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Sacramento Int'l Airport Expansion Aims for 2011



By Heather Hierling

Sacramento International Airport is preparing to embark on a monumental \$1.3 billion modernization that will transform the small northern California airport into a state of the art facility. The modernization will include demolishing existing Terminal B and the Host Airport Hotel to make way for a new four-story central terminal, hotel tower, elevated roadway, people mover, satellite concourse and multistory garage.

"We anticipate completion in 2011," wrote Gina Swankie, communication and media officer II for the Sacramento County Airport System, during an online interview.

The existing Terminal B was built in 1967 and is antiquated and undersized for the amount of travelers visiting SMF. The expansion will make Sacramento International more traveler-friendly and

adapted for the future of air travel. The new terminal was designed with a sense of Sacramento incorporating raised rooflines, natural light and old-growth redwood to call to mind the city's tree lined streets.

Despite the January 15th announcement by the Federal Emergency Management Agency designating Natomas as a flood hazard zone, SMF officials believe the announcement is expected to have no effect on the planned expansion.

FEMA could issue a construction moratorium for the Natomas area, which will effectively halt construction until repairs are made to the levees along the Sacramento River. SMF is directly east of the sections identified by the Army Corps of Engineers.

"We are on track to have our permits in advance of the moratorium," wrote Swankie.

The new terminal will bring SMF up to

speed with other international airports in the nation like Seattle/Tacoma International in Washington. The in-terminal hotel will offer travelers the convenience of checking out of their room and walking straight to their plane. The expansion will also increase the opportunities for non-airline revenue possibilities such as hotels, retail shops, restaurants and parking. Those same venues will also generate many new employment opportunities.

The construction will take place in several phases to insure the least amount of inconvenience for travelers. The first phase of construction will demolish the existing hotel. For a brief time there could be three operational terminals before Terminal B is phased out to make way for the new parking structure.

For more information on the modernization at SMF go online to www.sackairports.org.

Carmichael Recreation and Park District Cleans Up After Storm



By Heather Hierling

The Carmichael Recreation and Park District suffered the loss of over 20 mature trees after they were toppled during the January 4th storm by 60 mph winds whipping through the Sacramento region. Fortunately, none of the trees fell on any structures and the CRPD suffered no property damage.

"We came out pretty good, not having

any property damage," said Keith Madison, park services manager for the CRPD.

None of the CRPD parks were forced to close during the clean-up. However the downed trees created over 200 hours of cleanup work for the maintenance department.

The future park "Patriots Park" on Palm Avenue, which is set to be developed

in February, lost only one large oak tree during the storm. According to Madison the cleanup will have no affect on the scheduled development.

"It was good that it happened in a way," said Madison. Since the trees had been knocked down in the winter cleanup and removal was easier because they had already lost their leaves.

As for the downed trees, removal from where they fell is only the beginning. According to Madison, they are reused as wood chips in play areas, spread around the bases of other trees and even hauled away as firewood by nearby residents.

"When a big tree goes down we don't throw anything away," said Madison.

Sacramento County has initiated neighborhood cleanup for residents with debris from the storm or other rubbish. Residents can schedule their own once a year pickup of 5 cubic yards of waste by calling (916) 875-5555.

Money Available for Community Activities

First 5 Sacramento Commission announces a new round of grant funding



Sacramento, CA— Would you like to meet your neighbors, get together with other parents, and share activities together with your children? The First 5 Sacramento Commission, a local leader in supporting programs for young children, offers a grant program that can help you do just that.

Applications are available now for mini-grants up to \$5,000 for community activities that benefit children prenatal to five years old. The grant process is easy, and assistance with the application is just a phone call away. Ideas for activities are available on the First 5 Sacramento Web site, and new ideas are encouraged.

The program, called the Community Building Initiative, provides grants to groups of 3 or more people who plan activities that will bring the community together, benefit young children, and help build stronger relationships. Relationship building forms bonds, sometimes referred to as social capital, that lead to more trust, sharing of information and resources, less isolation, and more community residents looking out for each other, according to

the Harvard sponsored Social Capital Community Benchmark Survey, 2000.

The groups must reside in Sacramento County. Eligibility is not set to income or other criteria. There are a limited number of grants available each cycle, and for this round of funding, up to 20 applications could be approved. Previously funded activities include playgroups, reading groups, monthly art projects, babysitting co-ops and parent networking meetings.

"This is a great way to bring resources to the community and provide the seeds for ongoing activities for us and for our kids. It was fun getting together to plan our activities and make some new friends. Now we all know a lot more families in our community," said Nancy Ciraulo, grant recipient for the Rainy-Day Playroom.

Applications are available on the Web at www.sackids.sacounty.net or by calling the First 5 Sacramento office at (916) 876-5865. Take the first step by reading through the application. Connect with other community members to come

up with ideas that might be beneficial to your community and young children. Then, call the staff at First 5 Sacramento and they will help you the rest of the way.

Applications are due by 5:00 p.m. on Friday, February 1, 2008.

"We encourage everyone in the community to apply," said Sacramento County Supervisor Roger Dickinson, Chair of First 5 Sacramento. "First 5 Sacramento is looking to fund a variety of community-based projects that will build on the strengths of parents and caregivers while connecting members of the community with the common goal of improving the lives of our children."

About First 5 Sacramento Commission Funding for the Community Building Initiative is provided by the First 5 Sacramento Commission which uses Proposition 10 (tobacco tax) funds to support the healthy development of children age zero to five. Additional information about the First 5 Sacramento Commission is online at www.sackids.sacounty.net or by calling 916-876-5865.

Senator Dave Cox Honored by Local Officials for Outstanding Leadership

Sacramento — At a special reception in Sacramento, Senator Dave Cox was commended for his ongoing commitment to local concerns including public safety, infrastructure funding and open government. The League of California Cities, an association of California city officials, hosted the gala to recognize Cox's hard work.

"It is an honor to be recognized by local officials for simply doing the job of representing the great Northeastern part of California," said Sen. Dave Cox. "Local government representation is closest to the people and their officials are the soundboards I use to represent my constituents."

League Executive Director Chris McKenzie acknowledged the strength of Sen. Cox's relationship with cities, remarking on the key role he plays in the Legislature. "Sen. Cox has a reputation for taking a very principled approach to his work on the Senate Local Government Committee. As a former county supervisor, he understands the practical challenges of local government. We appreciate his concern for the impact of prisons on smaller communities as well



as his efforts with the allocation of transportation bond money to local government."

In a letter to Sen. Cox, the association stated its appreciation for his careful and principled approach as Vice Chair of the Senate Local Government Committee. During his tenure, Cox was a dedicated advocate in ensuring that the impacts of prisons on small communities are minimized. In addition, Cox worked tirelessly to support an effort to maximize the flexibility of local matching fund for

state transportation bond dollars.

Founded in 1898, the League of California Cities is an association of California city officials who work together to enhance their knowledge and skills, exchange information, and combine resources so that they may influence policy decisions that affect cities. The League's mission is to restore and protect local control for cities through education and advocacy to enhance the quality of life for all Californians.

"A Toddler's Prayer"

California author Lori Grant Kirk helps young children pray in practical yet fun ways in her new book releasing nationwide this week titled, "A Toddler's Prayer."

Published by Tate Publishing & Enterprises, the book offers practical teaching for children as well as insight helping parents put toddler behavior in perspective.

Kirk says, "Growing up the second of eight kids, I promised myself I'd never be as unreasonable as my parents. Then I caught myself telling one of my two children, 'Because I said so.' At that moment I thought, Oh, this parenting stuff is harder than I thought. Hopefully this book will remind parents what it's like to be a kid and help us all be more understanding."

The author says this book will offer parents a chance to talk with their children about how it's possible to try hard, to make mistakes, to suffer consequences,

and yet, still be loved.

The book is available at any bookstore nationwide or can be ordered through barnesandnoble.com, amazon.com, target.com or directly from the publisher at orders@tatepublishing.com. Tate Publishing also offers the children's book as an eLIVE book, which contains a code to redeem a free audio book download from the publisher's website.

By profession, Kirk is a C.P.A. and resides in Citrus Heights, California, with her two daughters, Savannah and Sierra. This new book is Kirk's third. She's also authored "Light of the Firefly" and "Heart for Jesus."



DUTCH TREAT



By Dennis Packard

neck piece and believe it or not, it was already pre-tied in a Windsor knot. And another selling feature for this bazaar neckpiece, the tie fastened together behind a man's neck with my truly inventive elastic strap that snapped together. The back of the tie being replaced with the stretchy elastic caused it to fit any size neck. You have my permission to laugh now.

Corduroy What?

Everyone's heard the expression, "Jack of all Trades." Although that mask is close to mine, a "Fool of all Trades" hat would be a better fit over my head.

Not being able to sit in one spot for any length of time created many business adventures for myself. And making an extra dollar was always foremost on my mind with my brainstorming ideas.

Working a forty hour week was like a part time job for me, even as a kid. After all, if I worked 40 and slept 100 hours during a seven day period, that still gave me 28 hours to play with.

One part time business I concocted that still keeps people laughing today was created when I was around 28. I not only manufactured these items at home, but I sold them at a generous profit at my full time job to other employees and had them on a rack at a fine men's store in downtown Santa Barbara on the California coast.

Mybusinesscardread, "PACKARD CORDUROY COMPANY." That's not exactly funny in itself, but the fact that my one and only product was a "corduroy tie" normally starts people to giggle.

"Corduroy what?" has always been a familiar reply.

But the fact still remains that people put their money up for the

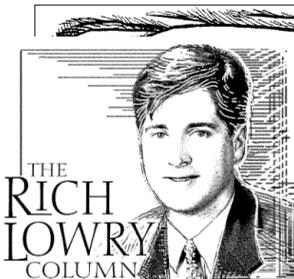
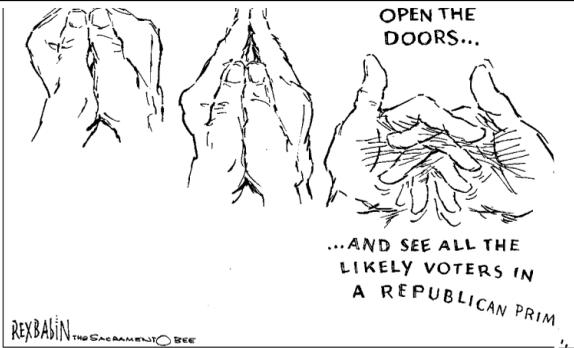
It's impossible to explain why I was so intrigued with corduroy or why I cut the material into a fashionable men's tie piece. My color-blind eyes saw colors that truly impressed me, and I did like corduroy.

I did end up producing two gray corduroy "Smoking Jackets" that looked impressive--but they were too time consuming to make and see any profit.

When my youngest daughter, Maree, recently heard that I made smoking jackets, she asked me to explain what a smoking jacket was.

"Well," I answered my twenty-seven year old, "If you ever watched an old episode of "I Love Lucy," it was common when Ricky came home from work for Lucy to have his slippers in one hand, and perhaps a cocktail for her beloved husband in the other. At that point the man of the house would slip off his business coat and replace it with a short robe, called a smoking jacket. Then, while Lucy prepared his dinner he would relax in his soft lounge chair, light up a pipe or a cigarette and brouse through the evening paper, (Yes daughter, there was a morning paper and an evening paper. Mail also came twice a day.) Maree looked puzzled as if I was making the whole story up. I understand.

Quip for the Day: One efficient businessman who found a machine that would do half his work, bought two.



THE RICH LOWRY COLUMN

The Curse of Clintonism

self-righteousness -- to achieve power. Throughout the 1990s, their attacks were directed at people who were vulnerable by virtue of their status as allegedly self-interested women accusing Bill of misconduct, or as conservative politicians hated by the press, or as special prosecutors whose work was distasteful to the public.

Obama's offense is opposing Hillary for the nomination, making the flailing attacks against him seem the product of an outraged sense of entitlement. Hitting Obama for a kindergarten essay is pathetic; knocking him by suggesting he once might have dealt drugs is pathetic and slimy.

The unbecoming broadsides against Obama can only remind people of what they disliked about the decade to which Hillary promises a glorious return. Along with the peace and prosperity that Hillary wants the public to associate with the 1990s came a "politics of personal destruction" (on both sides) that curdled into her husband's impeachment. Hillary can't help being connected with the worst as well as the best of the 1990s, since she is married to them.

George W. Bush's presidency was made more psychologically complex by the fact that his father, George H.W. Bush, was one of his predecessors. Imagine if W. had had to try to run the government together with H.W. "Oedipal city," as his dad might

have put it. A Hillary administration promises all that fraught emotional tension and more.

What will Bill's role be in her administration, how will it change with the vagaries of their marriage, and who will be right when they say conflicting things about policy?

Who knows? Clintonism delivered the White House to the Democrats twice in campaigns in 1992 and 1996 that hewed to the middle and made the party more appealing than it had been in decades. But no one else has picked up the mantle nationally.

Al Gore would have been the natural ideological successor in 2000, but angered by Bill's spectacularly irresponsible conduct in office, he distanced himself and lurched left. Since the left-wing base of the Democratic Party never liked the Clinton pragmatism, the only ones with support in the party strong enough to maintain a relative centrism are the Clintons themselves.

And so the devil's bargain: Clintonism comes only with the Clintons attached.

Rich Lowry is editor of the National Review. (c) 2007 by King Features Synd., Inc.

A Hummer of a House

My best friend is building a Hummer of a house next door. What will this do to our friendship?

By Chris Bolgiano

Our best friends Philly and Jake retired last year and built their dream house a short walk over the ridge from where my husband and I live amid a hundred acres of Appalachian Mountain forest. We all met in college and bonded on the first Earth Day. Since then, my husband and I have gone "Back to the Land," homesteading in the lushest temperate woodlands in the world, while Philly and Jake worked their way across continents. For 35 years, we've looked forward to retiring together.

Now, their dream has become my nightmare. It began with their plans for a 4,000 square foot house - twice the size considered comfortable for a family of four just a few decades ago. Suddenly I felt frightened for the state of the world, and saw the situation in double negatives: If my nature-loving friend Philly wouldn't choose not to build a mansion, who would?

"It's a personal decision, how much space you need," Philly said, not in answer to my question, which I've never asked, but after I emailed her a link to a website that calculates the environmental footprint of such "personal" decisions. Every decision an American consumer makes is environmentally charged because we use more of everything and pollute more than anyone else in the world. Philly knows this, and she knows that I know that she knows.

As Philly's blueprints materialized, I recognized the green-eyed face of jealousy,

namely my own, reflected in the wall-sized windows of her cathedral-ceilinged great room.

Philly's house is much bigger and far more elegant than my rustic, passive-solar cabin - House Beautiful Magazine versus Field and Stream. Trading jealousy for guilt, I joined Philly on shopping forays and shared her new-house happiness by buying toxic remodeling products likely made by exploited Chinese workers.

Meanwhile, Jake was directing bulldozers to open the view by pushing down two acres of big oaks and pines. No one limited the tread of tires, no one tagged any trees for protection, no one saved the mossy-carpeted forest topsoil for reuse.

In a footprint eight times larger than the standard quarter-acre suburban yard, nothing above microscopic level was left alive, and even the soil microbes must have been pretty hard pressed. Then dozens of dump trucks delivered soil mined elsewhere. Jake just bought a riding mower.

The real test of friendship came when I first walked down the southern slope of Jake's new yard. Fallen trees sprawled across the property boundary and their wilting canopies sagged into our creek, where they would, in a sudden storm, divert the flow and erode the stream banks. I knew this to be a violation of a local erosion ordinance.

Talking to my husband later, tears sprang to my eyes. "If it was anybody else, we would turn them in just like we did those other two neighbors when they threatened the creeks." One case involved a careless logger and the other a careless house-grader, and both times the creeks ran the color of bad coffee.

"Yes, that's true," my husband acknowledged. "But these are our best friends. We're not going

to . . . turn them in?" His voice took a Valley Girl swing upward.

No. Ethical questions about who is responsible for protecting the environment faded in the harsh light of being a snitch. Who am I to criticize, anyway? We sent our share of sediment to the beleaguered Chesapeake Bay when we built our quarter-acre pond. Our ecological footprint here casts a shadow even at high noon on a clear day.

Scales of space and time determine what is sustainable. Extrapolated to each of the world's six billion plus human beings, the scale of even my (minimally) more modest materialism would crash the earth's ecosystems sooner rather than later, according to climatologists.

Well, I'm hoping for another twenty good years of living next door to Philly and Jake before the world collapses or I take the ultimate "Back to the Land" trip. Now that they've moved in, we get together regularly for dinner and a movie. We laugh at all the same jokes, just as we did in our youth. Our dear old friends have become poster people for the American environmental disconnect, but like siblings committed to family peace, we skirt the topics of our personal contributions to consumption, climate change, energy wars, and pollution.

For me, friendship trumps ideology. And if environmentalism is a religion - if the Creation is sacred - then I want to be a "hate the sin but love the sinner" kind of believer, not a "if thine eye offend thee pluck it out" kind. All I can do is ride herd on my own damage to the earth.

Chris Bolgiano is the author of Living In The Appalachian Forest: True Tales of Sustainable Forestry, which won a Southern Environmental Law Center Writing Award, as well as four other books. © 2007 Blue Ridge Press

AMERICAN RIVER MESSENGER

"Written by the people for the people"



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Heart of a Hero Awards



The Heart of a Leader (Mentor/Tutor/ Violence or Drug Prevention)
Knowledge of the Heart (Education/Life Skills/ Coaches)
Community Heart (Corporate Efforts/ Financial Support benefiting children)
Healing of the Heart (Medical, Mental Health, Counseling)
Voices of the Heart (Media Programs benefiting children)
Spirit of the Heart (Spiritual Community)
Heart of a Servant (Civil Servants: Law Enforcement, Military, Fire)
Young at Heart (Youth age 21 and Under serving their peers)
Brave at Heart (Individuals who have risked life and limb to assist children)

Nominations are open through March 17, 2008.
 Media contact: Rick Reed (916) 704-0080.
 Mark your calendar! Come to The 2007 Heart of a Hero Awards and Banquet March 27, 2008 at the Holiday Inn, 5321 Date Avenue. Tickets are \$65.00 and tax deductible. The Awards program benefits CLC youth services across the area. Support our heroes and call now, 916-486-9893 for reservations.

12th Annual Heart of a Hero Awards wants your eyes... and ears too! Find the hero helping kids in your community and let us know! The 2008 Heart of a Hero Awards needs your help!
 The Campus Life Connection's (CLC) Annual Youth Services honors, the Heart of a Hero Awards is looking for people, local programs and businesses in our communities doing exceptional things for kids, 21 and under. The residents of Sacramento, Yolo, Placer and El Dorado Counties can nominate them. Know a good role model? Great teacher? Coach? Doctor? Minister? Parks Program? Local

Business or Company? Tutor? Mentor? Tell us!
 Nominate them now. It's easy to do! How? Call 916-486-9893 for a nomination form.
 Visit www.northareatecenter.com and download a form under the Special Events tab/ Heart of a Hero E-mail nominations to natccrml@aol.com. Fax your nomination to 916-486-9894.
 Information can be called in, faxed, e-mailed, mailed or a nomination form will be sent to you by request. Tell us who is helping kids in the following categories and we'll do the rest!

Daffodil Days Expected to Raise \$285,000 Locally

One of the American Cancer Society's most beloved campaigns, Daffodil Days, celebrates its 35th anniversary in 2008. Organizers expect to raise \$285,000 locally through the sale of daffodils – the first flower of spring and the American Cancer Society's symbol of hope for a world free from cancer.
 "Right now we are looking for volunteers to coordinate Daffodil Days in their company, school, neighborhood or place of worship", said Kimberly Hicks, special events director with the American Cancer Society. "Volunteers begin taking orders in February, and the daffodils are delivered in mid-March. A simple how-to guide will lead them straight to success", added Hicks.
 A bouquet of 10 daffodils can be ordered for \$10. Additional items include a bouquet of daffodils and a green glass vase that can be ordered for \$20 and two bouquets of daffodils in a clear glass vase that can be ordered for \$35. This year also marks the addition of Bea R. Hope, the fourth edition in a special Boyd's Bear collection designed exclusively for the American Cancer Society Daffodil Days. The bear with a bouquet of 10 daffodils can be purchased for \$25.
 A unique component of Daffodil

Days is the Gift of Hope. Donations to the Gift of Hope program will allow the American Cancer Society to anonymously deliver daffodils to cancer patients at medical centers in the greater Sacramento area. "Cancer treatment is tough - I've been through it three times. When patients receive a bouquet of beautiful daffodils it let's them know they're not in this fight alone", said Hicks, a survivor of Ewing's Sarcoma.
 Funds raised through Daffodil Days support the American Cancer Society's research, education and patient service programs.
 Those interested in participating in Daffodil Days are encouraged to attend the American Cancer Society's Daffodil Days kickoff event. Attendees are given a Daffodil Days sales toolkit, along with posters, informational sheets and logistics information.
 "We have one more Daffodil Days kickoff in our area", stated Hicks. "The kickoff is a great place to learn more about Daffodil Days, meet American Cancer Society volunteers, and win great prizes."
 The area's Daffodil Days kickoff will be held in downtown Sacramento on January 23. To register to attend, call the Sacramento County office of the American Cancer Society at

(916) 446-7933 x3 or email SacramentoDaffodils@cancer.org.
 Those who would like to participate in Daffodil Days, but cannot attend the kickoff event, should call the Sacramento County office of the American Cancer Society.
 The daffodils will be delivered the week of March 17, with various pick-up locations in the county. In addition to raising \$285,000 locally, organizers also hope to raise awareness of the American Cancer Society and its mission to eliminate cancer.

What:
 American Cancer Society Daffodil Days Kickoff event
When:
 Wednesday, January 23
Where:
 Sutter Cancer Center, 2800 L Street, Room 220
Time:
 12:00 p.m. – 1:30 p.m.
Contact:
 American Cancer Society
 (916) 446-7933 x3 or
SacramentoDaffodils@cancer.org

Daffodils. Give hope. Give daffodils. Give hope.

Send smiles by the bunch during Daffodil Days.®

Wouldn't you like to send a smile to the people you care about this spring? With your donation to the American Cancer Society's Daffodil Days program, our volunteers will deliver a sunny bunch of fresh-cut daffodils to someone special. But this delivery brings more than just flowers – it helps deliver hope for a future where cancer no longer threatens those we love.

For each bunch of daffodils you send, your donation benefits the American Cancer Society's lifesaving mission to eliminate cancer as a major health problem. We have made great progress, but we need your help to continue the fight against this disease.

So be a part of Daffodil Days and send a ray of sunshine to a friend, and a ray of hope to cancer patients across the country. Send your daffodils today!

For more information, call Kimberly Hicks
916-446-7933 (press 3 at prompt)
 Sponsorships also available

Hope. Progress. Answers.® / 1-800-ACS-2345 / www.cancer.org

★ VETERANS POST ★

by Freddy Groves

Logjam at DFAS

You'll have your check by April. That's the word on the street. Sixty-one new people have been hired at Lockheed Martin to process claims and clear up the backlog at Defense Finance and Accounting Service (DFAS). The issue is the claims of 48,000 retired veterans still waiting on eligibility determinations and payments.
 The backlog started in 2003 when a law change ended a ban on veterans receiving both military retirement pay and service-connected disability pay. Until then a disabled veteran had to waive the right to receive retired pay and only collect VA compensation. When the law changed, veterans

were required to apply for CRDP (Concurrent Retirement and Disability Pay) or CRSC (Combat-Related Special Compensation).
 As with most things, the difficult problems were likely shoved to a back burner. Calculations had to be made with the payments being retroactive. Then there is the no-small matter of a veteran's disability status changing in mid-process.
 What's amazing is that it only took Congressman Dennis Kucinich two weeks to extract a promise from the director of DFAS that Martin Lockheed would be required to increase the number of claims processors.
 What caught my eye in the Kucinich press release is this statement: "Lockheed Martin, as the contractor for DFAS, is responsible for determining eligibility and

getting payments to veterans."
 Lockheed is responsible for determining eligibility? I can see where an outside contractor might be hired to process the actual checks, but what qualifications do the processors have when they're actually determining eligibility?
 Who was keeping an eye on Lockheed Martin while this backlog grew bigger and bigger? It seems that someone would have noticed and made inquiries. But they say April. If you're waiting on your money, mark a big X on the calendar, perhaps on April 1.
 Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com.
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My Role In Honoring Our Veterans

By Rachel E. Wilson

As I walked down the narrow street, I was stopped by a man who sat on the ground counting pennies. He asked me if I had any change to spare. Regretfully, I did not. He had a long, scraggly beard and long, greasy black hair. Next to him sat his friend, Charleen. He introduced himself as Larry King, better known as "Shorty," and of no relation to the talk show host. "I was in the Vietnam War." He said sadly. "When I came home, I was called a baby killer and lost everything." Gladly, I shook his hand, it being a great honor for me to talk to Veterans about their past experiences. It may have been greasy, and he may have smelled foul, but that didn't matter to me. What mattered was his predicament, the same many other veterans are in today. They are homeless.
 My mother is homeless and I had received the opportunity to experience life on the streets for two days. I took the opportunity and found myself waking at

5:30 in the morning to begin her everyday routine. In Downtown, Sacramento alone, there are 541 homeless persons and of those, 455 are Veterans. They do not ask for much. Perhaps some change, a comforting word, or simply to be acknowledged as human beings rather than the trash society has left on its doorstep to rot.
 Now, as I stand in my classroom, reciting the Pledge of Allegiance, I take a long and hard look at the flag. Tears come to my eyes as I think of Charleen; her left arm severed some time back, now in the hospital because she could not take care of herself anymore. I think of Shorty and his wife, Annie, permanently in the hospital, all of his money from his GI bills going to pay for her stay.
 Most days I forget how lucky I am to have great friends, clean clothes that I never wear, and plenty of food. I have people who love me and I am recognized by society as a young consumer, about to enter the world of commerce. I used to be scared to walk downtown for fear

that the homeless would attack me due to dementia or some other mental illness that may have developed due to their stay on the streets. But I will not be afraid any more. I will not fear them because I know they are just like you and me. When I think of our veterans and my role in honoring them, I think of Shorty and the sacrifice that he made at Vietnam so long ago, and I pray that those brave men and women, who now remain homeless, may one day be recognized by society so that their plight may be helped. I know I will never be the same and I know that each time I drive past downtown, Sacramento, I will look for him and pray that he will make it through another night.

Written by Rachel E. Wilson, Fair Oaks, CA
 Presented at the Veterans of Foreign Wars Speech Contest, November 2007. This speech took First Place in the first round and Third Place in the second round

6th Annual American Heritage Day

See history come alive on Monday, February 18th. Celebrate our American Heritage at Mount Vernon Memorial Park, 8201 Greenback Lane, Fair Oaks.
 Crowd pleasers include; visits with the Sons of the American Revolution, the California Consolidated Fife & Drum Band, the Civil War Association, the California State Railroad Museum/Interactive Spike Driving, Gold Panning (small fee), Horseshoeing Demonstration,, Native Americans, Weavers, Old Time Bikes, Pioneer Doll Making, and many others in period dress. This is a great learning experience!
 New to this year's event are; Dr. Solars's Traveling Medicine Show, Wildfowl Carver, Organ Grinder with Hobo the Monkey, Widow Chambers/Gold Rush Puppet Show, Special Blacksmith Demonstration (as seen on Discovery Channel).
 This event will be held rain or shine. For more information call 916-969-1251
Monday, February 18, 2008
10 AM – 2 PM Rain or Shine
 Mount Vernon Memorial Park
 8201 Greenback Lane, Fair Oaks
 Sponsored by Mount Vernon Memorial Park and our friends at Raley's, Starbucks, and Longs Drugs



When someone you love has Alzheimer's, the whole family is affected.

That's why we make sure the whole family is involved.

It takes a special kind of person – and a special kind of place – to provide Alzheimer's care. You'll find both at The Gardens at Citrus Heights.

The special needs of those coping with Alzheimer's and other memory impairments demand a special kind of care and support: for them, and for those who love them.

The Gardens at Citrus Heights offers just that, in a secure, inviting setting.

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To care. To comfort. To understand.

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Lauren Forcella

straight talk for teens

Zero tolerance: "white drugs" a darker side of dark

Dear Straight Talk: My 16-year-old daughter was a great kid until October when she suddenly moved to "the dark side." She picked up a cigarette habit and began hanging with kids with drug and alcohol problems. She dropped out of soccer, is flunking classes, and moved into her dad's house where there are no rules. She talked her doctor into giving her Prozac, telling me she is no longer drinking or smoking pot because it won't be effective, but I found her reeking of pot. I'm there for her when she calls, but she constantly lies about where she is and if she is going to school. I feel used for money and rides. She's throwing away everything that was positive in her life and I feel powerless and angry. What should I do? — No longer Supermom

From Mary, 17: Your daughter is doing what many teen girls do. She will grow out of it. When she pushes you away, just hold on tighter. She might say she hates you, but she doesn't. She just wants to live her life.

From Mariah, 16: Don't give her rides and stop the cash flow. If she is smoking cigarettes and pot then you

know where the money is going. Get her tutors and talk with her father. You need to be a team. She may say she hates you and that you are ruining her life, but your actions are in her best interest.

From Shelby, 16: Stop giving her money. If she needs something, buy it for her, but don't give her cash. This includes lunch money. If she wants lunch, make it for her. You are not forced to drive her anywhere so only drive her to school and maybe the movies or something. If you can, take a vacation with her to get her out of her environment. Transferring schools is another idea. Also, tell her doctor that the Prozac is being misused.

From Bird, 17: I did this same thing only at a younger age. My parents are divorced, too, and my bad behavior only affected my mother as well. She told me to stop, but overall, she knew she couldn't stop me. She is a single working mother and became exhausted with what I put her through. I know now that she blames herself, and no parent should blame themselves for the choices their teenager makes. Many teens feel this is their golden age to get wasted, have a good time, and forget the rest. But you shouldn't give her money because you know where it's going. If your kid has a good head on her shoulders, it should be all right in the end. I know so many

teens who have done this and they turn out just fine. But that doesn't make it any less scary or painful to watch.

Dear Supermom: You heard it from the source: Cut off money and rides and provide for your daughter in other ways. I agree that she will probably return to the light, but there is a darker side of dark out there. Create opportunities to be near her and express your belief in her moral character — AND let her know you will intervene like a hammer if certain lines are crossed. For me, that line is "white drugs" versus "green drugs." Learn about her world any way you can: talk to her friends, and if possible, view her email, MySpace, or Facebook sites (this is one of those times when snooping is permissible). If alcohol and green drugs (i.e., marijuana) are what she is using, keep a wary eye, but if white drugs turn up (such as meth, cocaine, crack, OxyContin, heroine), intervene hard and fast with help from juvenile authorities if need be. These drugs take people into a darkness very hard to climb out of.

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

Miss Teen Sacramento and Mrs. Sacramento Pageant Winners

The Miss Teen Sacramento and Mrs. Sacramento Pageant was held December 16th, 2007 at the Clarion Hotel in Sacramento. The event was well attended by family and friends of the contestants, as well as many of the sponsors of the contestants and the pageant program.

The Method of Judging: Sportswear Competition – Contestants are presented and judged on beauty of face, figure, personality and charm. Oral Presentation – Since she will be the Ambassador of Goodwill for Sacramento County, each contestant will be judged for her ability to communicate with an audience personally and intelligently. Evening Gown Competition – The evening gown worn is not judged, only the contestant herself and her ability to present herself with grace, poise and charm. Entrants must be single, never been married nor a parent.

The Miss winner will receive a \$500.00 scholarship to the University of her choice to further her learning education. The Teen winner will receive a \$500.00 scholarship to the University of her choice to further her learning education. These scholarships MUST be used within one year upon graduation of high school or it will automatically be awarded to the runner-up.

Some of the sponsors included Mix Master Limousine, Hair by Michael Joe, Safeway Stores, Tom Abbott Photography, Performance Chevrolet, Lady J's, Cynthia's Dance Center, Extreme Stitch Embroidery, PennySaver USA, Jim Seibert Vitex Mortgage Group.



Miss Sacramento Kaylee Dixon – Life ambition is to become a pharmacist, have a family with three children and live in San Francisco. Enjoys swimming, shopping and Christmas decorating.



Pre-Teen Sacramento Karolyn Parker – Life ambition is to become an influential singer or actress. Enjoys singing, acting and dancing.



Teen Sacramento Tatiana Ross – Life ambition is to make others happy and able to express themselves through the music that she makes. Enjoys dancing, singing and helping others.



Sacramento Pre-Teen Princess Katrina Daniel – Life ambition is to become an established dancer and famous artist. Enjoys dancing and all forms of artistry.



Sacramento Pre-Teen Princess Sammy Pratt – Life ambition is to get her degree from US Davis and become a Veterinarian. Enjoys reading and taking care of animals.



Teen Capital City Chantelle Dills – Life Ambition is to become a CSI Criminalist after attending college. Enjoys singing opera and Broadway, dancing (ballet, tap and jazz), acting, Karate and academics.



2006-2007 Mrs. Sacramento Jennifer Seibert with 2006-2007 Teen Citrus Heights Carissa Seibert

POPPOFF!

with Mary Jane Popp



book "Playing The Quantum Field" and create some calm in my life. You can check out her website too at www.quantumties.com.

HAVE A GREAT DAY!!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAH10 AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!

Recharge Your Lifeforce

Mary Jane Popp, Host of the popular "POPPOFF" Radio Show presents an experience that will change your life February 2, Radisson Hotel, 500 Leisure Lane from 1-5 PM

Hear and meet a Nutrition expert, Weight control specialist, Exercise guru, Relaxation specialist, Pain control doctor, National Skin care expert, and Plastic Surgeon...all with the hottest new techniques to reverse the aging process. Get a free mini reading from a well known Psychic/Numerologist, snacks, goody bag to take home, and raffle prizes too!

For complete details, call 916-427-8727

TIME TO CHANGE YOUR LIFE

We all go through bumps and bruises in our life, and there are times when we find ourselves in a really bad mood. Now there is a book that explains how the energetic choices we make can truly change our lives. Brenda Anderson has tips to turn your day around in "Playing The Quantum Field" How Changing Your Choices Can Change your life.

Brenda says every choice we make and every thought we think instantly impacts our lives. She goes on to say that the spectrum of choices that create our lives all come together from either a place of fear or a place of power. When we make choices from the Fear Zone, the unsatisfying decisions build on one another and amplify distress. They offer a low ROE...Return on Energy. She shared the examples on Oprah and Friends Radio, now on POPPOFF, and they are clear:

- 1) Comfort Zones...Just because something feels similar doesn't mean it's the most powerful use of your energy
- 2) Head Trips...Mentally replaying the same scenario over and over wears you down and leads to more low-energy choices
- 3) Loops...Making the same mistakes over and over
- 4) Magnets...Negative beliefs can actually create what you are trying to avoid most

When we make our choices from the Power Zone, we get a high energetic return or high ROE and our effectiveness returns:

- 1) Suspend Judgment...Becoming attached to certain impressions can

limit your choices

2) Lighten Up...Laughter shifts your energy out of the Fear Zone and into the Power Zone

3) Tune-In...Unplug from the wired world and get present with the human being in front of you

4) Scan...Using all of your senses to take in the physical, emotional, and intuitive information of your environment

5) Tap The Truth...The greatest power comes when you live in integrity with yourself and everyone else

6) Believe...What you deeply, authentically believe, you create

Brenda also gave some valid tips when a bad mood has you down and out. These can turn your day around:

1) Believe that you really do have the power to create your life. Believe you can lose weight or get a great job to meet a wonderful partner.

2) Beware of the seductive power of negativity. It's easier to complain and blame than find positive emotions. The victim mentality leads to the BLACK HOLE.

3) Give up your need to control. Forcing one's will on others never works. You simply can't control the actions and reactions of others.

4) Stop the head trips. This is when you mentally replay the same scenario and what-ifs over and over, which will wear you down and kick in stress.

Unhappy starts to stressful days can be turned around. When you find

yourself in a chaotic situation, realize you created it. And if you can create chaos, you can also create calm. Which reminds me, I have so much to do today, and I am overwhelmed. Maybe I should sit down and reread Brenda's

Talking About Smoking So Teens Will Listen

(NAPSA)-Parents know it's hard to get teenagers to listen-even when discussing their health and safety. Fortunately, one effective public health campaign has found a way to reach teens and reinforce the dangers of smoking.

Since 2000, the truth(r) youth smoking prevention campaign, from the American Legacy Foundation(r), has been broadcasting advertisements about the health effects of tobacco use and the marketing tactics of the tobacco industry. The campaign has been cited as being a key contributor to significant declines in youth smoking.

A three-year, \$3.6 million matching grant from the U.S. Centers for Disease Control and Prevention is making it possible for the campaign to expand to a number of additional cities across the country. The campaign rolled out in 2006 and featured two television ads, "Body Bags" and "1200." The

two commercials consistently rank among the most recognized truth(r) ads ever among teens. The first ad illustrates the deadly toll of tobacco use each and every day in America. In the "1200" ad, a group of teens marches toward what is identified on-screen as "outside a major tobacco company." Each teen wears a T-shirt with a number separated by a slash from the number 1200 (e.g., 1/1200 or 25/1200). Viewers eventually see 1200 numbered teens on the street in front of the building. All at once they fall to the ground, unmoving. One teen remains standing and holds a sign that says "Tobacco kills 1200 people a day." On the sign's reverse side it reads "Ever think of taking a day off?"

In the "Body Bags" ad, a van and semitruck pull up to what is identified as "outside a major tobacco company." Teens pile out of the van and begin unloading heavy body bags,

then stack them on the sidewalk until there is a wall of body bags covering the corner. A teen speaks into a bullhorn and asks people working in the building if they know "how many people tobacco kills every day," then tells them "We're going to leave these here so you can see what 1200 people actually looks like."

Reaching youth is especially important for the foundation, given that more than 80 percent of smokers start before they turn 18 years old. In 2006, the University of Michigan reported in its annual health findings, "Monitoring the Future," that the historic decline in daily smoking among younger U.S. teens has leveled off. This news makes expanding the campaign even more important. A new wave of commercials will air in 2008 as part of the second phase of the grant.

For more information, visit www.americanlegacy.org.



Previous Miss Sacramento Kimberly Grob did a great job in 2007

Citrus Heights News & Views

Community Marching Band Begins Fourth Campaign

The Citrus Heights Community Marching Band is getting ready to step into its fourth musical campaign.

Fifty musicians enrolled in last year's band, and organizers said they are hoping for even more to show up this year. The Citrus Heights Community Marching Band (CHCMB) calendar runs from March rehearsals through early fall events. Here are a few things those interested in joining the band should know:

CHCMB is co-sponsored by the Sunrise Recreation & Park District and the City of Citrus Heights. The band is listed as a no-fee class in the district's Rusch Park bulletin. Interested participants may sign up in the park's main office, 7801 Auburn Blvd., Citrus Heights. It is not necessary to be a Citrus Heights resident to join the band.

Also offered through the park district and in conjunction with the marching band are baton-twirling classes for interested youngsters who would like march with the band at public events. More details can be obtained through the Rusch Park office at (916) 725-1585. The district's Web site is www.sunriseparks.com.

Formed in 2005, the band is now welcoming musicians ages 12 and up who can read music and have an instrument to play. The first of the weekly Monday practices is scheduled to begin at 7 p.m. March 24 in the music room of San Juan High School, 7551 Greenback Lane, in Citrus Heights. Directors for the year are Tiffany Kincer and Adam Sartain.

Band co-founder Linda Glover stressed that the band "certainly welcomes young musicians, but we especially encourage adults with enthusiasm for marching to join the group. We have had several senior citizens in the band, and they have been among our strongest performers. We also have an adult flag corps and adult baton twirlers.

"This is a band for all ages, and our main goal is to have fun."

The band's first fundraising effort of 2008 precedes its initial rehearsal. Diners at Red Robin Restaurant outlets in Citrus Heights and Folsom will have the opportunity to

support the band on Wednesday, Feb. 6, from 5 to 10 p.m. The Red Robin Restaurant in Citrus Heights is at 7990 Greenback Lane, and the Folsom Red Robin's address is 1011 Riley Street.

"Our November fundraiser at the Citrus Heights location was so successful that Red Robin management agreed to host another one and added the Folsom location," said Kathy Cook, the other co-founder of CHCMB. "Fifteen percent of the restaurants' proceeds during the fundraising event will be donated to the band."

In order to qualify for the fundraiser donation, customers must have a "Get in my Belly" certificate to present to Red Robin servers on Feb. 6. Certificates are available at Citrus Heights City Hall, 6237 Fountain Square Drive; at Rusch Park's office, 7801 Auburn Boulevard; and at the band's Web site, www.chcmb.com. Certificates also

can be obtained by contacting Cook at (916) 725-0198 or Glover at (916) 725-5214. No certificates will be available at the restaurants.

A non-profit organization, the band also accepts independent donations for uniforms, musical instruments, band directors' fees and music through its affiliation with the Hearts for Parks Foundation, 7801 Auburn Blvd., Citrus Heights, CA 95610. Checks written to benefit the band should list CHCMB on the memo line.

The Citrus Heights Community Marching Band was started in 2005 for the sole purpose of participating in the Citrus Heights Red, White, and Blue Parade. CHCMB's role has expanded as organizers of other area events have sought the band's participation. The band has played in other parades, sporting events and community affairs. For the past two years, the band has won top awards marching in the Orangevale Pow Wow Days parade.

"Although there are many bands in the Sacramento region, the Citrus Heights band is the only community band that marches," Glover said. "We never thought we would be doing anything other than the Red, White, and Blue Parade, but after our first public event, the calls started coming in. We obviously fill a need in the community."

For more details about the band or becoming a sponsor, contact Cook at (916) 725-0198 or Glover at (916) 725-5214.

"Let's Get Ready to Rumble...It's Tax Time!!"

Presented by: Alx Smith & Sheri Ryder-Loya, American River Tax Services, Inc.

A. T. (Alx) Smith, ATP, has been working as a tax professional since 1994. She has extensive experience with individual and small business returns and is a specialist in "baby boomer" tax savings. In addition to her licenses as an Accredited Tax Preparer, Alx was employed at E*Trade Financial Services for almost 10 years and holds licenses as a securities broker, securities principal, and is a certified Project Management Professional and Notary Public.



A.T. (Alx) Smith

To reserve a seat or for more information contact Renee "RJ" John at (916) 722-4545

Sheri Ryder-Loya, ATP, Tax Guru and Bookkeeper Extraordinaire, has been preparing individual, partnership and corporation income tax returns for the past 20 years. She specializes in small business returns and employees with un-reimbursed employee business expenses. She is a highly trained audit representative and has given lectures to various business associations on tax savings tips.



Sheri Ryder-Loya

Bring a brown bag lunch!

Date: Tuesday, February 5th

Time: 11:30 am - 1:00 pm

Location: Citrus Heights Chamber of Commerce
7115A Greenback Lane
Citrus Heights, CA 95621

Space is limited - reservations are required
Fax to (916) 722-4543 or
Email RJ@ChChamber.com.

TOPIC: "Can you really do that with your taxes?"

- Record Keeping for the Self-Employed
- Areas of Confusion
- Employ Spouse & Deduct Medical Expenses for Entire Family
- Business Use Divided by Personal Use
- Employ Child/Family Members
- Promotional Expenses
- Heavy Use Vehicle Deduction
- Other Necessary & Ordinary Business Expenses
- Organization - The Good, The Bad & The Shoebox

Mr. Handyman Takes Part in the Renovation of The Ronald McDonald House

Local handyman franchisees get involved with community initiative Citrus Heights, CA (Grassroots Newswire) January 15, 2008 - Local Mr. Handyman franchisees, Joe and Marla Watkins, owners of Mr. Handyman of NE Sacramento County, recently participated in the renovation of The Ronald McDonald House.

Members of the local handyman business donated their time to doing a day's worth of general repairs to the Ronald McDonald House.

"We were honored to be a part

of this worthwhile activity and give back to an organization that is integral to the well-being of children," Joe Watkins said.

"The Ronald McDonald House truly provides hope and inspiration to so many; therefore, it was our pleasure to help create a warm and inviting atmosphere through the renovations," Marla Watkins said.

For more information about Mr. Handyman and how the company can help you with your renovation and repair needs, please visit www.mrhandyman.com, or contact Joe

and Marla Watkins at (916) 676-2602.

About Mr. Handyman
Mr. Handyman is a network of independently owned and operated franchises with over 280 locations in 37 states that provide commercial and residential property maintenance and repair services. Founded in March 2000, Mr. Handyman is a member of Service Brands International, a group of service companies that provide a variety of timesaving services ideally suited for today's active homeowner.

Citrus Heights Writers' Meetings

By Beth Miller Self

Is one of your New Year's resolutions to write your life-history for your next generations? Do you want to leave a legacy so future family members will know what your life was like? Well then you have come to the right place. Sacramento Christian Writers meet weekly at Ascension Church, 7607 Garden Gate Drive, Citrus Heights, to write and edit.

The second Thursday of each month, from 6:15 to 8:15 PM is a writing class. "Writers Write" is the theme for 2008. A writing prompt and time to write is given for your ideas. On the fourth Thursday at the same place and time, [Ascension Church, 7607 Garden Gate Drive, Citrus Heights, from 6:15 to 8:15 PM,] the writings are read and edited if the author so desires. It's a time to learn to write by writing. If you are a novice or are published, there is a place for

you to write and edit your thoughts.

The first and third Thursdays the meetings are in the afternoons from 1 to 3 PM. These times are to critique the writing you have prepared on your own and to receive feed-back on ways you might improve. Often suggestions come from the group that give you new insight into your writing. But you are the author so you choose what to incorporate. There is a diversity of genre. Some authors are writing poetry, fiction, non-fiction or articles along with family lore.

We ask you to bring:

Your body, as a writer and/or editor.

Your mind, with an open attitude.

Your spirit, tuned in and teachable.

Your heart, to share encouraging critiques.

Your desire, to ponder the ideas given for your growth.

Your thirst, your own water to drink (the other thirst, too).

Your writing, six double spaced typed copies (1500 word limit).

Your ears, ready to listen.

Your hands, to thoughtfully take editing notes.

Your expectation, of a blessing.

From Interstate 80, exit on Antelope Road. Drive east one block. Turn right on Garden Gate. Approximately one block it appears that Garden Gate turns to the right, but it actually crosses Van Maren, which is the street that veers to the right. Cross Van Maren and go straight ahead two blocks. Parking is available in the lot at the rear of the church. The cost is two dollars a month. This covers the meeting room, webpage and your choice of one or all four meetings a month.

Come write and keep your New Years' Resolution. You'll be glad you did. You are most welcome.

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Xisters' Networking

Invites you to attend our
Fundraiser Dinner & Fashion Show

🌸 (formal attire) 🌸

When:
February 10th, 2008
5:30 p.m.

Where:
Granite Bay Golf Club
9600 Golf Club Drive
Granite Bay, CA 95746

Tickets:
Per person - \$40
Per table - \$400

For more info contact:
Lori Thomas - (916) 871-9994
or
Lisa Taylor (916) 616-0466

Over the last year Xisters' Networking has hosted several Disaster Awareness Seminars in and around the Citrus Heights and Sacramento Areas. We invite you to attend our first formal fundraiser dinner and fashion show. The money from this fundraiser will be used to purchase 200+ disaster awareness backpacks which will be distributed, FOR FREE, to the first 200 attendees at a special Springtime event in 2008. We thank you in advance for your generous support. Our goal is to ensure that every home in Citrus Heights and Sacramento is prepared in the event of a local disaster.

Xisters' Networking

Carmichael News & Views

Fair Oaks Blvd. Corridor Plan Update

Fair Oaks Boulevard "Main Street" Plan Workshops

Three informational workshops on the Fair Oaks Boulevard Corridor Plan will be held to update the Carmichael-Old Foothill Farms Community Council and the Board of Supervisors regarding land use, main street district roadway and urban design concepts for the Fair Oaks Boulevard Corridor Plan within the Carmichael community. Local residents and businesses will have an opportunity to provide input at the workshops.

The corridor study area is along Fair Oaks Boulevard in the Carmichael community area, starting at Oak Avenue at the southern end, and extending to Marshall Avenue on the eastern end. The corridor also extends northward along Manzanita Avenue to just north of Winding Way

at the northern end.

The Fair Oaks Boulevard Corridor Plan is a multi-year program that will be accomplished in three steps: 1) Defining Opportunities. The first step is to identify issues and opportunities for implementing the community's objectives for Carmichael and Fair Oaks Boulevard. 2) Strategies. The second step will propose land use, economic development, infrastructure, circulation, and design strategies. Concepts report will summarize the results of Step 2. 3) Action Plan. The third step will result in a set of implementation activities that will establish investment priorities and sequencing.

On October 30, 2007 more than 175 people attended the second of three community workshops as part of the Fair Oaks Boulevard Corridor planning process. Participants

were updated and discussed overall objectives for the plan and design options for Fair Oaks Boulevard.

Open House for Business Owners
Tuesday, January 22
9 a.m. - noon
Carmichael Park Club House in Carmichael
Carmichael - Old Foothill Farms Community Council Meeting
6:30 p.m., Wednesday, January 30
La Sierra Community Center
- John Smith Community Room
5325 Engle Road in Carmichael
Board Of Supervisors Workshop
6:00 p.m., Wednesday, February 13
Board of Supervisors Chambers
700 H Street in Sacramento

For more information, call Project Manager Cindy Storelli at (916) 874-6141, email at storellc@saccounty.net

Who Would Star in a Movie About You?

Well, you would. Right? Imagine starring in your own life story. Kind of like a documentary. A lot of people are familiar with Ken Burns' documentaries like "The Civil War," "Baseball," "Jazz" and most recently, "World War II."

Think of a short documentary of that quality, but about...you. The curtains go up, the lights go out and the movie about you starts to roll. The audience tunes into your voice telling your story of an old family photo slowly drawing closer while the music gently accents your memories.

We, the audience listen to your stories as we watch you, your photos, home movies, letters, awards and other visuals come to life with the musical score, allowing us to experience your life growing up, your siblings, your accomplishments, what your first date was like, something you were very proud of, your most memorable time at an amusement park and all kinds of other important events. As we watched, we felt even more connected to you. We were grateful to you for sharing your life and your most intimate feelings with us, your family. We also realized many of the younger family viewers have never heard these fascinating stories. After all, wouldn't you have been interested in a video of your grandparent's life stories?

There's a lot of knowledge and expertise that goes into creating an interesting, informative and entertaining, high-quality Personal Movie, or Documentary and after 22 years of broadcast production experience, Jerry Ayliffe and his team at AM Productions in Sacramento know the tricks of the trade. "There are many components to a



quality, professional Personal Documentary," Ayliffe explains, "Just a few examples would include: creating the most flattering light, finding perfect music, and knowing how to make someone feel comfortable enough to share themselves."

Personal Documentaries are beginning to catch on. Ayliffe notes, "In addition to our senior clientele, we also find a lot of "Baby Boomers" would like a keepsake of their parent's memories."

Jerry and his friendly staff at AM Productions are always happy to answer any questions.

Life Changes? Expect Tax Changes, Too

(NAPSA)-Last year, Michelle W. moved to Ft. Lauderdale, Fla., where she bought her first house. She's not alone. Each year, more than 90 million people experience an event that changes their life. So whether they get married, have a baby, go to college or retire, life's big changes can also mean big changes come tax time.

Here are some simple tips to get the most from five common life changes:

- **Buying a Home:** New home owners can take advantage of new deductions that may substantially reduce their taxes. In addition to mortgage interest, homeowners may be able to deduct property taxes, PMI payments, purchase points and money spent on home improvements. Best of all, the extra write-offs from owning a home are likely to help taxpayers itemize versus taking the standard deduction. Suddenly, state taxes and charitable gifts will earn tax-saving deductions, too.
- **Getting married:** A person's tax situation is high on the list of the many things that change when he or she ties the knot. Most couples will save thousands by filing jointly rather than separately. They may also be able to take an additional allowance on their W-4, keeping more money in their pocket.
- **New Baby:** The birth of a child guarantees major changes... as parents and as taxpayers. A new baby may deliver a \$1,000 child tax credit every year until the child turns 17.
- **Changing Jobs:** Leaving a job and starting a new one has a number



A new baby changes practically everything-including your taxes.

of implications. Taxpayers may be able to take an itemized deduction for the expenses they incur in looking for a new job, as long as they are not changing professions, and if changing jobs requires relocation, moving costs may be deductible.

• **Starting a new business:** Being self-employed has its advantages, especially at tax time. Taxpayers who are self-employed may be able to write off a wide variety of business costs paid during the year, including home office, vehicle use and entertainment expenses.

For people who do experience one of life's big changes, a good way to make sure they get every tax deduction

they deserve is to use tax preparation software.

"With everything that changed last year, I was nervous about doing my taxes myself," said Michelle. "But I decided to give TurboTax a try and I'm so glad I did. It was easy."

Tax preparation software, like TurboTax(r), makes do-it-yourself taxes easy, fast and accurate. TurboTax asks simple questions, puts answers on IRS-approved forms and guides taxpayers through their tax return step-by-step.

For more information about the tax impact of life's changes, go to www.turbotax.com.

Rosy Tips For Valentine's Day

(NAPSA)-Valentine's Day is a great opportunity to communicate how you truly feel about your loved one. A stunning floral bouquet can express a range of feelings, from romantic to friendly to something in between. And from roses to tulips to orchids to lilies, there are flowers to please all the important people in your life.

Roses reign supreme for Valentine's Day. For many, roses are a well-known statement of love and the perfect way to say "I love you." And to make this loving gift a long-lasting one, recipients should follow some simple steps from the floral experts at 1-800-FLOWERS.COM:

- Roses delivered in a box need to be opened at once and placed in water.
- Arrange the roses by filling a vase with cool water and mix in the floral preservative.
- Fill a sink or bowl with water and, using a knife or shears, cut an inch from

the bottom of the stem while holding it underwater. Remove the foliage that may fall below the waterline to help keep the water clear.

- Place roses, loosely yet evenly spaced, in the vase.
- Place the vase in a cool spot.
- Add warm water to the vase every day. Completely change the water every three days and recut the stems.

To order beautiful flowers and other Valentine's Day gifts, such as the Lucky in Love Gift Tower by Julie Mulligan, featuring five gifts in one, including roses, candle and a giant chocolate-covered fortune cookie, visit 1800flowers.com on the Web.



Home Delivery Routes Available
Citrus Heights, Carmichael, Fair Oaks & Orangevale. Must have valid CA Drivers License & Current Auto Insurance. Independent Contractor.
American River Messenger 773-1111

Carmichael Elks Blood Drive

The Carmichael Elks, at the corner of Cypress and Hackbery (489-2103), will be having their next Blood Drive on March 7.

These events start at 9:30 with a lunch break from 12 to 1 pm and will end at 2:30 pm.

Please come and help save a life....every 3.5 seconds, someone in The United State receives a blood transfusion. You must be at least 18 years of age and in good health to be a donor.

For an appointment call Bill or Wanda Johnson at 916-536-0824 Or just drop by.



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A YEAR OF
change!

As families gather over the holiday season, many observe changes in the health and well being of aging parent or family member. As your family member faces the challenges of an aging, you may find yourself concerned about Mom or Dad living alone.

You may wonder if they're eating properly or getting out for shopping or social activities. You may even worry about them being alone and isolated, especially during the long winter months.

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Orangevale News & Views

Rep. Doolittle Offers Retirement Remarks

Good morning, Ladies and Gentlemen. Thank you very much for being with Julie and me this morning. I am honored to represent such a great state and district in the 110th Session of the US House of Representatives. I plan to complete my term and finish my congressional service at the conclusion of this Congress. This circumstance reminds me of a passage in the 2nd letter of St. Paul to Timothy; "The time has come for my departure. I have fought the good fight. I have finished the race. I have kept the faith."

My wife, Julie, and I have made this decision after much prayer and deliberation. It was not my initial intent to retire, and I fully expected and planned to run again right up until very recently. But it distilled upon us that we were ready for a change after spending almost our entire married lives with me in public service. We are at peace with this choice and look forward to starting a new chapter in our lives.

Julie and I have been overwhelmed by the kindness and generosity of those present as well as by the many thousands of good citizens throughout this great part of California. Thank you.

I would like to say a few words on the future of our state and country which I have served for most of my adult life.

To the cynics who have scoffed at the rise of the conservative majority, I quote a great American President, Ronald Reagan "You ain't seen nothin' yet!"

We have accomplished so much working together: Reforming the federal welfare entitlement to emphasize work, job training and education (producing a one-third reduction in the welfare rolls), continuation of funding for the anti-ballistic missile defense program (culminating in the deployment of the system to protect Americans against incoming missiles for the first time in our history), launching and prosecuting with vigor the war on Islamic terrorism, the

rise of the Republican Party to majority status in the House of Representatives for the first time in five decades, and the enactment of tax provisions designed to stimulate job creation and economic growth for the long-term. We protected the Second Amendment and the right to own and enjoy private property secured by the Fifth Amendment.

Most importantly, our persistence was rewarded with the defeat of communism, the establishment of democracy for Eastern Europe, and the seeds of liberty planted for the people of Iraq and Afghanistan. History will record that this era was a turning point for freedom. No rewrite of events will ever diminish these facts.

As far as my efforts here at home, I am so grateful to have been given the opportunity to make significant progress in rebuilding and enhancing the infrastructure of our communities by protecting our forests, building bridges and refurbishing our water systems and highways.

It is my fondest dream that this vision may reach beyond the next election to a new era of prosperity for Northern California.

We have heard about the cries for change that are sweeping our nation.

Let me assure you that Julie and I will never stop fighting for our basic principles and sacred devotion to freedom.

So this morning, I want you to join with us to make the commitment that together we will carry on this struggle - and that we will not become the generation that lost that memory of freedom... That we will support the next generation of conservative leadership for this district and continue the ideals of our Founding Fathers.

We must not surrender to the winds of popular emotion.

We must not give up our sovereignty and control of our borders.

We must not succumb to the liberal defeatists. We must remember like the great General Douglas MacArthur said years ago: "There is no substitute for victory!"

The foundation upon which our nation was built - and our freedoms secured - was the bedrock doctrine that each of us is born with certain, inalienable rights that are derived from our Creator. No government, no tyrant, no ideology will ever justly take those away from us.

As Julie and I begin the next adventure of our lives, we will be pondering the same question that others are asking; what will determine the direction of our country in this coming election?

Looking back centuries from now, what will historians say? Will they say that for one shining moment there existed this near perfect nation that had discovered the blessings of liberty and was on the verge of ushering in a new order of the ages, or a dissolute generation of spoiled and pampered citizens that came to power and then threw it all away?

Will we be swayed by changing political slogans and pandering politicians?

I know what Ronald Reagan would say: Not on our watch!

And I am most grateful for the love, support and sacrifice of my wife and family.

We give thanks to the citizens who have volunteered in our military forces to defend our freedom across the world.

We give thanks to God, who has sustained us.

And we thank you - our friends and supporters who stuck with us through all these years and as we campaigned in four elections to the State Senate and nine to the House of Representatives.

May God bless you and your families both now and in the years ahead.

Help Wanted for "It's a Family Tradition"

Pow Wow Days May 15-18, 2008

Orangevale Pow Wow Days celebration started out in 1963 as "Chuck Wagon Days". In 1964 the name was changed to "Fiesta Days" and again in 1965 to its present title, "Pow Wow Days".

Beginning in 1963 as a "neighborhood" parade the route was originally on Central Avenue, ending at the Orangevale Youth Center on Hazel Ave. A small carnival, and sometimes a Bar-B-Que dinner filled the one day celebration with fun for all. As the community grew, the parade was moved to Greenback Lane, and the festivities expanded to fill four days and nights.

In 1971 the parade changed routes again moving north on Hazel Avenue to Oak Ave. where all the Pow Wow activities were located in the new 50 acre Orangevale Community

Park. In 1974 the parade returned to Greenback Lane.

The Orangevale Chamber of Commerce sponsors the festivities and have enlisted the aid of the community businessmen, citizens, and civic leaders to bring this 45th annual Pow Wow Days to you as the greatest yet.

Seeking volunteers

Want to help with planning, setting up for the events, help clean up during the event or afterwards, and or other needs that come up?

Please call us @ 988-0175 if you can help in any way! Have a Boy Scout troop

or Girl Scout troop that needs to earn a badge? Here is one way the can do it.

Seeking Parade Entry's and Volunteers:

Always wanted to be in a parade, here you go! Parade entry fee is \$15.00 payable when registering. We are looking for troop leaders of boy or Girl Scout troops that may be interested in being in the parade. Please call us.

Just want to give a hand with the parade or planning?

There is still time to do both. Call us and we will let you know how you can participate in your community events.

Seeking Sponsors or Vendors:

Why not sponsor your Community Pow Wow days? We will advertise your company on our banner and in the local paper.

We still have room for Arts and Crafts booths. Space is getting limited so contact us ASAP. This is a good event to get your organization on the map or even your church. Have a craft? Let's get you in a booth.

Still Seeking Bands

Looking to share your sound? Call us A.S.A.P

We will need a CD of your band, Please send it to the Orangevale Chamber of Commerce 9267 Greenback Lane Suit B -91 or drop it off so we can hear what you sound like.

Need more information? Please call us at 988-0175



Rotary Club of Fair Oaks 18th Annual

Charity Crab Feed

Saturday February 9, 2008

Divine Savior Church Hall
At Filbert and Greenback, Orangevale
6:30 - 11:00 PM
Doors Open at 6:00 PM



Includes our famous Minestrone Soup, Caesar Salad, Pasta, Bread Wine by the Bottle or Glass & Full Bar, World's Best Margaritas And lots and lots of delicious Crab!!!!!!

\$45 per person

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Fun Raffle

Music



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- B. Suite at a Rivercats Game plus \$500 Catering Allowance for 16 +
- C. \$1,200.00 Cash (subject to IRS rules)

Proceeds benefit local schools, charities and community projects
For more info call Cynthia Schwartz at 966-1132 or Cliff Strachley at 712-3268

Will Presidential Election Year Affect Investors?



Kirk Camunez

As you are no doubt aware, 2008 is a presidential election year. As a citizen, you may well have a great deal of interest in the election. But how about as an investor? How does an election year affect the investment climate? And - again from the perspective of an investor - does it matter who wins?

To begin with, let's examine how the stock market reacted in the past to the selection of a president. The Dow Jones Industrial Average rose in nine of the past 11 presidential election years, with an average gain of slightly more than nine percent. So it's clear that, for the most part, the market has done pretty well when America goes to the polls.

Does the election or re-election of a president just make us more optimistic, leading us to invest more heavily and thereby drive up the markets? Probably not. In reality, many factors - such as corporate profits, geopolitical concerns, interest rates and inflation - drive stock prices. And this is true in all years, whether an election is held or not. Consequently, stock returns from past presidential election years, while impressive, cannot serve as a reliable predictor of what the market might do in 2008.

Now, let's turn to the next question: As an investor, how will the outcome of the election affect you? There's not really a simple answer. In the past, the stock market has performed well - and performed poorly - under both Democrats and Republicans. Of course, candidates of both parties will have different priorities and try to enact different economic agendas, and these priorities may have some impact - although one that's notoriously hard to predict - on different market sectors. In short, no one can accurately forecast the effect of this November's election on the financial markets, and that won't change even after the nominees are known.

Instead of pondering the "what-ifs" involved in a presidential election, you're much better off following some tried-and-true investment strategies. Here are a few to consider:

Keep on investing. World events may be good or bad, and the stock market may be up or down - but no matter what happens, the most successful investors stay in the market. Look for quality investments and hold them until either your needs change, or the investments themselves undergo some type of transformation.

Know your risk tolerance. If you're losing sleep at night over your investments, you're probably taking on more risk than the amount with which you are comfortable. At the same time, if your investments are putting you to sleep, they may be too conservative, which could mean they're not providing the growth necessary to help you meet your goals. Strive for a balance that fits your investment personality.

Think long-term. If you're constantly adjusting your investment mix in response to short-term events, you'll probably rack up big commissions and you almost certainly won't make the necessary progress toward your important objectives, such as a comfortable retirement. So, train yourself to ignore daily or weekly or monthly price fluctuations and keep your eyes on the far horizon. If you've chosen the right investments, they should be designed to help you work towards your goals in exchange for your patience.

This November, don't forget to vote. But before and after Election Day, cast your ballot for solid investment technique.

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Financial Advisor

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Gold River News & Views

Gold River Villagers New Members to be Welcomed at the Annual Valentine Tea



Bigger, better and more fun than ever, this Friday February 15, 2008 party will begin at 11:30 AM sharp at the Northridge Country Club.

Always an elegant event, this year members will enjoy a spectacular Draper and Damon Ladies Fashion Show. All the latest Spring fashions will be shown. It's going to be a "can't miss soiree". In addition, models will be members of the Gold River Board. Seven of this hard

working group will be fitted out for spring, to share the looks they particularly like themselves. And Karen Graham, Director of Bel Air will be Co-commentator with the Draper and Damon planners, so you know it's going to be a fast-paced and fun showing.

"Mane Attraction" Spa and Salon, doing hair and makeup, is sure to give each of the models a polished, professional look. You might think we've all landed in Paris for

this fashion show! Tres Bon!

Don't miss this very welcoming party for GRV's new members planned by Kay Burton's able committee: Bobbie Wiesner, Margie DeRow, Marylou Colombo & Nancy Buckner.

Non-members please send checks for \$20.00 (payable GRV) to Kay Burton, 1983 French Camp Circle, Gold River, CA 95670 before Feb.9, 2008 for a confirmed reservation.

Got Storm Debris?

Yard Filled with Tree Limbs and Downed Fences?

Customers of County Waste Management & Recycling Can Schedule Junk & Rubbish Pick up By Appointment

Residential customers of the Sacramento County Waste Management & Recycling Department can schedule an appointment to have their tree limbs, downed fences and other bulky items hauled away. Call 875-5555 to schedule an appointment.

"This is an easy way to have the left over debris caused by recent storms hauled away at customers' convenience," said Paul Philleo, Acting Director. "With this service we can remove most types

of bulky items including tree and scrub trimmings no more than 4 inches in diameter and five foot long, lumber, tires with no rims, televisions and refrigerators."

- One time per calendar year this service can be utilized for no added fee; additional appointments may be scheduled throughout the year for a small fee.

- The amount allowed is five cubic yards of waste, which is a pile about 8' x 4' x 4'. This is also about the size of a pick up truck bed filled evenly to the top of the cab.

- Place materials no more than 24 hours before pick up.

- No more than 15 cubic

yards per appointment. There is no charge for the first 5 cubic yards.

- Place your pile in front of your home, at edge of street.

- Don't place pile next to garbage, recycling, or green waste containers or parked vehicles. Piles must not block traffic.

- Piles without appointments will be charge an extra \$50.

- Extra material is allowed at a cost of \$25 per 5 cubic yards

For more information, visit <http://www.sacgreenteam.com/services/cleanupyappt.htm>

Municipal Services Agency: Keeping your community clean, safe and beautiful for today and tomorrow.

Niello to Speak

Assemblyman Roger Niello, 5th Assembly District will be the guest speaker at the American River Republican Women Federated Luncheon on February 9, 2008. Born in San Francisco, Assemblyman Roger Niello has lived in Sacramento nearly all of his life. He graduated from Sacramento's Encina High School, and attended University of California at Berkeley for his undergraduate studies. Assemblyman Niello completed his graduate studies at the University of California at Los Angeles.

Roger worked as a Certified Public accountant until he joined his family's business at Niello Auto Group in 1974. He spent the next 25 years running retail automobile dealerships with his family partners. In 1995, Roger served as the President of the Sacramento Metropolitan Chamber of Commerce, and was a member of the Capital Area Political Action Committee. He was an active volunteer of the community.

Roger was elected to the Sacramento County Board of Supervisors in a special election in February of 1999. As a member of the Board of Supervisors, he served on numerous boards and commissions for Sacramento County. In 2004, Roger was elected to the California State Assembly and was immediately appointed Vice Chair of the Assembly Banking and Finance Committee. During his first term he served on several other committees. He was elected to his second term in November 2006, receiving over 61% of the vote. He was named the Vice Chair of the Assembly Budget Committee, serving as the lead negotiator on budget issues for the Assembly Republican Caucus.



Assemblyman Niello

Niello also currently serves on the Assembly Elections committee in addition to the Joint Committee of Emergency Services and Homeland Security and the Select Committee on Foster Care. He has also introduced legislation to bring about innovative reforms to the methods of contracting public infrastructure, as well as measures intended to alleviate the burden of unfunded mandates the state places on local government.

The Luncheon will be held at Lake Natoma Inn, 702 Gold Lake Drive, Folsom, CA 95630. Republican Women and Men are welcome. Membership is open to all Republican Women and Men. Luncheon at 12 Noon, Cost is \$27. RSVP to 916-435-9730 by February 9, 2008

County Call Center Now Open Till 9 p.m.

Sacramento County has extended their utility call center hours until 9 p.m. Monday through Friday.

County residents can call 916-875-5555 from 7 a.m. to 9 p.m. for information regarding their utility

bills and services including water, sewer, storm water drainage, refuse, green waste and mixed recycling.

Customers of the County Waste Management & Recycling Department can call to schedule an

appointment for their bulky item pick up - everything from tree limbs to appliances.

For more information visit: <http://www.msa.saccounty.net/utilitybilling/default.htm>.

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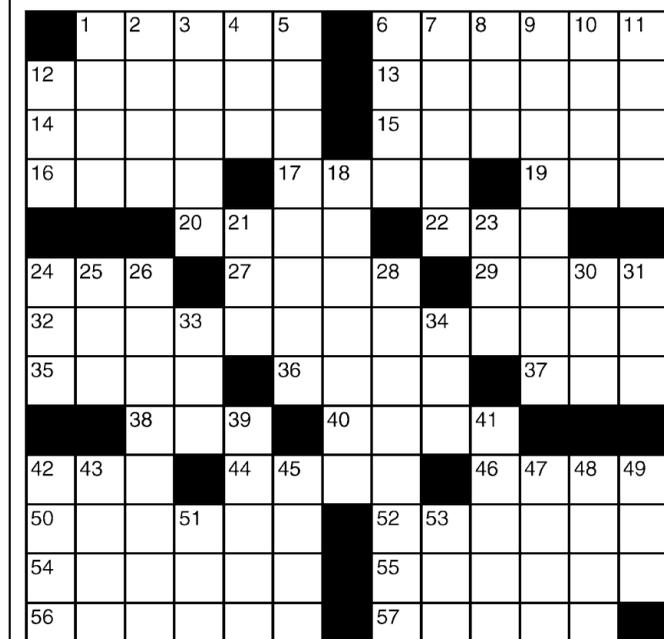
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KING Crossword

Answers on Page 12



ACROSS

- 1 Wound covers
- 6 Old man in the family
- 12 Charm
- 13 Start the computer again
- 14 Eye part
- 15 Amass
- 16 Rams fans?
- 17 Poet Angelo
- 19 Prior to
- 20 Lids
- 22 D.C. figure
- 24 Fawn's mama
- 27 Mainlanders mementos
- 29 Radar dot
- 32 NYC-based organization

- 35 Hereditary bit
- 36 Green land
- 37 Tackle moguls
- 38 "Casablanca" pianist
- 40 Singer Mouskouri
- 42 Deteriorate
- 44 A really long time
- 46 Uppercase
- 50 Chopping tool
- 52 Vent
- 54 Contribute
- 55 Pact
- 56 True
- 57 Watts or

Previn

DOWN

- 1 Variety of duck
- 2 Just adorable
- 3 Definite invitees
- 4 Stein or Stiller
- 5 Wild onrush
- 6 Anatomy man
- 7 Summarize
- 8 Where "Lost" is found
- 9 Sour cherries
- 10 Rain in buckets

- 11 Suits to - affair
- 12 Exist
- 18 Foolish
- 21 Bullring cry
- 23 Kyoto
- 24 Grooved on
- 25 Indivisible
- 26 Genius personified
- 28 Home of the Ringling Circus Museum
- 30 Cartoonist's supply
- 31 Omega preceder
- 33 Afternoon
- 34 X rating?
- 39 Long skirts
- 41 Put on a show
- 42 Opulent
- 43 Dos cubed
- 45 Refined chap
- 47 Winged
- 48 Sampras or Seeger
- 49 Messy environment
- 51 Mimic
- 53 Grecian vessel

Rescue Dogs

"His name is 'Max'—that much we do know. As for what KIND (or KINDS) of dog Max is, now that's a MUCH tougher question to answer! Other than VERY CUTE in a "Tramp"-like way, Max is pretty indescribable... and his photos don't do his cuteness justice. He's neutered; current on shots; 20-something pounds; and about 10 months old. Max's current temporary caretaker says he: is reportedly good with strangers and other dogs; is not food- or toy-aggressive; rides well in the car; is crate-trained; and will sleep quietly either in a crate or on someone's bed at night. I was a total stranger to him when we first met, and Max permitted me to handle him and roll him over with no hesitation or objections on his part. How Max is with kids or cats is not known; although, due to his high energy and friskiness, he could unintentionally

knock small children down until he matures some and/or receives adequate training.

Anyone interested in adopting Max or any other animal should contact animal rescuer Gary Sawyer at ShelterMOU@Hotmail.com."



New Year, New Dog Part III

The next basic command to add to your dog's daily training regimen is "down," which prompts it to move from a standing or sitting position to lying on the ground. As with the command "sit," this command can be used in conjunction with "stay."

Start by training it to go from a standing position to "down" position. With your dog on the leash, have it heel a few paces, then stop and give the command "down." It

will likely not do anything, although some dogs will automatically sit. In either case you need to show it again. Do so by wrapping your left arm securely around your dog's shoulders. Take hold of its left front leg with your left hand, then grab its right front leg with your right hand. Gently lift its legs up and ease it into position on the ground, all the while saying "down" in a firm and steady voice.

Return to the beginning of the drill -- heeling a few paces, stopping, and giving the command, with some physical help if necessary - - repeating the command as you show it how to position.

Once it has the hang of it, add the "stay" command. Again, as soon as it drops into the down position, pivot around on your left foot so you are facing the dog. Hold your hand flat out over its muzzle and say "stay"

firmly and repeatedly, putting it back into position each time he tries to stand up. The initial goal should be five seconds, increasing to three minutes.

As a reminder, keep these daily training sessions to about 15-30 minutes. The key is repetition, not overload.

Recommended book: "Puppy's First Steps: The Whole-Dog Approach to Raising a Happy, Healthy, Well-Behaved Puppy," edited by Nicholas Dodman, BVMS, MRCVS, with Lawrence Lindner (Houghton Mifflin, \$24.95).

Send your tips, questions and comments to Paws Corner, c/o King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or e-mail them to pawscorner@hotmail.com. (c) 2007 King Features Synd., Inc.

Make Your Pet a Star in Hallmark's National Greeting Card Competition

Hallmark wants to know who has the funniest pet photo in America - and the wit to craft a clever "birthday" sentiment to go along with it.

Today Hallmark Cards, Inc., is kicking off "YourPets," a competition in which consumers will enter pet photo birthday card designs, Hallmark will print and sell the finalists, and America will vote on the best. The winner with the most online votes will receive a \$1,000 grand prize and a trip to Hallmark.

"YourPets" is the second in a series of ongoing card competitions Hallmark introduced in November. While the first competition encouraged consumers to design a card corresponding with Hallmark's partnership with (PRODUCT) RED - the finalists of which currently are for sale on <http://www.Hallmark.com/you> - the second rendition is all about our favorite four-legged friends and the things they do to make us smile. In "YourPets," Hallmark is encouraging pet owners to dig through their photo albums and submit the funniest, most endearing, cutest, silliest, or most creative pet photos along with a

corresponding "birthday" sentiment for a chance to win.

"Hallmark consumers have never been shy about sharing their ideas for new greeting cards with us - including sending us their funny pet photos - and we love to hear from them," said Lindsey Roy, senior product manager at Hallmark. "In fact, we want to encourage it. With these competitions, we're giving our fans an opportunity to turn those great ideas into real Hallmark cards. Even better, we want them to select the winner. We can't wait to see which one of their touching pet photos will win America's heart."

If every dog has its day ... is today the day for your dog?

To enter the Hallmark "YourPets" competition, log on to <http://www.Hallmark.com/you> Jan. 14 - Feb. 3, 2008. Sixty-seven finalists will each win \$250 cash, and their cards will be printed by Hallmark and sold both online at <http://www.Hallmark.com/you> and in more than 10,000 stores.

The 67 finalist card designs in the pet picture contest will be selected based

on:

-- Sendability (how easily the card can be sent to multiple people)

-- Theme (how well it fits the funny pet birthday photo theme)

-- Humor/cohesiveness of caption (how well the pet photo and writing go together)

Finalists will be posted on <http://www.Hallmark.com/you> starting March 3, 2008.

The top dog

After the finalists are announced, America will choose the winner. Through an open online voting process, one Grand Prize winner will be selected whose card will be available for sale at <http://www.Hallmark.com/you> for at least a year and may become part of another card collection. The Grand Prize also includes a \$1,000 cash prize and trip to Hallmark with his/her pet for a professional photo shoot and workshop with Hallmark's creative team. Complete contest rules are posted on the Web site. No purchase is necessary.

Songs To Make Dogs Happy!

The first musical CD for dogs approved by dogs

Featuring "Squeaky Deaky" - the "hit" song with dogs - as seen in USA Today.

Created by Skip Haynes and Dana Walden of the L.A. based Laurel Canyon Animal Company (the only record label that creates music about, for and with animals), who utilized the talents and expertise of intuitive animal communicator Dr. Kim Ogden to translate for them.

Canine focus groups selected from over 250 dogs nationwide were assembled and questioned by Dr. Ogden as to their preferences in music and content. The dogs' responses were then used as guides for the music and lyrics resulting in a CD of songs that dogs love. The CD was tested for over 2 years by individuals, rescue groups and the Laurel Canyon Animal Co. for its rehabilitation and entertainment attributes for both dogs and dog lovers. This is a story of major interest to any dog lover - and their dog(s). Try it out on your dog.

Songs To make Dogs Happy!

- Helps ease separation anxiety
- The music to play traveling with your dog(s)
- Used by shelters to calm the animals
- Used by Vets to help dogs in recovery
- Used by cross-country rescue organizations

The response to Songs to make Dogs Happy has been overwhelming. People from all over the country have written to the Laurel Canyon Animal Company to relate the amazing responses their dogs have exhibited listening to Songs To make Dogs Happy over the radio, at home and in their cars. Similar responses have been received from rescue and rehab organizations all over the country.

The Laurel Canyon Animal Company donates hundreds of Songs to make Dogs Happy CDs a year to rescue organizations.

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William Jessup University Community Chorus



ages with singers representing a wide diversity of backgrounds, occupations, and locations of residence- from Roseville to Citrus Heights and Rocklin to Fair Oaks.

Audiences have responded enthusiastically to the ensemble's full range of choral music and unique style which emphasizes communication and relationship with the audience.

For all you music lovers who want to be a part of this new choral group, rehearsals are held at William Jessup University on Monday evenings from 7PM to 9PM.

The director, Tom Ruscica, has served as a faculty member in the William Jessup University Music Department since 2003. Tom has a passion for choral music and it is contagious!

With a record of outstanding successes in the Fall and Christmas concerts, there is still time for new members to join and sing with the choir in the "Night of Classics" concert

on May 2, 2008, the "Spring Concert" on April 11, 2008 and the "Choral Concert on May 2, 2008. All concerts are held at 7:30 PM at William Jessup University located at 333 Sunset Boulevard in Rocklin. That location is the junction of Sunset Boulevard and Highway 65. Please call the music department at (916)577-2274 and tell Tom that Yes! you want to be a part of this community choir!

Everyone is invited to attend the concerts at William Jessup. You'll enjoy an evening of musical selections not only by the Community Choir but also the University Choir and several smaller groups and soloists. The suggested donation for these events is \$10 per person, students are free.

See you there!

Joyce M. Marcroft

By-Joyce M. Marcroft

Organized in September 2007, the Community Chorus at William Jessup University has been an outstanding success!

This exciting chorus ranges in all

Open the Door To Your Heart



By Marlys Johnsen Norris

Whatever our concept or understanding of who God is - He is so much more! We only see God through a darkened glass not always as an Almighty King—Creator/God of all that is-- He is so much more! God Is Love, He loves the whole world yet He loves each of us individually because we are His creation. He is a Father who loves His children.

When we pray (talk to God) each of us will use the word God or

known words for God that are most comfortable and familiar to us. All are appropriate. God has many names as recorded in the Bible. Some may say: God, Jehovah: Jehovah-Nissi (our Banner), Jehoal-M'Kaddesh (who Satisfies), Jehovah-Jireh (who Provides), Jehovah-Rophe (who Heals), Jehovah-Isidkenu (Our Righteousness), Jehovah-Shammah (who is There), Jehovah-Shalom (our Peace), Jehovah-Rohi (our Shepherd), or Master, Yeshua, Lamb of God, Wonderful Counselor, Emmanuel (God with us), Holy Spirit of God, Son of God (Jesus), and more. Each name is associated with some magnificent act of God's nature and plan for mankind. Searching out each name and learning about the actions of His character is an enormous task but extremely rewarding.

Around 400 people wrote and recorded the words of the Bible as the Holy Spirit of God inspired them. It is not just by happenstance that those words were written, recorded and preserved for thousands of years. The

power of God's words have changed and transformed lives as they have drawn men and women to a personal relationship and journey with God. The God of the universe loves you and even as you read these words—His Spirit is speaking and drawing you to Himself that you may become a part of this eternal family for all eternity.

The closer you walk with God—the more intimate He is with you and He enlarges your frame of reference in knowing more about His greatness and His love for you. It is an awesome thing to know a great and mighty Master-Creator of the Universe cares that much. Behold my friend He knocks once again at the door of your heart to be an invited guest into your life. Open the door and enjoy His presence forever!

Marlys Johnsen Norris
LIFE MESSAGE WORKSHOPS
"Intimacy Begins Going God's Way"
Marlysj@sbcglobal.net

Faith Is Willing To Fail



By Pastor Ray Dare

The Bible teaches us that the way we please God is living by faith. Just like a diamond, faith has many facets. One of the facets of faith is risking failure. That means going after that New Years goal or what you've always dreamed of doing, even if it means failing. A great missionary once said, "I'd rather attempt something great for God and fail, than do nothing and succeed."

Faith is being willing to risk failure to go after the dream that God has put in your mind and in your heart. The Bible says in Acts 15, "They risked their lives for the sake of our Lord

Jesus Christ." That's why God blessed them. Have you ever taken any risks for the Lord? Have you ever risked anything for God? Remember the turtle - he only makes progress when he sticks his neck out!

Faith is being willing to fail even if it's part of God's plan. There's a great example in the Bible, in the book of Daniel. Three Hebrew boys were about to be thrown into a fiery furnace because they refused to worship king Nebuchadnezzar. They said, "If we are thrown into the blazing furnace the God we serve is able to save us from it and He will rescue us... But even if He does not we want you to know, O king, we will not serve your gods or worship the image of gold you have set up."

Have you ever been burned in life? Has anyone ever burned you in your attempt to follow God? Faith is willing to be burned. "God, I'm trusting You to do this. But if you don't, even if it doesn't work out, it's okay, I'm still trusting You. You know I'm doing it in faith." God will honor that faith even if it didn't work out the way you intended it to work out.

Don't ever not do something because you're afraid. "I'm afraid, so I won't go after my dream." "I'm afraid to

fail, so I won't set any goals." That's dumb. Go after your dream. Set those goals even though you are afraid. Just because it's a dream from God doesn't mean there's not going to be any fear; there will be.

You think, "But what if I follow my dream and fail? What if I set a New Years goal and fail?" What do you mean "if"? You will fail! Count on it! You will do far more things in life that you fail at, than you succeed at. So what? Failure is no big deal. You just get up and do it again. That's how you learn. Besides, if you're doing it in love, it can't be considered a failure because the Bible says love never fails. So if you're acting in love, you're not a failure no matter what the results are.

Goals are based on what you believe God can do, not what you believe you can do. We may not reach all of the goals we set in life. So what? At least we tried. God will honor that. The thing is you died trying. You gave your life doing something good and great for God.

Pastor Ray Dare,
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BIBLE TRIVIA
by Wilson Casey

1. Is the book of Revelation in the Old or New Testament or neither?
 2. From the book of Matthew, where did Jesus stay when John the Baptist was in prison? *Beersheba, Capernaum, Assos, Cana*
 3. What king slew the Gibeonites, breaking his promise of peace and angering God? *Neco, Joash, Jehu, Saul*
 4. In 1 Corinthians, what churches worshipped on the first day of the week? *Adventist, Galatia, Gideon, Balaam*
 5. Whose wife's mother lay sick of a fever and was healed by Jesus? *Mark, Judas, Simon, Joel*
 6. From Proverbs 22:1, "A good name is rather to be chosen than great ..."? *Riches, Witness, Corruption, Love*
- ANSWERS: 1) New Testament; 2) Capernaum; 3) Saul; 4) Galatia; 5) Simon; 6) Riches
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Travel with Judy

Asilomar - Monterey's "Refuge by the Sea"



By Judy M. Zimmerman

Although you've only recently packed away the Christmas tree and boxes of decorations, it's not too soon to think about a new and different way to celebrate a stress-free Christmas in 2008.

Asilomar, Spanish for Monterey Peninsula's "Refuge by the Sea", will take your family back to a time and place of simple pleasures: walks and bicycle rides along the beachfront, volleyball, billiards, ping-pong, horseshoes, and bird watching.

During the evenings, you can enjoy precious time together in fireside conversations, cards, board games, sing-a-longs around the piano, or rousing team games like Charades and Pictionary in your family's own one cozy meeting room (included in the group cost).

Asilomar Conference Ground's group price also includes three country-style meals in the casual, inviting atmosphere of the Crocker Dining Hall. On Christmas and Thanksgiving Days, there's a delicious traditional buffet feast. "We just started a wonderful new Christmas tradition this year," said Front Desk Manager Scott McQuiston. "After dinner, guests are invited to enjoy a Christmas theater performance in

the chapel auditorium."

Family Reunions and other group guests also have the option of custom planned menus served in one of the special event rooms. A popular choice is a barbecue prepared in the oceanside fire pit complete with picnic tables and red-checked table cloths. Established in 1913 as a campsite for the YWCA, Asilomar Conference Grounds (a unit of the California State Park system) blends acres of coastline of sand dunes, Monterey pine, cypress and oak forests within the quaint and scenic town of Pacific Grove. Its Arts & Crafts style buildings were designed by Julia Morgan, California's first female architect who assisted in the creation of Hearst Castle.

All the rooms in the historic buildings are more rustic than the standard rooms, which are similar to what you would find at a hotel with two exceptions. "Remember - it's a retreat, not a resort," said McQuiston. "There are no tv's or telephones in the rooms, but we do have free wireless available in the lobby."

So many special activities are very near Asilomar. The Monterey Bay Aquarium is a 45-minute bike ride along the beautiful shore (bicycles are available to rent). Or you can admire thousands of majestic

butterflies that migrate to the butterfly trees of the Monarch Grove Sanctuary in Pacific Grove. And it's only minutes away to the entrance of the famed 17-Mile Drive that wanders along Pebble Beach and through the Del Monte Forest. For those interested in shopping and art, Carmel by the Sea is also a gorgeous place to spend a day.

If You Go

- o Space at Asilomar is limited at Thanksgiving, but the week between Christmas and New Year's Day is wide open.

- o Minimum group size is usually 10 people, five rooms. Meeting rooms may not be in the same building. Reservations accepted 18 months in advance. Call 831-372-8016, E-mail: AsilomarSales@DNCinc.com

- o Price for "leisure guests" (individual bookings) includes bed and breakfast only.

- o Reservations 6 months in advance. Call 866-654-2878

- o No extra charge for ocean views (12% of the rooms) because they cannot be guaranteed.

- o For reservations and information about golf and aquarium packages or midweek specials, www.VisitAsilomar.com

RILEY REVIEWS



Tim Riley

NEW DVD RELEASES A BETTER BET THAN WEAK LINEUP OF FILMS

Though it has nothing to do with the writers strike, there is not much in the way of new films for the start of a new year. The early crop of films, such as they are, is so weak that studios won't bother to screen them for critics. This neglect is a calculated strategy to dump some lousy films on an unsuspecting public. Well, I won't fall for it, and neither should you. So let's take a look at some of the DVD releases for the short term, and figure out if staying home is a better option.

If the writers strike keeps going on indefinitely, we might be seeing more DVD releases like the one for "El Cid," starring film legends Sophia Loren and Charlton Heston from a bygone era when grand-scale, sweeping historical epic films were made in Hollywood. The Limited Collector's Edition of "El Cid" digitally remasters its picture and sound, with an introduction by director Martin Scorsese. The richly romanticized tale of a real-life Castilian knight and legendary Spanish hero earned several Oscar nominations and popular acclaim. The special two-disc DVD set includes not only multiple featurettes, but also reproductions of the original 1961 souvenir program and original 1961 El Cid comic book.

WOBBLING THROUGH STRIKE, TV NETWORKS KEEP UP WITH REALITY AND MORE

Though it has nothing to do with the NFL playoffs, at least for sports fans, are the best thing happening on television right now. Unless you are catching up on movies released before the holidays, it's a bleak time at the cinema. Film studios did not bother to provide press screenings for new films like the "Alien vs. Predator" sequel and the horror flick "One Missed Call." No one needs to be a clairvoyant to figure these films are sinkers to be avoided at all cost. This leaves us with television as the mass medium for entertainment.

While not keeping the late night shows off the air, the continuing writers strike is throwing a monkey wrench into TV programming, and sadly this situation shows no sign of being resolved any time soon. For the first time in memory, the nation's TV critics won't be gathering in Los Angeles this January for the press tour to preview new TV series and specials. Did I mention it's becoming a bleak time on television?

At some point, due to the strike, the television and cable networks will eventually run out of new scripted programs. That leaves us with the troubling possibility of more reality shows. Hasn't CBS run out of interesting places for "Survivor," and for that matter, does anyone really care? In any case, the granddaddy of reality shows, "American Idol," returns on FOX for a two-month run for twice weekly shows, until late February when it kicks into three nights a week. Talk about filling up the TV schedule!

"American Idol" jump starts the FOX schedule with a two-night, four-hour premiere featuring outrageous new auditions on Tuesday, January 15th and Wednesday, January 16th. Episodes featuring the auditions held across the country in San Diego, Dallas, Omaha, Atlanta, Charleston, Miami and Philadelphia will air on four consecutive Tuesdays and Wednesdays. The lucky hopefuls who get the judges' approval move on to the Hollywood Round which starts up in mid-February, at which time dreams come true for 24 contestants when the Top 12 male and Top 12 female semifinalists are picked. Then it will be up to you America to decide who moves forward in the competition, and after a series of elimination rounds it all comes down to the final vote being revealed on Wednesday, March 12th.

Long ago in her teen years, the pretty Elizabeth Berkley showed promise in her starring role on the TV series "Saved by the Bell." Later, her career took a big nose dive playing a Las Vegas stripper in "Showgirls," a huge flop at the box office that only later acquired classic cult status in DVD release. Now she's stepping up, so to speak, as the host of a dance show, a reality series on Bravo called "Step It Up and Dance." There will be no need for Elizabeth to work the stripper's pole, because after all this series involves more serious choreography. As expected in a reality series, there will be 12 dancers competing for a \$100,000 top prize in "Step It Up and Dance," which may not air until spring.

Lifetime Network has a Friday night reality programming block, with such shows as "How to Look Good Naked," "Top This Party: Orange County," and "Top This Party: Las Vegas." Recently added to the lineup at the start of January is "Matched in Manhattan." Matt Titus, New York's premiere relationship expert and dating coach, specializes in helping both single women and gay men find their Mr. Right. "Matched in Manhattan" follows Matt and his business partners as they hit the streets and cafes of New York City to show their clients what it takes to snag the man of their dreams.

One way to beat the strike blues is to bring back old classics, and this is what GSN is doing with old favorite panel shows such as "What's

An ongoing trend in the DVD business is the reliance on the ubiquitous Collector's Edition to spice up old favorites. This is the case for director Rob Reiner's timeless romantic comedy "When Harry Met Sally." Starring in the titular roles, Billy Crystal and Meg Ryan attempted in comical ways to answer the question of whether sex will ruin a true friendship between a man and a woman. The film was memorable for some of the greatest scenes and quotes in movie history. Now, this special edition of the DVD has many hilarious deleted scenes and never-before-seen bonus features, including the "I Love New York" featurette in which the cast and crew describe the location and its importance in setting the story.

Denzel Washington cut a charismatic figure as Frank Lucas, the brutal heroin kingpin from Harlem, smuggling the drug into the country from the Far East in "American Gangster." This film may be released on DVD sometime in February at the earliest. Meanwhile, the true story of Frank Lucas' drug rival during this era is being released as "Mr. Untouchable." Nicky Barnes became the face of drug trafficking and dominated the heroin trade scene of the 1970s. Trusted and trained by two Italian mobsters, Barnes set up his own black crime family, the Council. Infamous for his excessive lifestyle and inability to be prosecuted, Barnes was dubbed "Mr. Untouchable." After 23 years of silence, "Mr. Untouchable" includes firsthand tell-all testimony from Nicky Barnes, who is currently in a witness protection program. The film includes interviews from former Council members and others in the Barnes drug collective. One of the bonus features is a recorded phone conversation between Nicky Barnes and Frank Lucas.

Maybe you didn't catch this quirky dark comedy series when it was on the FX network, but now you can pick up "The Riches" Season One DVD set. Eddie Izzard and Minnie Driver star as Wayne and Dahlia Malloy, who take their family of three children for a life on-the-run to con and scam the unsuspecting and the greedy. One day, in a darkly comedic twist of fate, an opportunity presents itself, allowing the Malloys to escape from their past by pulling off the con of all cons. They assume the

identity of a family living a privileged life in an exclusive, gated suburban community. Living as law-abiding citizens is complicated by nosy neighbors, jealous fellow con artists, and authorities hot on their trail.

British actor Clive Owen is not quite a household name, but he's done terrific work in films like "Croupier" and "Children of Men." Not so long ago, in recognition of his charisma and physical presence, he was touted as a possible James Bond. His early television work made him a huge star in Britain, and now it is time to catch up to "Chancer." Acorn Media already released "Chancer, Series 1" last year, and now "Series 2" delivers the final seven episodes about a con artist, swindler and purported savior of a struggling sports car company. The central figure is Clive Owen's Stephen Crane, an irresistible rogue who gets caught up in enough intrigues involving sex, money and power struggles to rival anything seen on "Dynasty" or "Dallas."

Jason Biggs, who achieved notoriety by carnal knowledge of baked goods in "American Pie," stars with Isla Fisher in the riotous comedy "Wedding Daze." After suddenly losing his "perfect girlfriend," Biggs is convinced he'll never find love again. But at the urging of his best friend, he spontaneously proposes to a neurotic coffee shop waitress named Katie (Fisher). Thus starts an unusual journey to the wedding, which somehow involves a prison break by the bride's father and a robbery of a clothing store for appropriate wedding attire.

The Dragon Dynasty label from the Weinstein Company keeps cranking out martial arts films. "Fatal Contact" presents a dark, amoral world with contemporary style, pace and themes. A naive martial arts champion of China's national team, Kong (Wu Jing) is desperate for cash and with the added pressure from his girlfriend he reluctantly joins an underground fighting ring. Blending visually brilliant fight scenes with raw violence, "Fatal Contact" is broken up by occasional humor from the supporting cast, including funnyman Ronald Cheng.

The post-holiday cinematic blues should end in the next week, and the studios will be back to promoting even their mediocre product.

its trademark provocative storylines, sizzling sexuality, and heart-rending emotion. If you know what the L word is, then you can figure out why the series stars a long list of women, ranging from Jennifer Beals and Pam Grier, to Marlee Matlin and Cybill Shepherd.

Saving the best for last, it's good to report that everyone's favorite neurotic detective is returning for a sixth season of unconventional sleuthing. Indeed, Tony Shalhoub is back once more as the obsessive-compulsive Adrian Monk. In the winter season premiere of "Monk," Adrian Monk infiltrates a cult to solve a murder, only to fall under the spell of its charismatic leader.

My Line?" and "I've Got a Secret." The longest running primetime game show ever, "What's My Line?" consisted of four panelists who tried to guess either the unusual occupations of guest contestants or products associated with them. "I've Got a Secret" featured four celebrity panelists who by cross examination tried to determine each contestant's secret. GSN is airing these old classics from 3:00 a.m. to 4:00 a.m. nightly, thus securing a lock on the viewing habits of insomniacs. This is your chance to see celebrities like Jayne Mansfield, Milton Berle and Liberace, but it would seem not all that difficult to recreate these programs with a contemporary vibe.

Notwithstanding the ongoing work stoppage, it's not all reality and game shows in TV land. FOX is launching the two-night premiere of "Terminator: the Sarah Connor Chronicles" on Sunday, January 13th and Monday, January 14th. "The Sarah Connor Chronicles" represents an exciting reinvention of the "Terminator" franchise, in which the strong and intrepid Sarah Connor (Lena Headey) discovers that protecting her 15-year-old son John (Thomas Dekker), and stopping the rise of the machines is more difficult than she had ever imagined. Sarah and John are joined by Cameron (Summer Glau), an enigmatic and otherworldly high school student who proves to be much more than a friend, and James Ellison (Richard T. Jones), an FBI agent hot on the trail who soon becomes a powerful ally. There's nothing in the press notes to suggest that the Governor is making a cameo appearance.

Thanks to a Hallmark Hall of Fame presentation, the CBS Network features an original movie in late January, "The Russell Girl." Amber Tamblyn, best known for her starring role in the CBS series "Joan of Arcadia," stars in the titular role of Sarah Russell, a young woman locating to Chicago where she works as a department store buyer. While in Chicago she receives some unsettling news, which brings her back to her small-town roots. A woman of secrets, Sarah has a past she's run away from, and now she's consumed by guilt over something that happened half-a-dozen years ago.

The Hallmark Channel is busy putting on its own original movies. In the titular role of "The Good Witch," Catherine Bell's beautiful and mysterious Cassandra Nightingale moves into Grey House, the haunted mansion in a small town. Opening a new age shop in the center of town, Cassandra sets about winning over the town folk with her seemingly magical remedies, but trouble is brewing and not everyone has fallen under her spell. "Melrose Place" star Laura Leighton stars in "Daniel's Daughter" as Catherine Madigan, a New York career woman with a high-powered job and millionaire finance. But when she's told that her estranged father has died and his last request was for her to escort his ashes to their tiny Massachusetts hometown, Catherine begins a journey that will lead her to question the beliefs she's held about herself, her father and her seemingly perfect life.

Cable networks remain active with new, though familiar, product. HBO launches the fifth and final season of the Emmy Award-winning series "The Wire." Centered on the vagaries of crime, law enforcement, politics and the media in the drug-saturated streets of West Baltimore, "The Wire" continues its gritty drama that has won so much acclaim. Showtime continues the fifth season of "The L Word," with

KVIE Contest Calls For Young Writers & Illustrators to Create a Storybook

By Sheryl Brown, KVIE Staff

14th Annual Competition for Kindergarten to Third Graders

Sacramento, CA - Kindergarten through third graders is invited to write and illustrate original storybooks and enter them into KVIE Public Television's 14th Annual Reading Rainbow Young Writers & Illustrators Contest.

Sponsored by the award-winning PBS television series READING RAINBOW and SYLVAN, the Contest attracts close to 1,000 entries locally. KVIE Public Television together with more than 100 other PBS stations nationwide offers the Contest. Kindergarten through third graders may enter the Contest by creating an original story with illustrations and submitting it

with an official entry form to KVIE. Rules and entry forms for the Contest are available beginning February 1, 2008 at local Sylvan centers, participating local Libraries, and online at www.kviekids.org.

Airing weekdays at 1:00pm on KVIE's channel 6 service, READING RAINBOW builds lasting friendships between children and books. The Contest builds on the program's mission to encourage a child's love of books and reading.

Every child who enters the Contest receives a special Certificate of Achievement. Local winners receive additional prizes at a recognition event held at Fairytale Town, and their stories will be posted online at www.kviekids.org. Local first place winners advance to the national

competition.

National prizes are awarded to three winning stories in each grade. In 2008, national prizes will include a laptop computer (Grand Prize), flat panel TV with DVD player (2nd place), and MP3 player (3rd place). Each national winner also receives three READING RAINBOW library sets (5 DVDs and books) for his or her home, school and library. In addition, national winning stories are featured on pbskids.org, one of the most-visited national websites for children. To read previous local winning stories visit www.kviekids.org

For more information about KVIE programming, visit www.kvie.org



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top 10 movies

1. National Treasure: Book of Secrets(PG)
Nicholas Cage, Diane Kruger
2. Alvin and the Chipmunks (PG)
Jason Lee, David Cross
3. I Am Legend(PG-13)
Will Smith, Alice Braga
4. Charlie Wilson's War(R)
Tom Hanks, Julia Roberts
5. Juno(PG-13)
Ellen Page, Michael Cera
6. Alien vs. Predator
— Requiem(R)
Reiko Aylesworth, Steven Pasquale
7. The Water Horse: Legend of the Deep(PG)
Emily Watson, Ben Chaplin
8. P.S. I Love You(PG-13)
Hilary Swank, Gerard Butler
9. Sweeney Todd: The Demon Barber of Fleet Street(R)
Johnny Depp, Helena Bonham Carter
10. Enchanted(PG)
Amy Adams, James Marsden

CRITIC'S CORNER

By D.N.A. Smith

"National Treasure: Book of Secrets"

Running time: 124 minutes
MPAA rating: PG

I must confess, I avoided the first "National Treasure" movie because I thought it looked like a lame rip-off of "The Da Vinci Code." Which is saying a lot, because "The Da Vinci Code" is one of the worst books I've ever read and an even lousier movie.

So, you can imagine what I thought of "Book of Secrets."

It's not as bad as "The Da Vinci Code," but it certainly is a sloppily written, convoluted mess that wastes the talents of some outstanding actors like Nick Cage, Jon Voight and Helen Mirren.

Cage reprises his role as Benjamin Franklin Chase, an archaeologist-hero character who couldn't hold Indiana Jones' hat. Chase must find a legendary pre-Columbian city of gold in order to clear the name of an ancestor who is accused of being an accom-

plice in the murder of Abraham Lincoln. Yeah. I don't get it either.

Chase and his crew follow a string of clues that lead to kidnapping the current president, breaking into Buckingham Palace and discovering the existence of a secret book that only presidents know about. The book contains, among other things, the truth behind Area 51, the JFK assassination and something mysterious on page 47 that will be explored in the third film.

I didn't expect much from "Book of



Diane Kruger, Nicolas Cage

Secrets," and that's what I got. Truth be told, though, I really, really wanted to be surprised and delighted by the movie. I wanted another Indiana Jones type of movie that I could be a fan of.

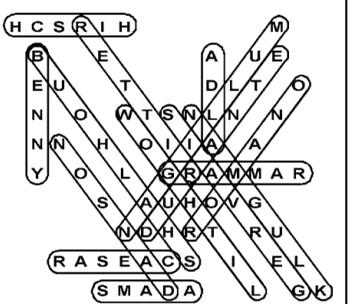
With a better writer and director, there may be hope for the third installment.

GRADE: C-

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

Magic maze Answers

EMMY FOR LEAD ACTOR - COMEDY SERIES



Trivia Answers

1. Mushroom
2. Sound navigation and ranging
3. Muhammed Ali and Joe Frazier
4. Shinbone
5. Zena
6. Endor
7. Maurice, Robin and Barry
8. George Town
9. British prime minister
10. Malaria

King Crossword Answers

Solution time: 24 mins.

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

Information Sought in Rosemont Bank Robbery



On January 12, 2008, two unidentified males robbed the Bank of America branch located in the Savemart Supermarket, 9137 Kiefer Boulevard, Sacramento, California. The two suspects, both wearing camouflage jackets, entered the bank and demanded money from the tellers. Following the robbery both men fled the bank on foot. The Sacramento

Violent Crimes Task Force (SVCTF), comprised of Federal Bureau of Investigation Agents and Sacramento County Sheriff's Department Robbery Detectives, is seeking information on these two unidentified male bank robbers. Suspect #1 is described as a black male adult, early to mid 20's, 6', 200+ lbs, black facial hair, wearing a black baseball cap, tan camouflage jacket, black sunglasses and gloves.

Suspect #2 is described as a black male adult, late teens to early 20's, 5' 10", 160 lbs, orange/brown shoulder length dreadlocks, wearing a green/grey beanie, green camouflage jacket, dark shirt and sunglasses.

Anyone with information regarding this robbery is asked to contact the

FBI in Sacramento at (916) 481-9110, the Sacramento Sheriff's Department at (916) 874-5115, or Crime Alert at (916) 443-HELP.

Callers can remain anonymous and may be eligible for a reward of up to \$1,000.00.



School Bus Collision Results In Minor Injuries of Three Students and Bus Driver



On January 18, 2008 at approximately 8:00 a.m., Adalberto Lugo was driving a County of Sacramento dump truck on Glentana Way at Watt Avenue. Lugo was stopped at the posted stop sign and was preparing to turn south onto Watt Avenue. As Lugo begin to make his left

turn, his view was obstructed by another County of Sacramento truck that was traveling northbound on Watt Avenue in the slow lane. As the other truck began to make a right turn on Glentana Way, Lugo began to pull into the intersection failing to see a 2000 International school bus approaching in the fast lane. The front of Lugo's vehicle struck the right rear of the school bus. The impact caused the school bus to spin around and overturn on its side. Three young students (2 male and 1 female) that attend Wilson C. Riles Middle School in Roseville were transported to UCD Medical hospital

for precautionary reasons. The driver, Vanessa Bush was also transported to UCD with complaint of pain to her left side. Lugo was not injured.

All Special Ed School buses are equipped with seatbelts; however, the students are not required to wear them. It is unknown at this time if the students were restrained or not. The school bus is out of the Center Unified School District.

At the time of this release, all parties have been released from the hospital. This case is still under investigation.



CITRUS HEIGHTS POLICE DEPARTMENT



01/11/08-1602 hrs Elder Abuse/ Battery on Peace Officer 7600 block of Oakwood Lane
The suspect, Bryon Raco (12/04/82) kicked and punched his grandparents during an argument at their house. The grandparents sustained visible injuries. The suspect fled and was contacted in the area by CHPD officers. The suspect was uncooperative and intentionally spit in the officer's face. The suspect was arrested and booked at County Jail for Elder Abuse and Battery on a Peace Officer. AT211

01/11/08-1719 hrs Attempt Grand Theft/ Criminal Threats/Warrant Arrest 7010 Auburn Blvd; Walmart
Loss Prevention Officers approached the suspect, Jeffrey Hamler (12/14/69) after watching him in the store. They found the suspect suspicious because he had selected a computer and walked it toward the garden area exit. The suspect noticed the employees following him, left the computer in the store, and exited. The Loss Prevention Officers approached him in the parking lot. The suspect threatened them. He advised he had a gun and would shoot them if they did not let him flee the area. Officers were on scene in the parking lot, on a separate call. They noticed the suspect running but lost sight of him as he crossed Auburn Blvd. An area check was conducted. The suspect was found hiding under a vehicle nearby on Auburn Blvd. No weapon was seen or recovered during the incident. The suspect had a felony warrant for criminal threats and burglary. He was arrested and booked at County Jail. AT211.

01/12/08-1422 hrs Domestic Violence/TRO 7000 block of Woodmore Oaks
A CHPD Officer responded to the listed address for a violation of a restraining order that had just occurred. The suspect identified as Lee COLLINS (04-09-80) was released from jail last night. Collins came back to the residence, violating the order, and grabbed the victim's wrist causing visible injury. The suspect fled the scene prior to police arrival. (Ford #209)

01/12/08-1704 hrs Domestic Violence 800 block of Sayonara Dr #132
Officer Cox responded to the listed address, where the suspect punched the victim causing visible injury. The suspect was identified as Henry GARCIA (12-30-51) who fled the scene on a bicycle. An area check met with negative results. (Ford #209)

01/12/08-1505 hrs 245 PC, 422 PC, 417 PC 6000 block of Creekbed Lane
A CHPD Officer responded to the listed location, where the victim reported that Loretta SAMS (06-12-69) hit her over the head with an empty 40oz beer bottle several times, and then attempted to stab her. SAMS fled the scene in a rented '05-'06 Chevy Malibu, silver. An area check for SAMS and the vehicle were negative. (Ford #209)

01/12/08-1822 hrs DUI Arrest Auburn/ Antelope Rd
CHPD Officer stopped a vehicle displaying no license plates near Ugly's Bar. He contacted the suspect, Randall Murr (01/15/54) and determined he had been driving while under the influence of alcohol. He was arrested and booked at County Jail.

01/12/08-2254 hrs Injury Traffic Collision Auburn/ Antelope Rd
CHPD Officer watched a motorcyclist driving recklessly near this intersection. The driver lost control and fell off of the motorcycle. The driver was the only person injured. He sustained a broken arm and a broken nose. The driver was not impaired.

01/12/08-0126 hrs 20002 VC 8000 block of Glen Creek Way
CHPD Officer responded to this address after a Chevy Astro van collided into the bushes and trees at the above residence. The vehicle got stuck in the tree and narrowly missed entering the residence through the front door. The driver exited the van through the passenger side door and took off running on Coral Oak. The inside of the car smelled of an alcoholic beverage and the suspect driver was never found.

01/13/08-Supplement 273.5 PC/273.6 PC 7000 block of Woodmore Oaks
A CHPD Officer was in the area of Fair Oaks and Woodmore Oaks when he observed a male matching the description of Lee COLLINS (04-09-80) who was the suspect in his domestic violence case from yesterday. The officer checked the immediate area but did not locate him. The officer then responded to the address, and located Collins at the residence, where he was taken into custody without incident. Collins was transported to Sac County jail for booking. (Ford #209)

01/13/08-1022 hrs Mayhem 6000 block of Revolution Lane
A CHPD Officer responded to a local Hospital to contact the victim of an assault. The victim stated that he is the father of Justin PERKINS (12-25-79), and they were involved in an argument the previous night. The victim recalled getting punched by Perkins, but not much more. The victim sustained multiple injuries to his head and multiple bruises to his rib cage. Perkins was contacted at his grandmother's house and was taken into custody. He was transported to Sac County jail for booking. (Ford #209)

01/14/08-2242 hrs 11377 H&S Sunrise Vista & Greenback Lane
CHPD officers located a suspicious vehicle with subjects "dumpster diving" next to the vehicle at the above location. The subjects were contacted by the officers and two were ultimately arrested. #1 Melina Kleckner (12/11/73) was arrested and booked for 11377 H&S. #2 Marc Singh (11/16/70) was issued a citation for his warrant and released.

01/14/08-0015 hrs 459 Vehicle Birdcage St at Kingswood and Uplands
CHPD Officers responded to the area of Birdcage Street and Kingswood after a call of a black male with a beanie who was breaking out windows of vehicles in the parking lot. When officers arrived they located eight vehicles that had been burglarized between the two locations listed above. The suspect was not identified.

01/14/08-0223 hrs TC/DUI 6171 Greenback Lane (Carolina's)
CHPD Officer responded to the above location for an unknown injury traffic collision where a Ford F250 rolled over onto its top and collided with the fence in the Carolina's parking lot. Upon arrival Officers located the driver and solo occupant of the vehicle attempting to leave on foot towards McDonald's. Officers detained the driver for further investigation and later determined him to be driving under the influence of alcohol and or drugs. Sebero Ceja Jr. (1/11/82) was arrested and booked into jail for DUI. He sustained no injuries during the collision even with the vehicle rolling onto its top.

01/15/08-0953 hrs Burglary 7900 Block of Larwin Dr
Officers responded to a residential burglary in progress during which the resident was home. Officers spotted subjects matching the suspect's description near Sayonara and followed them to an apartment on Sayonara. The burglary was solved with the confession of a suspect and by finding the stolen jewelry at the apartment. The suspect was a juvenile.

01/15/08-0308 hrs Warrant Arrest 6982 Sunrise Blvd (Food Max)
A CHPD officer was flagged down by Shontell Van at the above location and time. Shontell proceeded to provide false information to the officer. Ultimately, the officer discovered that Shontell had an outstanding warrant for her arrest. She was booked on the aforementioned warrant without further incident.

01/16/08-1535 hrs Burglary Macy's Men, Sunrise Mall
CHPD officers responded to the Macy's Men store and investigated a burglary by two subjects. As a result of the investigation Justin Mayne (11-19-89) and a 17 year old friend were arrested for burglary. One was booked into the County Jail and the other was booked at Juvenile Hall.

01/16/08-1624 hrs ADW (Hands / Feet) 8000 Block of Glen Briar
CHPD officers responded to this location after a suspect attacked a victim. The suspect, Francis Drumm (8-10-71) punched and kicked the victim and knocked him to the ground. While lying in the street, the victim had a seizure (previous medical condition) and was transported to the hospital for treatment of head injuries.

01/16/08-0039 hrs Warrant Arrest Antelope Rd & Auburn Blvd
During a traffic enforcement stop, a CHPD officer identified John Marquez (2-2-65) who had a warrant for his arrest from the CDC. He was arrested for the warrant and transported to SCSO Jail without incident.

01/17/08-1716 hrs 5150 W&I 6900 block of Cobblestone Way
CHPD officers responded to the above address for a suicidal and violent subject. Upon arrival Officers met with the subject, while he was threatening to jump out of the second story window of his bedroom and onto a vehicle in the driveway. Officers took the subject into protective custody and placed him on a 72 hour evaluation hold.

01/17/08-2320 hrs 11377 H&S Sunrise Vista & Greenback Lane
A CHPD officer affected a traffic stop on a vehicle for traffic violations. Upon further investigation the driver was found to be in possession of Methamphetamine and Marijuana. The driver, Steven Day (3-4-58), was arrested and transported to SCSO Jail, where he was booked.

01/17/08-2355 hrs 23110 CVC Roseville Road & Whyte Avenue
Officers responded to the above area after two subjects threw eggs at a passing vehicle. The victim's vehicle sustained a cracked windshield. The victim was able to obtain the license plate of the suspect vehicle, and officers located the suspects. The suspects admitted to throwing the eggs at the vehicle and were issued citations for the misdemeanor crime.

01/17/08-0215 hrs 23152(a) CVC Locher Way & Sunrise Blvd
A CHPD officer stopped a vehicle for conducting an illegal U-Turn. A DUI investigation was conducted on the driver, Sarina Lobao (2-1-82). After the completing the investigation the driver was arrested for DUI.

CRIME REPORTS

From The Sacramento County Sheriff

	Time	Crime	Address	Location Type
Fair Oaks				
2008-01-03	16:00	Burglary Residential	8000 block of Keaton Ct	Residence/home
2008-01-03	18:30	Burglary From Vehicle	5000 block of Dory Way	Vehicle
2008-01-03	21:00	Burglary From Vehicle	4800 block of Sunset Terrace Ln	Vehicle
2008-01-03	23:00	Burglary From Vehicle	8300 block of Greenback Ln	Vehicle
2008-01-04	05:00	Burglary From Vehicle	7700 block of Juan Way	Vehicle
2008-01-04	15:00	Burglary From Vehicle	7900 block of Orange Ave	Vehicle
2008-01-05	00:00	Larceny/Theft	7000 block of Indigo Ct	Other/unknown
2008-01-06	00:56	Larceny/Theft	5400 block of Dewey Dr	Gas/service station
2008-01-06	15:00	Burglary Business	4600 block of Pennsylvania Ave	Vehicle
2008-01-06	23:00	Burglary Business	6900 block of Ellsworth Cir	Parking lot/garage
2008-01-06	23:00	Burglary Business	9200 block of Shady Tree Ct	Vehicle
2008-01-06	23:37	Narcotics	Sunset Ave / Medford St	Highway/road/alley
2008-01-08	17:00	Burglary Business	8500 block of Madison Ave	Retail/dept/discount store
2008-01-08	18:30	Burglary Residential	5800 block of Spring Glen Dr	Residence/home
2008-01-08	21:00	Burglary From Vehicle	8700 block of El Chapul Way	Residence/home
2008-01-09	14:00	Burglary From Vehicle	8100 block of Walnut Fair Cir	Vehicle
2008-01-09	18:50	Larceny/Theft	11400 block of Fair Oaks Blvd	Vehicle
2008-01-10	00:30	Burglary Business	8800 block of Madison Ave	Retail/dept/discount store
2008-01-10	00:30	Simple Assault	Main Ave / Dredger Way	Highway/road/alley
2008-01-10	14:15	Burglary Residential	8500 block of Le Parc Ct	Residence/home
2008-01-11	10:00	Burglary Residential	8700 block of Sotheby Ct	Residence/home
2008-01-11	21:00	Burglary From Vehicle	5200 block of Lake Knoll Ln	Vehicle
2008-01-12	09:30	Burglary Residential	8100 block of Walnut Hills Way	Residence/home
2008-01-12	14:30	Vandalism	4500 block of Bannister Rd	School/college
2008-01-12	18:00	Burglary From Vehicle	4900 block of Hillhurst Dr	Vehicle

Carmichael

2008-01-03	11:55	Simple Assault	6300 block of Fair Oaks Blvd	Highway/road/alley
2008-01-03	12:00	Burglary From Vehicle	2100 block of Marchita Way	Vehicle
2008-01-03	15:10	Burglary Residential	5700 block of Manzanita Ave	Residence/home
2008-01-03	20:00	Burglary From Vehicle	6300 block of Palm Ave	Vehicle
2008-01-04	10:45	Burglary Residential	6200 block of Van Alstine Ave	Residence/home
2008-01-04	17:00	Larceny/Theft	7000 block of Sutter Ave	Vehicle
2008-01-04	17:31	Narcotics	6400 block of Madison Ave	Residence/home
2008-01-05	20:00	Larceny/Theft	4400 block of Colby Way	Residence/home
2008-01-05	22:30	Burglary From Vehicle	6100 block of Rampart Dr	Vehicle
2008-01-06	23:00	Larceny/Theft	5200 block of Manzanita Ave	Gas/service station
2008-01-07	07:45	Burglary Residential	3000 block of Valasstrada Ct	Residence/home
2008-01-07	10:00	Burglary Business	7100 block of Stella Ln	Other/unknown
2008-01-07	12:00	Burglary Residential	4800 block of Manzanita Ave	Residence/home
2008-01-07	16:50	Larceny/Theft	4000 block of Manzanita Ave	Grocery/supermarket
2008-01-08	17:20	Aggravated Assault	6000 block of Telesco Way	Highway/road/alley
2008-01-08	17:30	Simple Assault	8300 block of Fair Oaks Blvd	Parking lot/garage
2008-01-09	16:45	Simple Assault	4500 block of Bela Way	Residence/home
2008-01-09	20:38	Aggravated Assault	5900 block of Sutter Ave	Residence/home
2008-01-09	22:53	Weapons Violation	Manzanita Ave / Winding Way	Highway/road/alley
2008-01-10	01:09	Aggravated Assault	3900 block of Queenston Ct	Residence/home
2008-01-10	11:45	Burglary Residential	5400 block of Halsted Ave	Residence/home
2008-01-11	14:15	Burglary From Vehicle	Westfield St / Hilltop Dr	Vehicle
2008-01-11	20:29	Vandalism	5300 block of Engle Rd	Public use area
2008-01-12	04:40	Burglary Business	5900 block of Fair Oaks Blvd	Specialty store
2008-01-12	12:00	Burglary Business	4100 block of Manzanita Ave	Other/unknown
2008-01-12	17:00	Burglary From Vehicle	5200 block of Monitor Ave	Vehicle

Orangevale

2008-01-05	17:00	Larceny/Theft	Greenback Ln / Hickory Ave	Parking lot/garage
2008-01-05	17:15	Burglary Business	8900 block of Greenback Ln	Retail/dept/discount store
2008-01-06	19:00	Burglary From Vehicle	8200 block of Crossoak Way	Vehicle
2008-01-06	21:00	Burglary From Vehicle	9500 block of Flintridge Way	Vehicle
2008-01-06	21:30	Burglary From Vehicle	9400 block of Golden Dr	Vehicle
2008-01-06	23:00	Burglary From Vehicle	7000 block of Anice St	Vehicle
2008-01-07	07:00	Burglary From Vehicle	9400 block of Madison Ave	Vehicle
2008-01-08	07:20	Burglary Residential	8200 block of Hazelhurst Ct	Residence/home
2008-01-08	11:00	Narcotics	9300 block of Orangevale Ave	Residence/home
2008-01-08	14:30	Narcotics	8900 block of Greenback Ln	Other/unknown
2008-01-08	17:00	Burglary From Vehicle	9200 block of Greenback Ln	Vehicle
2008-01-08	17:00	Larceny/Theft	5900 block of Pecan Ave	Residence/home
2008-01-08	21:00	Vandalism	9200 block of Greenback Ln	Restaurant/fast food
2008-01-09	15:00	Burglary From Vehicle	6800 block of Main Ave	Vehicle
2008-01-09	16:00	Larceny/Theft	Main Ave / Madison Ave	Restaurant/fast food
2008-01-09	17:15	Burglary Business	9200 block of Greenback Ln	Gas/service station
2008-01-09	18:30	Vandalism	8600 block of Greenback Ln	Public/government building
2008-01-09	21:00	Simple Assault	6400 block of Benning St	Residence/home
2008-01-09	23:00	Burglary From Vehicle	9500 block of Flintridge Way	Vehicle
2008-01-10	12:00	Burglary Residential	8500 block of Briarbrook Cir	Residence/home
2008-01-11	00:20	Aggravated Assault	8900 block of Greenback Ln	Bar/night club
2008-01-11	12:00	Burglary From Vehicle	8600 block of Greenback Ln	Vehicle
2008-01-12	04:13	Burglary From Vehicle	9000 block of Central Ave	Public/government building
2008-01-12	20:00	Vandalism	8300 block of Robina Ct	Vehicle



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Check us out at www.SingleAgain.com. To apply, send your email to publisher@singleagain.com.

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SECRET SHOPPERS NEEDED IMMEDIATELY For Store Evaluations. Local Stores, Restaurants, & Theaters. Training Provided, Flexible Hours. Assignments Available NOW!! 1-800-585-9024 ext. 6262 (NANI)

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DRIVERS...CALL TODAY! Bonus & Paid Orientation. 36-43 cpm Earn over \$1000 weekly. Excellent Benefits. Class A and 3 months recent OTR required. 800-635-8669. (Cal-SCAN)

DRIVERS - Regional Runs! Van & Flatbed. Ask about qualifying for 5 raises in a year! No exp? CDL Training available. Tuition reimbursement. 866-437-9364 www.SwiftTruckingJobs.com (Cal-SCAN)

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CALLING ALL HOST FAMILIES! If you've hosted an exchange student in the past then why not use your cross-cultural experience to help others? By becoming an ASSE Area Representative, you'll enjoy the rewards of getting to know others in your community and around the world! To find out more, call 1-800-733-2773 or www.ASSE.com/Volunteer (Cal-SCAN)

LOCAL REPRESENTATIVE Work with international exchange students/ host families. Perfect for community leaders, involved parents, educators seeking supplemental income. Networking/ people skills a must. 1-888-552-9872. (Cal-SCAN)

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Pool Table 6 foot. Good Condition. Includes all accessories. \$50. 990-0180.

DIRECTV FREE 4 Room System! Checks Accepted! 250+ Channels! Starts \$29.99 FREE HBO/Cinemax/ Showtime/Starz 3 Months!

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Misc. Other

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Musical Instruments

WORLD GUITAR SHOW, Buy, Sell, Trade, Marine Civic/ San Rafael, January 12-13, OC Fairgrounds, January 19-20, Saturdays 10-5, Sundays 10-4. Bring your gear! www.TXShows.com. (Cal-SCAN)

Real Estate

Your Home Sold, GUARANTEED. or I'll Buy It For Cash! (800) 417-0883 I.D. #1072 SellFastSacramento.com

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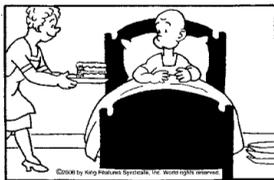
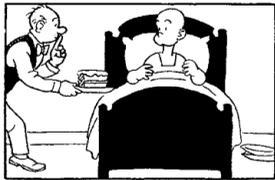
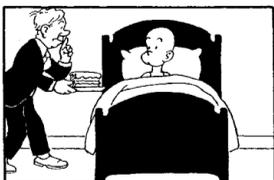
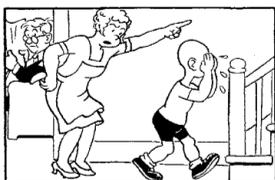
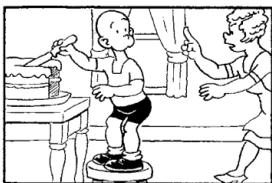
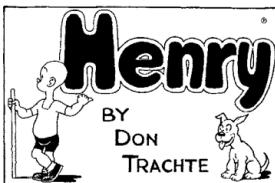
1ST TIME OFFERED Utah Ranch Dispersal. 40 AC only \$29,900. Foothills of Uinta Mountains. Gorgeous views. Beautiful land & setting. Great recreational area. Accessed by county roads. Offered by motivated seller. Limited available. EZ Terms. Call WALR 1-866-836-9152. (Cal-SCAN)

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BULK LAND SALE 40 acres - \$39,900. Moses Lake, Washington. Priced for quick sale. Beautiful land, interesting topography, good views &

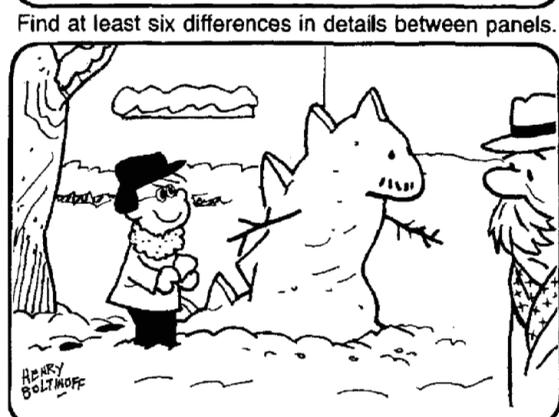
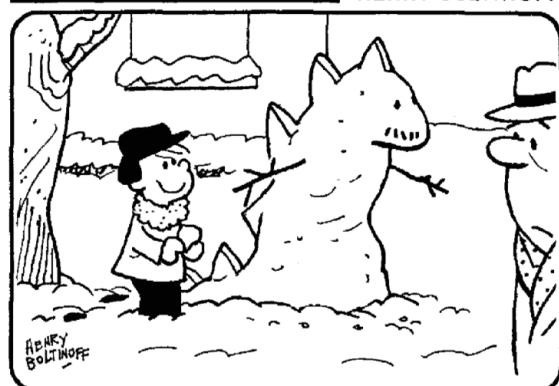


The Spats

by Jeff Pickering



HOCUS-FOCUS BY HENRY BOLTINOFF



Find at least six differences in details between panels.

Differences: 1. Window is missing. 2. Man has mustache. 3. Boy is wearing glasses. 4. Snow creature is shorter. 5. Man's scarf is different. 6. Creature's "arm" has more branches.

Trivia test by Fifi Rodriguez

- FOOD & DRINK: What kind of food is a morel?
- LANGUAGE: What does the acronym "sonar" stand for?
- HISTORY: Who were the two heavyweight fighters who participated in the 1975 "Thrilla in Manila" championship?
- ANATOMY: What is the more common name for the tibia?
- COMICS: What was the name of Bazooka Joe's girlfriend?
- MOVIES: What was the name of the moon inhabited by the Ewoks in "Return of the Jedi"?
- MUSIC: What are the names of the Gibbs brothers who made up The Bee Gees?
- GEOGRAPHY: What is the capital of the Cayman Islands?
- GENERAL KNOWLEDGE: Who works at 10 Downing Street in London?
- MEDICINE: What disease does the drug quinine treat?

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

★★★ HOO BOY!

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MAGIC MAZE ● EMMY FOR LEAD ACTOR - COMEDY SERIES

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

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

- Adams
- Alda
- Benny
- Caesar
- Danson
- Durante
- Gervais
- Grammar
- Hirsch
- Klugman
- Lithgow
- Mulligan
- Ritter
- Romano
- Shalhoub

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All Answers on Page 13

Contract Bridge

THE SURE WAY IS THE BEST WAY

North dealer. Neither side vulnerable.

NORTH			
♠	K 8 7 5		
♥	A J 9 2		
♦	10 5 4		
♣	K 6		
WEST			
♠	Q 10 4		
♥	3		
♦	A K Q 8 3 2		
♣	10 8 5		
EAST			
♠	J 9 2		
♥	Q 7 6		
♦	J 7		
♣	9 7 4 3 2		
SOUTH			
♠	A 6 3		
♥	K 10 8 5 4		
♦	9 6		
♣	A Q J		

The bidding: North Pass, East Pass, South 1♥, West 2♦. Opening lead — king of diamonds.

If you encounter a player who always seems to guess the location of a missing queen, don't write him off as just being exceptionally lucky. Chances are the fellow knows what he's doing. Consider this deal where South was in four hearts and West led the K-A-Q of diamonds, declarer ruffing the third diamond as East discarded a club. Having lost the first two tricks, declarer now had to deal with the possibility of also losing a spade and a trump to the queen. The potential trump loser could be avoided by guessing correctly whether to cash the A-K, or whether to cash only the ace and then take a finesse against East on the basis that East's diamond shortness made him more likely to have length in hearts. But rather than commit himself one way or the other, South adopted a line of play designed to eliminate the danger of misguessing altogether. He began by cashing the K-A-Q of clubs. (Had West started with only two clubs and trumped the third club lead, declarer would have been able to overruff in dummy.) Next came the ace of spades followed by a spade to the king. When West followed suit to both spades, making the contract became a certainty. Declarer next cashed the ace of hearts and then led the jack. When East followed low, the jack was allowed to ride. It didn't matter to South whether the finesse won or lost — he was sure to take the rest of the tricks. Since West had already shown up with six diamonds, two spades, three clubs and a heart, there was room in his hand for only one more card. If it was a spade or a club, the heart finesse against East was bound to succeed. If West's unknown card was the heart queen, West would win but would then be forced to return a diamond, allowing declarer to ruff in dummy and discard his spade loser. Just another lucky guess!

avoided by guessing correctly whether to cash the A-K, or whether to cash only the ace and then take a finesse against East on the basis that East's diamond shortness made him more likely to have length in hearts. But rather than commit himself one way or the other, South adopted a line of play designed to eliminate the danger of misguessing altogether. He began by cashing the K-A-Q of clubs. (Had West started with only two clubs and trumped the third club lead, declarer would have been able to overruff in dummy.) Next came the ace of spades followed by a spade to the king. When West followed suit to both spades, making the contract became a certainty. Declarer next cashed the ace of hearts and then led the jack. When East followed low, the jack was allowed to ride. It didn't matter to South whether the finesse won or lost — he was sure to take the rest of the tricks. Since West had already shown up with six diamonds, two spades, three clubs and a heart, there was room in his hand for only one more card. If it was a spade or a club, the heart finesse against East was bound to succeed. If West's unknown card was the heart queen, West would win but would then be forced to return a diamond, allowing declarer to ruff in dummy and discard his spade loser. Just another lucky guess!

Eskaton FountainWood Lodge

On January 24th at 6:30 pm Eskaton FountainWood Lodge will present "An Overview of Medicare". Margaret Reilly, Program Manager of the Health Insurance and Advocacy Program (HICAP) will provide information about Medicare Parts A, B, C and D. Medicare provides insurance coverage for hospital, physicians and prescriptions drugs. Medicare also provides care through some senior HMOs, and other managed care plans. Come and learn the ins and outs of Medicare, and how HICAP can help! Please join us. Eskaton FountainWood Lodge, 8773 Oak Avenue, Orangevale (just west of Hazel) (916) 988-2200.

Ethel Hart Vehicles and Legal Issues

Legal Services advocates will be at the Ethel Hart Center on the fourth Thursday of each month with speakers on a variety of legal topics, followed by individual client consultations.

On Thursday, February 28, 2008, Senior Legal Hotline/Sacramento Senior Legal Services staff members will be at the Ethel Hart Center for:

- A public talk on motor vehicle issues, including questions relating to DMV re-examinations, followed by questions – 1 to 2 p.m.
- Client intake -- 2 to 4 p.m.

The talk will include a discussion of vehicle sales and repair issues as well as DMV/license issues. A local expert, attorney Bruce Snipes of the Sacramento Traffic Clinic (a private office), will discuss the DMV issues. Senior Legal Services staff will discuss auto sales and repair.

Senior Legal Hotline volunteer attorney Milt Kane will also be returning to the Hart Senior Center to help with the talk and once again to do individual client intake.

All interested people are invited to attend the talk; you do not need to make an advance appointment.

If you wish to make an appointment for an individual consultation on any legal matter, please call Senior Legal Hotline at (916) 551-2140, press 3 and ask for Roy. He will help you decide whether you can get what you need more quickly by phone, and if preferable, make an in-person appointment for February 28, or a later visit.

Aspiring Artists Debut

February will bring a very special show, Aspiring Artists, to the Sacramento Fine Arts Center. This exhibit will showcase young artists that have never before entered a juried show. The featured art works will include pastel, oil, acrylic and watercolor paintings, drawings, mixed media, photography and sculpture. The prize winning painting from the 2007 Aspiring Artist show, Raven by Carolyn Macpherson, is attached.

The Sacramento Fine Arts Gallery is open regularly on Tuesdays 11am-7pm, Wednesdays through Saturdays 11am-3pm, and on Second Saturday from 5 until 9:00 pm. The Gallery is located at 5330-B Gibbons Drive, Carmichael, California, 95608 (located between Walnut and Garfield streets).

The Sacramento Fine Arts Gallery can be found on the web at <www.sacfinearts.org>.

Bella Vista High School Holds

E-waste Recycling Event

Bella Vista High School will hold an electronic waste collection event with Argosy E-cycling on Saturday, January 26th from 9:00 a.m. – 4:00 p.m. at 8301 Madison Ave., Fair Oaks, CA 95628. The event will provide the community with an opportunity to safely unload their old computers, monitors, television sets and other out-dated, unusable or unwanted electronic items for proper recycling.

The event is designed to provide residents with the opportunity to finally get rid of those old unwanted items, long since replaced and gathering dust in garages or storage units. The recycling event will also provide much-needed funds for the Bella Vista High School Library and Chemistry Club. A donation of \$5 per vehicle is suggested.

It is estimated that over six million computer monitors and televisions are stockpiled in California garages, closets and attics due to the development of newer technologies. This electronic equipment can be harmful to the environment and human health if not properly recycled. Many Californians are also unaware that it is illegal to throw certain electronic items, such as televisions and computer monitors, in the trash because of the environmentally sensitive materials they contain.

The electronics collected will be trucked away and recycled by Fresno-based Electronic Recyclers, the largest recycler of electronic waste in California, at their state of the art facility.

"We are very proud to be involved in this event and to be able to help Bella Vista High School," said John S. Shegerian, Chairman and CEO of Electronic Recyclers. "Electronic waste is a growing problem that affects the environment and human health. Events like these provide the community with a great, easy way to safely recycle their old electronics as well as raise much needed funds."

For more information about the recycling event, please call Argosy E-cycling at (916) 313-5742 or on line at www.ecycleit.com

NCPA Annual Writer's Conference Plans

Members of the Northern California Publishers and Authors are excited about their upcoming Writer's Conference to be held all day April 26, 2008. Some of the most informative and top well-known speakers for the event will be Dan Poynter, author of The Self-Publishing Manual, now in its 16th edition; Michael Larsen, author of Guerrilla Marketing for Writers, & Elizabeth Pomada, Larsen-Pomada Literary Agents; Bud Gardner, co-author of Chicken Soup for the Writers Soul and many more titles; Stephanie Chandler, author of The Author's Guide to Building an Online Platform; Leveraging the Internet to Sell More Books and more.

This event includes acknowledgement book Awards to author/members who have written and published some of the best books for the coming year. This informative conference is planned for people interested in learning the process of writing and publishing their stories. Registrations for the April 26th event will now be accepted Online at www.norcalpa.org or writing to NCPA, 3104 o Street #270, Sacramento, Ca 95616 (916) 733-1655 (voice mail) NCPA was formed in 1991 by a group

of independent publishers who wanted to increase their professionalism by pooling their knowledge and resources and in 1993 formalized its structure with officers and in 1994 held its first Book Awards Gala. Many members are available to speak to groups and organizations. Conference Registration is as follows: Non-members \$125.00 per person *Join NCPA to receive a member discount! NCPA Members \$95.00 per person, Member Guests \$75.00 per person and we welcome Students \$75.00 per person. The Event will be held at the Holiday Inn Sacramento NorthEast, 5321 Date Avenue.

Mary Jane Popp Presents Recharge Your Lifeforce

When: Saturday February 2, 2008 1pm-5pm
 Where: Radisson Hotel
 500 Leisure Ln Sacramento
 Presentors 1 pm - 3 pm

- Jim McAfee CCN...Known as "The Sherlock Holmes of Nutrition" for his in depth research of health and wellness, Jim is Director of Nutritional Research for Image Awareness Wellness Institute and author of "Your Body's Sign Language" Clues to nutritional well being.
- Jeanne Marie...Jeanne Marie is a Certified Paramedical Esthetician. She has lived and worked in Hollywood as a Professional TV/ Media Makeup Consultant. From President Clinton and V.P. Gore to mega Hollywood Stars, Jeanne gives them advice on skin care and makeup. She is owner of International Media Cosmetics and "The Look" Cosmetics.

- Joe Rose...With his vast experience as General Manager of the Natomas Racquet Club, Joe will share invaluable information on weight control and proper exercise to achieve your ultimate goal and good health.
- Maria Torres...owner of Spa Du Jour. What relaxation is all about. The newest Hollywood celebrity-style treatments, you will learn to nourish your mind, body, and spirit from oxygen therapy to facial and message techniques.
- Dr Don Erwin...No more pain with the NUCCA technique that works on the upper neck only. From accidents to Fibromyalgia, migranes, TMJ, allergies, numbness in arms and legs, you can be rid of pain.
- Dr Donald Jasper...Past President of the Greater Sacramento Society of Plastic Surgeons...The newest techniques for replenishing a youthful appearance with fillers and wrinkle removers and surgical techniques hot from Hollywood to you!

Mary Jane Popp... "POPOFF"

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- 3-5 pm: Meet And Speak With The Presentors Personally
- Mini Reading With Psychic/numerologist Esther Bear Msd
- Enjoy Snacks On Us !!! Take Home A Goody Bag Filled With Fun !!!
- Raffle Prizes Too!!! All For Only \$30.00 Very Limited Seating !!!

For more information: www.poppoffwithmaryjane@hotmail.com or 916-427-8727

Monthly Military Retiree/spouses Meeting: Our first monthly meeting for the New Year will be held on 9 Jan 2008 and we will meet at the Garden Pavilion, in the Terrace Room, starting at 1030 hrs. Our speaker will be Ed Outland who will cover a little known benefit called "Aid and Attendance". You don't want to miss this one. Come on out and enjoy a cup of coffee that is furnished by our superb McClellan Commissary. If you have any questions, you can contact one of our volunteers at 561-7476 during the week, Monday thru Thurs, 0900 to 1500.

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Fastest Diesel-Driven Vehicle in the World

(NAPSA)-Last year, the Bonneville Salt Flats-where land speed marks are regularly set, challenged and broken-saw one long-standing record shattered. But what was more noteworthy than the speed of the car itself was the type of engine it sported.

On August 23, 2006, Andy Green-who, nine years earlier, became the first person to break the sound barrier on land-achieved a speed of 350.092 mph in the JCB Dieselmax, surpassing the existing speed record for diesel-driven land vehicles by 40 percent. Behind the record is a vehicle driven by two 4.4-liter JCB diesel engines with a combined output of 1,500 HP-about twice the power of a Formula 1 racing car.



The world's fastest diesel-powered vehicle recently sped across the Bonneville Salt Flats.

In order to "pacify" the vehicle on the drive side, Voith Turbo Hydrodamps were installed between the engines and transmissions. They effectively dampen torsional vibrations from the engine and consequently make drive systems more comfortable, economical and long lasting.

Why Diesel? Diesel engines are more efficient than gasoline engines of the same power, resulting in lower fuel consumption. A common margin is 40 percent more miles per gallon for an efficient turbodiesel. Furthermore, the lack of an electrical ignition system greatly improves the reliability of diesel

engines. Diesel engines produce very little carbon monoxide as they burn the fuel in excess air even at full load.

The increased fuel economy of the diesel engine over the gasoline engine means that the diesel produces less carbon dioxide (CO2) per unit distance. Recently, advances in production and changes in the political climate have increased the availability and awareness of biodiesel, an alternative to petroleum-derived diesel fuel with a much lower netsum emission of CO2, due to the absorption of CO2 by plants used to produce the fuel. Biodiesel is a pure diesellike fuel refined

from vegetable oil and can be used in nearly all diesel engines.

An important innovation that makes diesel engines still more eco-friendly is the diesel particulate filter, also called DPf, which removes diesel particulate matter or soot from the exhaust gas of a diesel engine. Wall-flow diesel particulate filters usually remove 85 percent or more of the soot. A diesel-powered vehicle equipped with a functioning filter will emit no visible smoke from its exhaust pipe.

To learn more about the JCB Dieselmax and Voith Turbo Hydrodamps, visit www.voithturbo.com.

24th Annual Rugby Kick-Off Tournament January 26 & 27th

To be held at Granite Regional Park

The Sacramento Valley High School Rugby Conference (SVHSRC) once again hosts one of the premier high school rugby tournament in the U.S. Competition within the SVHSRC has set a high standard for rugby, promoting hard, aggressive play, with emphasis on respect for the game, its laws, and its traditions.

The 24th Annual Kick Off Tournament (KOT) steps forward in 2008, expanding on an event that drew over 900 competitors and 2,500 spectators in 2007. For 2008, attendance is expected to exceed 4,000.

Last year's competition, featured 48 sides, drawn from 24 varsity

programs & clubs, playing (66) 30-minute rugby matches. The 12 Sac Valley Conference teams will be joined by most of the top clubs from the Bay Area, including the likes of Live Oak, Santa Rosa, De la Salle & Lamorinda.

For the first time, KOT will offer a 2-day competition for those clubs who will rise to meet this pre-season challenge. Varsity Boys (Gold, Silver & Bronze) will play to championships on Saturday, along with a Varsity International Division playing both days. Saturday only clubs will play (3) 30-minute matches. International will play (2) 45-minute matches on Saturday and a full match Sunday.

Saturday will feature a fiery Old

Boys game, and hopefully feature a Collegiate match. Sunday will be for Girls, Boys B sides, Frosh/Soph and U15 competition, in addition to our International Div. Finals.

Free skills building clinics (for U15 and for U12s) will be held both days, hopefully to once again be lead by Eagle Mark Griffin of www.playrugbyusa.com.

The Edmonton Leprechaun-Tigers (Canada) are back again with boy and girl teams. Commitments and strong interest are already in from several clubs across the West Coast. All will be welcome on a first-come, first-served, space available basis.

Contact KOT Director Ray Schwartz at vanillagorillaray@sbcglobal.net.

Living Longer And Loving It

(NAPSA)-It's never too late to make a lifestyle change that can have a positive effect on your health-and it's often easier than you might imagine.

Feeling better and living longer may be as easy as adding a few strawberries to your diet (to boost memory and brain power) or drinking a cup of tea (to improve the health of your teeth and bones).

Such interesting facts are found in a quarterly webzine called Living Longer and Loving It, published by the Alliance for Aging Research.

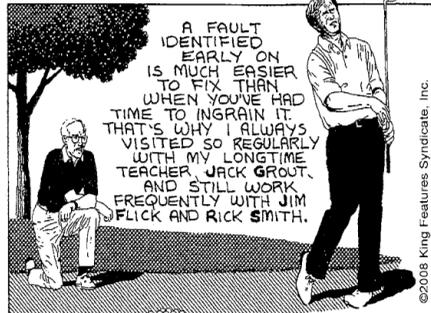
The webzine provides information and tips on how to enhance your health, plus the latest medical research and innovations that have the potential to change the face of aging. Each issue also highlights a "living legend," an impressive person who exemplifies what it means to live longer and love it.

To sign up for a free subscription, visit www.agingresearch.org.



People are living longer and enjoying active lifestyles in their later years. Find out how you can live longer and love it.

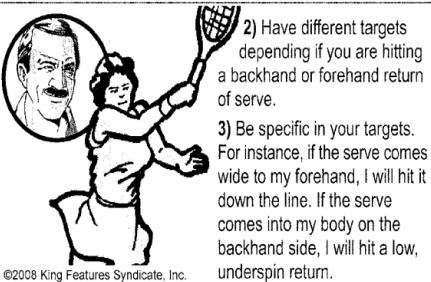
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To have a more effective return of serve, think about a spot you are going to hit to when receiving a second serve. You have a few choices: 1) Hit the ball to a certain spot no matter where the serve lands on your side of the court.



Dusty Baker International Baseball Academy

The Dusty Baker International Baseball Academy returns this year and celebrates its 25th "Silver" Anniversary. Dave Stewart, Shawon Dunston, Jim Barr are among the twelve former major leaguers and veteran group providing instruction to students age groups; 9-12, 13-15 and 15-20 at the Sacramento area site. Approximately 5800 of the 7900 previous academy participants have moved on to high school, college and profession baseball. This is a fantastic learning

experience and training program for young baseball players.

Active outstanding graduates are current major leaguers Geoff Jenkins, Derek Lee, and Darren Oliver and the 2007 Cy Award winner Carsten C.C. Sabathia.

For a Brochure call 1-530-644-3067, or E-Mail: bdcmichael@sbcglobal.net

Visit Dusty's website at www.dustybaker.com



The 58th Annual Sacramento Autorama returns to Cal Expo

The 58th Annual Sacramento Autorama returns to CalExpo from Friday, February 8th through Sunday, February 10th. Show Highlights and features include appearances by Lee Rocker of the Stray Cats rockabilly band, George Barris, the "King of Kustomizers", Henry Winkler "The Fonz" of the television show Happy Days. Also appearing will be American Graffiti stars Paul LeMott, along with the actual 32 Ford Coupe from the movie.

Additional highlights include Dave Russell and his rock and roll band, legendary Hot Rodder Vern Tardel, author of How to Build a Traditional Ford Hot Rod, and Chip Foose from the TLC television shows Overhaulin' and Rides.

Autorama is the second oldest indoor car show and is the premier custom car exposition that draws the world's finest coachbuilders to the exhibit with their latest creations. Be a part of the action at this 58th annual Hot Rod tradition.

Show Schedule; Friday 12pm to 9pm, Saturday 10am to 9pm and Sunday 10am to 8pm. CalExpo is located at 1600 Exposition Blvd. in Sacramento.



Golf Trips to Remember

(NAPSA)-Whether you pull for Tiger, Phil or Vijay, golfers say the best clubs aren't always the ones in the bag.

Instead, they're what's known as shared-ownership clubs and they provide a variety of benefits. For instance, one of the most popular clubs is known as the "world's first golfers residence club" and boasts a portfolio of luxury homes situated among 36 of the world's legendary golf destinations.

Called The Markers Club, its members have exclusive access to luxury residences and golf at destinations ranging from Troon North in Scottsdale, Ariz., to The Ocean Course at Kiawah Island in S. C. Membership even includes an annual Club Championship at PGA-worthy venues, private lessons with Jack Nicklaus Golf Academies, tour bags full of the latest demo equipment and in-house massages.

The club's members stay and play on links around the world, rather than being tied to a single vacation home in one location. To learn more, visit www.themarkersclub.com or call (800) 745-0065.



Shared-ownership clubs could help golfers get more out of their game.

The Bella Vista Football Booster Club
Announces it's 11th annual
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Arsonists to Be Closely Watched



By Bonnie Garcia

Yesterday, Assembly Bill 565 (Berryhill) co-authored by Assemblywoman Bonnie Garcia (R-Cathedral City) passed the Assembly Public Safety Committee. The bill will put the Arsonist Registry on the Internet similar to the Megan's Law Web site.

Last year Assemblywoman Garcia authored AB 416, a similar bill that failed passage. However, in light of the wild fires that ravaged throughout Southern California last year and the Esperanza fire in 2006, which was started by a known arsonist listed on the Arsonist's Registry, the Assembly Committee voted to support a public arsonist's registry. Had the public been informed about the arsonists in their midst, perhaps a few of these fires would not have occurred and lives would have been spared.

In 2000, of the 173 arsonists paroled from California prisons,

69 re-offended within the first year and over 50 percent had re-offended within 2 years. Just like Megan's Law, empowering citizens with information about who is living in their community allows people to protect themselves and their families as well as act as a deterrent for arsonists who fear they are being watched.

"The Assembly Public Safety Committee recognized the importance of providing citizens the tools and information necessary to watch out for their own communities," Garcia said. "Knowing the public may view this registry sends the message to arsonists that committing arson will not go unnoticed."

AB 565 will be heard in the Assembly Appropriations Committee, where if passed, will go before the full Assembly for a vote.

Citizens might soon know exactly who's living next door

California Legislative Watch



By Yolanda Knaak

federal identification or for official purposes like boarding a plane.

Last year the bill passed the State Senate, the Assembly Transportation committee and the Appropriations Committee. Those promoting the bill decided to hold it over for the 2008 legislative session, which started January 7th. While many of us have been busy cleaning up after the recent storms, SB 60 has been presented before the State Assembly. It is interesting that there is no on line information on the progress of the bill for 2008. A vote on the floor of the State Assembly may take place as soon as Tuesday, January 22nd. Unfortunately this gives little time to let one's Assembly person know of their stance on the bill. If SB 60 passes the State Assembly, then the bill will go directly to the Governor's desk. If you want to make your opinion known, I recommend that you call, write or fax Governor Arnold Schwarzenegger. His phone number is (916) 445-841.

SB 1066 Domestic Partnerships, was introduced into the State Senate January

10th (2008). Present law allows domestic partnerships between couples of the same sex who are over 18 years of age or anyone over 65. This bill expands the law to "any two people living under one roof, sharing one another's lives who are over 18". The author, Senator Migden asserts, "SB 1066 is a very practical expansion that absolutely reflects the new family unit today." Although Concerned Women For America, who opposes the bill states "fatherless households, same-sex relationships and cohabiting parents have not been shown to benefit those involved." One can make their stance on this bill known by writing their State Senator, contact information can be found in the front of your phonebook.

For comments or questions, feel free to contact me at yk@skyq.com. About the author: Yolanda Knaak has a Masters degree from UCLA in nursing and she is an elected member of the Sacramento County Republican Party Central Committee.

McCain's Record: Forked Tongue, Not Straight Talk

A Political Opinion from English First Political Victory Fund

McCain voted for English before he voted against it (May 18, 2006).

PRNewswire-USNewswire/ -- Clinton Executive Order 13166 requires all recipients of federal funds to function in any language anyone wishes to speak at any time. On the same day (May 18, 2006), Senator McCain voted both against and for E.O. 13166.

McCain, voted for both the Inhofe amendment to defund E.O. 13166 and the Salazar amendment to protect and codify E.O. 13166. McCain's votes on E.O. 13166 earned him a "Weathervane Award" from English First.

McCain favored taxpayer-funded benefits for illegal aliens.

In 2006, McCain denounced the House Republican's "enforcement only" immigration bill to a reporter for Esquire Magazine ("One of Us," August, 2006): "You can't pass laws like that," McCain says. "If a young woman is here illegally, and she gets raped and goes to see rape-crisis counselors, then this would make them guilty of a felony. It enrages me" [http://www.esquire.com/features/ESQ0806MCCAIN_94].

In 2004, McCain called Arizona's Proposition 200, which required proof of citizenship from all Arizonans seeking to register to vote or apply for public benefits, "less than worthless" [http://www.englishfirst.org/

McCainProp200disappeared.pdf].

McCain on talk radio hosts: "I don't think they are good for America"

During that same Esquire interview, McCain said: "I would never say this publicly, but some of these talk-show hosts -- and I'm not saying they should be taken off the air; they have the right to do what they want to do -- I don't think they're good for America."

Not authorized by any candidate or candidate's committee.

English First Political Victory Fund is a project of English First. English First Political Victory Fund Web site: http://www.englishfirst.org/

Local Politicians' Priorities Should Be Local, Not Global



By Phil Cowan

In her recent "State of the Downtown" address at Memorial Auditorium, Sacramento Mayor Heather Fargo declared that the city's top priority in the coming year should be... and I laughed out loud when I read this in the Bee...dealing with climate change. Not dealing with the ongoing revitalization of K St, not coping with the issue of homelessness, not developing the railroads, improving Oak Park or even finding a way to hang on to the Kings, Mayor Fargo has decided that Sacramento's top priority should be addressing a global problem it hasn't any chance of solving. Not, she said, because it was "hip or trendy," but because it needs doing. Puh-leeze.

Friends, please listen carefully: we are not

Abolish Presidential Elections



By Fred Foldvary

We are so used to voting for president that most folks regard doing so as a normal part of democracy. But technically, Americans don't vote directly for the president. When Californians cast their ballots in the primary election, they are selecting a set of delegates to the party convention who are pledged to vote for that candidate. In the general election, voters are choosing representatives to an assembly called the "Electoral College," who then meet to vote for the president.

The term "college" in the context of elections means a group of colleagues. The authors of the U.S. Constitution rejected a direct election of the president. Instead, they created an indirect process in which presumably well-informed electors would be chosen in each state, and the electors would vote for the candidate they thought would be the best president. The founders feared that a mass of ignorant voters could be swayed by deceptive campaigns and the influence of moneyed interests.

Later, the Electoral College became a mere formality, as the candidate who won the state's election got the votes of that state's electors. We got what the founders feared:

experiencing a planetary emergency. The warming trend we are currently enjoying (I like warm weather!) is not more severe than previous warming trends, in fact we learned in recent months that it was actually hotter in the 1930's than the 1990's, blowing a giant hole in one of the alarmists central claims, that FIVE OF THE TEN HOTTEST YEARS ON RECORD WERE IN THE 90'S!! Nope, turns out they weren't. So why are everybody's knickers still in a big bunch?

Whenever the subject comes up, take note of how the Chicken Little crowd never wants to discuss the actual scientific findings, they just want to talk about the "consensus" among scientists that the problem is real, it's severe, and the only way to solve it is to regulate the living daylight out of us. There are plenty of credible climate scientists willing to refute them, but the climate change alarmists routinely demonize them as "flat-earthers" who are out of touch with the mainstream scientific community. They won't debate the science itself because their evidence simply doesn't exist. There is not a scientific movement it's a political movement being advanced by big government stooges who think capitalism is a dirty word.

And don't buy into this hogwash that

mass democracy, in which ill-informed voters choose among candidates who seek to sway the voters with emotional appeals, negative attacks on other candidates, and misleading images.

One of the problems with the Electoral College system is that a president can obtain a majority of the electoral votes while another candidate gets the majority of the people's votes. To prevent this situation, some have proposed that the states deliver their votes to the candidate who wins the people's votes.

The state legislatures have the power to allocate the electoral votes. In California, as in most states, the candidate who wins the most votes in the state gets all of the state's 55 electoral votes. The assembly of New Jersey has approved legislation to have that state's electoral votes go to the candidate who wins the national election if states with a majority of votes in the Electoral College also do so. Maryland and Illinois already have enacted this election method being promoted by National Popular Vote, but in California, the governor vetoed the legislature's approval to join this states' compact.

Here, there has been a movement, supported by Republicans, to allocate the state's electoral votes in proportion to the popular vote, so that, for example, a Democrat who wins 60 percent of the popular vote would get around 60 percent of the electoral votes. This method seems to better represent the wishes of the voters, although of course it would reduce the electoral vote for Democratic candidates as long as the majority of Californians continue to vote Democratic. The backers failed to put the measure on the June 2008 ballot, but the effort to enact it continues.

The way the system is set up now, states such as Ohio and Florida can swing the vote,

green technology will be a big economic winner. If it were, it already would be. Any industry that needs to be propped up through government subsidy (your tax dollars, folks) is not an economic winner. It is, in fact, quite the opposite.

Climate change has been going on for thousands of years, mankind wasn't responsible for it before, and it's not likely that changing a light bulb or unplugging a phone charger is going to make things more temperate any time soon. Look, there are plenty of good moral and geopolitical reasons to reduce our emissions and become more energy efficient, but it's time to stop scaring our kids with a load of fraudulent claims about how climate change is the most important issue we've ever faced. It's also time for local government to concern itself with local issues where they can actually exercise some influence. Flood control. Transportation. Crime prevention. The sad truth is Mayor Fargo is hopping on the global warming bandwagon because it is precisely what she claims it isn't: hip and trendy. Solving real local problems involves difficult decisions and hard work, and Heather Fargo doesn't have time for that stuff. She's too busy saving the world.

since states such as California are locked up with solid party majorities. However, replacing the Electoral College with a direct election of the president also would result in the very problems the founders feared -- campaigns controlled by special interests, and demagogues who sway the ignorant public with appeals to prejudice and emotion.

From a logical perspective, it is madness for a mass of voters to elect presidents they know little about and whom they cannot control once in office. We should therefore abolish presidential elections rather than seek to reform our inherently dysfunctional mass democracy.

From a libertarian perspective, we get better government if power is decentralized as much as possible. It would be best for voters to only elect neighborhood councils made up of individuals whom they can know personally, then have these councils elect higher-level councils, and so on up to the highest level, Congress, which would then elect the president, like prime ministers are elected in parliamentary systems. Elected officials could be recalled at any time by the lower-level council that elected them.

Realize that we won't have such a radically decentralized bottom-up reform soon, but having this approach as an alternative should help people realize that mass voting for president is inherently problematic, no matter how it's done.

Fred E. Foldvary teaches economics at Santa Clara University, where he is also an associate of the Civil Society Institute. His main areas of research include public finance, public choice, social ethics, and the economics of real estate.

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Liberate, Don't Stimulate, the Economy

Ayn Rand Institute
Fearing a recession in the wake of the collapse of the subprime mortgage market and other economic problems, factions in Washington are competing to offer "stimulus packages" to come to the rescue. Some favor Fed interest rate decreases, while others want some sort of immediate tax cut, while others want an outright giveaway to lower-income Americans.

But, said Yaron Brook, executive director of the Ayn Rand Institute, "We don't need the government to 'stimulate' the economy with some new intervention; we need it to liberate us from all its destructive economic intervention that put us in this situation.

"We need liberation from environmentalist restrictions on oil drilling and energy production. We need liberation from Sarbanes-Oxley, which treats businessmen as guilty until proven innocent and increases the cost of doing business for every publicly traded corporation. We need liberation from the government's pervasive regulation and semi-socialization of the health-care market, which have artificially driven up the costs of health care. We need liberation from the intervention of the Federal Reserve, which is destroying our savings by inflating the currency. And we need liberation from countless other forms of government spending; if spending does not decrease, then

any 'stimulus' tax cuts are simply tax increases for the future.

"We should not regard Uncle Sam as an economic Doctor Sam, whom we need to stimulate the heart of the economy with his defibrillator. When the government violates our right to produce and trade freely, it is an economic cancer that needs to be removed from the economy."

For more information on Objectivism's unique point of view, go to ARI's Web site at http://www.aynrand.org/ Founded in 1985 the Ayn Rand Institute promotes the philosophy of Ayn Rand, author of "Atlas Shrugged" and "The Fountainhead."

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WorldNetDaily State Backs Off Demand to Run Home Thermostats

'It is of utmost importance that consumers make their own energy decisions'

The state of California has halted, at least for now, a plan that would have allowed utilities to control the thermostats inside residents' homes remotely, instead making plans to work on a "voluntary" program.

The plan as outlined just days ago would have targeted rolling blackouts and freed up electric and natural gas resources by requiring every new heating or cooling system to include a "non-removable" FM receiver, under the threat of withholding building permits for nonparticipation.

Such thermostats would have been wired to control heating and cooling systems as well as other appliances in the house, such as electric water heaters, refrigerators, pool pumps, computers and lights, in response to signals from utility companies.

However, in a new statement on the website of the California Energy Commission, officials are admitting that residents actually should be the ones to make decisions regarding their energy usage.

"Technology can be a powerful tool in managing our energy use. However, it is of utmost importance that consumers make their own energy decisions," the statement said.

Officials confirmed it was the "considerable discussion" about the programmable communicating thermostats and the state proposal that required their installation in any new construction that triggered the change.

"On Jan. 15, 2008, the Energy Commission's Efficiency Committee ...

directed that PCTs be removed from the proposed 2008 energy efficiency building standards," the state announced.

"The Committee also asked that the value and concerns related to the potential application of PCTs be considered with other demand response technologies in the Energy Commission's Load Management proceeding that began recently," the announcement continued. "It is important that consumers have the ability to opt out of or into demand response programs, such as those involving the PCT."

The website continued to describe the devices as a "valuable tool to dampen peak electricity use" and such strategies are an alternative to "costly new power plants."

"While more needs to be done to keep up with the needs of our ever-increasing population, it's not the job of the (state) to go into peoples' homes and control their thermostats," Lloyd Levine, D-Van Nuys and the head of the state Assembly Committee on Utilities and Commerce, told the San Francisco Chronicle.

The proposal was set to be considered by the commission Jan. 30, and would have required each thermostat to be equipped with a radio communication device to send "price signals" and automatically adjust temperature up or down four degrees for cooling and heating, as California's public and private utility organizations deem necessary.

Claudia Chandler, assistant executive director for the California Energy Commission, had told WND how beneficial to residents the system would be.

"From the Energy Commission's perspective, all we're doing is ensuring that this new technology is included in new homes instead of the older programmable

technology," she said.

She said the plan was for utilities to step in and change home and business thermostat settings when "utilities need to implement rolling blackouts and drop load in order to be able to meet their supplies because the integrity of the grid is being jeopardized."

She explained residents would be able to manually override controls in all cases, but the 2008 Building Efficiency Standards (Page 64), known as Title 24, specifically stated: "The PCT shall not allow customer changes to thermostat settings during emergency events."

Michael Shames, executive director of California's Utility Consumers' Action Network, said denying consumers control over their own appliances is a highly problematic concept.

"The implications of this language are far-reaching and Orwellian," he said. "For the government and utility company to say, 'We're going to control the devices in your house, and you have no choice in that matter,' that's where the line is drawn. That sentence must be removed."

But Jim Gunshinan, managing editor of Home Energy, based in Berkeley, Calif., advocated for the plan, citing consumer benefits, such as controlling a thermostat via the Internet.

"That means someone can turn on the air conditioning before they leave work for home and have the house comfortable when they walk in the door. Or if they forgot before leaving home for a ski trip, they can remotely lower the thermostat at home and save money."

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Tricky 93 Proposition, Careful Conservatives



by Eric Hogue

There is an important message to send, and we have little time to lose in getting out the message to voters. We the voters must stop Proposition 93 on the February Presidential Primary ballot.

Titled "Limits on Legislators' Term in Office", Prop 93 is easily the most deceptive ballot measure Californians have faced in a generation. While it's described as 'term limits reduction', what it would really do is give the current crop of free-spending, big-government lawmakers even more time in office.

Prop 93 was crafted by the same lawmakers who moved California's Presidential Primary from June to February, at the cost of millions of dollars for the added election. The excuse for moving up

the election was that California would have more say in the selecting the Presidential candidates.

Well, have you seen the Presidential candidates, or even their campaign workers knocking on doors in your neighborhood? The truth is, during a period of record budget deficits created by the current lawmakers in Sacramento, we now get to pay for an expensive, extra February election, an election forced upon us by the same legislative 'fat cats' who brought us the deficit in the first place - Assembly Speaker Fabian Nunez and Senate President Don Perata.

So if Prop 93 passes, these same 'Capitol Fat Cats' will have time to file re-election papers and get on the ballot in time for California's real primary come June.

This deceptive labeling was no accident. All ballot measures are submitted to the Attorney General, who has final say on each ballot measure "title and summary" - The name and short descriptive that appears on the ballot and the voting materials we receive before each election.

Attorney General (and Democrat loyalist) Jerry Brown went right along with the Prop 93 bunch, agreeing to call it a term limits reduction. Why? Because Brown and his cronies Nunez and Perata know the people who are likely to turn out and vote in California don't trust the legislature, and know that political corruption goes hand-in-hand with too much time in office.

So, when you read voters "Limits on Legislators" on your sample ballot and in the voting booth, don't fill in that "YES" box, don't do it, it's a trick.

Preying upon the voter's negative attitude toward the legislature is the lawmakers' strategy, and it's working. Although the latest Prop 93 polls show support for the measure is slipping, a majority of conservative voters still support it. This is why I'm releasing this statement: We must STOP PROP 93 in February, or we'll have more budget deficits with "raise the taxes solutions" in the near future.

PROP 93 is a tiny reduction in terms limits, but it's also a huge and immediate reward for the irresponsible crowd who currently runs the state capitol. And PROP 93 is so poorly written, it could even allow former Assembly Speaker Willie Brown to run for another three terms in office.

Tell a friend, a co-worker, and a fellow church member that we must be sensible, we all want a better legislature, but this is not the way to go about it. We must STOP PROP 93 in February. Just say NO to 93!

Eric Hogue
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DEDICATED TO PROTECTING PROPOSITION 13 AND PROMOTING TAXPAYERS' RIGHTS.

Not Prop 13's Fault

By Jon Coupal

The myths, misunderstandings and outright lies regarding Proposition 13 and its impact on California are legion. In fact, they often provide comic relief as when the Howard Jarvis Taxpayers Association -- with apologies to David Letterman -- compiled its list of Top Ten Ridiculous Things Blamed on Proposition 13. My personal favorite is how Prop 13 has caused a dramatic increase in the obesity of children.

HJTA members are accustomed to uninformed members of the media, entrenched bureaucrats and liberal politicians uttering falsehoods about Prop 13. But we are surprised when fair-minded pundits like Dan Walters take a sip of the KoolAid. Walters, of course, is the political columnist for the Sacramento Bee whose work is syndicated throughout California. He is well-respected, included by this writer, for his insights on California's Capitol environment as well as his commentary on the demographic trends of the Golden State that portend serious problems.

But, according to Horace, even Homer nodded.

Without qualification, Walters states that California's fiscal mess "began 30 years ago this year when voters, fed up with rapidly rising property taxes, passed Proposition 13, which slashed those taxes by more than half." But if the current budget problem is a lack of revenue -- which it isn't, of course, but let's pretend -- then we still can't blame Prop 13 for today's budget imbalance. Why? Because about 5 years ago, the inflation adjusted, per capita property tax collections

in California began to surpass Pre-Prop 13 levels.

Not only is it unfair to suggest that the fiscal problems began in 1978, but it should be obvious that, even back then, Prop 13 reflected wise public policy. Contrary to the dire predictions, California enjoyed a robust tax-revenue-producing economy immediately after its passage. And today, even with the sub-prime shots at the housing market and lower home values, property tax revenues continue to increase because of Prop 13's unique acquisition value method of assessment.

It is no surprise, therefore, that other states today are looking at Prop 13 as a model for taxing property -- something they would be unlikely to consider if a valid case could be made that the initiative was the seminal cause of California's budget crisis.

In addition to being simply wrong about Prop 13, Walters makes another uncharacteristic error by tying events in the wake of 13 to today's problems by stating that "after its (Prop 13's) passage, [Governor Jerry Brown] and lawmakers overreacted by slashing state taxes while assuming new burdens for schools and local governments." True, there was a rush, which continues today, to expand government at all levels and yes, true again, that Jerry described himself at the time as a "born again tax cutter." But this bare assertion is meaningless without the context of present tax rates and present per capita tax burden. (By the way, the inheritance tax was virtually eliminated shortly after the passage of Prop 13, but done so by the People via initiative over the objections of

the politicians.) Precisely what state taxes did the governor and legislature "slash" and, in any event, are not the tax rates today much higher than they were in 1977? Of course they are. Sales tax rates -- and all their constituent state and local elements -- are much higher. Income tax rates are the highest in the nation driving high income earners like Tiger Woods out of the state.

We also disagree with Walters' take on California's relative tax burden when he suggests that California ranks in the middle compared to other states. Not according to recent data. We are already in the top 10 in per capita taxation (probably 6th) and frankly, if we were to compensate for the undocumented -- who pay little in taxes but inflate our population numbers -- we would probably be number one.

If Prop 13 and other tax cuts aren't the problem, what is? Overspending. Walters, perhaps inadvertently, refers to the extraordinary increase in general fund spending when he addresses the explosive growth in the Corrections budget. The reality is that California has a budget that has gone from about \$10B in 1977 to over \$100B today. This ten-fold increase far exceeds both inflation and population increases. Lack of spending discipline, not Prop 13 or the few modest tax reductions we have been given, is the seminal cause of our budget problem.

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



Why Does "The Establishment" Hate Ron Paul?

By Chuck Baldwin

What is it about Ron Paul that the Establishment finds so disturbing?

This is a man who perhaps personifies Christian character and integrity, American patriotism, and family values more than any other public figure. Ron Paul is a committed family man whose marriage to

Carol has lasted for more than 50 years. He is a lover of families and children. As an OB/GYN physician, Dr. Paul has delivered more than 4,000 babies into this world. His life demonstrates a commitment to life and marriage.

Furthermore, Ron Paul's devotion to Christ is very personal and deep.

Unlike many politicians (especially in the Republican Party), Ron Paul does not wear his religion on his sleeve. He doesn't need to. Anyone who knows him knows his faith is exhibited on a daily basis. His life and family are testaments to his Christian faith.

Beyond that, Ron Paul's record in Congress is so unblemished, so honest, so full of integrity that it is difficult to describe. This is a man who actually takes his oath to the Constitution (an oath every congressman, senator, and President also takes--but then ignores) seriously. So much so that he has never voted to raise taxes, never voted for an unbalanced budget, never voted for a congressional pay raise, never voted for a federal restriction on gun ownership, and never voted to increase the power of the executive branch of the federal government.

In addition, Ron Paul has never taken a government-paid junket. Even though he is a 10-term congressman, he is not accepting a government pension. He also returns a portion of his office budget every year to the taxpayers. No wonder Ron Paul was declared to be the "Taxpayer's Best Friend."

Now, how in the name of common sense can a man such as Ron Paul be hated? Maybe it is because he is a man of integrity and honesty. Remember, our Lord said that men who love darkness hate the light. And if there is a word that describes the Establishment in America today, it is DARKNESS.

Name it: the establishment Democrat and Republican Parties, the establishment media, the establishment financial institutions, and even the establishment churches all seem to be run by people who exude the power of darkness. It should not surprise us, therefore, when a man arises who personifies the light of integrity and honesty, that the powers that be should hate him--and hate Ron Paul they do.

Paul is loathed as much by members of his own party as he is by liberal Democrats. Even though he is the epitome of a Christian gentleman, Ron Paul is despised by Christians and pastors as much as he is by pagans--maybe more. The media despises him--especially Fox News. The so-called conservative Fox News celebrity Sean Hannity practically goes ballistic at the mere mention of Dr. Paul's name.

Ron Paul has been categorized with the Ku Klux Klan, brothel owners, and Skin Heads. He has been called practically every name in the book. Conservatives and liberals alike rail against Dr. Paul in a manner never seen before in modern politics. Again, why does the Establishment hate him so much? I'll tell you why. The Establishment hates Ron Paul because his honesty and integrity expose the rest of them for the moral reprobates they are. Their own conscience cannot bear the sight of him. His very presence condemns them. Their personal greed and ambition cringe at the very thought of Ron Paul. If Dr. Paul became President, the Gig would be up! It would be Wyatt Earp and Doc Holliday at Tombstone all over again. They know it, and they will fight like mad to keep their corrupt stranglehold on American politics.

Another reason the Establishment hates Ron Paul is because he is a true American--and there are not very many true Americans left in Washington, D.C., these days. You see, Ron Paul has read and studied American history. He understands constitutional government. He knows what real money is--and is not. As historian and author Thomas DiLorenzo said, Ron Paul is a modern-day Thomas Jefferson. (See his column at:

<http://www.lewrockwell.com/dilorenzo/dilorenzo137.html>)

Unfortunately, most of what we have in Washington, D.C., these days (in both parties) is a bunch of internationalists who cannot see past their own selfish interests. They are consumed with greed and power.

They are slaves to Big Business and special interest groups. They are petty, shallow hirelings who care nothing for constitutional government, the principles of liberty, or the American people. To them, Ron Paul represents everything they hate: limited government, freedom, selflessness, humility, and integrity.

Furthermore, Ron Paul is not interested in creating a world empire. Neither is he a warmonger. He would squash the burgeoning New World Order in its tracks--and the globalists ensconced in Washington and New York City know it.

candidate who would bring a modern-day revolution to Washington, D.C., and it is not Barack Obama or Mike Huckabee. It is Ron Paul. Obama and Huckabee--along with the rest of the Democrat and Republican contenders--are only more of the same. The same Nanny State, the same unconstitutional laws and regulations, the same advances toward global government, the same attacks against individual liberties, the same arrogance, the same hypocrisy, the same social programs, the same back-breaking taxes, the same jack-booted federal police tactics, the same IRS, the same lobbyists, and the same corrupt Washington politics.

That the Establishment would hate Ron Paul should not surprise us. It does not even surprise me that many pastors and Christians despise Ron Paul. (After all, many of them still worship at the altar of George W. Bush.) What is yet to be seen is, How will the American people receive him? His strong showing in Iowa surprised most of the "experts." I believe he will do even better in New Hampshire today. How Dr. Paul's campaign fares in future primaries is still to be seen.

Should Ron Paul fail in his bid to become the Republican Party's Presidential nominee, I believe it is critically important that he continue his bid as a Third Party candidate. His campaign is more than a campaign--it is a movement. People by the thousands and money by the millions is pouring in, and it will continue to pour in all the way to the general election. It is essential that Ron Paul stays in the race all the way to November.

Remember, when Abraham Lincoln won in 1860, there were four strong Presidential candidates, and Lincoln won with just 39% of the popular vote. With New York City Mayor Michael Bloomberg seriously considering an independent bid for the White House, and if Ron Paul, likewise, runs as a Third Party candidate, 2008 could see another race with four strong Presidential contenders. In such a case, anything is possible--including a Ron Paul victory.

The fact is, Ron Paul does not need the support of the Establishment to win. With God's help--and with the help of millions of fed-up and tireless average Joes--anything is possible. Anything.

Here is another thing: the fact that the Establishment hates Ron Paul so much must mean that there is ample reason for ordinary people like you and me to love him!

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by Tibor R. Machan

Freedom and the Needy

simple to grasp: It is akin to when police officers use force not to fight crime but to subdue citizens to follow some course of action the officers happen to prefer but are not morally authorized to enforce. Sadly, of course, all too many police officers do act in such morally unauthorized ways around the globe, including in America, just as too many governments overstep their authority and instead of defending their citizens order them to act in ways the officials deem proper and desirable.

Another reason it is a bad idea to conceive of government as doing more than protecting the rights of citizens is that when government lends a hand, it does so mostly to advance the agenda of its agents and only rarely just the interest of the citizenry. Proactive government policies involve "self-dealing," because this is what comes naturally, this is what is most easily achieved.

Helping others is difficult because few know, especially in far away centers of power, what will benefit people in dire straits. It's no simple task to support others, especially if one is using resources that aren't one's own. Just consider how skilled people in the helping professions must be, how much schooling they require, and how often even they get it wrong about what actually helps their clients.

So in a free country, support for those in special need, those in dire straits, must not come from government, but from fellow citizens. They are the ones who can offer genuine help to the needy, on terms the needy can freely accept. Otherwise, the needy are demeaned, their human dignity is undermined, and they become wards of the state, not people who are being offered and who freely accept help from fellow citizens.

It appears that politicians willfully evade this fact, especially during election campaigns. All we hear these days is how once elected, candidates will provide for

those who need something, necessarily at the expense of others who have not volunteered to give help but are being forced to provide it. This is precisely what a free society cannot tolerate and the policy that leads to its demise. One need but reflect on the fact that throughout human history the tyrants, tsars, dictators, and nearly all others who took up the task of helping "the people" turned out to be vicious oppressors. The people lacked sovereignty, and these leaders grabbed all the power for themselves.

This bad habit of conceiving of politicians and bureaucrats as the people in the best position to help out the needy is far worse than any dependence on using debilitating drugs or engaging in other self-destructive practices. Yet, because so much of human history has involved not mutual respect among people but the conquest of some of them by others, the radical idea that we can live in peace and mutual respect for each other's rights is taking a long time to become standard practice.

The American Founders began the radical reformation of government along these lines, but they only gave it a start. Sadly, it seems that contemporary politicians do not really want to follow their lead and want to reinstitute the old regime whereby government is seen as the caretaker, not rights protector, within the realm.

Machan is the RC Hoiles Professor of business ethics & free enterprise at the Argyros School of Business & Economics, Chapman University, and a research fellow at the Hoover Institution, Stanford University. He also advises Freedom Communications, Inc., on public policy issues.

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Speaking His Name

Jay's Notebook

If the day ever comes when you're not allowed to speak God's name in public ... we may have to look back at today as the day it all began.

I say this because the Freedom From Religion Foundation, represented by Dr. Michael Newdow, has launched a massive lawsuit - suing Congress itself, in federal court - to remove the words "under God" from the Pledge of Allegiance.

Should this lawsuit succeed, this case could set the precedent for banning the name of God - erasing His name from any public mention - especially in the public schools.

The lawsuit claims that the government is supporting a "monotheistic teaching of the United States being one nation under God" - promoting "the purely religious claim that we are one nation under God" -

by including the words "under God" in the Pledge of Allegiance.

And, they say, this makes the Pledge of Allegiance a form of "coercion" aimed especially at schoolchildren.

In fact, in the lawsuit, the Freedom From Religion Foundation equates saying the Pledge of Allegiance with child abuse and neglect!

This argument is absurd. But the legal action is a serious attack on our American heritage, and we must stop it.

The ACLJ will file an amicus brief with the U.S. District Court in this case, representing members of our Committee to Protect "Under God" as well as members of the Congress of the United States.

And we are prepared to protect the Pledge of Allegiance at all costs - which could mean defending this action all the way to the Supreme

Court of the United States.

Members of our legal and legislative teams and I are already meeting with members of Congress on this issue. We have also begun the initial legal research and writing for the amicus brief.

Indeed, as we have already seen in previous cases, Dr. Michael Newdow is a formidable lawyer - a formidable opponent; so we must take this threat very seriously.

And the Freedom From Religion Foundation has expressed itself in very, very strong language - the most aggressive attack they've ever mounted.

Join with me in this, a pivotal moment in America's history. The future is on the line!

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Defenders of the idea of having a free society assume that, generally, people can fend for themselves, often alone, more often in voluntary cooperation. But they are not blind to the plain fact that not everyone can or will survive on their own - there are serious hard-luck cases, people in dire straits, as well as many who make mistakes by failing to prepare for bad times or by producing bad circumstances for themselves. So such folks will require support in order to live reasonably well.

What the champions of a free society assume, significantly and unlike those who distrust liberty, is that the support required for those in special need will come from fellow citizens, who will provide the necessary support of their own free will, out of a spirit of generosity. This role should not involve the government, which in a free country has as its proper task securing the rights of the citizenry against criminals and foreign aggressors. Why should government not help the needy?

For one, government, as properly understood, consists of certain select people using force defensively. When the force is used coercively, the "government" has gone astray and become corrupt by engaging in the violation of citizens' rights. This idea is

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