. (ARM)

**Annie's Pet Sitting Services** Liscensed, insured and bonded. Vet. tech. exp. Ref. avail. 916.202.6952 (ARM)

**Novenas & Prayers**

**NOVENA TO ST. JUDE** May the sacred heart of Jesus be loved, adored, cherished and preserved throughout the world now and forever. Sacred heart of Jesus have mercy on us. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen. Say this prayer nine times a day for eight days. On the eighth day your prayer will be answered. It has never been known to fail. Publication must be promised. Thanks you St. Jude. M.J.P. (ARM)

**Real Estate Homes For Sale**

**Smart Buyers Check out this one in Gold River** Two-story prestigious Hesperian Village Home. Secluded cul de sac. 2800 sq. ft. 3 bedroom, 2 bath with loft. Built-in bookcases and large desk. Formal dining room, living room with fireplace, large family room. Plantation shutters, carpet, window coverings, Mexican paver tiles in entry, family room, kitchen and laundry room. Epoxy 3-car garage floor. Oversized backyard with extended stone patio, brick planters, variety of mature trees. New Lifetime concrete shake roof. Fabulous rock waterfall and pond. Built-in granite BBQ. Home backs up to greenbelt. \$515,000. Lorraine Foster, ReMax Gold 916-933-6190 (ARM)

**3BR 2BA Foreclosure!** Only \$48,900! Bank Owned! Call for Listings & Info. 800-279-1604 (NANIG)

**Motivated Seller- Great Buys-two homes-Good Areas.** #1 updated kitchen & 3BDRM, 2BA, near Crestview shopping, \$289,000. #2 Dream Kitchen w/granite-tiled & beautiful bathrms & floors. \$260,000. Glenda Hill 761-7548. (ARM-M)

**FORECLOSED HOME AUCTION.** All Northern California. 1000+ Homes Must be Sold! Free Catalog 800-470-9314. USHomeAuction.com (Cal-SCAN)

**AUCTION** - Jackson Hole Annual Fall Real Estate Auction. Homes, lots, land, cabins, bank repos & more. Sat. September 20th 12:12 Noon. Call 866-486-SOLD(7653).

www.JacksonHoleAuctions.com AUCTION. (Cal-SCAN)

**Real Estate Land For Sale**  
**\*LAND AUCTION\*** 200 Properties Must be Sold! Low Down / EZ Financing. Free Brochure. 1-800-756-2087. www.LandAuction.com (Cal-SCAN)

**Bank Ordered: Land AUCTION.** 2000+ Properties. Land in 29 States. NO RESERVES. Multiple Lot Packs. Min Bids at \$100. Bid Online at: www.LandAuctionBid.com/2 (Cal-SCAN)

**GIANT OCEANVIEW LOTS** in California!!! Mobile Homes O.K.! Paved Streets! Electricity! Fishing! Boating! Beaches! Gorgeous Area! \$200.00 Down! \$200.00 Monthly! \$19,995.00 Cash! Owner! 949-260-9316. (NANI)

**Buy HUD Homes from \$199/mo!** Payments from \$199/mo! Financing Referrals Available! For Listings & Info 800-508-8178 Ext. 1276 (NANI)

**NEW TO MARKET.** Washington/Idaho border. 6 ac just \$39,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

**ARIZONA LAND BARGAIN** 36 Acres - \$24,900. Beautiful mountain property in Arizona's Wine Country. Price reduced in buyers market. Won't last! Good access & views. Eureka Springs Ranch offered by AZLR. ADWR report & financing available. 1-877-301-5263. (Cal-SCAN)

**ALMOST HEAVEN.** Washington/Idaho border. 6 ac just \$49,900. Calendar cover beauty in Palouse Country. Rare acreage in an area where land is rarely available. Rolling hills, river access, near town & golf, close to WSU. Has it all including great price, must see. EZ terms. Call WALR 1-866-836-9152. (Cal-SCAN)

**Beautiful SOUTHEAST TENNESSEE MOUNTAINS** Established gated community, secluded, paved roads, utilities; interior & bluff lots, wooded; 5 acres & up. 800-516-8387 or visit http://www.timber-wood.com (Cal-SCAN)

**BUY BULK 40 AC** just \$29,900. Your own gorgeous ranch. Stunning land, inspiring views, great location, 2 hours east of Salt Lake in ideal outdoor recreational area. County maintained roads, ready to build or just hold and enjoy. Priced at bulk acreage prices for quick sale. Must sell. EZ Terms. Call UTLR 1-888-693-5263. (Cal-SCAN)

**FORECLOSURE SPECIAL!** 100+ Acre Colorado Ranch for \$49,900. Year-round roads, utilities. Access to 6,000+ acre recreation land. Call 1-866-OWN-LAND x4392. (Cal-SCAN)

**MONTANA HORSE RANCH and Hunting Camp.** 160 acres w/mountain views, \$139,900. 480 acres - borders BLM Land, \$349,900. Great birds and huge elk and deer. Miles and miles of BLM trails. Call 1-877-229-7840 www.WesternSkiesLand.com (Cal-SCAN)

**NEW MEXICO SACRIFICE!** 140 acres was \$149,900, Now Only \$69,900. Amazing 6000 ft. elevation. Incredible mountain views. Mature tree cover. Power & year round roads. Excellent financing. Priced for quick sale. Call NML&R, Inc. 1-888-204-9760. (Cal-SCAN)

**NEW TO MARKET- Colorado** Mountain Ranch. 35 acres- \$39,900. Priced for Quick Sale. Overlooking a majestic lake, beautifully treed, 360 degree mountain views, adjacent to national forest. EZ terms. 1-866-353-4807. (Cal-SCAN)

**35+ Acres from \$34,900.** First Come, First Served Saturday, October 4, 2008. Southern Colorado ranches. Excellent financing available. Call for your private property tour. 1-866-696-5263 x4574. (Cal-SCAN)

**NEW TO MARKET.** New Mexico Ranch Dispersal 140 acres - \$89,900. River Access. Northern New Mexico. Cool 6,000' elevation with

stunning views. Great tree cover including Ponderosa, rolling grassland and rock outcroppings. Abundant wildlife, great hunting. EZ terms. Call NML&R, Inc. 1-866-360-5263. (Cal-SCAN)

**UTAH RANCH DISPERSAL.** Experience the fun and relaxation of having your own 40 acres in the great outdoor recreational area of the Uintah Basin. Starting at only \$29,900. Call UTLR 1-888-693-5263. (Cal-SCAN)

**NEW ARIZONA LAND Rush!** 1 or 2-1/2 "Football Field" Sized Lots! \$0 Down. \$0 Interest. \$159-\$208 per month! Money Back Guarantee! 1-877-466-0650 or www.SunSitesLandRush.com (Cal-SCAN)

**L A K E F R O N T OPPORTUNITY.** Nevada's 3rd Largest Lake. Approx. 2 hrs. South of Carson City. 1 ac Dockable \$149,900. 1 ac Lake Access \$49,900. 38,000 ac Walker Lake, very rare. Home sites on paved road with city water. Magnificent views, very limited supply. New to market. Call 1-877-542-6628. (Cal-SCAN)

**MONTANA'S BEST LAND DEAL 20AC-** Ponderosa Pines, County Road & Utilities. Was: \$99,900. Now: \$79,900. 160AC w/New Log Cabin Was: \$199,900. Now: \$149,900. 208AC w/Huge Storage Barn Was: \$299,900. NOW: \$249,900. Affordable financing, discounted prices. Absolutely beautiful land. Call 877-229-7840. Visit www.WesternSkiesLand.com While we talk! (Cal-SCAN)

**MONTANA'S BEST EVER Elk & Deer Hunters Land Deal.** Book a trip- we'll prove it. Buy a lot, the trip's on us! 160-600AC Tracts Starting at \$700/AC. 877-229-7840. www.WesternSkiesLand.com (Cal-SCAN)

**3BR 2BA Foreclosure!** Only \$48,900! Bank Owned! Call for Listings & Info. 800-279-1604 (NANI)

**Granite Bay Listings** View at www.lizyoakum.com Call 390-5634 (ARM)

**Real Estate Loans**

I BUY NOTES and Deeds of Trus t - call Frank 530-885-8032 or visit www.FGRealEstateInvesting.com for FREE information and quote. (Cal-SCAN)

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**20 ACRE RANCHES,** Near Booming El Paso Texas. Roads Surveyed. \$15,900, \$200 Down, \$159/month, (10%/209 mths). Money Back Guarantee. Free Maps & Pictures. 1-800-343-9444. No Credit Checks!! (Cal-SCAN)

**COMMERCIAL AND RESIDENTIAL** Real Estate Loans. Flexible Programs if you have Equity. Cash out, Purchase, Refinance, Loan Modification. We still have money to Lend! Greenstone Funding Corporation. 310-567-7769. CFL#603-G126. (Cal-SCAN)

**Real Estate Out of State**

**TENNESSEE MOUNTAIN ACREAGE** 2 Acre Beautiful Homesite, Million \$ View! Secluded, Utilities, Overlooking Tennessee River. Close to Marina, Schools, Shopping! \$59,900 Low Down, Owner Financing! 330-699-1585 (NANI)

**Colorado, 5 acres, \$7500!** \$500 down, \$125/month. Tract with water well, \$12,500 (good terms). Beautiful high mountain country. Good year round roads. Owner, 806-376-8690 (NANI)

**20 ACRE RANCHES,** Near Booming El Paso Texas. Roads Surveyed. \$15,900, \$200 Down, \$159/month. Money Back Guarantee. Free Maps & Pictures. 1-800-343-9444. No Credit Checks!! (Cal-SCAN)

**COLORADO acreage \$35,000!** In Rocky Mountain canyon with trout fishing stream on property! Very private, gated ranch, adjoins gov't lands. \$1,000.00 down. Owner finance. 806-376-8690. (NANI)

**TEXASLANDLIQUIDATION!!** 20-acres, Near BOOMING El Paso. Good Road Access. Only \$14,900. \$200/down, \$145 per/mo. Money Back Guarantee. No Credit Checks. 1-800-843-7537 www.sunsetranches.com (NANI)

**PRICED TO SELL!** Newly Released Colorado Mountain Ranch. 35 acres- \$39,900. Majestic lake & Mountain views, adjacent to national forest for camping or hiking, close to conveniences. EZ terms. 1-866-353-4807. (Cal-SCAN)

**BUY BULK 40 AC just \$29,900.** Your own gorgeous ranch. Stunning land, inspiring views, great location, 2 hours east of Salt Lake in ideal outdoor recreational area. County maintained roads, ready to build or just hold and enjoy. Priced at bulk acreage prices for quick sale. Must sell. EZ Terms. Call UTLR 1-888-693-5263. (Cal-SCAN)

**AZ LAND BARGAINS.** 5 to 80 acres, lowest possible prices. EZ terms. Call AZLR for free recorded message. 1-888-547-4926. (Cal-SCAN)

**BULK LAND SALE 80 acres - \$49,900.** Take advantage of buyers market and own beautiful mountain property. Price reduced on large acreage in Arizona's wine country. Won't last! Good access & views. Wildlife abounds at Eureka Springs Ranch. Financing available. Offered by AZLR. ADWR report. 1-877-301-5263. (Cal-SCAN)

**TENNESSEE MOUNTAINS** 1+to 2 acrehomesites. Wooded Bluff and Lake View. Starting at \$59,900. Guaranteed Financing! 866-550-5263. Ask about Mini Vacation. 3 days, 2 Nights & Travel Allowance. (NANI)

**Restore Old Photos**

**Restore Old Photographs** Share memories of special places and times with your family. (916) 483-6051 - Laws Studio, Crestview Center (Manzanita at Winding Way in Carmichael)(ARM)

**RV Sales**

**SELL YOUR RV FAST!** Online at RVT.com 15,000+ Customers Daily. 40,000+ Private and Dealer Listings www.RVT.com Serving the RV Trader since 1999. 1-800-677-4484. (Cal-SCAN)

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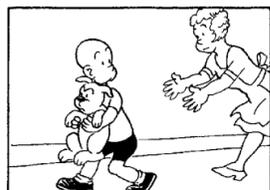
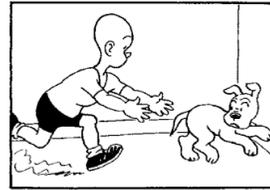
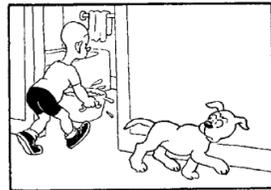
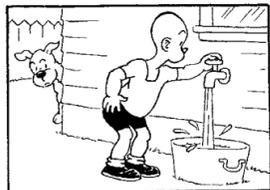
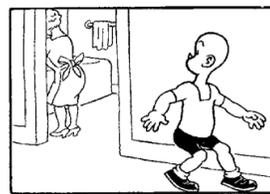
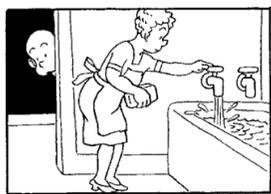
**INTERNATIONAL STUDENTS** - Host a high school-aged international student from one of 40 different countries. Call today for more information. Phyllis at 1-866-523-8872. (Cal-SCAN)

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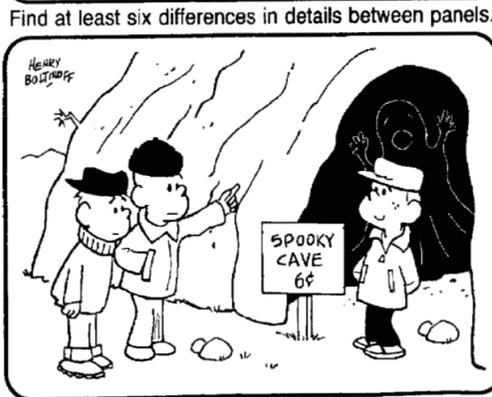
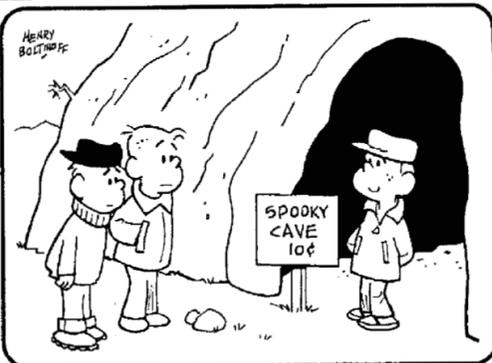


The Spats

by Jeff Pickering



**HOCUS-FOCUS** BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Sign is different. 2. Boy's slacks are black. 3. Ghost is added. 4. Boy is pointing. 5. Stocking hat has been added. 6. Rocks are added in cave.

**Trivia test** by Fifi Rodriguez

1. GEOGRAPHY: Which two countries have claimed part of the Mediterranean island of Cyprus?
2. ANIMAL KINGDOM: What kind of creature is a kookaburra?
3. GENERAL KNOWLEDGE: What is the Koh-i-noor?
4. POETRY: What was poet Octavio Paz's earlier profession?
5. RELIGION: Which religion espouses the Eightfold Path?
6. OLYMPICS: A "salchow" jump is employed in which winter sport?
7. HISTORY: How many banks of oars were used in an ancient warship called the trireme?
8. SYMBOLS: What is the shape of a trefoil?
9. SCIENCE: What is phototropism?
10. LANGUAGE: What does the acronym BTU stand for?

**Weekly SUDOKU**

by Linda Thistle

|   |   |   |   |   |   |   |  |   |
|---|---|---|---|---|---|---|--|---|
| 4 | 5 | 3 |   |   |   |   |  | 8 |
|   | 7 |   |   | 4 | 3 |   |  |   |
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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!  
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**MAGIC MAZE** ● UNSUCCESSFULLY RAN FOR U.S. VICE PRESIDENT

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

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

Bentsen Ferraro Lieberman Reid  
Dole Kefauver Logan Shriver  
Edwards Kemp McNary Warren  
FDR Knox Muskie



**"Eagle Eye"**

Running time: 117 minutes  
MPAA rating: PG-13

The last movie that teamed director D.J. Caruso and Shia LaBeouf was "Disturbia," the stupid and shoddily made rip-off of Hitchcock's "Rear Window." A rip-off that stole so much from the source material that a lawsuit has been filed claiming the movie was an unauthorized remake.

Their latest team-up is a high-tech, ridiculous rip-off of "The Man Who Knew Too Much." This movie is so lame that I'm tempted to file a lawsuit myself, not only to get my money back, but to place a restraining order against Caruso and LaBeouf from ever making another movie again.

Here's the plot: A supercomputer called ARI, developed by the government to combat terrorism, has the power to control every electronic device in the country: cell phones, traffic lights, LED billboards, trains, GPS systems on cars, you name it. ARI is so powerful it has become self-aware (like HAL in "2001").

A botched covert operation has convinced ARI that the president can no longer be trusted with issues of national security, so the computer sets into motion a series of preposterous events involving LaBeouf and co-star Michelle Monaghan that will lead ultimately to the murder of the president using an explosive crystal and a detonator hidden in the saxophone of Monaghan's young son.

Between the brain-dead script, choppy editing and horrible acting, the



Shia LaBeouf and Michelle Monaghan

only way "Eagle Eye" could be worse is if Caruso had included Kate Hudson in the cast.

Avoid this movie like the plague. Instead, go to the video store and rent the far superior "The Man Who Knew Too Much."

**GRADE: F**  
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**All Answers on Page 4**

**Contract Bridge**

THE OLD RABBIT-IN-THE-HAT TRICK

North dealer.  
East-West vulnerable.

**NORTH**  
♠ K 6 4 2  
♥ A 8 5  
♦ J 7  
♣ A J 5 4

**WEST**  
♠ Q J 10 9  
♥ 6 3  
♦ Q 9 4  
♣ K 8 7 3

**EAST**  
♠ —  
♥ Q J 9 4  
♦ K 10 8 5 2  
♣ Q 10 6 2

**SOUTH**  
♠ A 8 7 5 3  
♥ K 10 7 2  
♦ A 6 3  
♣ 9

The bidding:  
North East South West  
1♣ Pass 1♠ Pass  
2♠ Pass 4♣

Opening lead — queen of spades.

Appearances can be very deceiving. This is just as true in bridge as it is in everyday life.

For example, take this case where, because of an unlucky 4-0 trump division, South seems doomed to go down one in four spades, losing two trumps, a heart and a diamond. Yet when the play ended, declarer had 10 tricks, the opponents only three, and, what's more, there was absolutely nothing the defenders could have done about it.

When dummy came down, the play seemed routine. The obvious losers were a diamond, a heart and perhaps a trump. But when declarer took the opening spade lead with the king and East showed out, what had looked like an easy contract took on a decidedly different hue.

Undaunted, declarer proceeded to demonstrate that everything is not always as it appears to be. He started by playing the ace and another diamond, losing to the queen. West returned a second trump to the ace, whereupon South led a club to the ace and ruffed a club.

A diamond was ruffed in dummy, followed by a second club ruff. Declarer then cashed the K-A of hearts and trumped dummy's last club.

By this time, 11 tricks had been played, and South had won 10 of them. The last two tricks were taken by West's two spade winners, one of which obliterated his partner's heart trick. The four "sure" losers had been telescoped into just three.

Declarer's 10 tricks came from scoring three ruffs in his hand and another in dummy to go with the A-K of trumps and four top winners in the side suits. Apparent defeat was converted into victory by getting maximum mileage out of the trump suit.

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by Steve Becker

**Delivery Routes Available Call 773-1111**

|    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 |    |
| 12 |    |    |    | 13 |    |    |    | 14 |    |    |    |
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| 48 |    |    |    |    | 49 |    |    |    | 50 |    |    |
| 51 |    |    |    |    | 52 |    |    |    | 53 |    |    |

**KING Crossword**

- ACROSS**
- 1 Runs for exercise
  - 5 Recede
  - 8 Moolah
  - 12 Satan's specialty
  - 13 Meadow
  - 14 "— take arms against ..."
  - 15 National pastime
  - 17 Tolerate
  - 18 A billion years
  - 19 Through eternity
  - 21 Pupa-to-be
  - 24 Elbow counterpart
  - 25 Lotion
  - 26 MySpace alternative
  - 30 Picks out of a lineup
  - 31 Aviator
  - 32 Remuneration
  - 33 Courtroom agenda
  - 35 Crumbly earth
  - 36 Stare stupidly
  - 37 Quiz answer
  - 38 Fee
  - 41 Help
  - 42 Hurl
  - 43 Indy entries
  - 48 Wading bird
  - 49 Ordinal suffix
  - 50 Teen's woe
  - 51 Agrees tacitly
  - 52 Rotation duration
  - 53 — moss
- DOWN**
- 1 Dubya's brother
  - 2 Eggs
  - 3 USO audience
  - 4 Hiding place for 45-Down?
  - 5 Verve
  - 6 Canto lead-in
  - 7 Equitable
  - 8 Network that suffers during sweeps
  - 9 Neck of the woods
  - 10 Remain
  - 11 — d'oeuvre
  - 16 Feathery accessory
  - 20 Lascivious look
  - 21 Secular
  - 22 Hawkeye
  - 23 Colonial sewer
  - 24 Eskimo boat
  - 26 Developed
  - 27 October stone
  - 28 Galley supply
  - 29 "South Park" kid
  - 31 Banner
  - 34 Exit
  - 35 Wild and crazy
  - 37 "A pox upon thee!"
  - 38 Face feature
  - 39 Vagrant
  - 40 Eager, plus
  - 41 Needing liniment
  - 44 — glance
  - 45 Blackjack part
  - 46 Genetic letters
  - 47 Solidify

Answers on Page 4

## Catholic Hospitals Announce Support for New Federal Rules Offering Conscience Protections for Hospitals and Health Care Providers

**Sacramento, CA (Business Wire)** - Citing the need to be free from religious discrimination, the Alliance of Catholic Health Care today announced its support for proposed federal regulations that would protect hospitals and health care providers from being forced to provide abortions or any other medical services contrary to their ethical or religious beliefs. States that do not respect or enforce existing laws recognizing freedom of conscience could lose certain federal funding, including matching funds for state Medicaid programs (Medi-Cal in California).

The comments came in the form of a letter to Secretary Michael Leavitt, head of the U.S. Department of Health and Human Services (HHS) submitted on behalf of the four health systems and 53 Catholic hospitals represented by the Alliance. Those hospitals represent 16 percent of California's acute care, inpatient hospitals.

"Our members provide health care services in accordance with the religious and moral tenets of the Catholic faith," said William J. Cox, president and CEO of the Alliance. "Central to these beliefs is a firm commitment to the dignity of the human person from conception to natural death and a deep concern for the health care needs of the poor and for those in spiritual need.

"We do not impose our religious or moral beliefs on the people and families we serve," said Cox, "but we do hold ourselves accountable, as

health care providers, to Catholic ethical and moral standards."

According to HHS, the regulations are necessary because certain provisions of various federal laws - the Public Health Service Act, the Church Amendments (42 USC 300a-7), the Weldon Amendment (PL 110-161), and others - that would otherwise prevent discrimination against hospitals and health care workers are being ignored or overlooked. As a result, pressure has repeatedly been brought to bear through state legislation, licensing or certification authorities and professional boards to coerce individual and institutional health care providers into violating their consciences by forcing them, under penalty of law, to conduct or receive training in the performance of abortions.

In California, this pressure has been especially acute:

In April 2000, attempts were made to use the California Medical Assistance Commission (CMAC) to force Catholic hospitals to provide abortion and other reproductive services as a condition of receiving a Medi-Cal (Medicaid) contract.

In 1999, a bill failed on the floor of the state Assembly (AB525) that would have required Catholic hospitals to provide or arrange for abortions or lose tens of millions of dollars in annual state assistance and impose restrictions on mergers between non-profit health care institutions if access to abortion might be affected.

Most recently, in 2005, the California Attorney General sued to overturn the federal Weldon Conscience Amendment on the grounds that it was an unconstitutional infringement on the State of California to enforce its own abortion statutes. The suit was dismissed on procedural grounds.

"These assaults on freedom of conscience not only run counter to our nation's commitment to religious tolerance and liberty, they conclusively demonstrate the urgent need for the proposed regulation," added Cox. "Several of the federal statutes mentioned in the proposed regulations have been in place for more than 30 years, but that hasn't deterred influential California officials from attempting to contravene them."

The proposed amendments can be found in the Federal Register and can be cited as 45 CFR Part 88.

A complete copy of the Alliance's comment letter is posted at [www.thealliance.net](http://www.thealliance.net).

*The Alliance of Catholic Health Care represents California's Catholic health care systems and hospitals. There are 53 California Catholic and community-based affiliated hospitals. They represent nearly 16 percent of all California acute care inpatient hospitals. The following Catholic health care systems are located in California and represented on the Alliance Board of Directors: Catholic Healthcare West (San Francisco), Daughters of Charity Health Care System (Los Altos Hills), Providence Health System (Southern California) and the St. Joseph Health System (Orange)*

## Joe Fraccola Honored by Navy's Morale, Welfare and Recreation Program

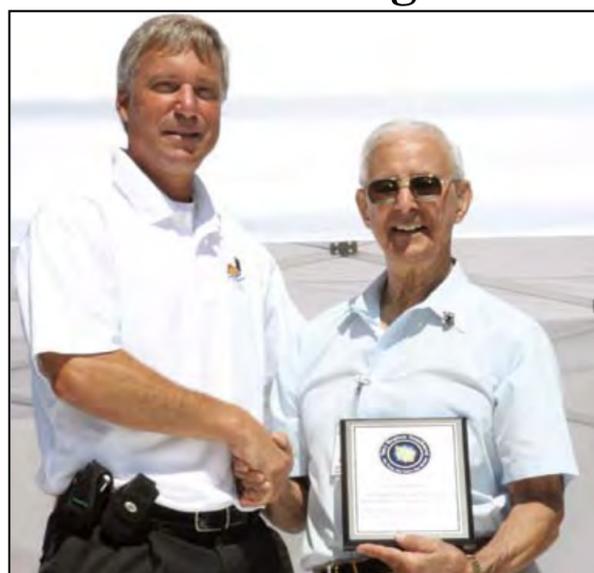
Joe Fraccola, Director & Public Affairs Officer of the Sacramento Council for the Navy League of the United States, was awarded an official Morale, Welfare and Recreation (MWR) appreciation plaque at the annual MWR POW/MIA Fun Run/Walk held at Naval Base San Diego, Sept. 10, 2008. Mr. Fraccola was invited to attend the event as a guest of MWR in honor of his outstanding contribution of 75,000 decks of playing cards to the MWR program. The cards were distributed during the holiday season to military personnel throughout MWR's Navy Region Southwest.

"Joe served his country overseas during two wars; you would think he had given enough. I'm amazed, however, that he has continued to find ways to serve his country, fellow veterans, active duty military and military family members for more than 60 years!," said Irene Wells, MWR's Regional Sponsorship Coordinator. "We are proud to know him and honored that he took time to spend with our Sailors this week."

During his two-day stay in San Diego, Mr. Fraccola was able to see first hand MWR's dedication to the morale of its military personnel.

"I am very impressed with MWR and all they do for the men and women serving their country", said Mr. Fraccola. "I am very pleased to see that the playing cards that I contributed reached the thousands of Sailors, Marines and Soldiers over the holiday season."

Since 1996, Mr. Fraccola has coordinated the donation of playing cards through his "Operation Enduring Freedom Project". His playing cards have reached thousands of individuals who are away from home serving



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their country in the fight against terrorism and he says he sees no end to this internally satisfying program.

"Operation Enduring Freedom has been the most rewarding volunteer job I have ever done. I felt privileged to provide this simple recreation for the morale and welfare of the great men and women who put their lives on the line every day to serve this great country of ours. God bless America," said Mr. Fraccola.

Mr. Fraccola is a World War II veteran who served in the Army Corp of Engineers. He also served in Vietnam as a military civilian

and is a lifetime member of the VFW, DAV and Navy League Sacramento Council. Another project of Mr. Fraccola's for almost thirty years is his work with elementary school students to help make and deliver greeting cards to patients at Veterans Hospitals.

If you would like to follow in Mr. Fraccola's footsteps and give back to the men and women of the uniformed services contact Irene Wells today at (619) 556-7464 to find out how your Sponsorship of Navy Region Southwest MWR programs and services can make a difference in the lives of those who serve their country.



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# “CHAMPS” New Proposed Youth Program

Former Councilmember and Mayor Bret Daniels, along with Jim Remick, both candidates for Citrus Heights City Council, announced today an exciting idea for a new program partnering the police officers of Citrus Heights with the youth in schools in the Citrus Heights region. The program, the Citrus Heights After-school Mixture of Police and Students (CHAMPS), will allow officers the opportunity to mix with approximately 1200 students during each school day by partnering the department with the current Bridges after-school program.

“There are 1200 kids, including my own son, that participate in the Bridges after-school program everyday from 3pm-6pm,”

Daniels said, “What a great opportunity to build relationships at an age when kids are the most impressionable.” Daniels said he and Remick came up with the idea after watching the council discuss a gang intervention and prevention effort that would have cost the taxpayers more money and create additional bureaucracy.

“Bret and I wanted something that was simple, cost-effective and could really make a difference and we actually came up with something that can be easily implemented, doesn’t cost the taxpayers anything and has very long-term benefits”, said Remick, “It’s very exciting for us because it’s doable”. Remick added that the program idea had been discussed with many of the Bridges after-

school program stakeholders including school principals and Bridges school coordinators as well as representatives of the police department and that, at this point, the response has been positive.

“CHAMPS will not be a cure-all for the problems facing our city today but it will result in positive relationships between our police officers and our youth and that will result in a change in our near future”, said Daniels. Remick further said, “If we had started something like this just a few years ago, we wouldn’t be having some of the problems we are facing today. Hopefully this idea will grow to areas outside Citrus Heights for the benefit of all of us.”

# Bella Vista Band Wows in Field Show

The award-winning Bella Vista High School Band and Color Guard has added a few more trophies to its mantle after competing in the McQueen Extravaganza, held Saturday, October 4th in Reno, Nevada.

There were 12 bands at the contest, and Bella Vista placed first in both marching and color guard categories. The 68-member BV Band and Color Guard performed their “Gangsta Jazz” field show especially well. Even in the face of cold temperatures and the added obstacle of a wind advisory, the Band came within .05 points of winning their Division award and the overall Sweepstakes award.

“I was anxious before the Reno performance,” reflects 17-year-old Drum Major Eddie Pineda, son of Edward and Rosalina Pineda. “The Band had worked extremely hard, and I couldn’t wait to present our show to the audience.” A fourth-year member of the BV Band, Pineda is proficient on both the trumpet and baritone. When asked what prompted him to apply for the position of Drum Major this year, he replied, “The Band needed a strong leader, and I felt I was qualified to fulfill that need. When I was younger, I was a good listener. I believe good listeners become great leaders.”

Pineda goes on to say that the best thing about his job is “being able to see the students grow as performers



and as people. We have a young group and the students are doing an outstanding job of handling their responsibilities. This is one of the most challenging shows the band has ever done, both musically and physically. To me, it doesn’t matter whether we finish first or not. I know I’m doing the best I can, and they’re giving 100% of their effort each and every day, and that’s all that matters.” Pineda and the Band were back in action only days after returning from Nevada, performing at both the BV Homecoming Rally on October 7, and the BV Homecoming (vs Center High School) on October 10. Both dates provided family and friends a great chance to see just how well the group works together to deliver an entertaining and energetic show.

Those wishing to catch the BV

Band in action before the end of the marching season are invited to attend home football games on October 24, 31 and November 14 at their Madison Avenue stadium. Anyone interested in becoming a part of San Juan Unified’s last remaining high school marching band is asked to contact Band Director Ed Moore, at edmoore@sanjuan.edu. Involvement in a high school band program develops more than just musical skill. It’s a chance for students to participate in something that also encourages discipline, leadership, and respect. As Eddie Pineda will acknowledge, “I would like to thank Mr. Moore for giving me this opportunity. He’s helped me get to where I am today... I wouldn’t be here without him. It is an honor to be the Drum Major for the Bella Vista Band.”



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Will Rogers will provide bottled water and (modest) bbq lunch for volunteers the day of the event, and window cleaner. Will Rogers Student Council will help coordinate this event as Student Crew Leaders.

We need lots of Volunteers to make this event a success. Students, Parents, Teachers and Community Volunteers are all Welcome and Appreciated.

Please bring tools the day of the event ~ gloves, ladders, wheel barrows, shovels, brooms, dust pans, trash bags, buckets, rags, window squeegees, rose pruner’s, rakes, hoses, hose nozzles.

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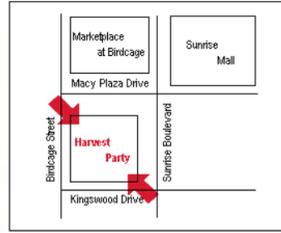
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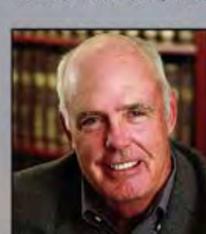
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# Bella Vista High Selected As Project Ignition School

Fair Oaks

## Project Kickoff Part Of National Teen Driver Safety Week

With motor vehicle crashes the leading cause of death for teenagers in the United States, Bella Vista High School students are taking an active role in reaching their peers on this critical issue. Bella Vista is one of 25 schools selected to participate in the Project Ignition ([www.sfprojectignition.com](http://www.sfprojectignition.com)) program to develop a communication campaign aimed at convincing their peers of the dangers of risky behavior behind the wheel.

Bella Vista will receive a \$2,000 check from State Farm as part of a lunchtime presentation on Oct. 17 with State Assemblyman Roger Niello. Included in the day's activity was a road-sign recognition contest and a crash-car display.

In its fifth year, Project Ignition was developed because car crashes are the No. 1 killer of youth. It is sponsored

by State Farm® in partnership with the National Youth Leadership Council (NYLC), and is a forum for students to develop communication programs that address safe driving awareness issues such as seat-belt use, speeding, impaired and distracted driving for their peers and their communities. This initiative is one of many programs that make State Farm an auto safety leader.

"Congratulations to Bella Vista for this wonderful accomplishment," said Bruce Johnson, Vice President Agency Bruce Johnson. "We are grateful for students like these who, through Project Ignition, join us in promoting teen driver safety. Project Ignition gives teens, working with their teachers, a relevant platform to change teen driving behaviors in a meaningful and educational way."

Bella Vista submitted its proposal in July describing how the students would create a service-learning communication campaign to impact them and their communities regarding teen driver safety. Students in Bella

Vista's video production class are creating short films and public service announcements for schools to use through their internal classroom broadcasting capabilities. They are also posting their work on sites such as youtube and schooltube in addition to a special web site ([www.alertawarealive.com](http://www.alertawarealive.com)) created for their project.

NYLC has been at the center of service-learning program and policy development since 1983. It convenes the annual National Service-Learning Conference, offers adult and youth training's, and develops service-learning resources. Service learning is a teaching method that enriches learning by engaging students in meaningful service to their schools and communities. It integrates service with established learning objectives, emphasizes critical thinking and problem solving, and tackles real issues such as hunger, ecological concerns, diversity and teen driver safety. For more information, please visit [www.nylc.org](http://www.nylc.org).

# The Magi Project

Orangevale

## Moms R Us - women's ministry of the Orangevale church of Christ announces their holiday service project.

On November 4th between 9:30-11:30 AM the ladies of Moms R Us will be filling plastic shoe boxes with toys, school supplies, books, health & hygiene items, clothes, and candy. The boxes that Moms R Us will be assembling will be delivered to orphans

and children of poverty at CASA DE LA ESPERANZA in Anacah, México. This service project is part of the "The Magi Project" of the churches of Christ. The Magi Project is organized through Healing Hands International. We encourage you or your group to get involved and give new hope and joy to children who may have never received a present. With your help, thousands of children will have a reason to celebrate the holiday season. Like the Magi of old, you'll bring a simple Christmas gift box to one that Jesus called, "the least of

these". See the Magi brochure on the Healing Hands International website; [hhi.org](http://hhi.org) for details of how to give joy to a child this Christmas. You may also call the Orangevale church building at 988-2011 for more information. Orangevale Church of Christ is located at 5915 Main Ave., Orangevale, CA

Your donations and contributions are very welcome. You and your children are invited to join us in an enjoyable morning assembling the Magi shoe boxes. Holiday cookies will also be baking in our ovens for us to enjoy!

# Teens Say Street Racing Poses Significant Risk

by Stephen Wallace, M.S. Ed.

Amid rising concerns about dangerous teen driving behaviors sits a common threat rarely considered outside of popular depictions in such movies as Rebel Without a Cause, Grease, and The Fast and the Furious: street racing.

Perhaps surprisingly, teens themselves rank street racing as one of the most risky in a slate of driving practices that lead to crashes, injuries, and, too often, deaths (between 2001 and 2006, 804 fatalities have been attributed to street racing, according to the National Highway Traffic Safety Administration).

Indeed, a new study from Liberty Mutual Insurance and SADD (Students Against Destructive Decisions) reveals that a vast majority of teens (97 percent) feel that street racing is dangerous, listing it above cell phone use, speeding, having more than three passengers in the car, being upset, using a GPS system, and changing clothes while driving.

Nevertheless, the research points out that more than one third of teen drivers (38 percent) say they have engaged in street racing.

That's bad news. So, too, are media accounts of the consequences.

In Eagle Rock, California, four teens were killed (including three from one family) and another was critically injured in what an LAPD lieutenant called "a high speed drag race," according to [egpnews.com](http://egpnews.com).

In Eugene, Oregon, a college football player required 75 stitches to close a gash in his head, the result of speed racing, said the Associated Press.

In Mountainside, New Jersey, an 18-year-old and a 20-year-old were killed after their Chevy Corvette crashed in a street race against a Chevy Camaro, reported My Central Jersey.

And on Staten Island in New York, seven teens were transported to the hospital after a street racing crash that ultimately claimed the life of a 17-year-old who succumbed to what WNBC4 referred to as severe head and internal injuries.

These stories merely scratch the surface of the death and destruction wrought by this alarming activity.

Fortunately, good news can be found in the fact that some states, including California, Massachusetts, and Illinois, are revisiting or introducing laws to better protect teen drivers – and, by extension – other motorists on our roads and highways.

In California, drivers convicted of street racing face prison sentences of 30 days to 6 months and/or as much as \$1,000 in fines, if their offenses resulted in injury for someone other than themselves.

In Massachusetts, a new law effective in February 2008 dictates that convicted street racers be punished with up to 2½ years of jail time or a fine of up to \$1,000. Offenders also get their licenses suspended for up to 30 days for the first offense and 180 days for subsequent violations.

In Illinois, current legislation states that driving privileges be revoked for any person convicted of street racing and that law enforcement may impound the offender's vehicle for up to five days.

As if street racing isn't enough to worry about, teen drivers also report engaging in other high-risk driving behaviors in startling numbers.

- 39 percent say they speed often

- 37 percent say they often talk on a cell phone when behind the wheel

- 30 percent say they often text message while driving

When you take "often" out of the equation, those numbers jump precipitously to 91 percent (speeding), 90 percent (talking on a cell phone), and 73 percent (text messaging) of teen drivers.

Of course, the drivers aren't the only ones in jeopardy. More than one quarter of teens indicate that they are frequently passengers in a car where such unsafe behaviors are taking place.

What's their responsibility?

Research shows that young drivers may be more likely to listen to their friends than to adults – so teen passengers need to be empowered to speak up when drivers are placing them, and others, at risk.

But, ironically, that may be easier said than done.

Despite the fact that so many teens feel that so many behaviors are dangerous, only about half of teens (57 percent) say they would ask a driver to stop engaging in even the most serious behaviors, such as street racing. Sad when you consider that most teen drivers say that if their friends asked, they would stop racing (87 percent), speeding (79 percent), text messaging (80 percent), or talking on a cell phone (68 percent).

Speaking up about slowing down will fuel peer-led persuasion to stop teens from chasing cars.

*Stephen Wallace, national chairman of SADD and author of the new book, Reality Gap: Alcohol, Drugs, and Sex—What Parents Don't Know and Teens Aren't Telling, has broad experience as a school psychologist and adolescent counselor. For more information about SADD, visit [sadd.org](http://sadd.org). For more information about Stephen, visit [stephengraywallace.com](http://stephengraywallace.com).*

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OCTOBER 24, 25, 26 SACRAMENTO CONVENTION CENTER

Entrance at 14th & J Streets Plenty of Nearby Parking Friday Noon-9pm, Saturday 10am-7pm, Sunday 10am-5pm Tickets at the Door-\$8 Adults, \$7 Seniors, Children Under 12 Free Information 805-461-6700 [www.americanartfestivals.com](http://www.americanartfestivals.com)



LORI O'NEILL



MARNE JAYE



WAX AND BING

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# So much fun, you'll go batty.

Join Sunrise MarketPlace this October for a hauntingly good time you won't soon forget.

## Haunted House

October 4-31, 7 pm  
Marketplace at Birdcage  
Voted Sacramento's scariest, the R.M.S. Curseliner, is not for the faint of heart. Details and discounts at [frightplanet.com](http://frightplanet.com). Get your costume at the Halloween Express store inside the haunted house. Live music Halloween night.

## Monsters at the Mall

Oct. 31, 5:30-7:30 pm  
Sunrise Mall  
Free trick-or-treating for the kids (from 5:30-6:30 pm), plus live music, games and all sorts of ghoulish fun.

**mix96**  
101.1 FM

Atmosfear Haunted House  
Oct. 10-Nov. 1, Sunrise Mall  
Located near Men's Macy's,  
visit [sunrisemallonline.com](http://sunrisemallonline.com)

## Dog-O-Ween

Oct. 11, 10 am-noon  
Sunrise Festival 1  
(corner of Greenback & Sunrise)

Come early, as contest is limited to first 100 registered dogs. Win prizes, doggie bags and other goodies. Registration starts at 9 am. \$5 entry donation benefits Placer County SPCA.



For more details visit [sunrisemarketplace.com](http://sunrisemarketplace.com)

2008 | 2009



Donald Kendrick, Music Director

## Sundays at Seven! at Mondavi Center

### Concerts

NOV 9 Haydn Bicentennial  
DEC 13 Home for the Holidays  
MAR 22 Bach's Birthday Celebration  
JUNE 7 Choral Soundscapes

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## Are uterine fibroids making your life miserable?

Do you suffer from heavy, excessive or painful periods? If so, talk to your doctor—you may have uterine fibroids.

Fibroids are non-cancerous tumors of the uterus. Many women with fibroids are told they need surgery or a hysterectomy. The good news is that there is a safe, non-surgical treatment that may be right for you.

Uterine Fibroid Embolization (UFE) is a minimally invasive procedure that provides relief from fibroid symptoms. And there is no fibroid surgery, no anesthesia and no scar.

UFE is covered by most insurance plans, including HMOs, and the recovery time is much quicker than with surgery—about one week.

To learn more, attend a free class offered by **MERCY SAN JUAN MEDICAL CENTER**. Talk to a doctor and see if UFE is right for you.

### FREE CLASS

|              |   |
|--------------|---|
| DATE & TIME  | Thursday, October 30<br>7 p.m. – 8:30 p.m.          |
| LOCATION     | Eskaton Village<br>3939 Walnut Avenue<br>Carmichael |
| DETAILS      | Light refreshments will be served                   |
| REGISTRATION | Call to register: (916) 537-5245                    |

