

AMERICAN RIVER MESSENGER

10 Commandments...

...of citizenship

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New Vice Chair
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documents
before you vote

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Joe Fraccola Honored

Presented with
Navy League
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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 Run! 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.

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 liked 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.

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

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.

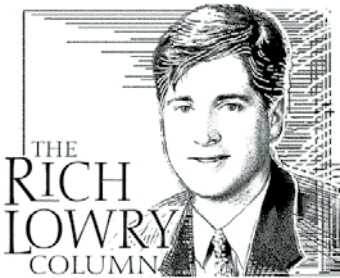
Major band sponsors for 2008

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 HCMB, (Citrus Heights Community Marching Band), on memo/line on your check and mailed to Hearts for Parks, 7801 Auburn Boulevard, Citrus Heights, CA 95610

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Who's responsible for the panic of 2008? In the gathering legend, it's one man, former Sen. Phil Gramm, the ex-John McCain adviser who lamented "a nation of whiners" a few months ago and therefore is fit to have responsibility for one of the nation's worst financial crises heaped on his head.

Gramm's gravest alleged sin is pushing the 1999 Gramm-Leach-Bliley bank deregulation bill. Barack Obama has identified the legislation as ground zero of the financial implosion. As a Texas conservative who afflicted liberalism for years before decamping to Wall Street, Gramm is easy to vilify. That doesn't make the case against him any less unjust.

The law allowed commercial and investment banks to consolidate, repealing the New Deal-era Glass-Steagall Act that prevented banks from offering customers insurance, investment or commercial banking services. Gramm-Leach-Bliley tore down the artificial walls between financial institutions. Was this the disastrous mistake that it is now portrayed as on the stump? No.

One, Democrats in good standing supported the final bill. Robert Rubin and Larry Summers, Clinton Treasury officials whom Obama relies on for advice, supported it. Joe Biden voted for it, it passed the Senate with 90 votes, and President Clinton signed it. If the bill were so obviously the road to financial perdition, presumably some of these Democrats much keener to regulate the economy than Gramm would have voted "no."

Two, the bill was a foregone conclusion. Europe already had so-called universal banking in which financial institutions could undertake varied operations. U.S. banks were finding loopholes in the law to keep up. The Gramm

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.

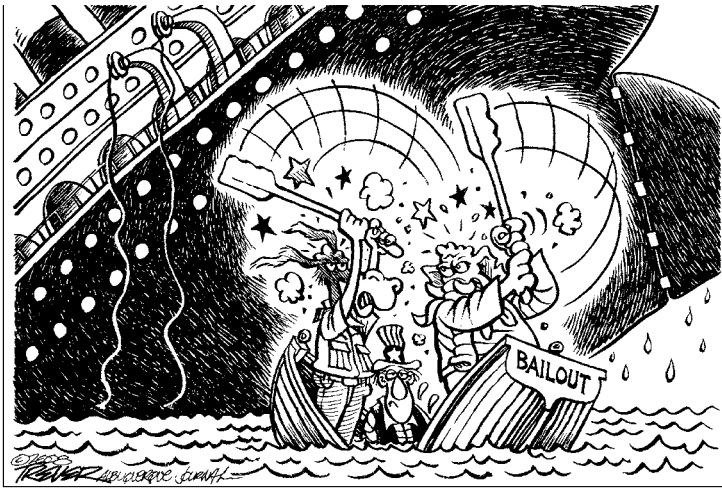
The root of this crisis is subprime loans lavished on people who couldn't truly afford their homes. This bad debt was securitized -- i.e., chopped up -- and spread throughout the system as complicated financial instruments. Gramm makes an unlikely villain here, since he always opposed the rush to give 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

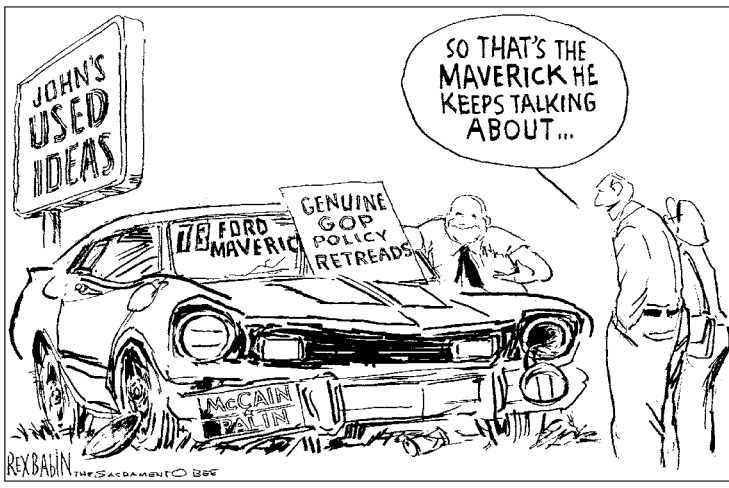
Even in the best of times, the three major bond proposals on the November ballot would merit a thumbs down. Propositions 1A, 3, and 10 would put taxpayers another \$16 billion in debt to fund some dubious projects.

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.

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.

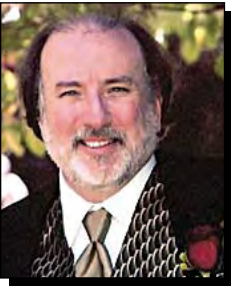
Understand that our system is not perfect, but has served the nation well. Democracy is a process designed to give people a voice in how they are governed. It's not perfect -- far too many people feel voiceless, and polls in recent years suggest that unsettling numbers believe the system is broken. And 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

Opponents of universal health care often use the term, “socialized medicine,” to refer to plans to provide health care coverage for everyone in our country. As an emergency physician who has been caring for people in the greater Sacramento area for over 25 years, I believe that the term, “civilized medicine” is more accurate.

It has always been my philosophy that access to necessary medical care is a basic human right, not a privilege based upon one’s ability to pay. That’s the way that I’ve always practiced medicine, and that’s the way that

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

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.

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 courtesy, military justice system, basic first aid, foot.

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

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.

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 courtesy, military justice system, basic first aid, foot marches, and field training exercises.

He is the son of David Orens of

Bret Daniels and Jim Remick Receive Endorsements

Former Councilmember and Mayor Bret Daniels, along with Jim Remick, both candidates for Citrus Heights City Council, announced that they had received the endorsements of several key groups and individuals, signaling recognition of their desire to move the City in the right direction. The pair announced that they had been endorsed by the Sacramento Builders Exchange and the Rental Housing Association of Sacramento Valley as well as Michael Sides, the 2007 President of the Citrus Heights Chamber of Commerce, and Marcia Fritz, the 2006 President of the Citrus Heights Chamber of Commerce.

“Jim Remick and I have been

running an aggressive campaign that spells out our desire to make Citrus Heights a thriving and vibrant move-up community and now we can show that our goals are recognized by key players in the community,” said Daniels. He added, “Michael Sides and Marcia Fritz are known in the Citrus Heights business community for their wealth of expertise on varied subjects. They recognize how supporting efforts such as rent control and increasing our sales tax, something our current council has done, can have a tremendously negative impact on the business community.”

The Sacramento Builders Exchange serves the industrial & commercial

construction industry to help its membership prosper within the greater Sacramento Region while the Rental Housing Association serves rental owners and property managers in the Sacramento Valley region that own or manage over 80,000 rental properties, from single-family homes to apartment communities. “Bret Daniels and I will work hard to remove the barriers that keep not only homeowners from remodeling their homes but businesses from improving their stores and offices. We want Citrus Heights to be the showcase for how government should help, not hinder, those that it serves,” said Remick.

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

- 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

“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

- 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

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



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.

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.

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.

Write to Straight Talk at www.StraightTalkForTeens.com or PO Box 963, Fair Oaks CA 95628



Remember aptitude tests? They ask whether you'd rather repair a dishwasher or eat a Twinkie. You fill in a little oval by "eat a Twinkie" and a list of occupations is mailed to you, telling you to go into law or become a policeman.

Well they're still around. My third son (known as Comedian #3) takes one in school, and only recently tells me so. Of course I walk right into this one. I say, "What did it tell you to be?"

And do you know what he says? Think of the worst thing you can imagine. Now get ready, because it's even worse: A clown. A CLOWN.

I whirl around and point at my husband, Bob. "This is YOUR fault," I say. This is that monkey-boy-cartoon-clown gene, passed directly to my son by the man whose first job was literally a TV cartoon clown when he was 14. He used an old man's voice so no one would know this was a kid hosting the show, and entertained masses of kiddies in Lake Charles, Louisiana.

"How can 'clown' even be one of the recommendations?" I ask. I mean, isn't this test supposed

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), 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

Miss Citrus Heights / Teen Citrus Heights Scholarship Pageant October 24, 2008

New Miss & Teen Antelope Titles to be awarded Rusch Park

\$1000.00 scholarship to Miss Citrus Heights

\$500.00 scholarship to Teen Citrus Heights

Pageant is open to ladies who are single, never been married nor a parent, and of good morals and character.

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Teen contestants 13 - 17 years

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If Miss Citrus Heights is unable to use her scholarship with one year of her reign and/or graduation, it will be awarded to her first runner-up.

If Teen Citrus Heights is unable to use her scholarship within one year of graduating high school, it will be awarded to her first runner up.

- All contestants receive free training in ramp walking,
- Public speaking, skin care and hair care.
- Runner-ups will be awarded with Miss /Teen Greater Citrus Heights & Miss /Teen Antelope Titles
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Answer

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

Trivia Answers

1. Greece and Turkey
2. A bird
3. Famous diamond, now among the British crown jewels
4. Diplomat
5. Buddhism
6. Figure skating
7. Three
8. Clover, or three-leafed
9. An organism's response to light
10. British Thermal Unit

Magic maze

Answers

UNSUCCESSFULLY RAN FOR U.S. VICE PRESIDENT

King Crossword

Answers

Solution time: 21 mins.

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

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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 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

Creating A New Transit Vision...Together

Over the last six months, the Sacramento Regional Transit District (RT) received valuable input from over 2,000 community members who agree that the vision for the Sacramento region includes a high quality and high frequency transit system. Now, RT needs your input to determine how we can fund future transit services and improvement projects that were identified as important to the region.

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.

Rusch Park Auditorium 7801 Auburn Boulevard, Citrus Heights Thursday, October 9 6 p.m. to 7:30 p.m.	City of Rancho Cordova American River North Room 2729 Prospect Park Drive Wednesday, October 15 6 p.m. to 7:30 p.m.	Samuel Pannell Meadowview Community Center 2450 Meadowview Road, Sacramento Tuesday, October 21 6 p.m. to 7:30 p.m.	City of Folsom Community Center 52 Natoma Street Thursday, October 23 6 p.m. to 7:30 p.m.
South Natomas Community Center 2921 Truxel Road, Sacramento Tuesday, October 28 6 p.m. to 7:30 p.m.	Tsakopoulos Library Galleria East Meeting Room 828 I Street, Sacramento Thursday, October 30 5 p.m. to 6:30 p.m.	Carmichael Park Community Clubhouse 5750 Grant Avenue Thursday, November 6 6 p.m. to 7:30 p.m.	City of Elk Grove Council Chambers 8400 Laguna Palms Way 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. Reservations are not required, but are encouraged. For more information or to fill out an online survey, visit 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.

Regional Transit

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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.

He has affected to render the Military independent of and superior to the Civil Power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For quartering large bodies of armed troops among us:

For protecting them, by a mock Trial from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefit of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences:

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies

For taking away our Charters, abolishing our most valuable Laws and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases

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 have 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.

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 be 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.)

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

All Debts contracted and Engagements entered into, before the Adoption of this Constitution, shall be as valid against the United States under this Constitution, as under the Confederation.

This Constitution, and the Laws of the United States which shall be made in Pursuance thereof; and all Treaties made, or which shall be made, under the Authority of the United States, shall be the supreme Law of the Land; and the Judges in every State shall be bound thereby, any Thing in the Constitution or Laws of any State to the Contrary notwithstanding.

The Senators and Representatives before mentioned, and the Members of the several State Legislatures, and all executive and judicial Officers, both of the United States and of the several States, shall be bound by Oath or Affirmation, to support this Constitution; but no religious Test shall ever be required as a Qualification to any Office or public Trust under the United States.

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

Save for Retirement — 52 Weeks a Year



Kirk Camunez

The U.S. Congress has declared Oct. 19 - 25 as National Save for Retirement Week. Why are our lawmakers so concerned about Americans’ retirement savings? And are you doing everything you can to build sufficient resources to enjoy the retirement lifestyle you’ve envisioned?

In regard to the first question, it appears that Congress does have good reason to be worried about our ability to save for retirement. It isn’t that we never think of it. In fact, 72 percent of workers say they and/or their spouses have saved for retirement, according to the 2008 Retirement Confidence Survey issued by the Employee Benefit Research Institute. Of course, that still means that 28 percent of workers aren’t saving for retirement. But these other statistics, taken from the same survey, are even more sobering:

Forty-nine percent of workers report less than \$25,000 in total savings and investments, excluding their home and defined benefit (pension) plans

Just 47 percent of workers and/or their spouses have calculated how much money they will need for retirement.

Clearly, as a nation, we need to do a better job of saving for retirement. As an individual, what can you do? Consider these suggestions:

Calculate the amount of income

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.

FREE REVIEW

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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.

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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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By Pastor Ray Dare

There’s no such thing as a problem-free life. This is not heaven, this is earth and for the rest of your life you’re going to face one problem after another, one crisis after another, one storm after another. They happen to both good people and to bad people. Some people imply that if you give your life to Christ, you’ll never have any more problems. That’s just not true. You’re living proof of that! So am I. Jesus said in John 16, “I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world.” John 16:33 (NLT)

God wants to give you confidence in a world of calamity, peace in a world of pain, serenity in a world of suffering. When you go through a crisis you need to remember three basic truths.

God is always with you. “Fear not, for I have redeemed you. I have called you by name, you are Mine. When you pass through the waters I will be with you and when you pass through the rivers, they will not sweep over you.” Isaiah 43:1-2. God says, “I’m with you.” Bad times don’t mean that God is not

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

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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, Horam*
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 Dependance



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
Marlysj@sbglobal.net

Don’t Tolerate Religious Bigotry

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.

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Weekly SUDOKU

by Linda Thistle

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

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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RAN FOR U.S.
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G	A	D	E	E	B	Y	W	T	R	P	M	M	K	I
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 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	



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?

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All Answers on Page 4

Contract Bridge

THE OLD RABBIT-IN-THE-HAT TRICK

North dealer.
East-West vulnerable.

NORTH		EAST
♠ K 6 4 2		♠ —
♥ A 8 5		♥ Q J 9 4
♦ J 7		♦ K 10 8 5 2
♣ A J 5 4		♣ Q 10 6 2

WEST		SOUTH
♠ Q J 10 9		♠ A 8 7 5 3
♥ 6 3		♥ K 10 7 2
♦ Q 9 4		♦ A 6 3
♣ K 8 7 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, 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 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 which obliterated his partner's heart trick. The four "sure" losers had telescoped into just three.

Declarer's 10 tricks came from scoring three ruffs in his hand, another in dummy to win with the A 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 **Stacy Becker**

CRITIC'S CORNER
By DNA Smith

"Eagle Eye"

Running time: 117 minutes
MPAA rating: PG-13

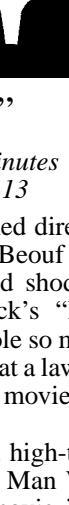
The last movie that teamed director D.J. Caruso and Shia LaBeouf was "Disturbia," the stupid and shoddily made rip-off of Hitchcock's "Rear Window." A rip-off that stole so much from the source material that a lawsuit has been filed claiming the movie was an unauthorized remake.

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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KING Crossword

Answers on Page 4

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

additive

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 Hurled

43 Indy entries

48 Wading bird

49 Ordinal suffix

50 Teen's woe

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

week?

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

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

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, in-patient 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.

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 in-patient 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



Joe Fraccola, Director & Public Affairs Officer of the Sacramento Council for the Navy League of the United States is given an official Morale, Welfare and Recreation (MWR) appreciation plaque from Naval Base San Diego's Site Manager, Ron Vogel, 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.

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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Leadership for Tough Times



Together we can get California back on track. Please contact me at DaveCox@DaveCox.com if I can be of assistance.

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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.”



It has been an honor to serve you in the California State Assembly.

I would appreciate your vote on November 4th

Assemblyman Roger Niello
www.rogerniello.com
Paid For By Taxpayers for Roger Niello for Assembly 2008

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 mantel 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.”



WILL ROGERS CAMPUS BEAUTIFICATION EVENT
Saturday November 1, 8am – Noon

The goals of the Campus Beautification Event are:

- Create Awareness to Keep the Will Rogers Campus Clean and Beautiful
- Clean the Main Entrance and Quad, Spruce up the Main Quad Planters, Wash all School Windows, Wash School Exterior Walls, Wash School Sidewalks and Interior Quads, Clean the Parking Lots

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.

Will Rogers Middle School
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4924 Dewey Drive Fair Oaks

For more information or to donate something for this event, please email wrmspres@gmail.com.

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October 31st 4 pm to 7 pm

Join us for a fun - and safe - alternative to an evening of trick-or-treating. Kids are encouraged to dress up. Please stay away from spooky and creepy costumes - this is for all ages and we don’t want to scare any of the little ones

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- **Free Bounce House** - *bigger and better than ever!*
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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) 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) 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.

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 ESPERANZE in Anacuh, 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 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.

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. For more information about Stephen, visit stephengraywallace.com.

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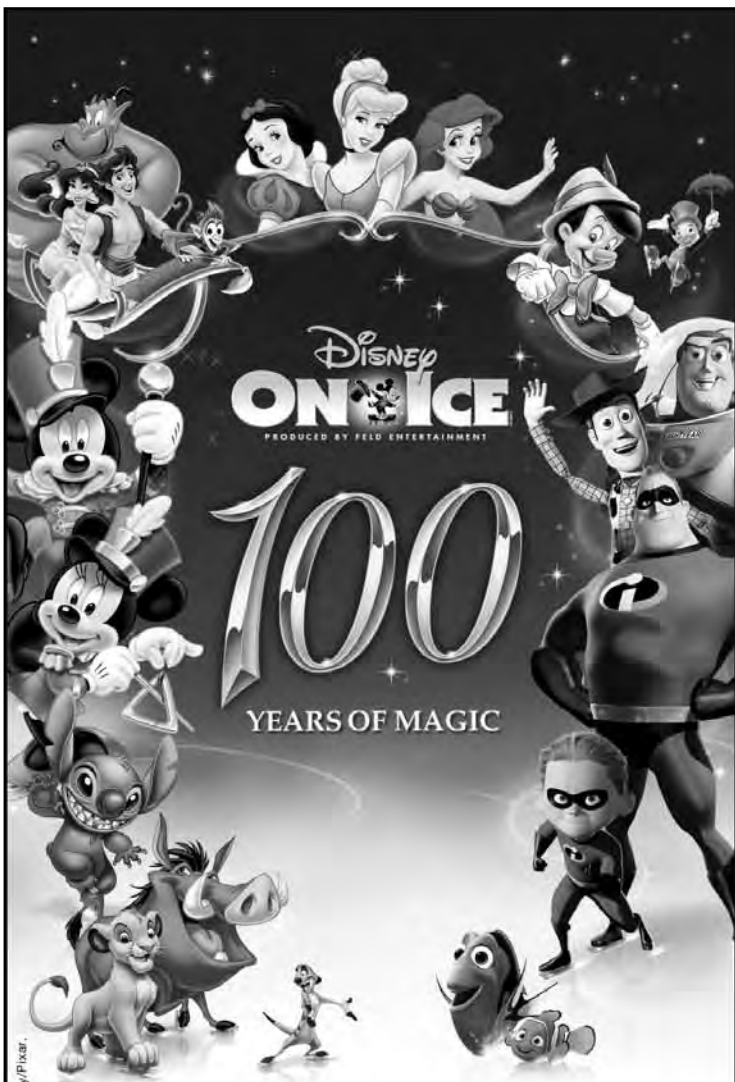
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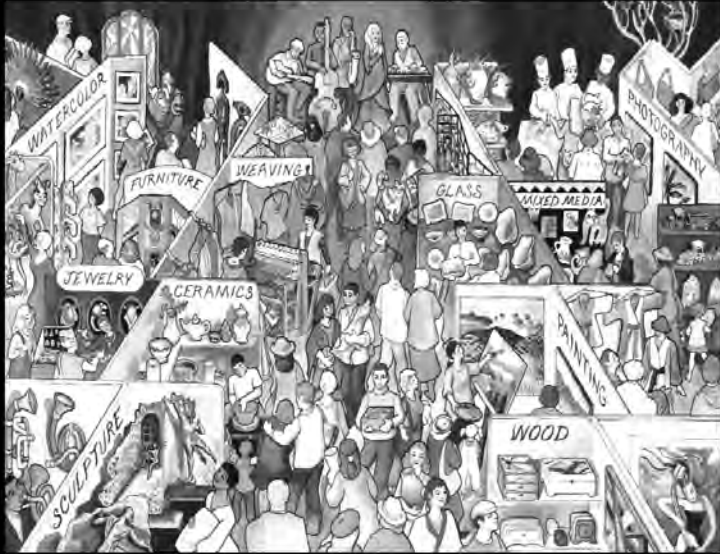
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