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26 Years of Service



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Volume 3 Issue 19

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

First Edition for October 2008

Operation Branding Iron



A missing catalytic converter... don't let this be you!

The Citrus Heights Police Department announces a Free service to Truck and SUV owners residing, working, or visiting in the City of Citrus Heights

Trucks and Sport Utility Vehicles (SUVs) continue to be prime targets for thieves looking to steal catalytic converters. The catalytic converter is part of the exhaust system located underneath the vehicle and is designed to reduce the toxicity of emissions from an internal combustion engine. Thieves steal the catalytic converters because they contain small amounts of precious metals including platinum – which is worth up to \$1,290 an ounce; palladium – which is worth up to \$370 an ounce; and rhodium – which can trade for up to \$6,000 an ounce on the market.

Vehicles including 1990's models of Toyota Trucks and SUVs have been specifically targeted due to their higher stock ground clearance levels. Owners often only realize their catalytic converter has been stolen when they

hear an abnormally loud exhaust noise upon starting their vehicle. The cost of replacing the catalytic converter can range from several hundreds of dollars to over one thousand dollars.

Catalytic converters do not have serial numbers or identifiable markings making it very difficult for law enforcement officers to return the property to the owner when suspects are arrested with these stolen vehicle parts in their possession.

To help combat these thefts, the Citrus Heights Police Department and the Sunrise Market Place are hosting "Operation Branding Iron." The event is being sponsored by Les Schwab Tire Center, Lowes Stores, Aba Daba Rents, and Kragen Auto Parts.

This is a Freeservice to etch the vehicle's license plate number onto the vehicle's catalytic converter. Additionally, the converter will be marked with a brightly colored heat resistant paint. In the event the catalytic converter is ever stolen, the identifiable

etching and noticeable paint will help recycling scrap yards and law enforcement officers identify the victim of the theft and return the property to the owner.

This service will be offered on Saturday, October 11, 2008, between the hours of 9am and 2pm, and appointments are recommended. Persons who choose to receive Free etching on a drop-in basis may experience delays, as they will be assisted on a first come first serve basis.

The etching service will be conducted at the Les Schwab Tire Center located at 8001 Greenback Lane (at the corner of Greenback Lane and Arcadia, across from the Sunrise Mall).

If you would like to make an appointment or if you have any questions regarding this Freeservice, please contact the Citrus Heights Police Department at (916) 727-5524 or Detective Mike Alway at (916) 727-5829 and mention "Operation Branding Iron."

Annual Canine Costume Event Comes to Sunrise Mall

Four October Events
Feature Canine Costume
Contest, Haunted Houses And
Children's Halloween Party

Halloween is going to the dogs again...as Sunrise MarketPlace and Sunrise Festival 1 Shopping Center co-host one of the District's most entertaining events—**DOG-O-WEEN**. The eighth annual event will be held October 11 from 10am to noon in the Sunrise Festival 1 parking lot near Old Navy. (corner of Greenback and Sunrise)

DOG-O-WEEN features dogs from small, medium and large categories vying for "Barking Lot" rights and Division and Best of Show prizes. The \$5 entry fee/donation will benefit Placer SPCA, which will also be on site with mobile adoption services. Registration will begin at 9am, with the competition beginning at 10am. The contest is open to the first 100 dogs in costume. Each registered canine will receive a "doggy bag" with coupons and additional items.

Best of Show prize includes a Petsmart gift card, cash and trophy. Division and place winners will be the recipient of gift cards.

Owners are requested to bring their dogs on a leash, have up to date shots for their pets and muzzle dogs if appropriate.

Entrants have been dressed in a variety of creative costumes over the years, from commandoes, soldiers, cowboys and ballerinas to athletes, brides and grooms, bumble bees and fairies. Last year's Best of Show was "Scuba Dog", complete with air tank, mask, snorkel, life jacket and cool swim trunks.



Also coming soon
to Sunrise Marketplace:

RMS Curseliner Haunted House
@ Marketplace at Birdcage, near Target
October 4-October 31- World of Fear
presents RMS Curseliner Haunted
House at Marketplace at Birdcage. Kids
room. Live music October 31.

Marketplace at Birdcage Shopping
Center. Hours of operation and discounts
at frightplanet.com

Atmosfear Haunted House @
Sunrise Mall October 10-November
1- benefiting March of Dimes. \$13
admission. Dates: 10/10, 11, 12, 15, 16,
17, 18, 19, 22 thru 31 and Nov 1

Times: Monday – Thurs 5PM
to 8PM Friday & Saturday 5PM to
8:45PM Sunday 2PM to 6PM [www.
sunrisemallonline.com](http://www.sunrisemallonline.com)

Monsters at the Mall @ Sunrise
Mall Annual Halloween party (October
31) for costumed kids 5:30-7:30. Trick
or Treats at selected merchants from
5:30-6:30; games, prizes and activities
5:30-7:30. Mix 96 Prize Wheel in front
of Macy's. Free parking, admission,
candy and prizes.

For more info/questions: General
Public: 916-726-6767. For details visit
www.sunrisemarketplace.com

Chamber of Commerce Business Expo at Sunrise Mall

The Citrus Heights Regional Chamber of Commerce is pleased to announce our 20th Annual Business Expo will be held at Sunrise Mall on October 11 & 12, 2008. The Business Expo provides the perfect opportunity for you to showcase your products and services to

thousands of potential customers in the community. The average attendance at Sunrise Mall is 30,000 per weekend. You work hard to find your customers. Most of them don't seek you out – you have to find them. The Business Expo gives you the opportunity to make the best use

of your time on the two busiest shopping days of the week as your market comes to you. You may sell at this show. Please contact Renee Larscheid, Membership Director, at (916) 722-4545 or renee@chchamber.com, as soon as possible to reserve a booth.

Rancho Cordova Police Department Deploys New Automated License Plate Recognition System

Sergeant Tim Curran,
Sacramento County Sheriff's
Department/ Rancho Cordova
Police Department

The Rancho Cordova Police Department (RCPD) has recently deployed a patrol car equipped with an automated license plate recognition system (ALPR). The ALPR cameras are integrated with the patrol car's onboard computer-aided-dispatching (CAD) computer and automatically take photographs of every license plate within their view. The system then compares them with license plate numbers in a statewide database. This database contains license plate numbers reported as Lost,

Stolen, or as a Wanted Vehicle. If a match occurs it immediately alerts the officer, displays a color photograph of the vehicle, and a close-up photograph of the license plate.

On the first day of deployment over 4,000 license plates were read. Of those, two vehicles were stopped that had license plates reported as lost or stolen, and one vehicle was recovered that had been carjacked.

The media is invited to ride-along with an officer to see this valuable new law enforcement tool in action. Those interested may contact RCPD Sergeant Pete James to schedule an appointment.



**37,500 Student College in
CA's State Capital PASSES
Resolution Endorsing Prop 8,
Chaos Ensues**

from Victor Choban, ARC PR

Disruptive students escorted out of Hearing as standing-room only meeting draws massive outcry and support from students/faculty

8 in favor, 3 opposed and 3 abstaining, was the final vote today that lead to the controversial American River College Student Council endorsement of Proposition 8, California's "Marriage Protection Act."

The September 30th meeting drew a crowd of nearly 200 students who were about evenly

split in their support or opposition to the Proposition 8 resolution. Chanting, yelling, clapping and calls for order by the President, were commonplace as students from either side expressed their views to the Council, some shouting "NO on 8" into the mic. After an hour and a half of student comment, the Council voted to pass the resolution with just over the 2/3rd majority vote required, drawing applause from students.

Student Representative Jorge Rileyspoke in favor of passing the Resolution, stating that he would vote to uphold the majority's will, while Council member Tim Richey expressed his disgust with the Council's support for Prop 8 by emphatically stating

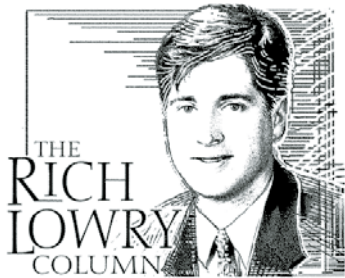
his "NO" vote.

A student-publicized, anti-marriage rally against Prop 8 was held prior to the meeting and students were allowed to bring signs reading "No on 8" inside the meeting as well. Other students held signs reading "marriage still = 1 man +1 woman" and "Yes on Prop 8." At least two campus police officers were called in to attempt to the keep the peace; several students were requested to leave the building and were escorted outside by the administration.

A full-length video of the Council meeting will be posted by an independent student news source tonight: <http://americanrivernews.blogspot.com/>

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The Shame of the Chiefs

In his classic book on the Vietnam War, "Dereliction of Duty," H.R. McMaster excoriates the Joint Chiefs of Staff for acceding to President Lyndon Johnson's flawed war plan and his dishonest salesmanship of it. McMaster dubs them "the five silent men."

What adjective best describes the equally shameful conduct of the men of the Joint Chiefs during the Iraq War? "Silent" is the least damning of the possibilities.

In his latest insider account of the Bush administration, "The War Within," Bob Woodward provides a window into the cluelessness of the chiefs and their seeming disinterest in victory that will fascinate and appall students of civil-military relations for decades to come.

In 2006, it had become obvious to almost everyone that we were failing in Iraq, with the exception of top U.S. generals. The general in command on the ground, George Casey, and his immediate superior, the head of U.S. Central Command John Abizaid, were focused on U.S. troop withdrawals the way Mr. Dick in "David Copperfield" is focused on King Charles' head.

When President Bush told Gen. Casey in a trip to Baghdad in June 2006 that "we have to win," Casey replied, "But to win, we have to draw down." It remained his dogged mantra as Baghdad collapsed all around him.

Secretary of Defense Don Rumsfeld had created an environment that valued convenient fictions over hard truths, and the chiefs hoped to muddle through with the Casey strategy so they could rid themselves of the Iraq War, and its strain on the military, as soon as possible.

President Bush had his own revelatory moment when in a meeting with military experts, retired Gen. Jack Keane told him,

"We don't have a plan to defeat the insurgency." When Bush set about getting one -- the surge -- he had to do an end run around the chiefs.

He fired Rumsfeld, and replaced Gens. Pace and Abizaid. He kicked Gen. Casey upstairs to Army chief of staff in a foolhardy face-saving gesture. Casey had been pulled from the field in defeat, and a new strategy was implemented that -- should it succeed -- would expose the folly of his own.

A bizarre multifront battle ensued, with the new commander in Iraq, Gen. David Petraeus, fighting against our enemies with the additional forces of the surge, and CENTCOM and the chiefs fighting against the surge. According to Woodward, "Fallon was determined to challenge the merit of every personnel request."

Keane, a mentor to Petraeus, became a back channel between Bush and Vice President Dick Cheney and the commander in Iraq. Keane warned Cheney, "The Joint Chiefs are more concerned about breaking the Army and Marine Corps than winning the war." When Bush gave Keane a message for Petraeus saying he'd have all the forces needed to succeed, Petraeus replied, "I wish he'd tell CENTCOM and the Pentagon that."

Astonishingly, Chairman Mullen told Keane, "I don't want you going to Iraq anymore and helping Petraeus." Never mind that Petraeus -- who was fighting the war -- found Keane's counsel useful. It took interventions by Bush and Cheney to get Keane cleared again to travel to Iraq.

"Never ascribe to malice, that which can be explained by incompetence," Napoleon supposedly said. In this war, the chiefs have often made that seem a false choice.

Rich Lowry is editor of the National Review.

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Quitting Coal and the Candidates



by Mark Hertsgaard

Can we live without coal? We may have to. Burning coal produces most of the world's electricity -- and most of our greenhouse gas emissions. Congress was warned this summer by James Hansen, America's leading climate scientist and director of NASA's Goddard Space Institute, that traditional coal-fired power plants will make our planet unlivable this century.

So where will the electricity of tomorrow come from? Don't expect this fall's presidential campaign to shed much light on the subject.

Neither Democrat Barack Obama nor Republican John McCain will risk alienating voters in Appalachia and other coal regions by talking about putting limits on coal. In fact, both candidates favor continued if not expanded reliance on coal.

Or rather on "clean coal," a phrase concocted by coal industry public relations specialists to make the dirtiest of all fossil fuels sound publicly pleasing.

Environmentalists and public health experts say "clean coal" is a deceitful contradiction in terms. As

journalist Jeff Goodell documents in his book Big Coal, the mining, processing and burning of coal throughout history has claimed millions of lives and ravaged global ecosystems. None of the technological fixes now under discussion will much change that fact.

Nevertheless, McCain says coal "must play a major role in [securing America's] energy independence" and promises, if elected, to spend \$2 billion a year developing "clean coal technology." Obama, who hails from the coal state of Illinois, says that as president he would help the private sector build five commercial-scale coal power plants able to capture and store their carbon dioxide emissions, the most important greenhouse gas.

Of course, that's only if such plants can indeed be built -- a big if, since none currently exist.

What the candidates aren't saying is that burning coal -- just as we've done in the past -- will likely bring climate chaos, according to Hansen. The NASA scientist first put the climate problem on the international agenda when he testified to the U.S. Senate in 1988, declaring that man-made global warming had begun.

In April 2008, Hansen co-authored a study finding that carbon emissions must be cut far more sharply than anyone previously assumed if humanity is to avoid what scientists call "the worst scenarios of climate change" -- including an eventual sea level rise of eighty feet, putting most of civilization under water. The



concentration of carbon dioxide in the atmosphere is now 385 parts per million and climbing by 2 ppm a year. Hansen's study concluded that 350 ppm is the maximum level compatible with a livable planet. In short, humanity is already operating in the danger zone and must reverse course rapidly.

"We need a moratorium on the construction of traditional coal-fired power plants by 2010 and a phase-out by 2030," Hansen says. This farewell to coal "has to be global," he adds, and must include China and India, each of which insists that burning coal is essential to lifting millions of their people out of poverty.

Eliminating coal burning won't be easy, but neither is it impossible. Just a year ago, 150 new coal power plants were planned for the U.S. Already 60 have been cancelled and another fifty are being contested -- a reflection of state governments' and private capital markets' growing understanding of the economic and health risks of coal-fired electricity.

Improving energy efficiency -- doing more work with less fuel -- is the quickest, safest and most lucrative path to reducing greenhouse gas emissions. Some of the world's biggest corporations already know this and are cashing in big time. The energy giant BP has invested \$20 million to increase its energy efficiency, saving \$650 million in lower fuel costs -- an astonishing thirty-two fold return on investment.

Improving energy efficiency can

buy us time to complete the shift from coal to zero or low carbon alternatives. The best bets currently are solar, wind and geothermal. Wind is the fastest growing electricity source in the world. A recent Scientific American article suggests that solar thermal power could supply all U.S. electricity. (Nuclear remains a poor energy option due to its astronomical construction costs, safety and weapons risks.)

A self-described political conservative, NASA's Hansen blames "special interests" for blocking green energy solutions. "There's no reason we can't make the changes necessary except that the fossil fuel industries are determining governments' policies," he says.

Both Obama and McCain claim to want real change in Washington. But so far neither seems prepared to break with the fossil fuel industries that have dominated and distorted American energy policy for decades.

If the United States is to phase out coal, politicians must be pressured from below -- by ordinary, organized citizens who care more about their children's futures than about political rhetoric and industry scare tactics. This fall's presidential campaign is an excellent place to begin.

Mark Hertsgaard (www.markhertsgaard.com) is an independent journalist and author whose forthcoming book is titled, *Living Through the Storm: How We Survive the Next 50 Years of Global Warming*.

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The Land of the Free—Huh?

and may not, do; what they may, and may not, have; what they may, and may not, be." Those trenchant words from 150 years ago speak to our current abysmal state of affairs. We have become a nation of sheeple, peacefully grazing while allowing the nanny-state to gradually tyrannize us through its dictates, one by one by one. We are given stern warnings about what we should not eat or drink. Edicts delineate children's education as to what must be learned and what the test scores should be to prove they learned it. Decrees require us to buy state permits and licenses to fix our own homes, to open a business, to get married, or to become a beautician. Government law requires forced "voluntary" taxation of our hard-earned incomes to fund redistribution to "those in need." Unfortunately, the people in need are politically selected by those doing the "Robbing Hood" plunder and redistribution, not the income earner whose wages are taken for this involuntary philanthropy. A Latin phrase describes these intolerable situations: Non

nobis, sed aliis, or, "Not for us, but for others." Which means, it's for your own good, and the legislators know what's best for your own good. They're the ruling elite, and rulers must be obeyed or else. Our personal decisions should not be forced on us by government bullies with a badge, central committee command-and-control school educrats, food fascists, health Nazis, and prudish moralistic legislative puritans. This situation is further exacerbated by "public servant" red-tape bureaucrats who further stifle independent choice through their administrative rulings as to what we should or shouldn't do. The California state constitution has no provisions for the state or a city legislature to presumptively enact laws that forcibly impose fiat morality, good health, or any other stricture against a free choice by an adult. We need a new Spirit of 1776 to free ourselves from the tyrannical yoke of a neo-con socialistic liberal do-gooder nanny-state. California and its cities are hell-bent on using

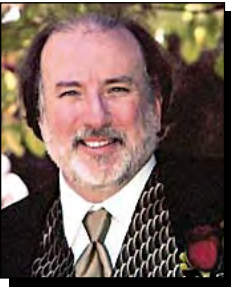
fiat legislation to permanently usurp our freedom of choice for our "benefit," even when we don't want the dubious benefit. The Founding Fathers didn't voluntarily face a hangman's noose to form a government that would take our lives, property, and rights away from us for our own good. Californians shouldn't be tormented by malicious mandatory directives of a nanny state, by a nanny state, for a nanny state. Give us back our freedom of choices, and get out of our personal lives, Madame Nanny!

Ron Getty is the senior staff member of a tax attorney with his practice located in San Francisco. His background includes an electrical engineering degree and 30 years of sales, marketing and advertising with small to large corporations. A Vietnam Veteran of Chu Lai - I Corps, he brings personal perspectives on veterans and their treatment by the government.

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AMERICAN RIVER MESSENGER

“Written by the people for the people”
Publisher - Paul V. Scholl



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If you do not have email access, please call us at 773-1111.

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Runners Get Down and Dirty at the 2008 Mather Mud Run



by Amanda Morello

Once again, Hagan Park was filled with runners for the 9th Annual Mather Mud Run. Runners began registering at 7 am. Red Bull and the Food Co. supplied breakfast, lunch and drinks for runners. The annual run benefits Cordova Parks and Rec and The Marines Toys for Tots Foundation.

The two and five mile obstacle course is run around Hagan Park, each lap is finished with a crawl through a mud pit. Runners young and young at heart, like the WWII Vet that runs all 5 laps each year, make this an annual tradition and a family affair. This is the one time both parents and children play in the mud together.

To learn more about the Mather Mud Run visit, www.dropandgive20.com.



WWII Vet runs his annual 5 laps at the Mather Mud Run as the crowd cheers him on.

Meghan McCain Visits Sacramento Victory ‘08 Headquarters

by Amanda Morello

Meghan McCain, author and daughter of Republican Presidential Candidate John McCain, stopped by Victory ‘08 Headquarters Monday, September 29th. Meghan was greeted by a full house of McCain supporters as she thanked everyone, posed for pictures and even gave one young supporter a signed copy of her new children’s book about her father called, “My Dad, John McCain.”

The oldest of John and Cindy McCain’s 3 children, Meghan has spent the last year and a half campaigning for her father and bringing the much needed younger vote with her. In addition to her book release and campaigning, Meghan is a very popular blogger, aptly named McCainBloggette. The Young McCain shared that her blogs have



Meghan McCain receives recognition for her Father from California Eastern European Coalition State Chair, Dr. Jur.Florin Ciuriuc and the Slavic Community

sparked an interest in politics from today's Young Voter.

To read blogs from Meghan McCain, visit www.mccainblogette.com. “My Dad, John McCain” is in stores now.

Military Graduates Hometown News



Air Force Chief Master Sgt. Kimberly L. Lintz has retired from the U.S. Air Force after 26 years of faithful military service. Prior to retiring, Chief Lintz served as a senior enlisted advisor for the Defense Equal Opportunity Management Institute at Patrick Air Force Base, Cocoa Beach, Fla.

She is the daughter of Raymond A. Merrill of Central Ave., Orangevale, Calif., and Sally J. Kesler of Orange Ave.,

Fair Oaks, Calif.

Her husband, Chief Master Sgt. Michael A. Lintz, is the son of retired Chief Master Sgt. Larry Lintz of Elm St., Fairview Heights, Ill., and Maria P. Lintz of W. Warm Springs Road, Henderson, Nev.

Lintz graduated in 1981 from Casa Roble High School, Orangevale, and received a bachelor’s degree in 1995 from Park University, Parkville, Mo.



Air Force Airman 1st Class Daniel R. Lally has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree through the Community College of the Air Force. He is the son of Kathleen and Ken Lally of Vivien Way, Rocklin, Calif. Lally is a 2004 graduate of Rocklin High School.



Air Force Airman Scott M. McGee has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree through the Community College of the Air Force.

McGee earned distinction as an honor graduate of the course.

He is the son of Janet McGee of Golden Drive, Orangevale, Calif. The airman is a 2005 graduate of Bella Vista High School, Fair Oaks, Calif.



Air Force Airman Ryan A. Tooley has graduated from basic military training at Lackland Air Force Base, San Antonio, Texas.

During the six weeks of training, the airman studied the Air Force mission, organization, and military customs and courtesies; performed drill and ceremony marches, and received physical training, rifle marksmanship, field training exercises, and special training in human relations.

In addition, airmen who complete basic training earn credits toward an associate in applied science degree through the Community College of the Air Force.

He is the son of Becky and Phillip Tooley of Goldstone Drive, Roseville, Calif. Tooley is a 2007 graduate of Woodcreek High School, Roseville.

35¢

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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:

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

25 years of union membership • 10 years of business ownership experience

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

10 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.”

Margaret Cleek, 2008 President, Residents Empowerment Association of Citrus Heights (REACH)

“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

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The Amethyst Initiative: Should the drinking age be lowered?

by Lauren Forcella

Dear Straight Talk: I am the daughter and granddaughter of alcoholics. As a recovering alcoholic, I haven't had a drink in 21 years. So far, two of my children have the disease of alcoholism. My 16-year-old daughter spent time in a locked-down psych ward for attempted suicide, followed by drug and alcohol treatment. Today she's clean and sober. My 26-year-old son is also sober after a near-deadly battle with alcoholism. The earlier kids start drinking, the greater their chance of becoming alcoholic. Those who don't drink until 21, have almost zero incidence of alcoholism.

There is an initiative afoot to lower the drinking age to 18. Kids genetically predisposed to alcoholism (like mine) will be especially at-risk. Teens already make mistakes — their front brains aren't fully developed until around age 25. Add alcohol, and chaos ensues. For teenagers, the thrill and taboo of alcohol is all too dangerous. Girls get pregnant, boys get violent. How do you and the panel feel about a lower drinking age? — Been there, done that

From Farren, 21: For some countries, drinking at 15 seems to work, but I honestly don't think it could work in the US. Our lifestyle is

completely different and most teens don't have adequate self-control. The Amethyst Initiative wants to help colleges save money and avoid lawsuits. I worry about 18-year-olds driving around drunk. Heck, I worry about 18-year-olds voting! My sister says half her senior class is voting for McCain just because Palin — and her pregnant daughter — are sexy!

From Peter, 22: The Amethyst Initiative isn't about colleges washing their hands of responsibility for underage drinking — or lowering the drinking age. It is about opening discussion on the topic, which I think is important. If the drinking age was 18, colleges and high schools would have GOOD alcohol programs. As it is now, colleges can't help someone who is abusing alcohol because they have to 'kick out' students who drink underage. Many college alcohol programs are anonymous, but students worry about getting in trouble and don't seek help.

From Kendal, 21: As legal adults, 18-year-olds can vote, go to war, drive, smoke, gamble. If Australia and Europe can trust young adults to drink responsibly at 18, shouldn't we? Not necessarily. These countries have long histories of starting kids very young on watered-down wines and such. American kids go from the occasional bitter sip of wine at Thanksgiving to

full-blown binge parties. There are as many 18-year-olds in high school as in college. High school partying will only get easier.

From Rachel, 17: Lowering the drinking age will only lower the age of exploration. Right now, kids try alcohol in high school and use regularly in college. With a lower drinking age, kids will use regularly in high school and experiment in middle school.

From Bird, 18: If 18-year-olds can go to war, they should be able to drink. Teenagers have always gotten their hands on alcohol. If the drinking age is lowered it won't be such a forbidden fruit.

From Graham, 15: You've got a point that "the thrill and taboo of alcohol is all too dangerous." But breaking the law only adds to the thrill. If you can fight and die for your country, you should be able to drink in it.

Dear Been there: I'm glad the Amethyst Initiative is bringing attention to the problem of alcohol. The Marin Institute recently estimated that alcohol problems in California, alone, cost \$38 billion a year. I do not support a lower drinking age. The "if-you-can-fight,-vote,-smoke,-gamble,-you-should-be-able-to-drink" argument doesn't hold water because alcohol is a powerfully addictive, intoxicating drug. Lowering the drinking age will only cause alcohol-related problems to start younger. A better solution, guaranteed to lessen alcohol's allure, is for Congress to ban on-air advertising of alcohol products as 'we, the people' did for tobacco products in 1971. It's time.

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

POPPOFF!

with Mary Jane Popp

SILENT KILLER

SUPER SIZE IT! Buffet it! Make it bigger, taller, pile it on! That's our American eating mentality, and it shows in our waistlines. Obesity has become an epidemic in our country. So what we have is Heart Disease...the #1 killer of Americans, Cancer...the #1 fear of Americans, and Alzheimer's...the #1 concern of Americans. And what do these devastating diseases have in common? All three have been linked to silent inflammation, a condition that occurs when the body's natural immune response goes awry. Though it usually begins as a defensive reaction to invading viruses and bacteria, this inflammatory response can misfire, sparking a chain reaction of inflammation anywhere in the body. Fueled by obesity, it may continue unchecked for years, assaulting the heart, arteries, and even the brain. As a matter of fact, new research confirms that obesity is a primary cause of silent inflammation and has been linked to today's epidemic rise in heart disease. That from Dr. Barry Sears, who is a Lipid Scientist who studies fats, and has spent

his career probing the delicate body chemistry that controls our health and well being. Dr. Sears has authored the #1 New York Times Bestseller "The Zone", and now his latest, "The Omega RX Zone"...The Miracle of the New High-Dose Fish Oil.

As I continued the interview Dr. Sears on my "POPPOFF" Radio Show, I tried to defend myself by telling the good Doc that I eat fish. So why do I need to take more fish oil? Dr. Sears abruptly congratulated me on eating from the sewer of the sea! Whaaaaat!??? He explained that it takes a new generation of fish oil to launch the fight against these diseases. So how is this generation of fish oil different from our old slippery friend? According to Dr. Sears, the fish oil Grandma got down our gullets, and that which is currently sold in health food stores has never been pure enough to use in the great quantities it takes to feel its potential benefits. "High-dose pharmaceutical-grade fish oil will radically change how medicine is practiced in the future. Once it is accepted, we will enter a new era of medical care based primarily on the food we eat, not the drugs we take,"



he told me emphatically! So the bottom line here is Dr. Sears claims that pharmaceutical grade fish oil, when taken in appropriate therapeutic doses, has the power to reverse silent inflammation in just thirty days! In his view, it may be "A true miracle cure for the twenty-first Century!" Boy, what a wake-up call this was for me. If you'd like information on how to find this industrial strength fish oil, the Doc told me he has several places listed in his book "The Omega RX Zone" or you can log on to www.drsears.com or call 800-404-8171. HAPPY FISHING!!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAH10AM-Noon and Saturday on AM-1240 KSAC 11AM-Noon for provocative fast-paced informational and entertaining radio listening!

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.
Miss contestants 16 - 27 years
Teen contestants 13 - 17 years

• Free Training - Ramp Walking
Public Speaking
Official Hair Stylist
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
• Winner will attend a minimum of 25 public appearances, fund raisers, parades, grand openings and special community events.
• Call director Mary Purvis for application and more information 721-3824

YARD SALE

Citrus Heights Lions Yard Sale!

October 11th, 8:00 am until 2:00 pm

7521 Community Drive near Sylvan Corners

Weekly SUDOKU

Answer

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

Magic maze

Answers

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

BORN IN THE 17th CENTURY

C	L	K	C	E	E	B	E	I	R	U	E	I	T
A	N	K	N	E	R	W	I	A				D	W
S	O	C	O	N	O	M	A	R	N			N	S
I	L	S	T	N	T	R						A	J
N		A	L	E	W	E	T						H
I	D	L	A	V	I	V							

King Crossword

Answers

Solution time: 21 mins.

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

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Jon Voight Visits Volunteers at McCain Headquarters



photo by Amanda Morello

by Amanda Morello

John McCain may have put the campaign on hold, but he has many supporters that are hard at work to ensure a Victory in '08.

The volunteers at Sacramento Republican Headquarters had a suprise visitor today, Jon Voight stopped by to pose for pictures, sign autographs and most

importantly, help support John McCain. Mr. Voight shared some comical stories with the crowd and promoted his new film "An American Carol."

"An American Carol's" Myspace page, describes the movie as "a right-thinking, side splitting comedy about a liberal filmmaker who is on a crusade to abolish the 4th of July... until he's visited by three spirits who take him on a hilarious journey in an attempt to show him the true meaning of America."

If you would like to volunteer at the McCain/ Palin Victory '08 Headquarters please call 916-974-1821. You can see "An American Carol" in theaters October 3 or watch a preview at <http://www.myspace.com/americancarol>.

Help for Understanding the Ballot Propositions

A program to help voters understand the November 4 ballot propositions has been planned by the Henry George School of Social Science. Sister Marti McCarthy of Jericho will be speaking and answering questions about the initiatives at the Arden-Dimick Library on Tuesday, October 7.

Jericho is an organization that has

been active in Sacramento for many years, lobbying for the poor and disenfranchised. Sister Marti McCarthy is an experienced legislative analyst and spokesperson for the group. She uses her expertise to determine the impact of legislation on ordinary people.

The library is located at 891 Watt Avenue and the program is scheduled

to start at 7:00 p.m. The public is urged to attend.

For more information about Sacramento's Henry George School and its activities, visit www.henrygeorge-sacramento.org on the Internet.

Gov. Signs Legislation to Create the Gold Star Family License Plate

Governor Arnold Schwarzenegger today announced he has signed SB 1455 by Senator Dave Cogdill (R-Modesto), authorizing the creation of the California Gold Star Family License Plate. The legislation paves the way for families who have lost loved ones in current and prior wars to obtain license plates honoring the sacrifices their families have endured.

"I am very pleased to sign this bill to honor the sacrifices made

by our servicemen and women and their families," said Governor Schwarzenegger. "When you see one of these license plates on the road, think about those who have given their lives to defend our way of life, and keep their families in your thoughts and prayers."

The Department of Veterans Affairs and the Department of Motor Vehicles will fund the start up costs of the Gold Star Family License Plates using private donations, allowing the state to honor

Gold Star Families without placing any burden on California taxpayers. Also, as a token of the state's appreciation for their sacrifice, the bill provides a special waiver of fees for Gold Star Families.

SB 1455 authorizes the creation of the Gold Star Family License Plate and authorizes a family member of a member of the U.S. Armed Forces killed on active duty to apply for the plate containing a gold star and the words "Gold Star Family."

'Stick' Bandit Robs 2 Banks

In just over a two week period a lone white male, dubbed the "Stick" bandit by authorities due to his slight build, has robbed two banks in the Sacramento area. On September 5, 2008, he robbed the Wells Fargo Bank, 7225 Fair Oaks Boulevard, Carmichael, California, and on September 23, 2008, he hit the Bank of America, 4300 Arden Way, Sacramento, California.

The "Stick" bandit made oral demands for money in both of the robberies and during the most recent robbery at the Bank of America he told the teller "I hate to do this to you, but I am robbing you". When the teller thought the man was kidding he said he was serious and that he had a gun. No weapon was seen or mentioned during the Wells Fargo Bank robbery. Witnesses to the first robbery describe the man as a white male with brown hair, around 5-foot-8 to 5-foot-9 and weighing 180 to 190 pounds.

He was unshaven and wore a black baseball cap, dark sunglasses, a light brown button-



FBI photo

down collared shirt, dark pants and dark shoes. He also had an older brown leather wallet. Witnesses to the second robbery describe the man as a white male, late 30's to 40 years old, around 5-foot-6 to 5-foot-7 with a thin build. He had scruffy facial hair, a black moustache and black hair with some gray on the sides. He was wearing a plain baseball cap, a long sleeve tan button-up collared shirt and dark sunglasses.

The Sacramento Violent Crimes Task Force consisting of FBI Agents and Sacramento County Sheriffs Robbery Detectives are seeking information regarding this robbery. Anyone with information is asked to contact the FBI in Sacramento at (916) 481-9110, or Crime Alert at (916) 443-HELP. Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.

Website Makes Fee Deferrals Info Easier To Find

Part of Sacrament County's effort to improve services to building and development customers

Sacramento County has launched a new website to help builders find information about three County Development Fee Deferral programs that were launched in the late 1990's. These programs, designed to promote economic development, allow developers and homebuilders to pay a small portion of development impact fees at the time building permits are obtained, and defer the remainder of the fees until a later date.

"We want to do everything possible to provide as much information as possible so that developers can get their projects moving," said Development Services Administrator Steven M. Pedretti. "This is just one of the

many new online tools we hope to launch this year to better serve our customers."

Access the website by visiting the County home page at www.saccounty.net and searching "Development Fee Deferral."

Development Impact Fees are fees collected at building permit issuance to fund a variety of major public facilities such as road, transit, sewer, drainage, water supply, library and park improvements.

The three programs are:


- Non-Residential Fee Deferral - designed to stimulate and encourage economic development within the County, particularly those that will result in long-term commitments to the County which will create jobs and provide economic stimuli for the benefit of all of the County's residents.
- Affordable Housing Fee Deferral and Waiver - designed

to encourage development of affordable housing projects, this program allows for the deferral and/or waiver of residential development fees for eligible low and very low income housing projects constructed in the unincorporated area of Sacramento County.

- Residential Fee Deferral - encourages the construction of residential developments in the unincorporated portion of the County of Sacramento.

The new website also provides links to other fee deferral programs including:

- The Sacramento Regional County Sanitation District (SRCSD)
- Sacramento Area Sanitation District (SASD) for sewer fees
- Sacramento County Water Agency (SCWA) for drainage and water fees



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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

Moving You Forward 



BITING WIT OF RICKY GERVAIS LIFTS “GHOST TOWN”

GHOST TOWN (Rated PG-13)

Tempting thought it may be to label “Ghost Town” a romantic comedy, the designation doesn’t seem to fit comfortably, particularly when the lead character is a curmudgeon nearly incapable of redemption, let alone romantic conquest. But if you want to take a cynical, antisocial snob and overall self-consumed loner and turn him into something almost barely tolerable, then it helps that he has a British accent. Well, the appeal is not so much the manner of speech, but British comedic actor Ricky Gervais, who became famous for playing the much-despised office manager in the BBC Series “The Office,” has a spot-on delivery for barbs and snide witticisms. Making his first star turn in film, Gervais plays Bertram Pincus, a Manhattan dentist with the least friendly bedside manner. He’s known to stuff more cotton into a patient’s mouth, mainly to silence incessant chatter he wishes to avoid. Office parties are anathema to him, as he makes lame excuses to his colleague (Aasif Mandvi), and then slips out the door to shun interaction with the lowly office staff. Presumably, the good doctor is in a hurry to retreat to his nice apartment, where he slips into pajamas and works on crossword puzzles neatly arranged on a table. Dr. Pincus’ ordered life, though, is rudely interrupted in the wake of a near-death experience. At the beginning of the film,

RileyReviews

by Tim Riley

Bertram checks into the hospital for a routine medical procedure, only to later learn from his surgeon (Kristen Wiig) that he was clinically dead for a period of seven minutes. The funniest thing about his visit to the hospital was the way Dr. Pincus would refuse to answer some of the more standard questions posed by a nurse seeking to fill out lengthy personal medical history forms. As for the not-so-funny business of short-term death, Bertram soon learns that he has acquired an annoying ability to see ghosts. Even worse, these undead spirits desperately want something from him, since they are unable to reveal themselves to other human beings.

The most irritating ghost of them all is Frank Herlihy (Greg Kinnear), a handsome, debonair, tuxedo-wearing unfaithful husband who, after losing his life in a freak accident, decides to do the right thing by his widowed wife, Gwen (Tea Leoni). Pushy and obnoxious, Frank pesters Bertram into helping him break-up Gwen’s impending marriage to Richard (Billy Campbell), a do-gooder lawyer thought to be a gold-digger anxious to get his hands on Gwen’s fortune. Unfortunately, Gwen lives in the same building as Dr. Pincus, and has often been treated rudely by the dentist, who won’t let her in the elevator, snubs her in hallways or steals her cabs. As ridiculous as it sounds, Frank thinks Bertram can somehow tempt Gwen away from her fiancé.

To get Bertram to do his bidding, Frank threatens to let all the other pesky poltergeists, still lingering on earth for some unfinished business, know that the dentist is able to see dead people. Soon enough, the waiting room at his dental office is full of people seeking something other than routine teeth cleanings. Naturally, there are funny situations where Bertram is caught talking to the persistent spirits that no

living being can see. The humor is reminiscent of the old “Topper” TV series in which a staid banker had to cope with the demands of his undead houseguests.

The difficult part of accepting “Ghost Town” as a romantic comedy is that Bertram is not even remotely close to a romantic character. While the leading man doesn’t have to look like Cary Grant, the pudgy, awkward and perpetually cranky Dr. Pincus doesn’t fit the mold for the conventional candidate. Picking Ricky Gervais to work against type may be a bold move, but he’s too unlikely to be coached by a suave character like Greg Kinnear to step into the breach so as to sweep a gorgeous babe like Tea Leoni off her feet. And yet, there’s an odd, if uncomfortable, chemistry between the British crank and the American beauty.

“Ghost Town” may not fully succeed as a romantic comedy, but it has plenty of laughs that come almost exclusively from the offbeat, unorthodox performance of Ricky Gervais.

DVD RELEASE UPDATE

Speaking of guys who should be romantic leading men, Hugh Jackman stars in the sexy suspense film “Deception” being released on DVD and Blu-ray. He’s not exactly the good guy this time around, considering that he’s playing a slick lawyer friend to Ewan McGregor’s naïve accountant. Jackman lures his buddy into an elite and clandestine sex club known as “The List.” The mild-mannered fool becomes enamored with this new lifestyle, but soon becomes the prime suspect in a woman’s disappearance and a multi-million dollar heist. Let the fun begin. By the way, I know next to nothing about this Blu-ray technology, except to know that these types of discs always cost more money. However, the studios are pushing this high-tech stuff more and more.

Fair Oaks Celebrates Annual Chicken Fest

by Amanda Morello

Once again, Fair Oaks has closed down traffic through the village in order to party. Despite the small size of the village, they really know how to throw a big party. Streets were packed with vendors and music filled the town. The Grange, which hosts the pancake breakfast, served up a whopping 360 breakfasts. Despite only being the second annual Chicken Fest, it’s popularity is growing, fast. The most common comment throughout the Festival was about eating the wonderful BBQ, but how odd it was eating chicken as the chickens were running all around. Politics was another popular attraction. The streets were filled with people carrying yard signs, wearing t-shirts and pins, even



Fair Oaks Village is Party Central for this years Fair Oaks Chicken Fest this years Chicken on Parade art contest had many political themed entrants. To view the Calendar of Events for Fair Oaks, log on to www.fairoakspark.org and www.fairoakschamber.com.

Pay for college without going broke

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

FAIR OAKS---Parents that are planning on sending a child to college in the next few years, but aren’t quite sure how to pay for it can now rest a little easier. Tary Farnholtz of Dollars for College, Inc. has been educating parents in the community about what to do if they haven’t saved enough for college. ‘It’s really sad, but most parents that we talk to have done real well financially, but never found the time to save for college, and now they’re facing a bill of \$18,000-\$45,000 a year, and they don’t know who to turn to,’ he says. ‘Further, most of the time, all they hear is to not even bother applying for any aid because they make too much money. However, most of the time, that is simply not true...even if they make a six-figure income.’ Tary’s affiliation with College Planning Specialist of Carlsbad, CA who have worked with over 3000 families in the last 15 years ranging from single moms to corporate CEO’s, swears he can help anyone get through the process and save a bundle....no matter how good of a student they have or how much money they make. ‘Simply put, we show parents the truth that they aren’t hearing anywhere else about how the college process really works, and how they can get their child into a top school, help that student pick a career that will suit them and pay them well, and save *thousands* of dollars in the process.’ Parents will have a few opportunities to hear Tary speak. He is teaching his class ‘How to Give Your Kid a 4-Year College Education...*Without* Going Broke!’

The workshop dates are Saturday, October 11th, 10:15-11:45am; Saturday, November 1st, 10:15-11:45am and Saturday, November 8th at 10:15-11:45am. Held at the Fair Oaks Library, 11601 Fair Oaks Blvd., Fair Oaks, CA 95628. Thursday, October 30th, 6:15-7:45pm; Thursday, November 6th, 6:15-7:45pm. Held at the Carmichael Library, 5605 Marconi Avenue, Carmichael, CA 95608. ‘We’ll discuss everything from the greatest myths about the college process, to how to send your student to a fancy private school for less than the cost of a junior college...it’ll be like learning how to get a brand new Lexus for the price of a used pick up truck,’ he grins. Topics will also include why private scholarships and 529 plans are a waste of time, how to double or even triple the amount of free money you receive from each school, and how to avoid the one mistake that will kill your chances of getting any money at all that almost every other parent will make this year, and much, much more. ‘They will learn a ton, and I do my best to make the class fun,’ he says. ‘It’s like I’m giving them a super bright flash light to navigate a pitch black cave, while all the other parents continue to stumble around blindly!’ Don’t forget: the class is totally free, but seats are limited by the size of the room and many families have had to be turned away at the door of recent workshops due to no reservation being made. You can reserve a seat by calling (916) 966-8800 or schedule a **FREE**, no obligation, one-hour consultation.

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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Ticket orders: 916 489-2576 or email MLehr@sbcglobal.net

Three Catalytic Converter Thieves Arrested

Mama Mia It’s Almost Columbus Day!

On September 19, 2008, at 8:53 a.m. Rancho Cordova Police Department (RCPD) officers together with Sacramento County Sheriff’s Department deputies responded to a call from a witness who reported he was following a vehicle with three suspects who had just stolen his friend’s catalytic converter on Bear Hollow Drive. As the witness was following from a safe distance he reported the

Woman’s Thursday Club of Fair Oaks October Meeting

The Woman’s Thursday Club of Fair Oaks will hold its October meeting on Thursday, October 9, 2008, at the Woman’s Thursday Clubhouse, 10625 Fair Oaks Boulevard, Fair Oaks, CA. The meeting will begin at 12:30 PM with refreshments. For all new members, there will be an orientation meeting at 11:30 AM before the

Should You Prepay Mortgage or Invest?



Kirk Camunez

If you’re fortunate enough to have some disposable income lying around, you might want to use it to advance your long-term financial goals. If so, you can choose among many different options. Here’s one such decision: Should you make extra principal-only mortgage payments, or should you invest the money?

There may not be a clear-cut answer to this question, because each choice — to prepay or invest — has some merits. So before making any decisions, you’ll need to familiarize yourself with both options.

To begin with, you might try to calculate whether prepaying or investing gives you the greatest financial return. To come out ahead by investing, you’d need to find an investment vehicle that paid more than your fixed mortgage rate. For example, if you pay off a fixed-rate mortgage of 5 percent, you are in effect “earning” a 5 percent return, so if you found an investment that paid 6 percent or 7 percent annually, you could say that you’d be better off making the investment rather than prepaying your mortgage.

At first glance, you might think your choice is clear. After all, you

suspects had abandoned their vehicle near Mechanical Drive and Sunrise Boulevard.

Arriving RCPD officers, deputies and California Highway Patrol officers quickly established a perimeter to contain the suspects. A Sheriff’s K9 officer and his canine partner, Clint, began a search of the area within the perimeter and quickly located and detained three suspects. The suspects were positively identified by the witness and taken into

general meeting. The speaker will be a representative from “Friendship Force International”. This organization supports cross-cultural understanding through exchanges that involve week-long stays with a host family. All members and guests are welcome.

In addition, this year we will be accepting donations of canned goods at

custody. The suspects are identified as 28-year-old Stockton resident Mono Thap, 25-year-old Stockton resident Adam Rodriguez, and 28-year-old Stockton resident Benjamin Rodriguez. Detectives believe the three suspects were responsible for the theft of several catalytic converters in the area.

All three suspects were booked into the Sacramento County Main Jail and charged with grand theft and conspiracy.

our October, November and December meetings. These goods will be donated to the Sunrise Christian Food Ministry and as we have done in past years, the Fair Oaks Youth Advisory Board’s Christmas event, “Share the Spirit”. Please contact Cheryl Welch, (916) 962-0868, for further information.

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

FREE REVIEW

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MAKING SENSE OF INVESTING

by Rowena Hubbard

That’s right October 11th is when the festivities really begin. And the Gold River Villagers are deep into planning their Second Annual Festa Italiana for that Saturday night at the Community Clubhouse.

Kay Lanni-Burton, Events Chair, and her ten Italian-American committee women, have been busy with preparations including making their scrumptious homemade Italian desserts for the party. Yummy! And they have some surprises up their sleeves too. They always do, to make the Festa an especially wonderful evening. Great gals all... Miranda Carelli, Marylou

Colombo, Suzy Ongaro-Cozy, Ruth Fraccola, Kay Iannucci, Marie Lucido-Johnson, Joann Rogero-Raney, Ellen Pierine-Sekul, Susie Baldoni-Shyman, and Carolyn Cucci-Vinson.

No-host bar selections and tending are in the capable hands of Dan Pagano, John Coze and Jim Shyman. I bet there will be some Italian wines to try along with the other choices!

And, again this year, the authentic Italian dinner will be catered by award-winning Sampino Towne Foods. You won’t ever go hungry with this group at the helm. The menu is set and I know you’re going to love it! Chicken Parmigiana, Pasta with Bolognese Sauce, Eggplant Parmigiana (I hear there will be LOTS of it!), Caesar or

fresh green salads and garlic bread. Wow.

After you’ve had that feast, dessert and all, you’re going to have to dance! Yes those calories have to get worked off! So, back by unanimous request, are Don Garibaldi on accordion and Nick Lemo on drums, and he sings too! Like last year, it’s a swinging duo that keep your feet tapping while they play.

If your mouth is watering, your dancing shoes polished and you’re planning to come, make your reservations now. Call Kay at 635-5590. All Gold River residents and guests are welcome so don’t wait. Reservations close October 4. See you Saturday October 11th for the food and the fun!

Flu Shot Clinics at Emeritus

Maxim Health Systems is teaming with Emeritus at Hazel Creek to offer immunizations to individuals who are at a high-risk of receiving complications from the flu, those who live or work with high-risk individuals, or those who just want to reduce their chances of contracting the flu. With the health of the community at the utmost importance, a local clinic is scheduled on October 22, 2008, at Emeritus at Hazel Creek, 6125 Hazel Ave. in Orangevale, California.

Any participant with Medicare Part B coverage will receive their shot at no cost. Maxim will also provide free

Emeritus at Hazel Creek offers all the opportunity to receive a flu shot this year. Flu shots will be administered on a first come, first serve basis.

This year, instead of waiting on long lines to receive a flu shot, visit Emeritus at Hazel Creek’s inviting lobby, comfortable seating with snacks and beverages prepared for enjoyment by our cook staff. Be proactive and avoid all stresses this year by visiting Emeritus at Hazel Creek for the flu vaccination. Friends, family and loved ones are all welcome!

Any participant with Medicare Part B coverage will receive their shot at no cost. Maxim will also provide free

immunization to anyone covered by Maxim contracted Managed Care Plans (if participating, you will be notified by your Health Plan). All others not covered by the Plans above will purchase their vaccinations through Maxim Health Systems at the time of the shots. Prices are: \$30 for Flu and \$45 for Pneumonia.

Clinic Information
Emeritus at Hazel Creek – A Senior Living Community
6125 Hazel Ave., Orangevale, California 95662
(916) 988-7901
Dates: October 22, 2008
Times: 12pm to 2pm

Orangevale Honorary Mayor’s Ball

Honorary Mayor Lorraine Silvera greets Supervisor Roberta MacGlashen at the Mayor’s Ball, held September 27th at the Grange Hall. The event attracted over ninety people to dinner and dance event, given as a fundraiser for the Orangevale Chamber of Commerce.

The event included a silent auction, many exquisite raffle prizes and an evening full of dancing by Orangevale’s most gifted dancers. Lisa Montes was presented as the new Honorary Mayor for her leading fundraising activities throughout this year’s campaign.

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By Pastor Ray Dare

Nobody knows their future. As a result we get uptight. We worry about it. We worry about whether we’re going to have enough to make it financially. We worry about facing the future alone. We worry about health issues. We worry about being all that God wants us to be. You cannot control the future. But when you know the One who does and what He’s promised to do in your life, you don’t have to worry. God makes some incredible promises about what He’s going to do in your future.

God promises to guide you when you’re confused. In your future you’re going to have to make some pretty tough decisions. Who are you going to turn to for advice? The psychic hotline? Your horoscope? A fortune cookie? I hope not! You know - you could ask Someone who’s already been there; Someone

What Does Your Future Hold?

who’s already seen the future and that would be God. God says you can trust Me to guide you when you’re confused. “But when he, the Spirit of truth, comes, he will guide you into all truth... and he will tell you what is yet to come.” John 16:13 (NIV) Jesus says, He will not only guide you but He’ll give you a glimpse of the future as well... “...he will tell you what is yet to come.”

God promises to strengthen you when you’re overwhelmed. You may be feeling overwhelmed by the problems you’re facing right now- a financial issue, maybe a health issue. God promises no matter what you go through in life, He will be there. He will not allow the circumstances to overwhelm you. He will make you strong enough to handle the circumstances. “When you pass through deep waters, I will be with you; your troubles will not overwhelm you. When you pass through fire, you will not be burned; the hard trials that come will not hurt you.” Isaiah 43:2

God promises to complete what He’s started in you. God is working behind the scenes. Even though you don’t see it, even though you

don’t feel it, even though you may feel like God’s forgotten you – God is working in your life! God says, “I will perfect that which concerns you.” Psalm 138:8. What a promise! God says He will complete what He started in you! People say, "I made this big mistake... I missed God’s plan, now I’ll just have to settle for second best." There’s only one problem with that, God doesn’t have a second best for your life. You’re still on plan A. God is still working out His plan for your life.

Romans 8:28 says, “ALL things work together for good to them who love God and are called according to His purpose.” See, God knows everything that’s going to happen in your life and He has a way of making them all fit together for your good, even the bad things, even your own mistakes. God saw them coming long before they happened. The good, the bad, the ugly, somehow God knows how to turn them all around and use them for His purpose in your life. God has not changed His mind about you.

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

Two Points Of View



by Marlys Johnsen Norris

When we get two people together discussing the same subject, more often than not, both have two different points of view. Even if two people see a car accident happen at the same time, they will explain what happened differently. In some cases one of them might even get argumentative, even angry and determined they will convince the other person that their view is the right one. Most likely their attitude will never change the mind of the other person, even if the other person remains silent.

The months before a major election of our country, this scenario reruns over

and over again as we listen to two or more candidates from different parties seeking the same office. Candidates are just people with varied points of view and according to our own personal value and belief system we will lean toward one or the other. That value or belief determines the decision of what we consider to be right or wrong and every one of us believe we are right.

But are we? Actually this is a big question. Scripture tells us that light dispels the darkness but also that people are deceived often because the darkness disguises itself as an angel of light. (evil-enemy of your soul) and with it comes deceit. “The darkness and (true) light (God gives) do not co-exist together, for the light shall consume the darkness forever. Trust in the Lord with your whole heart and do not rely on your own insight, in all your ways acknowledge him (God) and He will make straight your path. Be not wise in your own eyes; fear the Lord and turn away from evil”. (Proverbs 3: 5-7)

It also tells us that a man who believes he is right in his own eyes is full of pride. Pride is one thing God hates in His children. “Do you see a man who is wise in his own eyes? There is more hope for a fool than for him”. (Proverbs

26:12) “Answer not a fool according to his folly lest he be wise in his own eyes, He who sends a message by the hand of a fool cuts off his own feet and drinks violence”. (Proverbs 26:5-6) Be watchful for-- “There are those who are pure in their own eyes but are not cleansed of their filth”. (sins) (Proverbs 30:11)

And so we know also, “The fear of the Lord is the beginning of knowledge; fools despise wisdom and instruction”. (Proverbs 1:7) “It is the glory of God to conceal things, but the glory of kings is to SEARCH things out”. (Proverbs 25:1) “The eyes of the Lord keep watch over knowledge but he overthrows the words of the faithless”. (Proverbs 22:12) “.

Therefore, humble yourself before the Lord and He shall guide your thoughts and your decisions for our country and your life!

Marlys Norris
Award Winning Author for
“Recipes for A Happier Marriage”
“Intimacy Begins Gong God’s Way”
Senior Gleanings
Marlysj@sbcglobal.net

Freedom of Speech Denied?



This is our last chance before the elections. We must speak out - and speak freely.

The time has come to give religious leaders unbridled free speech.

Your immediate online support is needed! Help the ACLJ wage this important battle on Capitol Hill - where we’re strongly encouraging legislation that would put a final end to the unconstitutional censorship of your church by the IRS and anti-faith groups.

Here’s the urgency: Only a little time remains before both houses of Congress are out on recess. More than likely, they will not be back in session again until after the election.

We’ve got our work cut out for us. The problem? Federal tax law currently prevents religious leaders from truly exercising their constitutionally protected free speech rights.

The IRS regulation is clear: Speak out, participate, or intervene in any way in any political campaign and you’ll lose your tax-exempt status.

The truth is, this outrageous, antiquated IRS law accomplishes little more than censoring pastors in the pulpit - intimidating, threatening, and all-out denying constitutionally protected free speech.

The IRS, which was originally designed to collect revenue for the general treasury, has become the “speech police.”

For the sake of freedom - for the protection of the well-recognized role of faith in our nation’s culture and heritage - help the ACLJ in our efforts to see this critical legislation passed.

Despite the fight we have ahead on this issue, the ACLJ is committed to working hard to put a stop to this

outrage.

Time is absolutely critical here. We’ve only got days to boldly engage in this effort to change federal law and put an end to the censorship of churches.

Our Legislative and Government Affairs team is meeting with Members of Congress, including our friend Representative Walter Jones - a true ally who is spearheading this effort in Congress, boldly pushing for removal of the censorship language from the existing IRS Tax Code through passage of a “Free Speech and First Amendment Act” (H.R. 2275).

Let’s be clear: Such a move won’t turn churches or religious organizations into political machines - as some groups seem to fear.

It will make it easier, though, for religious leaders to speak out clearly about the moral issues and candidates that shape the lives and affect the future of people of faith, like you.

Your gift today will help us continue this very difficult initiative in Washington - via radio, TV, mail, and the Internet - while continuing all of our work here and across the country for the protection of constitutional freedom and religious liberties.

But time is of the essence in this debate. I urge you to act quickly. Thank you in advance for your generous response of support.

American Center for Law and Justice
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20090-0555 Phone: (800) 296-4529

Holy Family’s Parish Festival Oct 11 & 12

Holy Family’s Parish Festival is visiting the “Country Fair” on October 11th and 12th. This fun-filled weekend is packed with many of your old favorite midway games as well as new techno games for the kids.

There will be many attractions for young and old alike ... bounce houses, Monte Carlo area, beer and wine booths, cake walks, dime toss and a teenage fun zone.

A diverse ethnic food court will be serving both days as well as a full “Bistro” dinner prepared by Holy Family School Culinary Arts students.

“Movie in the Park” takes place on Saturday evening, a Salsa contest on Sunday and live bands and entertainment fill the stage all weekend.

Come join the family fun . . . gates open at 1:00 p.m. on Saturday and the festivities continue until Sunday at 8:00 p.m.

Holy Family School and Parish
7817 Old Auburn Road
Citrus Heights, CA 95610
For more information: (916) 722-7788
www.ch-holyfamilyschool.com – Look for Festival Updates!

Holiday Craft Fair at East Valley Church

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

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C. S. LEWIS

BIBLE TRIVIA
by Wilson Casey

1. Is the book of Jehoshaphat in the Old or New Testament or neither?
2. In Revelation 8, what’s the falling star called when the third angel sounded? *Armageddon, Wormwood, Rapture, Zabulon*
3. Who carried a letter from the king of Syria to the king of Israel? *Stephen, Naaman, John the Baptist, Delilah*
4. From 2 Chronicles 11, Rehoboam took eighteen wives and how many “score” of concubines? *One, Two, Three, Four*
5. What name did the apostles give to Joseph, a Levite from Cyprus? *Barnabas, Cephas, Amos, Gideon*
6. In 2 Corinthians, who traveled to Corinth to help pick up an offering for needy saints? *Vitas, Timothy, Philemon, Titus*



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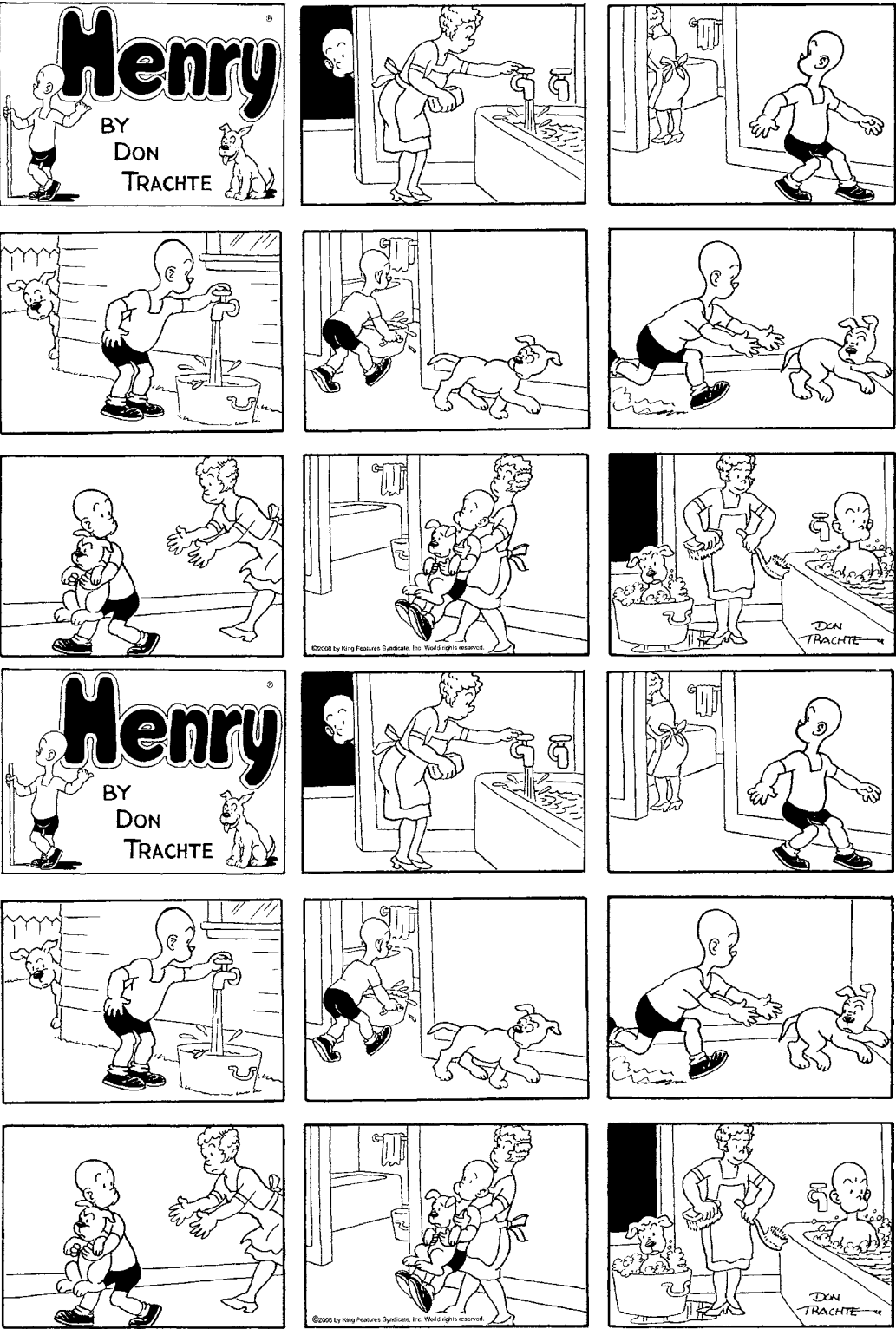
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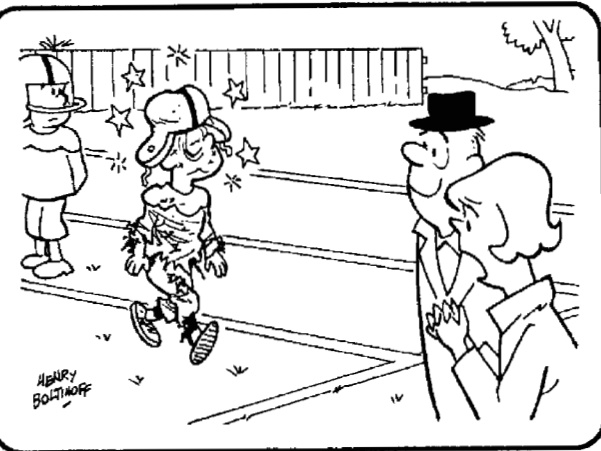
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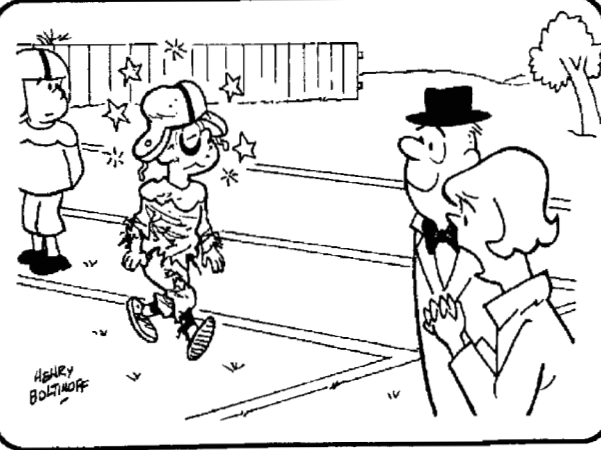
The Spats by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Shoes are black. 2. Man has a bowtie. 3. Tree is moved. 4. Face guard is missing. 5. Boy has black eye. 6. Fence is shorter.

Trivia test by Fifi Rodriguez

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

Weekly SUDOKU

by Linda Thistle

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

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!

BORN IN THE 17th CENTURY

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

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

Cassini	Milton	Rembrandt	Voltaire
Handel	Newton	Riebeeck	W. Penn
J. Swift	Pascal	Vermeer	Wren
Locke	Perrault	Vivaldi	

All Answers on Page 4

Contract Bridge

SLOW AND STEADY WINS THE RACE

South dealer.
Neither side vulnerable.

NORTH
♦ Q 8 5 3
♥ A 4
♦ A J 6
♣ 6 5 2

WEST
♦ 6
♥ J 9 8 5
♦ 10 9 7 4 2
♣ K 9 3

EAST
♦ 10 2
♥ Q 10 2
♦ K Q 5 3
♣ J 10 8 7

SOUTH
♦ A K J 7 4
♥ K 7 6 3
♦ 8
♣ A Q 4

The bidding:
South 1 ♦ Pass
West Pass
North 3 ♦ Pass
East Pass
South 4 NT Pass
West Pass
North 5 ♥ Pass
East Pass

Opening lead — ten of diamonds.

Assume you're declarer at six spades and West leads the ten of diamonds, which you win with the ace. How would you play the hand?

At first glance, it appears that making the slam depends entirely on a successful club finesse — a straight-forward 50-50 proposition. If East has the king, you make six; if West has it, you go down one. However, if

you take the proper preliminary steps, you can improve your chances to about 75 percent.

The proper method of play, after taking the ace of diamonds, is to draw two rounds of trump ending in dummy and then ruff a diamond. Next come the A-K of hearts and a heart ruff, followed by a second diamond ruff.

At this point, the dummy has no more diamonds or hearts, and the only red card in your hand is the heart seven, which you now lead. When West follows suit with the jack, the slam becomes an absolute certainty.

Instead of trumping in dummy, which seems the normal thing to do, you discard one of dummy's clubs! This leaves West on lead in a no-win situation. If he returns a club, it is into your A-Q, while if he leads a diamond, it allows you to discard a second club from dummy while ruffing in your hand. Either way, you score the rest of the tricks.

The recommended approach assures the contract whenever West started with the majority of the missing hearts, which will occur roughly half the time. Failing that, you still have the club finesse in reserve, giving you two chances to make the slam instead of just one.

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John Skinner Band in Rancho Cordova



October 10 (Friday), 7-9pm.
Cordova Parks and Recreation sponsors the John Skinner Band in a free public concert/dance at Hagan Park, Rancho Cordova. Repertoire runs from 40s swing to classic rock and features vocalist Susan Skinner with the seven-piece Skinner ensemble.
Picnics are welcome. For information, call (916) 362-1841.

League of Women Voters

CHAR Branch of AAUW and the League of Women Voters of Sacramento County co-sponsor a meeting to learn more about Propositions on the ballot in November. The meeting is open to the public and will take place on Thursday, October 16 at 10AM at the City of Citrus Heights Council Chamber, 7119 Greenback Lane, Citrus Heights, CA 95621. For further information, call 967-5934.

ARRWF

American River Republican Women Federated will hold their monthly meeting at Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630 on October 11, 2008. There will be an Open Discussion on the State of the Nation and the Presidential Election, and how the members can participate in the political process. Republican Women and Men are welcome. Membership is open to all Republican Women and Men. Sign in at 11:30 AM, Luncheon at 12 Noon. Cost is \$27. RSVP to 916-435-9730 by 10/8/08.

Extra Help is Available to Pay for Prescription Drugs

HICAP Counselors will be at the Pannell Meadowview Community Center to assist with sign-ups.

Representatives from HICAP — the Health Insurance Counseling and Advocacy Program - will be available at the Pannell Meadowview Community Center at 2450 Meadowview Road, Sacramento, CA on Monday, October 13, 2008, from (10am – 2pm) to help Medicare beneficiaries sign up for the "extra help" program offered by Medicare.

The program is designed to help Medicare beneficiaries who have limited income and resources pay for prescription drug costs. Who is qualified to receive this "extra help"? Medicare beneficiaries with annual income of up to \$15,600 for single people, or \$21,000 for couples. Eligible individuals can have assets of up to \$11,990 if single, and \$23,970 per couple. Your home and car are not counted as "assets" for this program!

Interested in paying LESS for Medicare Part D Prescriptions? Call (916) 376-8915 now, to schedule an appointment when the HICAP Team comes to the Pannell Meadowview Community Center.

Let HICAP help YOU meet the cost of prescription drug coverage!

RT to Begin Monthly Online Chat with Riders

The Sacramento Regional Transit District (RT) will conduct its first live online chat on Friday, October 3, 2008, from noon to 1 p.m. when Mike Wiley, General Manager/CEO, hosts the opening edition of "Transit Talk with the General Manager."

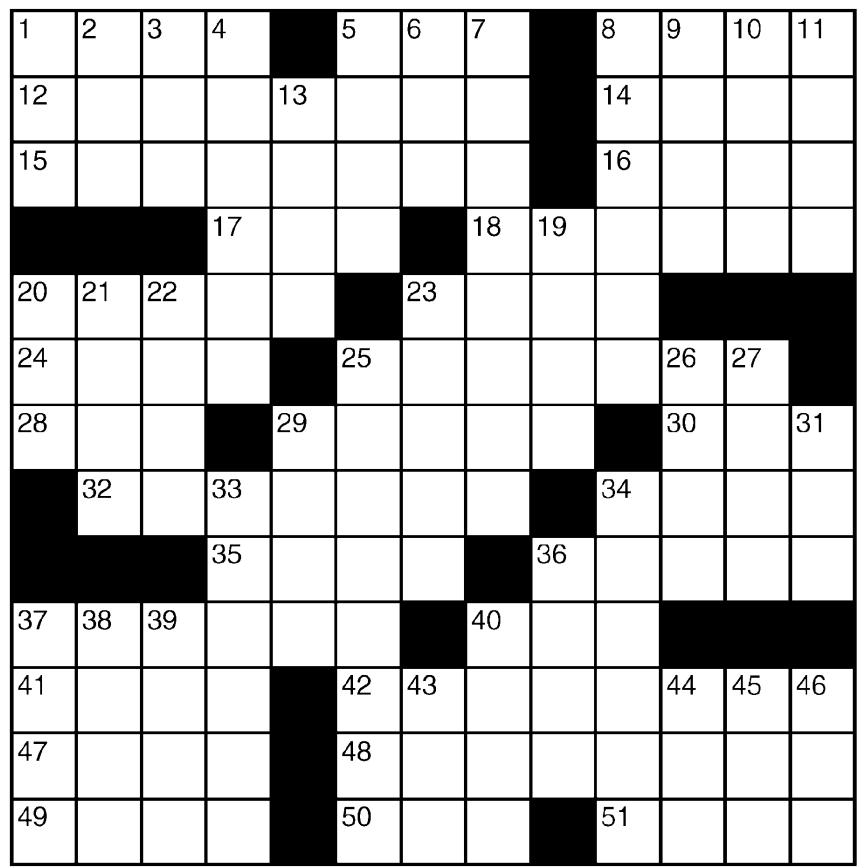
The chat, which will typically occur on the first Friday of each month at www.sacrt.com, will give the public an opportunity to interact directly with Wiley, submit their transit-related questions and receive immediate feedback.

"RT's new online chat is another opportunity to communicate with our riders and to keep them informed," Wiley stated.

The first session will cover general transit questions, with future sessions focused on specific topics, such as the Transit Master Plan. No registration is required to participate and questions will be accepted two hours before the session, up to the conclusion of the chat.

For more information about "Transit Talk with the General Manager," visit www.sacrt.com.

KING Crossword



ACROSS

- 1 Priceless?
- 5 Garfield or Heathcliff
- 8 Invitation letters
- 12 Waterproof fabric
- 14 Eastern potentate
- 15 Reinvest
- 16 Staff
- 17 Potent brew
- 18 Pictures
- 20 Path
- 23 — du Vent
- 24 Session with a shrink
- 25 Desk type
- 28 Chow down
- 29 Stitched up

- 30 Tavern
- 32 Race driver's protector
- 34 Silent
- 35 MGM emblem
- 36 Speed
- 37 Proofreader's finds
- 40 — de deux
- 41 Wander
- 42 Attendance check
- 47 Head over heels
- 48 Talk for two
- 49 Tributes in verse
- 50 Pigpen

- 51 Frat-party wear

DOWN

- 1 Supporting
- 2 Carnival city
- 3 Right angle
- 4 Elongated cream puff
- 5 Inlet
- 6 Goddess of ruinous impulse
- 7 Hitchcock film, typically
- 8 Meal
- 9 Urban blight
- 10 Contemptible

- 11 C. in C.
- 13 Lounge about
- 19 Pinochle declaration
- 20 Commonest English word
- 21 Sound from
- 35-Across
- 22 Car
- 23 Des Moines denizen
- 25 Gets back on
- 26 Piece of work
- 27 Green shot
- 29 Skirt feature, sometimes
- 31 Spelling

- 33 Camels' cousins
- 34 Good-luck critter
- 36 Corridor
- 37 Therefore
- 38 With 39-Down, drivers' anger
- 39 See 38-Down
- 40 Tactic
- 43 Chic no more
- 44 Past
- 45 Drag along
- 46 Meadow

Answers on Page 4

Alliance for Retired Americans Endorses Dr. Bill Durston for Congress



Dr. Bill Durston

The Alliance for Retired American, representing more than three and a half million retirees, older Americans, and community activists, including more than 246,000 members in California, has endorsed Dr. Bill Durston, Democratic candidate for Congress in California's 3rd Congressional District. In an endorsement letter from the organization's president, George J. Kourpias, Dr. Durston was praised for his strong commitment to improving the quality of life for

older Americans and his leadership on issues such as fighting Social Security privatization and working toward a Medicare prescription drug plan that benefits seniors, not the drug companies. Dr. Durston was also praised for his dedication to providing stronger retirement and pension security and quality long term care for seniors. Dr. Bill Durston has been serving the greater Sacramento community as an emergency doctor for over 25 years. He is also the past president of the Sacramento Chapter of Physicians for Social Responsibility, and past Injury Prevention Chair of the California Chapter of the American College of Emergency Physicians. Dr. Durston was the Assistant Chief of the Kaiser Sacramento Emergency Department from 1983-1985 and Chief of the Kaiser, South Sacramento Emergency Department from 1985-1990. He helped found the UC Davis-Kasier Residency in Emergency Medicine in 1990 and served as associate residency director for 13 years. Dr. Durston is also a decorated Marine combat veteran of Vietnam. Dr. Durston has won many honors throughout

his medical career, including designation as a Regent's Scholar at UC San Francisco Medical School and awards for being an outstanding teacher, researcher, and community leader in the field of injury prevention. Dr. Durston has also been a strong proponent of universal health care. He states, "It's always been my philosophy that access to necessary medical care is a basic human right, not a privilege based on one's ability to pay. We're the only western industrialized country in the world that doesn't have some form of universal health care, yet we pay twice as much per capita as the other countries for medical care." Dr. Durston thanked the Alliance for Retired Americans for their endorsement. "It's been an honor and a privilege for me to have the opportunity to care for the more senior members of our community in the Emergency Department. I look forward to the honor of serving them as a U.S. Congressman."

For more information about the Durston for Congress campaign, call 916-622-VOTE (8683) or go to the Durston for Congress website. www.durstonforcongress.org

Solving the Financial Crisis – First Do No Harm

Editorial by Bill Durston, M.D.

The current rush to provide a massive bailout for large financial institutions that engaged in unsound business practices during the sub-prime mortgage frenzy is reminiscent of the rush into the abyss which followed the September 11 terrorist attacks. It is time for Congress to show some common sense and political courage. Congress should not approve any plan that increases the national debt, that rewards corporate greed, or that puts the interests of Wall Street above the interests of Main Street.

As a Marine combat veteran of Vietnam and an Emergency Physician, I am well aware that there are times when it is appropriate to rush into dramatic action. There are also times, though, when it is more appropriate to move cautiously, taking simple measures while gathering more information. I believe that the current financial crisis falls into the latter category.

One of the basic principles in the practice of medicine, which I believe should also apply to the practice of government, is to, "First, do no harm." The proposed \$700 billion bailout for the financial industry violates this rule. The U.S. national debt is already close to 10 trillion dollars. Increasing the national debt by another \$700 billion will further reduce the value of the dollar, worsen inflation, and put the

federal government itself at greater risk of bankruptcy.

Another principle in the practice of medicine which is equally applicable to the practice of government is that of informed consent. Before undergoing a major operation, a patient has the right to an objective discussion of the risks, benefits, and alternatives of the proposed surgery. In the case of the bailout for the financial industry, we've heard very little from "economic experts" about the risks, a very vague discussion of the benefits, and virtually nothing about reasonable alternatives. Everyone seems to be assuming that drastic surgery is needed, when in fact, a minor procedure, such as reinstituting the banking regulations that were removed over the past decade, may be all that is necessary.

The sky will not necessarily fall if we leave those financial institutions that engaged in unsound business practices during the sub-prime mortgage frenzy to fend for themselves, just as most of us private citizens would have to do in analogous circumstances. People who have money invested in mutual funds and stocks will see a temporary drop in the value of their portfolios, but these values will go back up as the economy stabilizes. And as an alternative to a \$700 billion bailout for the financial industry, we might consider redirecting the vast human and financial resources that we

are wasting on war and preparation for war toward more constructive uses, including rebuilding our economy.

One final principle is that the fox should not be put in charge of guarding the chicken coop. Congress is being told by Treasury Secretary Henry Paulson, former CEO of the investment banking giant, Goldman Sachs, that it should give him almost complete control of how the bailout money is used. Paulson's net worth is estimated at \$700 million. Considering that Paulson did nothing to prevent the current crisis from developing and that he may have personally profited from the deregulation of the financial industry that contributed to it, it would seem more appropriate to call for his resignation than to give him sweeping new powers.

As Congress listens to the Wall Street "experts" on how to deal with the current crisis in the financial industry, it should also listen to the millions of other financial "experts" across the country who somehow manage to live within their means year after year, doing an honest day's work for an honest day's pay, putting aside some savings not only for themselves, but for future generations. These hardworking Americans, not the Wall Street investment bankers, are the real backbone of our economy. Congress should learn from their example.

Lungren says: ‘Put the Nation First’

“Like many of my constituents, I am angry we find ourselves in this situation.”



Congressman Dan Lungren

Congressman Dan Lungren (R-CA) after supporting the bi-partisan Emergency Economic Stabilization Act (H.R. 7175), released the following statement:

"We should be concerned about this vote today. We witnessed the defeat of a good faith bipartisan effort to protect our citizens from a potentially serious downturn in our economy. This was not an effort to bail out Wall Street. That is not the legitimate concern of government. Rather, Congress has an obligation to do everything within our power to try to contain the implosion in our financial markets

from cascading down to the people of the 3rd Congressional District and the rest of the nation.

"Like many of you, I am angry that we find ourselves in this situation. On September 20, 2008 Treasury Secretary Paulson sent a proposal to Capitol Hill which too closely resembled a bailout of Wall Street. The original proposal was completely lacking in accountability for those in the financial community who created this mess. Congressional oversight of the plan was absent. There were inadequate protections for the American taxpayer.

"However, due to the tireless efforts of the House Minority, significant changes were made to the original Paulson proposal:

- A market oriented insurance plan was added, which would involve Wall Street in paying premiums to guarantee its own troubled assets.
- Taxpayers would receive non-voting equity warrants in participating financial institutions.
- Limitations are placed on executive compensation and "golden parachutes."
- Extensive oversight by the Congress, a Special Inspector General and the GAO would be required.
- Accountability is built into the

purchase of the troubled assets with the last half of the authorized amount subject to Congressional approval.

· If after five years there are any losses to the taxpayer due to the program, the money is to be recouped from the financial industry.

"Even though this is not the bill I would have written, at a time when the crisis on Wall Street threatens to spread to Main Street it is not enough to say that we will punt. This is not a responsible option when we are talking about American families and American jobs hanging in the balance. When companies are encountering difficulty obtaining short term loans to make their payrolls, when automobiles and other products are not being sold because financing is not available, and when pension funds and the life savings of Americans are in jeopardy, there is no alternative.

"We are faced with a potential credit freeze that will impact all of us and cause prolonged pain for the economy and the American people. Congress needed to act."

Congressman Dan Lungren serves on the Judiciary; Homeland Security; Budget, and House Administration Committees

Real Estate Fraud Victims Get More Protection

With the collapse of the subprime mortgage industry and subsequent increase in foreclosures, scam artists are taking advantage of homeowners. Law enforcement officials are seeing a rise in real estate fraud.

Senate Bill 1396 – a measure to provide more funding to investigate and prosecute real estate fraud - by Senator Dave Cox was signed into law by the Governor.

"Predators are targeting consumers for their financial gain during these tough economic times. To better protect consumers, I pushed for the passage of this legislation," said Sen. Cox who represents California's 12 Northeastern counties.

Sacramento District Attorney Jan Scully added, "With Sacramento County having one of the highest foreclosure rates in the nation, distressed homeowners are falling prey to a number of real estate scams. This measure will provide our fraud unit and law enforcement partners the resources to bring these criminals to justice and prevent more victims."

Specifically, Senate Bill 1396 allows

county supervisors to increase county real estate document fees from \$2 to \$3. The fund raised will be placed in the Real Estate Fraud Prosecution Trust Fund to combat and prosecute fraud.

The Real Estate Fraud Prosecution Trust Fund was created to support district attorneys and local law enforcement agencies in determining, investigating, and prosecuting real estate fraud crimes. There has not been a change to the recording fee or to the list of recordable documents that are considered real estate instruments since this law was enacted in 1995.

Cox's measure received broad support from various groups including the California District Attorneys Association, the California Bankers Association, local government, local law enforcement, local taxpayer groups and consumer groups.

"Providing district attorneys and law enforcement with adequate resources to fight real estate fraud is essential to protect homeowners," Cox concluded.

Dave Cox to be Featured, October 16

State Senator Dave Cox, will be the featured speaker at the Fair Oaks

Chamber of Commerce monthly business luncheon, Thursday, October 16, noon at the Fair Oaks Clubhouse, 7997 California Avenue.

The Senator 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. Prior to his to his election to the State Senate, Cox served six years in the State Assembly and six years on the Sacramento County Board of Supervisors.

The meeting is open to the public and reservations are required. Cost of the luncheon is \$15.00 for members with reservations and \$20 for walk-ins and non-members. For further information call 967-2903.

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.

Civil Justice Association Honors Assemblyman Roger Niello

Assemblyman Roger Niello (R-Fair Oaks) was honored today by the Civil Justice Association of California (CJAC) with a Civil Justice Leadership Award for his work during the 2007-08 legislative session.

Citing his work during the 2007-08 legislative session for authoring legislation that would have strengthened laws against frivolous lawsuits as well as his work in hosting workshops designed to educate small business owners on complying with Americans with Disabilities Act laws, CJAC President John Sullivan said, "Assemblyman Niello has demonstrated a commitment

to bring balance and fairness to our civil justice system to consumers, taxpayers, and businesses of all kinds."

Founded in 1979, the Civil Justice Association of California (CJAC) works to reduce the excessive and unwarranted litigation that increases business and government expenses, discourages innovation, and drives up the cost of goods and services for all Californians. CJAC is the only statewide association working in both the Legislature and the courts to improve California's civil justice system.

"I'm proud to have received this award from such a great organization.

Everyday, CJAC fights on behalf of all Californians against frivolous lawsuits and excessive litigation that clogs our courts, hurts our economy, and prevents those who are legitimately wronged from accessing the justice system," said Assemblyman Niello.

Assemblyman Niello represents the 5th Assembly District, including the communities of Arden Arcade, Carmichael, Citrus Heights, Fair Oaks, Folsom, Granite Bay, Natomas, North Highlands, Roseville, Sacramento, and Orangevale.

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Disney on Ice Celebrates 100 Years of Magic



A One-of-a-Kind Skating Spectacular Features More Than 60 Disney Stars

Mickey Mouse, Minnie Mouse and their friends from Disney’s Mulan, The Lion King and Pinocchio, and Disney/Pixar’s The Incredibles and Finding Nemo, will be taking to the ice while Stitch from Lilo & Stitch drops in to cause his usual havoc for a grand celebration in Disney On Ice celebrates 100 Years of Magic. Produced by Feld Entertainment, this fanfare production features more than 60 unforgettable Disney stars that span the decades, a sing-along score of award-winning Disney music, stunning choreography, elaborate, eye-dazzling sets and beautiful costumes.

With Mickey and Minnie as their hosts, audiences enjoy breathtaking production numbers choreographed by Emmy Award®-winner Sarah

Kawahara. Kawahara previously worked with Michelle Kwan and choreographed the skating segment for the Opening Ceremonies of the 2002 Winter Olympics. Complementing Kawahara’s fabulous skate sequences are the memorable tunes compiled by music directors Art Kempel and Stan Beard that bring the wonderful memories of Disney to life on ice. Scenic Designer David Potts and Lighting Designer LeRoy Bennett created the mood and settings that showcase Disney’s extraordinary moments from theme park attractions, such as “It’s a Small World,” and animated features like Mulan, The Lion King, Pinocchio, The Incredibles and Finding Nemo.

Outfitting this cast of more than 60 characters was the challenge facing Costume Designer Scott Lane. His dazzling designs range from Mickey’s Marching Band, to the “It’s a Small

World” dolls, to the stars of Mulan and Finding Nemo. The bright colors and minimal structure in the Nemo costumes allow the characters to move freely in order to mimic the natural movement in water. Renowned designer Bob Mackie also lends his talents to a red sequined evening gown worn by Minnie Mouse.

Scenic Designer David Potts, who has worked on numerous Broadway productions, creates a theatrical atmosphere on ice. Skaters weave around and enliven the “It’s a Small World” sequence amidst sparkling floats that turn into a radiant light parade; a blanket of snow and an avalanche fall as Mulan battles the Huns; and a giant present is opened to reveal Buzz Lightyear as he’s first introduced to that favorite toy cowboy, Woody and his pal Jessie. To discover more about Disney On Ice, log on to www.disneyonice.com.

An Excellent Preschool in Fair Oaks: “La Bella Learning Centers Makes the Grade!”

This heading was a recent quote by a parent who described La Bella Learning Centers. Inspired by the Reggio-Emilia approach to learning and teaching, La Bella Learning Centers curriculum and projects are influenced and based upon the interests of the children. University level teachers spend a great deal of time planning activities and projects as the interests of the children shift and develop. In addition, and in keeping with the Reggio approach, the daily activities are well documented. Photographs and children’s art grace the classroom walls and community spaces such as the Art Studio and Library. At La Bella Learning Centers, children are respected, viewed as competent and capable and allowed freedom to express who they are as individuals. A parent quoted, “I am continually finding my daughter’s art work and projects displayed throughout her room and brought home to us for our enjoyment.” She continues,

“Her projects are all very child-like and natural. At her last school, the teacher held my daughter’s hand so that she would color within the lines. Now, she comes home with free-form paintings, bird houses smattered in purple paint, stories of digging in the dirt and planting flowers and a huge smile of personal accomplishment on her face.”

In keeping with The Reggio philosophy which believes the school’s environment is the “third teacher,” the atmosphere at La Bella is quiet, calm and inviting. Natural materials are used in place of plastic and children are encouraged to “explore” the world around them in place of keeping the children busy or entertained with the latest gadget or toy.

Although La Bella Learning centers provides a high quality program offering nutritious meals prepared on site by the La Bella Chef, a flexible enrollment schedule to choose from and

extended hours (6:00am to 6:30 pm) the tuition rates remain at or lower than most childcare facilities in the Sacramento area. Cecilia Tillett, Administrator was quoted as saying, “In support of our families, and at a time when most childcare facilities are increasing tuition rates and imposing higher fees, La Bella Learning Centers has made the decision to not take a tuition increase for the 2008-2009 fiscal year. La Bella is sensitive to concerns regarding the increase in cost of living and we feel there is no better way to reflect what we teach, than to encourage economic growth.” Tillett continues by stating, “La Bella Learning Centers sincerely hopes that this “Stimulus Package” will benefit our families while we continue to provide the highest quality, learning environment for your children.”

Please call to schedule a tour today. Spaces are limited. 1-916-965-1273

BARNES & NOBLE BOOKSELLERS

October Autographing Events at Barnes & Noble
6111 Sunrise Boulevard
Citrus Heights, CA 95610

Event: Local author Chris Enss to discuss and sign copies of her new book, *Frontier Teachers: Stories of Heroic Women of the Old West* (ISBN: 9780762748198, Price: \$14.95). The public is welcome! Her appearance is also part of the store’s first Educator Appreciation Reception that will include refreshments, giveaways, and prizes – including the opportunity to win a \$500 Barnes & Noble gift card. All PreK through 12th grade school teachers and administrators will receive 25%* off their book purchases and 10% off DVDs and music from October 11th–19th when they present their

valid Barnes & Noble Educators Discount Card.

Date: Saturday, October 11, 1:00pm – 3:00pm

*This event is part of a weekend (October 10-12) fundraiser at Barnes & Noble for the California Montessori Project American River campus. During this weekend Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the schools. Vouchers will be available in the store over the weekend so that patrons may support the school.


Event: Children’s author David Domeniconi will provide a special storytime and sign copies of his new book, *Golden Numbers: A California Number Book* (ISBN: 9781585361731, Price: \$17.95).

The public is welcome! His appearance is also part of the store’s second Educator Appreciation Reception that will include refreshments, giveaways, and prizes – including the opportunity to win a \$500 Barnes & Noble gift card. All PreK through 12th grade school teachers and administrators will receive 25%* off their book purchases and 10% off DVDs and music from October 11th–19th when they present their valid Barnes & Noble Educators Discount Card.

Date: Saturday, October 18, 1:00pm – 3:00pm

Event: Local author Cindy Tuttle will discuss and sign copies of her new book, *Joyful Surrender* (ISBN: 9781606103166, Price: \$16.95). The author says, “I wrote this book with the desire to share my love of God, and to provide some support for others who have the same desire.”

Date: Saturday, October 25, 1:00pm – 3:00pm



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Rollingwood Boys Earn State Tennis Championship



Left to right: Daniel Britt, Michael Sperry, Robert Rugen, Tyler Sperry, Coach Dave Whetstone, Andrei Anderson, Matt Sandavol.

The Rollingwood Boys 18's tennis team are state Champions! It was an amazing season; eight of the finest young men with the heart of aspiring champions came to Rollingwood under the guidance of Coach David Whetstone to accomplish an amazing feat. Daniel Britt, Michael Sperry, Robert Rugen, Tyler Sperry, Andrei Anderson, Matt Sandoval, Peter Conner and Derek Thatcher, a group of players that by mid season seemed inseparable.

Here's their story: We began the season with one goal: a state championship and it all began at Rocklin H.S. where the boys recorded a 9-0 victory with little defiance. Our season kept pace with every match a shutout except one an 8-1 victory over Sierra View C.C. We then traveled to Fresno for the Northern California championship where the boys remained dominant dropping only four matches including an 8-1 finals score over Modesto Racquet Club.

Then we were off to San Diego for the State Championship to finish our team goal. Under the guidance of our team manager Don Britt and Coach David Whetstone, the team headed down to San Diego. That first night the boys could hardly sleep anticipating the following day's events. There would be six singles matches, followed by six mixed doubles matches and on the final day of competition three boys doubles matches. At the end of fourteen matches played the score was 7-7 and our last doubles team was in a third set match tiebreak. Our whole team of players, team manager and coach stood beside the court cheering every point. Our doubles team of Tyler Sperry and Robert Rugen closed out the third set match tiebreak 10-5, which felt like an eternity, and brought us all a moment we will have for the rest of our lives – a State Championship! From Coach Dave: "Thanks guys for the memory of a lifetime!"

Coach Dave Whetstone can be reached at Rollingwood Racquet Club at 916-988-1728. For information on tennis program or membership at Rollingwood, contact Karla Allen in member services at the same number.



Coach Dave Whetstone

Chautauqua Playhouse to Open October 10th “12 Angry Men / 12 Angry Women”

Chautauqua Playhouse announces the second production of its 32nd season, “12 Angry Men/12 Angry Women”, opening October 10th, at the Playhouse. The shows will run on Fridays and Saturdays at 8:00pm and Sundays at 2:00 pm through November 16th. All performances will be held at the Chautauqua Playhouse, 5325 Engle Road in the La Sierra Community Center in Carmichael. Admission is \$17 general and \$15 students, seniors, children and SARTA members.

This Chautauqua production, adapted by Sherman Sergel, from the teleplay by Reginald Rose, is



unique in the fact that there are two separate casts for the show. These two casts, one female and one male, will bring this exciting play to life in alternating performances on the Chautauqua stage. A young man has just been tried for the fatal stabbing of his father. It looks like an open-and-shut case

until one juror opens the others' eyes to the facts. Tempers get short and arguments grow heated as this timeless drama builds to a shattering climax!

The shows are directed by Dean Shellenberger (Women) and John Walck (Men) and feature 25 fine local area actors in the production ensemble. Set design is by Rodger Hoopman, with lighting by Ross Aldrich. Costumes are by Eileen Beaver.

For tickets and additional information call the theatre at (916) 489-7529 (PLAY). Information and tickets are also available through the Chautauqua Playhouse website: www.cplayhouse.com.



Joni Hilton with her husband Bob

Don't get me wrong; I love animals. I kiss dogs right on the nose, I buy them the occasional ice cream cone, and I baby talk them, certain they love it. But they don't make my life easier. Our Great Dane recently threw up an entire, gigantic map of the world. I am not kidding; you could even pick out the Aleutian Islands and the Boot of Italy. Dark brown against a white carpet. You can come over any time and see the faint traces of her Eagle project in our loft.

But our other dog is the latest troublemaker. He's half Pointer and half sausage, a Pound dog who grew twice the size they said he would. Our teenage boys named him Quat so they could say, "Kumquat," though I'm the only apparently deranged person standing in the street, yelling the name of a fruit when he gets away.

Well, the other day I decided to paint my front door. Not a new color, just a fresher, brighter version of the crimson it is now. I wait and wait for the wind to ease up, and it does. I set up, tape things

Joni Hilton

Why They Don't Call Dogs “Woman's Best Friend”

off, lay down a drop cloth, paint the entire door and then, so it won't stick to the door jamb, I leave it propped open about 4 inches to dry. It is still wet and gleaming when the plot thickens.

Quat sees a family with a baby in a stroller and two dogs on leashes, having an afternoon stroll. This is more mayhem than he can resist, so he bolts past me, squeezes his fat little body through the door, and goes flying out to bark at them and scare them out of their wits.

I chase him down and find that he is now half maroon. His entire left side is covered with paint. I get it all over me dragging him back to the house and shouting apologies to the neighbors.

And then I see my door. The bottom half is now covered with white fur, as if I'm trying to do some kind of Graceland tribute. I throw Quat into the house, and now I have to get paper towels to try to wipe off the entire door before it dries. Only hair doesn't come off as easily as paint does, and it dries as I'm working. And now I have to sand it. And still, I can't get it all without ruining the door entirely.

So I repaint and now the door has an interesting "texture" here and there. And my ridiculous dog is getting red paint all over the white carpet. It

looks like a murder scene, which I am considering having it become.

I think about buying some yellow police tape, and taping it off for a dramatic effect. Or I could offer Believe-It-Or-Not-style tours, culminating with the world map upstairs. Maybe I'll just add some green paint and tell everyone we're getting ready for Christmas early this year, and in a very big way. You, too, can add this artistic touch to your home. Both dogs are for rent at very reasonable prices.

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

GOLD RIVER LEWY BODY SUPPORT GROUP

Teresa Tempkin
RNC, MSN, ANP

Nurse Practitioner
Movement Disorder Clinics
Department of Neurology
University of California, Davis Medical Center



**Thursday
October 9th
10:00 – 11:30 a.m.**

Ms. Tempkin is an Adult Nurse Practitioner working in the Parkinson's and Huntington's Disease clinics at the University of California Davis Medical Center with Vicki Wheelock, MD. She has been an advanced practice nurse for over 28 years. She currently spends half her time seeing patients in clinic and the other half doing research. Her primary focus is to help families cope with the debilitating effects of progressive neurological diseases.

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Halloween Thrills and Chills



Bash Eats: Dracula-themed Pepperoni Pizza, Them Bones with Chili, and a bat-shaped Hormel Meat and Cheese Party Tray.

(Family Features) Halloween evolved from pranks to parties in the past century. In the early 1900s, young men made a night of toppling outhouses and garbage cans, piling cornstalks on porches, and letting animals like pigs or ponies loose. Kids carved notches in the ends of empty thread spools and rolled them on windows, making a frightful sound before the kids banged on the door, yelling “Tricks or treats, money or eats!”

City fathers soon decided to discourage pranks by starting Halloween activities. In 1921, Anoka, Minnesota, held the first recorded citywide Halloween celebration in the nation. It’s the Halloween capital of the U.S. to this day.

Halloween offers two temptations: the chance to become someone else for a night and to eat treats (more later). Children who fear monsters and ghosts find that dressing up and acting like a monster such as Dr. Frankenstein’s cuts through the mystery, making it less frightening. And grownups delight in dressing up as someone else, stepping outside themselves one evening a year.

Halloween is so popular that it causes an economic uptick every October. Costume rental stores—2,500 of them nationwide—advertise garb to

transform us into characters like Batman and Princess Leia. Children become angels, devils or cartoon characters, while teens become vampires, pirates or princesses.

Party stores make it easy to decorate rooms by offering do-it-yourself cobwebs and glow-in-the-dark skeletons. Haunted houses open for business with wispy smoke curling from their chimneys and ghoulish laughter sounding from their doorways. Pumpkin patches nationwide produce millions of pounds of the golden globes, large and small, to become candlelit faces, merry or scary.

This year, why not throw your own Boo Bash? The folks at Hormel Foods have created imaginative treats for it. In the center of the serving table, set out a witch’s cauldron of Hormel Chili surrounded by warm Them Bones. Then add a bat-shaped Hormel Meat and Cheese Party Tray. Simply cut the tray in half, cut out a head and arrange.

The final touch to the eats display is a Count Dracula pizza, his mop of hair and snag-toothed mouth fashioned from pepperoni. Set out an array of beverages: hot cider, soda pop and flavored waters. Dessert? Frozen balls of orange sherbet topped with chocolate sauce.

Them Bones
Makes 8 servings

2 cans (15 ounces) HORMEL® Chili With Beans
1 can (8 ounces) refrigerated breadsticks

Create a witch’s cauldron in which to serve chili—a small black bucket or a bowl inside a paper cauldron. Heat the chili. Open the breadsticks; cut each strip of dough in two lengthwise. Shape dough into 16 bones of various sizes. Bake at 350° F for 5 to 8 minutes, until crisp.

Serve bones around chili so they’re ready to dip into it
Courtesy of Family Features



Them Bones to dip into hot chili will warm your trick-or-treaters.

Fred Barnes of Fox News to Keynote PJI Gala!

Commentator Fred Barnes of Fox News “Beltway Boys” TV show will be the keynote speaker at Pacific Justice Institute’s 5th Annual Celebration of Justice Gala. In addition to discussing current challenges to the traditional American family, Fred Barnes will also provide his frontlines analysis of the upcoming November elections and their potential impact on faith and freedom.

Focus on the Family’s Steve Jordahl will serve as the Master of Ceremonies. Actor and commentator Ben Stein will be recognized with the Truth in Media Award for his recent film “EXPELLED: No Intelligence Allowed.” Dr. Jim Garlow will be given the Community Service Award for mobilizing pastors to support traditional marriage. First-hand perspectives will also be offered from

PJI’s participation in the recent major court victory for homeschoolers. The event will be held at the Hyatt Regency in Sacramento on the evening of October 18, 2008. Tickets are \$150 for individuals. Tables can be sponsored for \$2,500. (Please note that over half the seats are already reserved.) To reserve your ticket or table, call Cathy at 916-857-6900.

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Haunted House

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

Monsters at the Mall

Oct. 31, 5:30-7:30 pm
Sunrise Mall

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

mix 96
Atmosfear Haunted House
Oct. 10-Nov. 1, Sunrise Mall
Located near Men's Macy's, visit sunrisemallonline.com

Dog-O-Ween

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

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

For more details visit sunrisemarketplace.com

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