AMERICAN RIVER





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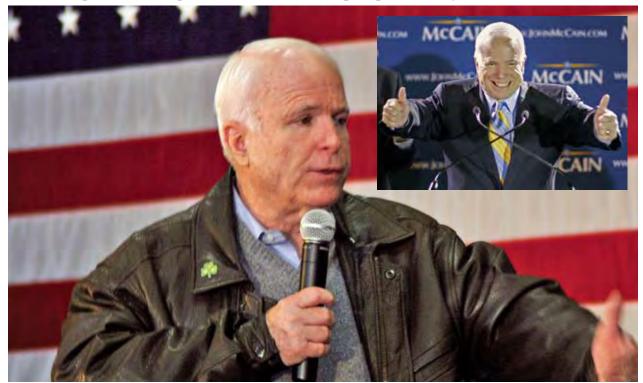
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Febuary 2008, First Edition

McCain Closer to GOP Nomination



Hillary, Obama trade **Super Tuesday wins**

By Joseph Farah © 2008 WorldNetDaily Reprinted with permission.

John McCain picked up major victories to move his campaign for the Republican presidential nomination significantly closer, while Barack Obama and Hillary Clinton traded wins in a contest likely to continue long after Super Tuesday.

With vote-counting still going on in many states, McCain won New York, New Jersey, Illinois, Delaware, Connecticut, Oklahoma, Missouri, California and Arizona. Huckabee won Alabama, Arkansas, West Virginia, Georgia and Tennessee, while Mitt Romney took his home state of Massachusetts, Minnesota, Montana, North Dakota, Colorado and Utah.

On the Democratic side, Clinton took Massachusetts, New York, Arkansas, Arizona, Oklahoma, Tennessee and California. Obama won his home state of Illinois, Alabama, Georgia, Connecticut, Utah, Kansas, North Dakota, Minnesota, Delaware, Missouri, Colorado and Idaho.

Today was the biggest day in presidential nominating contests leading up to the Nov. 4 general election. More than half the total delegates to the Democratic National Convention in August and about 40 percent of the delegates to the Republican National Convention in September were up for grabs.

The Clinton-Obama contest is historic – pitting someone vying to be the first woman presidential nominee versus someone attempting to become the first black presidential candidate for a major party.

Though the night seemed likely to end without a nominee crowned in either party, McCain was clearly the big winner.

"We might be at a tipping point in the Republican race," said Fox News contributor William Kristol.

Exit polls conducted by news organizations found voters in both parties most concerned about the U.S. economy. Republicans were also concerned about illegal immigration while Democrats focused on the war in Iraq.

The polls, based on actual interviews with voters leaving polling booths, also found Clinton was strongly supported by Hispanics and people seeking an experienced candidate, but Obama was getting surprising support from women and whites while blacks, young voters and those with higher incomes.

On the Republican side, McCain got strong backing from self-described moderates and people valuing experience and leadership. He and Romney battled for an edge among party regulars. Romney won over most conservative voters and people wanting a strong stance against illegal immigrants.

Obama was getting support from

more than four in 10 women and about the same number of whites, leaving him just a few percentage points behind Clinton.

Based on the day's results, some speculated Romney might be forced out of the race - leaving it a two-man contest between McCain and Huckabee. But Romney put any thoughts of quitting out of the minds of his supporters in a speech tonight.

"I think there's some people who thought it was all going to be done tonight, but it's not all done tonight. We're going to keep on battling," Romney said. "We're going to go all the way to the convention. We're going to win this thing and we're going to go to the White House."

McCain, meanwhile, seemed to recognize the race for the nomination is now his to lose.

"We've won in some of the biggest states in the country," McCain said, adding that he's never minded the underdog role: "We must get used to the idea that we are the Republican Party front-runner for the nomination."

As results were tallied, McCain led with 345 delegates, to 129 for Romney and 115 for Huckabee. It takes 1,191 to win the nomination at this summer's convention in St. Paul. Minn.

Joseph Farah is founder, editor and CEO of WND and a nationally syndicated columnist with Creators Syndicate. Posted: February 05, 2008, 8:37 pm Eastern

for the Next Great Solar Idea **Energize Minds for Solar Design** grant program awards money to

SMUD Calls on Students and Teachers

help educators teach solar

The Sacramento Municipal Utility District (SMUD) realizes that some of its youngest and future customers may have some of the best ideas to use solar-generated electricity. So, for the third year, SMUD is calling on students and science and technology educators in SMUD service territory high schools and community colleges to submit proposals to win grant awards of \$5,000 and \$10,000. One of SMUD's goals is to create a better future with renewable energy sources like solar power.

SMUD's program, Energize Minds for Solar Design, teaches students about solar energy and its

practical applications in our community and around the world. Students will develop a solar education project using their own ideas, and learn how to create a sustainable, zero-emission future.

Last year, Laguna Creek High School earned a \$10,000 grant for a shade structure with solar

panels built over one of the school's large rooftop air-conditioning units. The solar panels power one or more banks of classroom lights. Teachers and students from three other schools,



Winning teachers who earned grant money through the SMUD Energize Minds for Solar Design program display their plaques with SMUD solar program managers. The teachers from Will Rogers Middle School, American River College and Sheldon High School were each awarded \$10,000 to help realize products they and their students developed.

Rancho Cordova High School, Bella Vista High School and San Juan High School earned \$5,000 each for various solar projects. In 2006, the first year of the grant program, SMUD awarded \$30,000 to three schools: Sheldon High School, American River College and Will Rogers Middle School.

Interested students and teachers must apply for the grants by submitting an application that

includes a project summary, description, expected outcome, budget and schedule. The application and program information are available at http://www.smud.org/educationphone at 916-732-6930 or e-mail at rhuang@smud.org.

project manager Rachel Huang via

As the nation's sixth largest publicly owned utility, SMUD has been providing low-cost, reliable

electricity for more than 60 years to Sacramento County (and a small portion of Placer County). SMUD is a recognized industry leader and award winner for its innovative energy efficiency programs, renewable power technologies, and for its sustainable solutions for a healthier environment. For more information about SMUD visit smud.org.

Hundreds Attend Mortgage Workshop

safety/classroom.html or contact the

By Heather Hierling

On January 29th over 350 Sacramento County residents flocked to the Maidu Community Center in Roseville to hear speakers from Governor Schwarzenegger's office, along with Assemblyman Ted Gains, Assemblyman Roger Niello and Senator Dave Cox about the ever-expanding mortgage crisis in the Sacramento region.

"I wish we didn't have so many people here tonight for this mortgage workshop," Assemblyman Gains said to the crowded audience.

The consumer workshops presented by the State and Consumer Services Agency and Business, Transportation and Housing Agency have been held around the state since the beginning of the year. Lenders such as Washington Mutual, Freddie Mac, Bank of America, Countrywide, and Chase were on hand to assist homeowners with finding options to foreclosure.

"You have got to get a hold of your lender and do not stop until you do," said Jeff Davi, commissioner of the Department of Real Estate. According to Rosario Marin, secretary of the State Consumer Services Agency, homeowners need to be wary of scams by predatory organizations that target in-debt homeowners. Marin suggested that if a homeowner has any doubts about who they are doing business with they should check on their

Last year 50 percent of the 84,000



Assemblyman Ted Gaines, and Department of Real Estate Commissioner Jeff Davi.

it," McCune said.

borrowers who ended up in foreclosure did not communicate with their lender, according to Marin. Statistically that means approximately 42,000 homeowners who contacted their lender still went into foreclosure.

"We moved out in the hopes of fixing it up and then selling," said Danny McCune a former Rancho Cordova homeowner who now rents a home in Orangevale. When McCune began to have trouble with his mortgage he said it was difficult to contact his lender Wells Fargo. His home was near foreclosure and was about to be auctioned but instead was sold in a short sale for \$100,000 less than he bought it for in 2004. Despite the loss of his home McCune said he is happy with "I've done my best to take care of

For the thousands of homeowners whose mortgages will adjust to a new interest rate in the next two years the statistics echo the reality that tough decisions will need to be made and not everyone will be fortunate enough to keep their homes.

"We can assist you with advice and information," said Assemblyman Niello. "We can assist you to help yourself."

Another workshop will be held 10 a.m. to 1 p.m. Saturday February 16th at the Antioch Progressive Baptist Church at 7650 Amherst Street, Sacramento. Lenders will again be on hand and homeowners are encouraged to bring their

Council as Divided as Community



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Canine Companions for Independence taught to open and close doors, pay To continue providing funds for this



Canine Companions for Independence, a non-profit organization, trains dogs with specific abilities to aid individuals who need help with the every day things most of us take for granted. The dogs are

cashiers at the stores, turn on and off lights, pick up things that are dropped on the floor, retrieve food from the refrigerator, respond to certain noises to alert the individual and much more. These dogs are also used for the well being of school children with psychological problems. It really touches one's heart to hear the squeal of excitement from children who have received one of these dogs.Lions Project for Canine Companions for Independence is a major fundraising program that was formed in 1983 to support the Canine Companions for Independence organization.

wonderful and much needed service Lions will be having a fundraiser dinner. You are invited to attend the Lions Annual Crab Feast on Saturday, March 8th. The dinner will be held at Jones Hall, Placer County Fairgrounds in Roseville and will feature family style crab, prawns, clam chowder, salad and rolls. Social Hour will begin at 6pm and dinner will be served at 7pm. Please contact Phil Olavarri at 916 726-9597 or email him at lpcci@ comcast.net for tickets or for more information. Tickets cost \$35 but if you are unable to attend, a donation to this cause would be appreciated.

DUTCH TREAT



By Dennis Packard

The Boxboy

The job training was completed within one direct sentence, "Put the groceries in a box, take the groceries out to the car for the ladies and don't squash the bread."

It took me thirty minutes to find work when I arrived in California from Chicago when I was sixteen. I wasn't a happy camper. My plan to take very little effort in job-hunting backfired. If I took very small steps circling businesses in downtown Inglewood and sat at all the bus stops for twenty minutes, I was convinced that I could stretch this project out for weeks.

A half a block from home, I landed a "boxboy" job at Frank's Market, owned by a Japanese-American family. It was my first job application. 1953 was a time when only male teenagers were hired to assist a checker and place customer's groceries into a cardboard box. Outside of "babysitting" there was very little work outside the home for a young girl. My younger sister was taught to be obedient, iron, cook and clean toilets by her mother. Even "I Love Lucy," a popular T.V. show at the time portrayed this mind set.

It was difficult to do any teen-age socializing because I worked four days at Franks after school and both Saturday and Sunday. Sally, the head cashier at the store took me under her wing and taught me the finer arts of "checking" groceries on the big black register.

The price of each item had to be called out whether the customer was listening or not. And it was a sin, not to be tolerated, if you forgot to give out Blue Chip Stamps upon finishing the order. All produce items had to be memorized daily. There were vegetables and fruit in California I had never seen before or knew

how to eat them, when to eat them, how to pronounce them or where they came from. Eventually, I knew "what" I had in my hand and was able to ring the "what" up on the register—but I still didn't know what "what" was exactly.

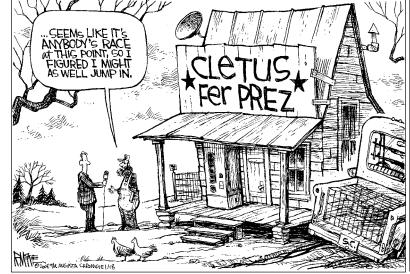
It mystifies me, even today, the good hearted gentle Japanese-American family I got to know quite intimately during the six years employed at Franks. Every family member was placed in an "Internment Camp" during World War II. Mrs. Frank Yasuda's older brother, Uncle Henry, worked diligently at the market and delivered groceries daily to some of the regular customers without automobiles. Henry's wife was too ill to make the trip to the camp during the war and he was forced to leave her behind. She died alone while he was away. They also lost their only son in the war fighting with the American Army in Germany. The family continued to embrace America. If there was any bitterness, it never showed.

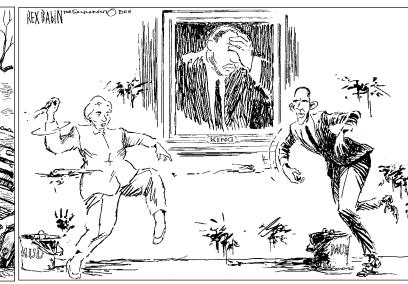
After mom bought a green 1943 Oldsmobile sedan, she taught herself to drive at forty-six. Now, on the weekends I also could use the car myself and take a girl to the drive-in movie. Unfortunately, mom didn't care for the blond I was dating and often hid the car keys from me. No problem. Tosh, Frank's 19-year-old son studied his college courses at night during the weekends and always threw me the keys to his new sports car to use. I was ecstatic.

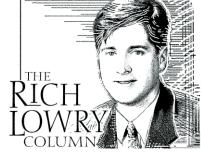
Since the two movies, cartoons and coming attractions never started at the drive-in until dusk, the vehicles always filed out of the theatre after midnight. And the early morning wasn't completed until us young teens filled our bellies at the drive-in diner with a burger, fries and a shake. Once you picked your girlfriend up for a date, you never had to leave your automobile.

Mom sometimes waited up for me when I returned home in the wee hours. Crouching like a tiger, she would pounce on me when I opened the door. She screamed and she pounded on my shoulders and arms with open hands. The walls would shake and thunder for a while, but she never found out about Tosh or how many times I kissed my girlfriend.

Quip for the Day; Next year 4 million kids will turn sixteen and 8 million parents will turn pale.







The housing market is caught in a downward spiral that might last the rest of this year, and banks are struggling under a staggering burden of bad loans that has created a severe credit crunch. Don't

fear, though, a \$250 check might be making its way

toward your mailbox.

That's the economic "stimulus" that Democrats are coalescing around to forestall a recession. Barack Obama wants a \$250 tax rebate and a payment of \$250 to Social Security beneficiaries. If that doesn't work, he has a Plan B: sending out another \$250 check. Hillary Clinton wants to try \$70 billion in new government spending first; then, if the new tide of red ink fails, blanket the country with \$40 billion worth of rebate checks.

With the White House considering its own rebate proposal, some such scheme is likely to emerge as the lowest common denominator of sophomoric

Pennies from Heaven

economic policy for both parties.

A \$250 check is the equivalent of winning a tiny jackpot on a convenience-store lottery ticket. It's not going to spur any lifestyle changes or fund any major purchases. This is why the history of the tax rebates -- including the last time it was tried in 2001 -- is a sorry one.

Most people aren't stupid enough to think a \$250 check improves their economic standing. This is keeping with the late economist Milton Friedman's "permanent income hypothesis," which said that people don't change their spending habits based on small blips in their income. In short: You can't fool people into thinking that they are richer than they really are.

So it is that research shows that most of the 2001 tax rebates were used to pay down debt or were saved. According to a study by University of Michigan economists, only about 20 percent was spent -- a tiny stimulus at best.

It is the curse of capitalism that it suffers boomand-bust cycles. In recent economic history, we've had the savings-and-loan bubble, the tech bubble and now the housing bubble. The lesson of all of them is that if it's too good to be true, it is. The blessing of capitalism is that -- often brutally -- it adjusts and reestablishes its equilibrium. If too many houses have been built, the only way to stop it is if their price goes down -- exactly what's happening now.

For the most part, government can't game the economy through clever temporary fixes. The key dishonesty in any stimulus debate is found in the phrase "jump-start," suggesting it's within the power of government to quickly and precisely influence the course of a \$13 trillion economy. The Clinton campaign promises not just to "jump-start" the economy, but to "jump-start green-collar jobs." Talk about a fairy tale.

Clinton is embracing the kind of massive stimulative public spending that her husband proposed in his 1992 campaign, before abandoning it as fiscally imprudent upon taking office. It turned out that the recession of the early 1990s was over even while Clinton was campaigning against it. That's the way it usually works — the market moves faster than politicians.

By the time you get your rebate check, the chances are a recession will already be upon us, or the threat will already have passed. Enjoy the extra couple hundred bucks.

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



BWC MORTGAGE SERVICES

MORTGAGE BANKING & BROKERAGE

A Qualified Mortgage Consultant Can Help Boost Your Credit Scores

By Karla Hawe Mortgage Consultant BWC Mortgage

Consumers interested in purchasing or refinancing a home will pay an interest rate based on current market conditions and their ability to pay back the loan. The borrower's income and debt ratios are taken into consideration by the lender, as well as the predictability factor provided by credit scoring. It's important to have a mortgage professional in your corner that has a keen eye for solutions to improving credit scores in an effort to get the best interest rate possible.

Interest rates associated with various loan programs are broken down into schedules based on credit score ratings. While each lender has its own guidelines, it's safe to assume that as the consumer's credit score goes down, interest

rates will go up.

If you have already taken out a mortgage loan with a higher interest rate because your credit score was a little under par, you will really appreciate the value in doing a little work to improve your credit score. Refinancing from a loan you received when your credit scores were low to a loan with high credit scores, can save you literally thousands of dollars in financing fees over time.

A qualified mortgage consultant, such as myself, will guide you through the nuances of the process of improving your credit score to refinance and save money. First and foremost, I would want to review the terms of the existing mortgage loan to determine if you have a pre-payment penalty clause written into your contract. If you were to sell the home or try to refinance before the pre-payment penalty expires, you would most likely have to pay a 3



Karla Hawe

percent fee back to the lender to compensate for the high risk and cost incurred to provide that financing.

There are five factors that make up the credit score and I can coach you through some basic strategies to improve your credit score. Once your credit scores have improved, it's time to refinance at a better interest rate.

It is important to work with a mortgage consultant who can give you a roadmap to follow and a strategy for success in building personal wealth. Please feel free to call me for a free credit consultation. You can contact me, Karla Hawe at 916-923-5900 or karlah@bwcmtg.com.

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Marion Solo • Billie Jean Wright

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Local Hero: MM2 (SW/AW) Cook

By: Dayna Scorsone, SSgt

"Most think us think of the military as just a job or a way to fund a college education. In some of the public's eyes we're considered heroes. There's nothing wrong with feeling like a hero!" These are the words spoken by MM2 (SW/AW) Cook, James. He has been serving in the United States Navy since October 1, 1998 where he joined out of the Fair Oaks Naval Recruiting office. From boot camp, he attended Machinists Mate School in Great Lakes, IL where he was "trained to operate and maintain steam turbines and reduction gears used for ship propulsion and auxiliary machinery".

He began his Naval Career onboard the USS John C. Stennis, CVN 74 where he was stationed for 5 years. Shortly after 9/11, the USS Stennis was deployed from November 2001 to June 2002 in support of the Global War

on Terrorism. His greatest personal accomplishment was being the only sailor onboard that qualified to operate the liquid Nitrogen and Oxygen generating plant without attending the Navy's Cryogenics "C" School. From the USS Stennis, he was stationed at the Deep Submergence Unit on North Island and then on the USS Boxer, LHD 4. MM2 Cook is currently stationed in San Diego at Naval Base Point Luma. After having served over

9 years, MM2 Cook is yet undecided if he will continue to serve for another 11 years to reach retirement. He is contemplating receiving an Honorable Discharge and

the Naval Reserves.



To feature your local hero, please contact Dayna at localhero916@ hotmail.com

by Freddy Groves

Stop, Thief!

Want a real thrill to make your day? Do an online hunt for cases involving those who've stolen money from veterans and the Department of Veterans Affairs.

Here are a few samples of what you'll find.

Montana: Guy No. 1 stole VA checks while working as a desk clerk at a motel while the veteran was in jail. He forged the signatures and gave them to Guy No. 2 to cash. They split the money. When caught, Guy No. 1 got six months in jail. Guy No. 2 was facing maybe 15 years in prison after pleading guilty to theft of government

money and conspiracy. The judge reportedly said that it appeared to be an "isolated incident." Guy No. 2 was sentenced to -- brace yourself -- probation. An isolated incident? It went on for 11 months.

ETERANS POST

Texas: A grandson cashed benefit checks made out to his deceased veteran grandfather. The VA did not know the grandfather had passed away and continued to send checks. When caught, the grandson was sentenced to six months in prison

plus probation. Ohio: A husband-and-wife team cashed VA pension checks and even applied for more benefits using the identity of a deceased veteran roommate. They managed to keep this up for 19 years, to the tune of more than \$156,000. Punishment:

The husband got one year and a day in prison, plus probation; the wife got probation.

Massachusetts: The director of a boarding house kept depositing VA benefit checks long after the veteran died. He claims he didn't know that the veteran (who went into rehab) had passed away and that he was just keeping the room available. At this point, there's been a preliminary hearing on larceny charges, and a plea of innocence. I'll be keeping an eye on this one.

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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Magazine Discounts for the U.S. Military, Veterans and their Families

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Leading Time Inc Titles, Time, People, Entertainment Weekly, Sports Illustrated, and others in a Special Savings Partnership: Up to 89% Off

Greenwich, CT-Veterans Advantage, www.veteransadvantage.com, the leading nationwide membership benefit program for U.S. Active Duty military, Veterans, National Guard, Reserve and their families, announced exclusive savings on leading magazines for all its members nationwide.

The special discount can go as high as 89%, and includes some of the most popular publications across America, including Time Inc. favorites Time, People, Entertainment Weekly and Sports Illustrated.

"Veterans Advantage takes great pride in our portfolio of unique benefits from quality partners across America," said H. Scott Higgins, president and founder of Veterans Advantage, and a Vietnam Veteran. "Our new magazine benefits brings the crème of the crop of news journalism for our members for only pennies an issue, savings that cannot be found anywhere else on the

The partnership initially started as a special holiday savings offer for Veterans Advantage members, but has been extended due to the overwhelmingly positive response from Veterans Advantage members across the country.

"Our partnership with Veterans Advantage is a home run," said Michael Borchetta, CEO of M2 Media Group, a distributor of magazines for Time Inc. "Over the years in our ongoing work together, we shared a commitment to include special magazine offers for VA Card members. But this new savings program ensures the bestread magazines in America are also read by the best this nation has to offer-those who

Time Warner's Time Inc. division is the largest magazine publisher in the U.S. Each month, one of every two Americans reads a Time Inc. magazine. The company also is widely recognized among industry peers each year, most recently winning nine 2007 Folio Awards for its news, home, consumer finance and health & fitness magazine

"My family doesn't go a week without reading at least one of these magazines. I encourage all our members to lock in this special offer that cannot be found anywhere else," added Higgins.

Veterans Advantage is the leading nationwide card membership program delivering new recognition and rewards for U.S. Military Veterans, Active Duty Military, Retired Military, Active and Retired National Guard & Reservists, and their family members. The card membership program provides special offers and money-saving benefits as a thank you for service to the country. All who qualify are encouraged to try a 30-day free trial at www.veteransadvantage.com.

Patriotic Americans can also join the company's program open to general public, the U.S. Patriot Card, as an opportunity to save and show support of our U.S. Troops. For every U.S. Patriot card purchased, the company will match that purchase by pledging a Veterans Advantage card to troops returning from service overseas. A free trial is also available at www. uspatriotcard.com.



Sacramento Donald Kendrick, Music Director Dream of Geronti With Supertitles

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MAF Exposes New York Times

New York Times 'Killer Vet' Story Exposed as Erroneous by Pro-**Troop Group**

By Ryan Gill, Move America **Forward**

Sacramento- Move America Forward, the nation's largest grassroots pro-troop organization, today announced that after vetting the numbers cited by The New York Times in their Sunday, January 13, 2008 story, "Across America, Deadly Echoes of Foreign Battles," it became clear that the Times had engaged in demonstrably erroneous and false reporting.

Ittook seven New York Times researchers to find 121 cases in which veterans of Iraq and Afghanistan committed a killing in the United States, or were charged with one, upon returning home to this country.

The Times made the false conclusion that: "Taken together, they paint the patchwork of a quiet phenomenon, tracing a cross-country trail of death and heartbreak."

The Times documentation of 121 potential killings out of more than 1.5 million veterans of Operation Iraqi Freedom (Iraq) and Operation Enduring Freedom (Afghanistan), divided by 6 years of conflict results in a murder rate of just 1.34 incidents per 100,000 veterans per year.***

That murder rate is far lower than the murder rate for the general population, demonstrating that the experiences of military service – including having served in Iraq and Afghanistan - actually made it less likely for returning veterans to commit murder once they returned home, than the

general population.

Given a census-estimated population of the United States of 300,000,000 persons in this country as of October 2006, and FBI-compiled statistics of 17,399 homicide offenders for 2006, the murder rate of the general population was 5.80 offenders per 100,000 on average - and a rate of approximately 7.67 per 100,000

Since all but one of the veterans cited by the Times who committed a killing in the U.S. was male, the comparable rate is approximately 7.67 incidents of murder per 100,000 people among the general



male population, compared to just 1.34 incidents per 100,000 returning Iraq and Afghanistan veterans (of both genders).

"It's obvious that the New York Times has an agenda of undermining the missions of our troops in the War on Terror, so much so that they are willing to resort to demonstrably false statistics to support their anti-troop bias," said Melanie Morgan, Chairman of Move America Forward. "The slander of our troops and veterans

by the New York Times is unfortunately all too familiar. We heard this kind of nonsense about our returning veterans from Vietnam. It's the same insult, different war.

"Perhaps the shameful staff of The New York Times has run out of war-time secrets to publish for America's enemies to read,

because now they've resorted to an all-out smear campaign of America's finest men and women, who have served this country bravely and with distinction," Morgan

In place of hard data to support their premise, The New York Times was instead forced to devote almost the entire portion of 6,321 word hit-piece to anecdotes of wrongdoing by individual veterans.

far as to trace back the phenomenon of murderous veterans to Greek mythology to back up their assertions of their report. "The real mythology is the reporting

The New York Times even went so

by The New York Times," Move America Forward's Melanie Morgan concluded. Note that the central statistical measure

is how many instances of alleged killings take place per 100,000 Iraq/Afghanistan war veterans who returned home. The New York Times might argue that our statistics are incorrect since the 1.5+ million Iraq/Afghanistan veterans have not been home during the entire 6 years of the war (especially since in the early onset of Operation Enduring Freedom troops were just arriving into the war zone).

However, Salon.com reports that as of January 31, 2005 there were 1,048,884 Americans who had fought in Iraq or Afghanistan. One can then calculate statistics from that point onward. Let's give the New York Times the leeway of saying their alleged 121 incidents of killings by veterans occurred during just the three years that elapsed since that time to the present. The murder rate per 100,000 people would still be approximately 3.5 incidents of murder per 100,000 returning Iraq/Afghanistan veterans.

www.MoveAmericaForward.org

Monthly Military/Spouse Retiree Meeting:

retiree meeting will be held on 13 Feb and it will be in the former address is 5726 Dudley Blvd. If you need any directions, besides GPS, contact one of our volunteers at 561-7476. We have

Our next monthly military an outstanding speaker for this a female Dr. You definitely do not meeting in the person of REAR ADMIRAL BONNIE POTTER, Chapel on McClellan AFB. The who held many responsible positions throughout the Medical Service arena. She will talk about her experiences and the discrimination issues she faced as

want to miss this meeting. Our super duper Commissary Director will provide the coffee. So come on out and enjoy the festivities.

Chief Moses 561-7507

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Lauren Forcella

Dear Straight Talk: I'm 17 and I'm pregnant. I was using a birth control shot. I have tons of support, especially from my mother, to make my own choice and I am confident in my decision to have a medicinal abortion. The problem is my boyfriend. He is my age but has no grasp of what I'm going through and I don't know how to talk to him about it. Earlier I was confused and blamed the pregnancy on him. We are nearly breaking up over this. Am I being selfish? He says he doesn't want it so why are we having so many problems? — No name please

Dear No name: He was playing with fire and got caught. You both were. The difference is, he can run and you can't — which makes him antsy and you scrambling to point fingers. I'm very happy you told your mother. If you decide to keep the baby, contact Child Support Services in your county directory. By law, the father must pay child support until the child is 18. Read on.

From Emily, 15: You're not selfish. It's easy for guys to run away. They are not stuck with the weight, the moral decisions, the responsibility.

straight talk for teens

Having sex, protected or not, is playing with fire

He is the selfish one for not wanting to be involved. But neither of you should have to worry about abortion and parenthood right now, you should be thinking about your next test or this weekend's movie. Nonetheless, he needs to step up and become a man. If that's not going to happen, it's time to move on and do what YOU think

From Rose, 20: When I was 17 some of my friends got pregnant. The ones who had abortions were glad they did, but also said they would never have one again. The ones who had their babies still struggle a lot even those with family support. In your situation, there is no wrong or selfish choice.

From Peter, 20: Ultimately it is your choice, that's the final answer. However, blaming the pregnancy on him was wrong. While he has no clue what you're going through, you have no clue what he's going through, either. Just because he's a guy doesn't mean he isn't running the whole field of emotions, too.

From Megan, 18: I've known couples who have gone through abortions together and made it work. Really talk with him, don't hold your emotions back. You probably both have feelings about this that you

haven't told each other.

much as yours. Have an abortion, keep it, give it up for adoption, no one can tell you what to do, but you TWO need to do it together. My friend, who is 16, just found out she is pregnant; she has to go it alone as the father isn't

around anymore. From Bird, 17: I recently went through this, too. My mother said, "I cannot help you make this choice. It's your choice alone." I was so depressed Fischer Price commercials would make me cry. Telling my boyfriend was seriously harder than telling my mother. He told all our friends I was pregnant, yet he wouldn't go to Planned Parenthood with me. When I asked what he wanted to do, he said, "Get rid of it. If you keep it, that's your choice." His insensitivity broke our relationship. We are the same age but I'm an emancipated minor attending college and I've been working since I was 14. He is unemployed, waiting to get into a G.E.D. program because he was kicked out of high school. He didn't want to get a job even knowing a child of his might be born. For me, an abortion was the right decision. The choice isn't supposed to be easy, nor is the process, but it made me

Write to Straight Talk at www.StraightTalkForTeens.com From Mary, 17: It's his kid as PO Box 963, Fair Oaks, CA 95628.

MEN ARE DOGS

Is he a hunter? Maybe he's a Hound dog or a Herder! He might even be of the Toy or Sporting group. But, you can be assured that he belongs in some category...if Jeannette Wright has anything to say about it. Besides, you need to know what kind of man you want if you don't have one, so Jeannette tries to help you get your priorities straight before he growls, makes messes, runs around, or worse. Why is the divorce rate so high? Jeannette says, "the main reason many relationships fail is that many of us pick the wrong breed of man." So "Men Are Dogs" is a woman's guide to choosing your breed of man. Now don't get testy. Comparing men to dogs is not a put down, not when you consider how wonderful dogs are. They are loveable, loyal, never grow up!

Oooops, that last one might not be so

Naturally, you have to determine the right breed for you. So Jeannette asks several questions like...What are

1) The level of experience a woman should have to choose that particular

2) How that breed will behave with

3) The amount of exercise required. (No, not in bed!)

4) The activity level for that breed.

5) How easy that breed is to train.

6) How that breed will react to a

For each breed of man there is a detailed description of five major 1) Physical characteristics

2) Abilities and interests

3) Training

4) Social Skills

5) Type of Woman Then come the breeds:

1) The Herding Group has a strong desire to herd something intellectually, physically, or spiritually. Examples: Collie, German Shepherd, Australian Shepherd, Old English Sheepdog.

2) The Sporting group feature men designed to locate and retrieve items. Examples: American Cocker Spaniel, Brittany, Golden Retriever, Irish Setter, Labrador Retriever, Weimaraner.

3) The Hound group has a strong desire to hunt...information, women animals, etc. Look for the Basset, Beagle, Borzoi, Dachshund, Norwegian Elkhound, Rhodesian Ridgeback, or Bloodhound.

4) The Working group is able to work hard with intense focus when needed. Examples: Akita, Doberman Pincher, Boxer, and Great Dane, Mastiff, Rottweiler, Saint Bernard, Schnauzer, Siberian Husky.

5) The Terrier group has playfulness, tenacity, spunk, and disdain for those who lack integrity. Examples: Airedale Terrier, Bull Terrier, Pit Bull, Miniature Schnauzer, Scottish Terrier, West Highland Terrier.

6) The Toy group has a strong desire to be pampered. They are affectionate, but can still snap if they don't get their way. Examples: Chihuahua, Pekinese, Maltese, Shih Tzu, Pug.

7) The Non-Sporting group has nothing in common with each other or

other dog breeds. So they are placed in a group by themselves. Examples: Chow Chow, Poodle, Dalmation, Bulldog.

Each of these dog-types have characteristics, and Jeannette covers them all from the multi-talented German Shepherd to the ideal family man who never grows up Labrador Retriever or the cute, trustworthy and fond of traveling Scottish Terrier. Find out which one is best for you in "Men Are Dogs". And you can check out her website at www. menaredogsbook.com. And don't forget to give that special breed of yours a pat on the head and a treat once in awhile.

HAPPY VALENTINE'S DAY !!!

Check out the "POPPOFF" Radio show Monday thru Friday on AM-950 KAHI 10 AM-Noon and Saturday on AM-1240 KSAC 11 AM-Noon for provocative fast-paced informational and entertaining radio listening!

Teachers Receive Innovative Learning Grants from S. J. Education Foundation



Front row left to right: John Finegan (Board Chair), Gayle Winney (Citrus Heights), Abigail Jacinto (Pasadena) Second row left to right: Michelle Becker (Will Rogers), Jill McGovern Charles Peck), Karen Strahle (Orangevale), John Rabe (Schools & Programs) Third row left to right: Scott Werly (Cameron Ranch), Jennifer Benner (Will Rogers), Kevin Glaser (El Camino) Grant recipients not pictured: Paquito Martinez (Dyer-Kelly), Leanne Erickson (Sierra Oaks), David Traversi (Arcade), Sue Willett (Arlington Heights), Heather Taft (Curriculum & Professional Development Dept.), Judy Butler (Casa Roble)

First Round of Grants Awarded by New Community-Based Foundation Focused on Science, Technology and

Twenty-five innovative teachers from throughout the San Juan Unified School District have been awarded grants to help fund programs in science, technology and the arts from the San Juan Education Foundation (SJEF).

SJEF, an independent, non-profit community organization formed as a link between the community and schools in the San Juan Unified School District, awarded grants totaling \$50,000 in the first of its ongoing grant program to support teacherinitiated classroom opportunities that will creatively challenge San Juan students and nurture their desire to

Some of the projects that will benefit from the grants include programs in solar energy, digital music and animation, among others. Teachers received individual learning grants from \$250 to \$1,000 and Project Based Learning Grants of up to \$5,000. A full list is below.

Peck, Citrus Heights, Dyer Kelly, El Camino, Orangevale, Pasadena, Sierra Oaks, Northridge, Mesa Verde, Mira Loma, Kingswood, Bella Vista, Laurel Ruff and Will Rogers. The Art Docent program also received a

"With California facing a \$14 billion budget deficit and school funding on the chopping block, we believe it is critically important to do everything we can as members of the Sacramento community to enrich the classroom experience and offer support to teachers who want to use their creativity and innovation to challenge their students," said SJEF Board Member John Finegan.

The Foundation's Board is comprised of community, business and education leaders, including members of the San Juan Unified School District Board and the retired Superintendent of Schools, who bring professional expertise, knowledge of community resources and the creativity necessary for a fresh approach to helping teachers help their students to thrive.

For more information about how to apply for grants and about the San visit www.sanjuanfoundation.org.

About the grant recipients:

Julie Garrett-Northridge Christopher Cimino—Mesa Verde David Fraga—Mesa Verde Paul Oropalio-Mesa Verde Charles Reade—Mesa Verde Kristi Percoski—Mesa Verde Alison Stiles—Mira Loma Naomi Harper—Will Rogers Marisa Decker—Arlington Heights Gayle Winney—Kingswood & Citrus Heights Michael Berry—Bella Vista Julia Arrequin—Laurel Ruff Michelle Becker-Will Rogers Paquito Martinez—Dyer Kelly Karen Strahle—Orangevale Scott Werly—Cameron Ranch Leanne Erickson—Sierra Oaks Abigail Jacinto—Pasadena David Traversi—Arcade Kevin Glaser—El Camino Jill McGovern—Charles Peck Sue Willett—Arlington Heights Heather Taft—Art Docent

Schools receiving the grants Judy Butler—Casa Roble include Arcade, Arlington Heights, Juan Education Foundation, please Jennifer Benner-Will Rogers Cameron Ranch, Casa Roble, Charles Don't put off until tomorrow what I can do for you TODAY! **DEBBIE DOES ORGANIZING** Improve the Quality of Your Life! Closets • Kitchens • Kids Rooms • Home Offices • Garages • Entire Homes Time Management • System Designing • Clutter Control • Maintenance Packing & Unpacking • Staging • Personal Shopper • E-bay Selling Gift Certificates • Handyman Available *** 916.743.4320 www.Debbiedoesorganizing.com 10 Years Experience • NAPO Member • Insured & Bonded • License #298685

Nation's Next Top Jewelry Designer Contest

Local Jewelry School Signs up Students

Carmichael, CA - Pop culture's boom in reality competition shows has, America on TV lockdown and a Jewelry Design competition is next. Something that is comparable to America's Next Top Model and Project Runway should have been considered in the Jewelry Industry a long time ago.

The competition will not be so posh as to be aired on prime time TV, although it does give many Jewelry Students across the nation an opportunity to advance in their studies, get recognized and establish a successful and passionate career, something much more beneficial than spotlight television!

The California Institute of Jewelry Training (CIJT) enters students into Diamonds International's Next Top Jewelry Designer Online Contest. The competition set to take place this summer, will be held online allowing



students from jewelry schools all over the country to participate.

Entries must be received by the 31st of May. The winners will be announced June 1st with cash prizes as well as the Grand Prize; the winning design will be created into finished jewelry and will be presented to the winner.

Competition applicants can only enter in one design, although the competition does not limit how many entries submitted per school. The jewelry design needs to be fashioned

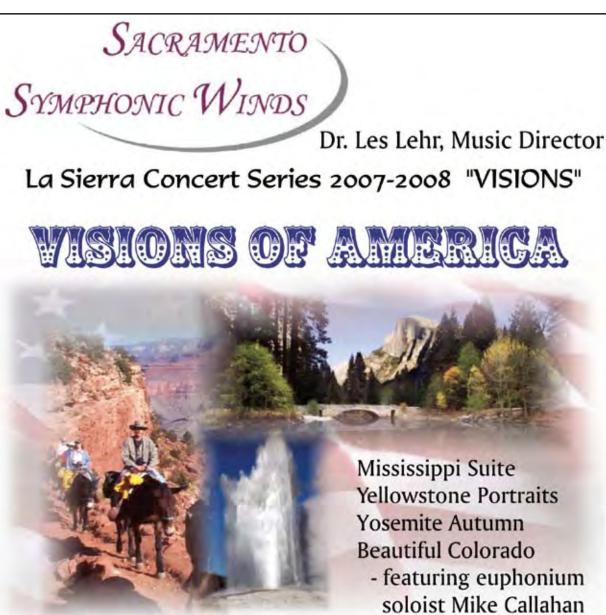
so that it would cost \$1,000.00 or less crafted in white or yellow gold.

The designs must be original and they cannot have been entered into another competition. Students must enter their drawing as an original sketch or a color copy. Sketches should be at least 10 x 14 inches with no other information on the face of the design.

Students of jewelry schools and graduates up to six months out of school may enter. The competition also has a category open to the General Public, but professional jewelry designers or sellers are not eligible to participate in either category.

Sponsored Diamonds International, the world's largest free jeweler company gives CIJT Students an opportunity to gain rapport in the jewelry industry.

The competition is accessible to the public on www.shopdi.com where people can view entries, check out the competition and find out who is to be the Next Top Jewelry Designer!



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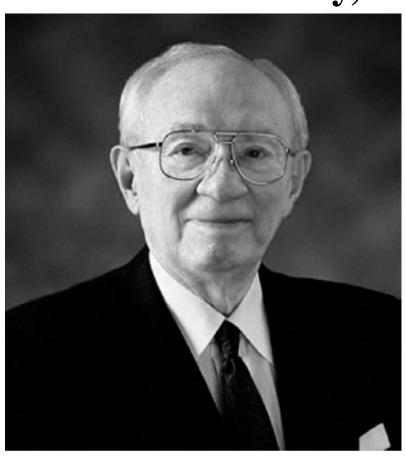
www.sacwinds.org Ticket orders: 916 489-2576

or email LLehr@sbcglobal.net

Map on website:

3:00 pm

Latter Day Saints Church President Gordon B. Hinckley, Dies At 97



By Lisa West

When Gordon B. Hinckley, president of The Church of Jesus Christ of Latterday Saints, entered ARCO Arena on Saturday, September 2, 2006, the 5,000 youth in attendance, ages 12 to 18, stood and cheered for several minutes. It was warm and respectful, yet something today's teenagers typically reserve for a sports hero or rock star. After the beloved Prophet sat down, he raised his cane to the crowd and they cheered again - even louder. The occasion was Hinckley's last visit to Northern California to participate in the Youth Cultural Celebration of the newly completed Sacramento California Temple. The following day, Hinckley dedicated the seventh California Temple, and at that time only the 123rd such temple in the

Following the announcement that the 97 year-old leader of the Mormon faith passed away Sunday evening, January 27, 2008, these same teenagers, put on their Sunday best - young men wearing white shirts and ties, young women in modest dresses - for regular school classes on Monday morning. "It was an opportunity for us to honor our prophet following his death" noted several area high school students.

Hinckley was the 15th president of The Church of Jesus Christ of Latterday Saints and the oldest living prophet in the Church's 177 year history. He had presided as its president since March 1995 and served for 14 years prior to that as a counselor to previous Church presidents. He died in his Salt Lake City, Utah apartment due to complications incident with age and with his family by his bedside.

Condolences and messages have poured in to Church headquarters from around the world, including a tribute from President George W. Bush. President Bush's message read in part, "Laura and I are deeply saddened by the death of our friend, Gordon B. Hinckley. While serving for over seven decades in The Church of Jesus Christ of Latter-day Saints, Gordon demonstrated the heart of a servant

and the wisdom of a leader... In 2004,

I was honored to present him with

the Medal of Freedom, our Nation's

highest civil award, in recognition of

his lifelong public service".

Reflecting on Hinckley's numerous and varied accomplishments would fill volumes. "I would enjoy sitting in a rocker...listening to soft music and contemplating the things of the universe," he once told the Associated Press. "But such activity offers no challenge and makes no contribution.'



His contributions to The Church of Jesus Christ of Latter-day Saints began in 1933, following his college graduation, when he accepted a call to serve as a missionary for two years in the British Isles. At the end of his mission, just before sailing back from England to the U.S., his mission leader asked him to call on Church headquarters as soon as he returned home and tell them of the need for publicity materials to help the missionaries better explain their faith, in not only England, but all of Europe. He did just that and in 1935 he was assigned to run the Radio, Publicity and Mission Literature Committee of the Church. For the next 26 years he worked in the Church and fulfilled numerous assignments including 20 years directing all Church public communications, until being called as a member of the Quorum of the Twelve Apostles, the highest governing body of the Church. In 1981 he was called as second counselor to President Spencer W. Kimball. The church presidency is a lifetime position and Hinckley would serve as counselor to three previous presidents before being ordained as the 15th President of the Church in 1995.

He was considered a great communicator and was well-known

for his writing and speaking skills. He ushered in a new era of spreading the 'Mormon message' by embracing opportunities to give interviews to major news media including a feature on 60 Minutes with Mike Wallace which was seen by an estimated 20 million viewers.

Over the past 13 years, President Hinckley was known as the greatest temple builder in history. It took the Church 166 years to build and dedicate the first 50 temples. By contrast, Hinckley built and dedicated the next 50 in less than 4 years. He was scheduled to dedicate the 125th temple in Rexburg Idaho on February 3, 2008. He built temples in places few ever expected a temple to exist; China, Spain, Columbia and West Africa. Another 12 temples are announced or currently under construction.

Hinckley was the first LDS Church President to visit Russia, Ukraine and West Africa. He astounded members of the Church with his tireless service, jovial countenance and endless supply of energy and stamina. His wisdom, warmth and wit were his trademark. His vision was unmatched and led him to establish such programs as the Perpetual Education Fund, to assist the needy with financing higher education and Latter-day Saints Charities, which delivers humanitarian aid throughout the world.

His greatest trial came in 2004 when he lost his wife of 67 years, Marjorie Pay Hinckley. They raised five children and served side by side. She was the love of his life and every bit his equal. But he held his grief close and pressed forward telling CNN's Larry King, "The best thing you can do is just keep busy, keep working hard so you're not dwelling on it all the time. Work is the best antidote for sorrow."

President Hinckley met with world leaders and U.S. presidents; received a myriad of awards and educational honors, wrote several books, including a New York Times best-seller 'Standing for Something'. He wrote and published mountains of Church manuals, pamphlets and scripts, delivered thousands of sermons and built a magnificent Conference Center in downtown Salt Lake City with a seating capacity of 21,000. He oversaw one of the greatest periods of expansion in church history. He traveled to more than 60 countries and even carried the torch during the 2002 Winter Olympics.

But he will be best remembered as the people's prophet. His joy came in serving God, spreading the Gospel of Jesus Christ and becoming acquainted with people all across the globe. His contagious smile and humor will never be forgotten. He was a man of integrity, a man of immense capacity and a man of great faith.

Funeral services are scheduled for Saturday, February 2, 2008 in Salt Lake City, Utah and will be broadcast via cable and satellite worldwide.

FOR MORE INFORMATION:

Lisa West Media Coordinator and Church

Spokesperson

Sacramento Region Public Affairs The Church of Jesus Christ of Latter-day Saints

E-mail: sacpublicaffairs@comcast.net Cell: (916)275-1041

Election Results and Notes

personal comments, are from watching hours of television news coverage from various stations and shows offering ongoing commentary in the

CNN repeatedly projected winners of state elections with less than 5% of the votes tallied. They called New York for McCain so early they had to state that "with less than 1% of the vote in" and "based on the exit polls". How do they know the results with less than 1% of the votes

Glenn Beck, television show host, while discussing what would happen when either McCain, Clinton or Obama becomes president; "I have \$14 left dollars in my wallet and now their going to come for that!" to which he later added, "I am taxed at over 50% of my income - How much is enough?!'

Fox News reported that McCain plans to spend \$1.2 trillion on Global Warming issues.

Fox News also reported early in the night that national exit polls results showed that people voting strictly on the issues were overwhelmingly voting for Mitt Romney.

A Ron Paul radio spot quoted; (paraphrased) "Our nations forefathers are turning over in their graves over what we are tolerating from our government." How appropriate, just days before the celebrated birthdays of Washington and Lincoln, neither of whom were mentioned in any of the coverage viewed. Our forefathers were better recognized in the pre-game festivities of the Super Bowl!

Both Fox News and CNN cut off the speech by John McCain, the Republican leader to catch the first mentions and thank you's of Barak Obama. Obama gave a good speech, but there was time to allow the final comments and rallying end to McCain's speech. It just seemed a little odd that they both cut away at the same

With so many candidates offering "Change" aren't you wondering if that is all you will be able to keep from you regular paycheck? Our national and state taxes are already far higher than those that created the original revolution that founded this country.

Fox News reporter Megan Kelly reported that exit polls were showing that those considering themselves conservatives 46% were voting for Romney and 30% were voting for McCain; those who considered themselves moderates or more liberal 23% voted for Romney and 49% voted for McCain; Romney had a sizeable lead over McCain for those voting on economic issues; and 53% voted for Romney on the immigration issues and 23% for McCain.

Glenn Beck reported that newspaper stories in the last six weeks provided coverage at 37% for McCain, 21% for Romney, 2% for Huckabee, but 6% for Bill Clinton.

California voters this election numbered nearly 15.7 million, or 68.5% of those eligible to vote during the election.

California to get over 17,000 new slot

Thanks to the passage of the gaming initiatives, and as stated in the election booklet guidelines, when you total up the number of newly approved slot machines for the newly approved expansions for the casinos, we will be adding 17,000 new slot machines.

We need that tax money? We already have it, if you understand basic economics. Of course, we wouldn't want to build factories that actually produce made-in-America products that would actually put local people back to work producing something that benefits people and the longterm economy. Can you say "Change"?

AOL Pre-Election Poll Results

In a poll conducted on the AmericaOnline website on December 28th, 2007, the question asked was "Does Hillary Clinton have the experience needed to be president?"

Results from California poll voters were as follows; No 61%, Yes 35%, Not Sure 4%. National Results were as follows: No 64%, Yes 33%, Not Sure 3%. Total National votes were 53,679.

In a poll conducted on the AmericaOnline website on January 30th, 2008, after the Republican National Debate, the question asked was "Who do you think did the best in the debate?"

Mitt Romney 35%, John McCain 29%, Ron Paul 24%, Mike Huckabee 12%. Total poll voters were 43,619.

Proposition Results for 2008

91. Transportation Constitutional Amendment. Prohibits certain motor vehicle fuel taxes from being retained in General Fund and delays repayment of such taxes previously retained. Changes how and when General Fund borrowing of certain transportation funds is allowed. Fiscal Impact: Increases stability of state funding for highways, streets, and roads and may decrease stability of state funding for public transit. May reduce stability of certain local funds for public transit. Yes 57% No 43% **92.** Community Colleges.

Governance. Fees. Initiative Constitutional Amendment and Statute. Establishes independent community college districts and Board of Governors. Requires minimum funding for schools and community colleges to be calculated separately. Sets fees at \$15/unit and limits future increases. Fiscal Impact: Increased state spending on K-14 education from 2007-08 through 2009-10 averaging about \$300 million annually, with unknown impacts annually thereafter. Potential loss in community college student fee revenues of about \$70 million annually. Yes 40%

93. Limits on Legislators' Terms in Office. Initiative Constitutional Amendment. Reduces permissible state legislative service to 12 years. Allows 12 years' service in one house. Current legislators can serve 12 years in current house, regardless of prior legislative service. Fiscal Impact: No direct fiscal effect on state or local governments. Yes 48% No 52%

94. Referendum on Amendment to Indian Gaming Compact. Yes Vote approves, and No Vote rejects, a law that ratifies an amendment to existing gaming compact between the state and Pechanga Band of Luiseño Mission Indians. Fiscal Impact: Net increase in annual state revenues probably in the tens of millions of dollars, growing over time through 2030. Note: (Allows another 5,500 slot machines.) Yes 56%

95. Referendum on Amendment to Indian Gaming Compact. Yes Vote approves, and No Vote rejects, a law that ratifies an amendment to existing gaming compact between the state and Morongo Band of Mission Indians. Fiscal Impact:

Net increase in annual state revenues probably in the tens of millions of dollars, growing over time through 2030. Note: (Allows another 5,500 slot machines.) Yes 56% No 44%

96. Referendum on Amendment to Indian

Gaming Compact. Yes Vote approves, and No Vote rejects, a law that ratifies an amendment to existing gaming compact between the state and Sycuan Band of the Kumeyaay Nation. Fiscal Impact: Net increase in annual state revenues probably in the tens of millions of dollars, growing over time through 2030. Note: (Allows another 3,000 slot machines.) Yes 56% No 44%

97. Referendum on Amendment to Indian Gaming Compact. Yes Vote approves, and No Vote rejects, a law that ratifies an amendment to existing gaming compact between the state and Agua Caliente Band of Cahuilla Indians. Fiscal Impact: Net increase in annual state revenues probably in the tens of millions of dollars, growing over time through 2030. Note: (Allows another 3,000 slot machines.) Yes 56% No 44% All percentages were as reported at press time.

Huckabee has Local Support

By Amanda Morello

Huckabee supporters came out full force on Tuesday, January 29. The Sacramento Huckabee Meet-up Group, headed by Brian Snow, gathered at the Elks Lodge in Carmichael. The standing-room only gathering had many energized speakers that highlighted and explained the Huckabee platform. The group had an added surprise and words of encouragement from would-be First Son, David Huckabee.

People from as far away as Moraga came to show their support for what they say "Will be the next United States President". The energy and support for this candidate is unmatched. Supporters from many different races and ages ranging from infants to an 87 year old woman braved the weather to plan their next support strategy. Victoria Rogers from Sacramento spoke about Huckabees push for a Fair Tax and explained the positives it would bring for the economy (www.FairTax.org). Brian Snow quoted governors huckabee's statement when asked about the war in iraq. Huckabee's response was "i have three words, win, win, win".

Youtube has been a valuable tool for candidates this year. Youtube has given voters the chance to review candidates and see their personality for themselves, rather that hearsay from others. If you go onto youtube and type in mike huckabee you will be able to review many wonderful, eloquent speeches and debates.

Just a quick rundown of mike huckabee's stand on the issues from official website: Sanctity of life

I support and have always supported passage of a constitutional amendment to protect the right to life. My convictions regarding the sanctity of life have always been clear and consistent, without equivocation or wavering. I believe that roe v. Wade should be over-turned.

Marriage

I support and have always supported

passage of a federal constitutional amendment that defines marriage as a union between one man and one woman. As president, i will more highly-trained border agents. fight for passage of this amendment. My

personal belief is that marriage is between one man and one woman, for life.

Health care

Our health care system is making our businesses non-competitive in the global economy. It is time to recognize that jobs don't need health care, people do, and move from employer-based to consumer-based health care.

Taxes

I support the fair tax. Education

I have been a strong, consistent supporter

of the rights of parents to home school their children, of creating more charter schools, and of public school choice.

We need a clear distinction between federal and state roles in education. While there is value in the "no child left behind" law's effort to set high standards, states must be allowed to develop their own benchmarks.

Immigration

We have to know who is coming into our country, where they are going, and why they are here. We need a fence along our border with mexico, electronic in some places, and

War on terror

I believe that we are currently engaged in a world war. Radical islamic fascists have declared war on our country and our way of life. They have sworn to annihilate each of us who believe in a free society, all in the name of a perversion of religion and an impersonal god. We go to great extremes to save lives, they go to great extremes to take them. This war is not a conventional war, and these terrorists are not a conventional enemy. I will fight the war on terror with the intensity and single-mindedness that it deserves.

2nd amendment rights

The second amendment is primarily about tyranny and self-defense, not hunting. The founding fathers wanted us to be able to defend ourselves from our own government, if need be, and from all threats to our lives and property.

For more information on mike huckabee, visit www.Mikehuckabee.Com. If you would like to join the meet-up group in support of Mike Huckabee, please go to http://

mikehuckabee.meetup.com.

Shopping for a President: Who's Right For You?

(NAPSA)-It has been said that the business of America is business. And a popular Web site is now taking the country's consumer ideals to the next level: allowing people to shop for the next president of the United States.

Much as one might use the Internet to comparison shop for a new computer or vacuum cleaner, the site lets potential voters match up the candidates side by side, based on their positions on the issues most important to the users.

Why The Confusion?

There are almost 20 major candidates running for president. Yet this is the first time a sitting president or vice president has not run in more than 50 years. (It last happened in 1952, when Harry Truman opted not to seek re-election and his VP dropped out of the race.) That makes this one of the most crowded and confusing elections in years; therefore, it is essential for voters to

understand the possibilities, so they can find the right candidate in the sea of names.

PriceGrabber.com's 2008 Election Guide starts by asking visitors to take the Candidate Match survey. In the survey, users answer questions about how they stand on more than 25 different issues, from Iraq to health care reform and everything in between. The site then matches those results with each candidate's stance so that users can find out which candidates agree with them most.

Once you know more about which candidates stand closest to your beliefs, it is important to learn more about those candidates. The site offers news articles, discussion forums and candidate reviews to help you learn who truly is the best candidate

The site offers a one-stop shopping experience to find relevant information on the candidates, in an easily digestible format. And once you've found your candidate, you can return to PriceGrabber.com to contribute to discussions, news articles and reviews so that future users can learn from your wisdom. To learn more, or to take the Candidate Match

survey, visit elections.pricegrabber.com.



A popular Web site allows potential voters to comparison shop for a presidential candidate.

By Yolanda Knaak

An initiative that is planned for the November ballot is Sarah's Law; it provides parental notification The initiative for abortion. requires physicians send a written notification to the parents 48 hours prior to a minor having an abortion. It is basically the same as Prop 85 which was on the November 2006 ballot. Prop 85 only lost by a small percentage. Sarah's Law is named after a 15 year old girl who died from complications of an abortion. The hospital physicians gave a statement that if the parents had known about the abortion, she would have gotten prompt medical care and would be alive today. Sarah is not her real name, because of her age; the courts assigned the name Sarah to the initiative. More information can be found at www. friendsofsarah.com.

Also planned for the November ballot is a Constitutional Marriage Amendment. It states, "Only marriage between a man and a woman is valid or recognized in California. More information can be found at www.protectmarriage. com. Both Sarah's Law and the constitutional marriage amendment have to qualify for the ballot, with a certain number of registered voters'

signatures. SB 60 "Drivers Licenses for illegals", last year the bill passed the California State Senate, Transportation the Assembly committee and the Appropriations Committee. The bill was held over for the 2008 legislative session which started January 7th. SB 60 has been presented before the State Assembly; a floor vote may take place anytime. 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

California Legislative Watch known, it is recommend that you call, write or fax your Assembly Member (contact information is in the front of the phone book) and Governor Arnold Schwarzenegger, his phone number is (916) 445-841.

> SB 1066 Domestic Partnerships, was introduced into the State Senate January 10th (2008) and is presently before the Senate Judiciary Committee. 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". If you want to make you opinion known it is recommended that you contact the Senate Judiciary Committee Chairman, Dave Jones, the phone number is (916) 319-2009 and the Senate Judiciary Committee Members (contact numbers can by found by using an internet search engine).

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.

World Paily Resolution Fights North American Union

Urges U.S. to withdraw from Security and Prosperity **Partnership**

Posted: February 1, 2008, 1:00 a.m. Eastern © 2008 WorldNetDaily.com

By Jerome R. Corsi

A state lawmaker in Utah has introduced a resolution encouraging the U.S. to withdraw from the Security and Prosperity Partnership of North America and any other bilateral activity that would move the country toward an EU-style continental

Republican state Rep. Stephen Sandstrom introduced House Resolution 1 to the Utah legislature this week after a similar measure passed the House last year by a 47-24 vote but was blocked by a Senate committee just before the session's close.

"I feel confident we will get this resolution passed this year," Sandstrom told WND. "We learned a lot last year about our opponents, and this year we are better prepared to anticipate their legislative moves to block us."

The resolution reads in part: "The gradual creation of such a North American Union from a merger of the United States, Mexico and Canada would be a direct threat to the United States Constitution and the national independence of the United States and would imply an eventual end to national borders within North America."

In a speech given in Salt Lake City to the Utah Eagle Forum's annual convention Jan. 19, Sandstrom compared the move toward a North American Union to the stealth methodology used by corporate elite to move Europe toward the European Union. The 50-year process began with the European Coal and Steel Agreement in 1957.

"While the newspaper articles and reporters published the sequential events of European integration, most people in the European Community nations thought, 'Ho-hum – no big deal," Sandstrom told the Eagle Forum meeting. "As a matter of fact, the Europeans continued to sleep like Gulliver until they were jolted awake when the euro replaced their national

When the euro was introduced, Sandstrom explained, "fortunes were made and lost, savings were devalued, prices and commodities were suddenly revalued, borders essentially evaporated and individual countries could no longer control their own immigration laws.

"Even their national flags - for which their ancestors had fought and died - were slowly being replaced by the flag of the European community, with its twelve golden stars on a blue background," he continued.

"When that happened, many political leaders and vast numbers of usurped citizens wanted to stop the pan-European train and get off, but it was too late," he said. "Too late, because they were part and parcel of the European Union – now and forever."

Sandstrom explained he introduced H.R. 1 a second time because he wants to stop the forward movement of the Security and Prosperity Partnership into a North American market, following the European model in which economic integration inevitably led to political integration.

"Just as in the European market decades ago," he told the Eagle Forum audience, "now there are both official and ad hoc forces here in the U.S. that continually press for further integration and harmonization at every opportunity."

As evidence, Sandstrom cited the free flow of labor invited to the U.S. by the failure to secure the border with Mexico, the push by the Bush administration to expand NAFTA and CAFTA by a series of individual free trade agreements seeking to push open markets country by country -



Utah state Rep. Stephen Sandstrom

first into Peru, followed by Columbia and Panama – and the bureaucratic trilateral working groups seeking under SPP to integrate and harmonize U.S. administrative laws with those in Mexico and Canada.

"We cannot and will not tolerate - not without a fight – the tearing down of 232 years of sovereign progress in which American has protected the etched-instone, under-God principles that were bequeathed to us by our founding fathers," he concluded.

According to tabulation on StopTheNau. org, 13 states have now passed similar resolutions opposing the SPP and the movement toward a future North American

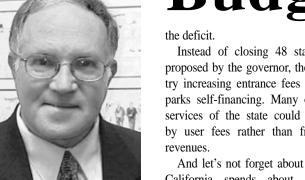
Utah is among six states considering a resolution against the SPP.

As WND reported, Rep. Virgil Goode, R-Va., has introduced into the U.S. House of Representatives a resolution expressing congressional opposition to construction of a NAFTA super highway system or entry into a North American Union with Mexico and Canada.

Goode's House Concurrent Resolution 40 currently has 43 bipartisan co-sponsors.

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How to Slash California's **Budget Deficit**



By Fred Foldvary

The combination of massive government intervention and a punitive tax policy has caused California's \$14.5 billion budget deficit. The remedy, therefore, is to remove the interventions and to switch to a less punitive tax system.

One of the largest government interventions is to make crimes of victimless acts. Libertarians seek to repeal victimless crime laws. But even without that major action, the state could immediately release people who are in prison solely for such acts. At the very least, those in prison for growing, using, or selling marijuana could be released immediately. Doing so would reduce the prison overcrowding problem while slashing the budget deficit.

And even with victimless crime laws still on the books, the state should make marijuana, gambling, prostitution, and other victimless acts a low-priority for law enforcement. Although marijuana would still be illegal by federal law, those prosecuted under federal law would be sent to federal prisons at federal rather than state expense.

Another area of government intervention is the environment. The government of California has enacted costly environmental regulations and is planning to implement a pollution permit trading system. Command-and-control regulations (such as smog tests) as well as pollution permits should be replaced with pollution charges. Pollution charges would be no more costly to business than regulations and permits, while bringing in revenue to the state government, reducing

Instead of closing 48 state parks as proposed by the governor, the state could try increasing entrance fees to make the parks self-financing. Many of the other services of the state could be paid for by user fees rather than from general

And let's not forget about the schools, California spends about \$48 billion annually for K-12 education. The education budget can be reduced by 10 percent by replacing the funds going to schools with vouchers that go directly to the parents and guardians of the students. The parents could then use the vouchers to pay for any schooling, whether governmental, private, or home schooling. Economic studies have shown that there is very little relation between spending per pupil and the quality of education. School choice would create competitive schooling, which would improve quality, even with reduced government funding.

Over the past 100 years, the tax structure of California has evolved from a decentralized property-based system to today's highly centralized and wasteful tax regime. California could have more public revenue while reducing the costs to individuals and business by eliminating the state sales tax and replacing the property tax on buildings with a levy based on land value. Taxes on wages and business profits could also be replaced by levies on land

Sales taxes not only make goods more expensive for California's consumers, they also impose a high cost on enterprise, especially for small businesses. Sales taxes prevent a store from rounding prices to the nickel, as the tax requires change in pennies. Shops that sell by mail order have to calculate sales taxes that vary among the state's counties. For goods with national markets such as books, a store may not be able to pass on the tax to the buyer, cutting into its profit. We don't know how much enterprise has been lost to the state because

sales taxes makes a business unprofitable, but most likely it is immense. When a tax does get passed on to the buyer, the higher price reduces purchases, and that reduces production. Less consumption and production mean less revenue to the state government.

Taxes on buildings inhibit the construction, improvement, maintenance of buildings. In contrast, public revenue based on land value does not hurt enterprise, because it does not diminish the amount of land or space. Land-based public revenue is equitable because public works add to land value, so the landowner pays back value received.

A shift replacing taxes on wages, goods, and buildings with levies on land value would increase business and productivity, which would raise land values. By eliminating the deadweight loss of punitive taxes, the quantum leap of greater enterprise and employment would provide more than enough revenue from the greater land values to reduce the state's budget deficit over time. A land-based public finance system would provide incentives to decentralize the state's public finance, shifting revenues and programs to the counties and cities.

These reforms would be radical changes, but government intervention and an enterprise-crushing tax system are radically ruining California's economy. Fundamentally bad policies require radical reforms that would provide a permanent cure for the budget deficit while liberating labor, enterprise, and consumption from the choke of government intervention.

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.

Libertarian Party of California | 14547 Titus Street | Suite 214 | Panorama City | CA | 91402-4935

Poor Countries Don't Need Climate Change Welfare: They Need Capitalism

By Dr. Lockitch

A major theme of the recent climate change conference in Bali, Indonesia, is that wealthy, industrialized nations have an obligation to help poor countries adapt to climate change. Delegates agreed to activate an "adaptation fund" to help undeveloped nations cope with projected threats such as disruptions to agriculture and decreased water availability.

But according to Dr. Keith Lockitch, resident fellow of the Ayn Rand Institute: "If environmentalists were really concerned about people in undeveloped countries, they would be helping them to bring about what they really need: industrial development.

"The world's poorest can barely cope with day-to-day survival, let alone with unproven threats projected to occur over decades. Imagine having no electricity or access to clean drinking water. Imagine having to cook your meals over an open fire, breathing smoke and ash every day. Billions around the world survive at a subsistence level because they lack the elements of industrial capitalism that we in the developed world take for granted: Not only do they not want poor countries

power plants, factories, modern roads and hospitals, cars, refrigerators, and countless

time- and labor-saving devices. "What poor countries need is not climate adaptation welfare doled out by environmentalists who oppose industrial development; what poor countries need is to become rich countries. They need to embrace free markets and private property rights and attract the investment of profitseeking entrepreneurs to create wealth and drive economic growth.

"Despite the media's constant assertion that global warming science is 'settled," Lockitch said, "it is far from certain that any countries will face catastrophic dangers from climate change. But even if certain dangers do emerge, they pose little threat to wealthy nations with a strongly developed industrial infrastructure. What poor countries need is not global warming guilt money but the rapid adoption of capitalism and industrialization.

"Yet, it is precisely the adoption of industrial capitalism by undeveloped countries that environmentalists reject.

to become rich, they are trying hard to force rich countries to become poor by capping carbon emissions and abandoning industrialization. Despite their feigned concern for the world's poor, the measures proposed by environmentalists pose a far greater threat than any possible changes to the earth's climate."

Dr. Lockitch has a PhD in physics from the University of Wisconsin at Milwaukee and is a resident fellow at the Ayn Rand Institute (ARI). He is available for interviews.

Contact: Larry Benson E-mail: media@aynrand.org Phone: (949) 222-6550, ext. 213

For more information on Objectivism's nique 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."



Diabetes Increases Risk of Heart Disease Death for Women

By Jennifer Wider, M.D. Society for Women's Health Research January 31, 2008

The word is out: women are at risk for heart disease, just like men. In fact, roughly twice as many women in this country will die of heart disease, stroke, and other cardiovascular diseases than from all forms of cancer combined, including breast cancer, according to the American Heart Association.

Risk factors for heart disease and stroke have long been identified. Several risk factors cannot be controlled by the individual, such as sex, increasing age and a family history of heart disease. Others can be modified and include:

- Smoking
- High blood pressure and cholesterol Diabetes
- Sedentary lifestyle
- Body weight

Diabetes continues to be a growing problem in the United States for both men and women. A study published in the December 2007 issue of the European Heart Journal reveals that diabetes is a stronger risk factor for heart disease death in women than in men.

"The reason for the higher relative risk of coronary heart disease in women with diabetes than in men with diabetes is still unclear," explains Ane Cecilie Dale, M.D., the study's lead researcher and head of the Department of Circulation and Medical Imaging at the Norwegian University of Science and Technology in Trondheim. "But research in this field continues to go on."

According to the U.S. Food and Drug Administration, diabetes affects approximately 8.9 percent of American women. The occurrence of diabetes is significantly higher among African American, Hispanic/Latino, American Indian, and Asian/Pacific Islander women than in white women.

Women with diabetes have a two to four times higher risk of dying from heart disease and stroke compared to women without diabetes, according to data from the American Heart Association. Women with diabetes are often overweight and suffer from high blood pressure, also known as hypertension, and high cholesterol levels, which can add to the risk.

"Women with diabetes need to be aware of the associated risk of heart disease. The most important thing to do for all persons with diabetes to protect themselves from heart disease and other diabetes complications is to have a good glucometabolic control with a blood glucose as near normal as possible," Dale said. "They also need to control other risk factors like hypertension and blood cholesterol levels. In addition it is important to quit smoking, have a healthy diet and practice regularly exercise."

Considering how complex the management of diabetes and heart diseases risks are, women should talk to their health care providers to develop a plan of action. Without the support of health care professionals, patients can easily feel overwhelmed.

February is American Heart Month. For tips on reducing your heart disease risk, visit the American Heart Association Web site: http://www.heart.org/. For diabetes information, visit the American Diabetes Association: http://www.diabetes.org/. WomenHeart, the National Coalition for Women with Heart Disease, provides patients with education and grassroots support networks. WomenHeart is online at http://www.womenheart.org/.



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*Winter All-Access Pass valid Monday-Friday through March 28. Not valid Saturday, Sunday and holiday weekends. Subject to availability. © 2008 – Hospitality by Delaware North Companies Parks & Resorts, an official concessioner of the National Park Service.









Citrus Heights News & Views Chamber of Commerce Gala Honoring the Past, Embracing the Future



Ambassador of the Year, Lisa Taylor, Xisters' Networking receives her award from Mike Sides, Past president, and Bettie Cosby, Chamber CEO

On Saturday night, January 26th at the Holiday Inn I-80 and Madison the Citrus Heights Chamber of Commerce celebrated it's 50th year with a gala event. Nearly two hundred and fifty people attended the fundraiser.

The following Awards were presented during the event:

Sacramento Metropolitan Fire District-Firefighter of the Year - Robert K.

Citrus Heights Police Officer – Excellence

in Service Award - Sergeant Eric Mattke Recognition Award - 20-years of service to the Chamber - Renee Larscheid Recognition Award – 30-years of service to the San Juan School District - Dave

Terwilliger, San Juan High School Principal Ambassador of the Year - Lisa Taylor, Xisters' Networking

the Year –

Peters, Randy Peters Catering & Event Planning

Businessman of

Williams + Paddon Architects + Planners, Inc. Outgoing Board Members - Marcia Fritz,

Marcia Fritz & Company, CPAs

Tami Paraker, Paraker Mussmann Group of Kraft Real Estate Arlene Segal, Washington Mutual

Daxs Stadjuhar, Stadjuhar Wealth Strategists

There were over eighty Silent Auction prizes ranging from gift baskets and wine to club memberships and free tax return services, which raised funds for the chamber of commerce. The live auction included a day of SWAT training with the Citrus Heights SWAT Team.

Paul Savage, of Savage Enterprises, served as the Master of Ceremonies, and proved he is more than capable of filling in for Alex President's Award - Trish Dawson, Trebek on Jeapordy anytime!

Major Sponsors

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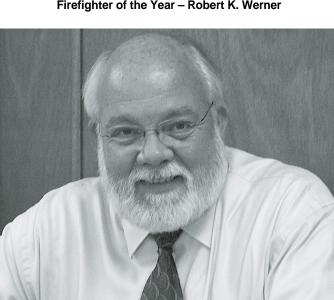
Atlas Disposal Industries Rotary Club of Citrus Heights Citrus Heights Water District J & W Auto Wreckers Pacific Gas & Electric Signs in 1 Day Silverado Bank Sunrise Mall William & Paddon Architects & Planners Inc. All Star Printing Allied Waste Services

C & M Mortgage Sacramento County Supervisor Roberta MacGlashan

Randy Peters Catering & Event Planning Sides & Ferkovich Accountancy Corporation



Sacramento Metropolitan Fire District Firefighter of the Year - Robert K. Werner



Recognition Award 30-years of service to the San Juan School Distric Dave Terwilliger, San Juan High School Principal



Citrus Heights **Police Officer** Excellence in **Service Award** Sergeant Eric Mattke



Recognition Award 20-years of Service to the Chamber Renee Larscheid



New President 2008 Diane Pleines Bank of Commerce Roseville



Randy Peters Randy Peters Catering & Event



President's Award Trish Dawson, Williams + Paddon Architects + Planners, Inc.



Miss Citrus Heights, Elizabeth Rose Mandalou & David Jones, SWAT Team

Insurance Leader Offers Advice

Tips from Citrus Heights expert Sandra Stanley on Staying Mentally **Fit Years Longer**

Citrus Heights, California - "A failing mind, not body, is the biggest reason people need long term care today," says Sandra Stanley, Citrus Heights-based Partner of LTC Financial Partners, the nation's most experienced long term care insurance agency. "That shouldn't be, so we're going to give our clients information to help stay mentally fit." To that end, the company is offering a free guidebook and web links to

helpful resources. The guidebook is "Dignity for Life: Facts That Can Protect Your Assets & Quality of Life." It states that Alzheimer's Disease and other forms of dementia account for over 30% of long term care claim dollars, significantly higher than for circulatory disease, Parkinson's, stroke, or broken bones due to osteoporosis. The book recommends simple screenings that can detect dementia at its earliest and most treatable stages. "Dignity for Life sells for \$8.95 on Amazon.com, but we're giving it away free," says Stanley.

The web links refer people to easy, sensible measures for keeping one's memory and reason intact years longer. These measures fall into three categories:

1. Brain fitness exercise. There are links to programs that hone one's perception, memory, and concentration. "For brain as well as muscle, you need to use it or lose it," says Stanley. 2. Nutrition. There are links to lists of

what to eat and drink to promote brain health. Some of the tips are as simple as drinking enough water to irrigate brain cells properly.

3. Aerobic exercise. There are links to recreation and exercise options that all have a common aim: sending plenty of oxygen to brain cells.

The free guidebook and links are available at http://www.ltcfp.us/SandraStanley/news/brainfitness-links.html

Information about LTC Financial Partners and Stanley is available at 916-961-8107, or http://www.ltcfp.us/SandraStanley.

Sandra Stanley, a second-generation Californian, has been in the financial service industry since 1999. Her hustand Bob, who was born and raised in the

Sacramento area, has recently joined her in their family business. This family-oriented team offers expertise to seniors in particular, understanding their health needs as well as

their financial concerns

Representing all of the major top-rated insurance companies, Sandra and Bob are able to provide their clients with a variety of products that will satisfy their needs and

LTC Financial Partners LLC - Citrus Heights, California



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2008. We thank you in advance for your generous support.

Our goal is to ensure that every home in Citrus Heights and

Xisters' Networking

Sacramento is prepared in the event of a local disaster.

February 2008, First Edition Page 8

Fair Oaks News & Views Emeritus Senior Living Acquires Hazel Creek Assisted Living Community Assisted Living Community I and peridential and price of Playing Barker "It will be great of Capital Fellowships"



Local residential and assisted living community for seniors, Hazel Creek, was recently purchased by Emeritus Senior Living, headquartered in Seattle, WA. Emeritus is a nation-wide provider of over 280 residential and assisted living communities' through-out the United States. The Hazel Creek senior care residence will now go by the name of Summerville at Hazel Creed. This 103 apartment senior living community is the home of many local seniors.

Summerville at Hazel Creek currently employs approximately 50 people from Orangevale and other surrounding communities. Emeritus anticipates a seamless transition with no disruption to resident care or services. "We are very excited about the change," says Executive



Sonrise Christian Writers First Meeting

on the church page in the American

River Messenger for the past year.

She is a member of the Sacramento

Christian Writers, Northern California

Publishers and Authors, California

Writers and the Sacramento Suburban

Articles about her writing are

included in Mentors Magazine's book

"Walking with the Wise Entrepreneur"

with Zig Ziglar, Donald Trump and

Chuck Norris-- and her testimony is

included in Auburn Foothill Christian

Writers Groups book "Arrows from

A senior citizen, she teaches

Life Message Workshops to help

people write their stories, memoirs,

legacies and testimonies and she is

Writers.

His Quiver".

Director, Davina Barker. "It will be great for this community to be operated by Emeritus, such a forward thinking company that is committed to the highest standards of quality care for seniors. Additionally, we benefit from the support of a national senior living services provider." Summerville is located at 6125 Hazel Avenue in Orangevale, CA. It is a licensed residential and assisted living facility that combines private apartments with housekeeping, daily meals, recreational programs, and assistance with dressing, grooming and bathing. For more information, call Summerville at Hazel Creek at (916) 988-7901.

Summerville at Hazel Creek is an Emeritus Assisted Living Community, a national provider of assisted living and Alzheimer's and related dementia care services to seniors. Emeritus currently operates, or has an interest in, 288 communities representing capacity for approximately 24,812 units and 29,674 residents in 37 states. Emeritus's common stock is traded on the American Stock Exchange under the symbol ESC, and its home page can be found on the Internet at www.emeritus.com

presently working on a manuscript

of memoirs which is titled "Intimacy

Begins Going God's Way" that will

be published in the next few months

and "Senior Gleanings" a collection

to help people in their personal walk

Valuable information about the

writing and publishing process will be

shared to help any person interested

in beginning writing and/or having

their stories published regardless of

the chosen genre'. There will be a

time for questions. More information

and questions prior to the meeting

please contact by e-mail Marlysi@

sbcglobal.net, P.O. Box 5144, Fair

Oaks, Ca 95628 or calling (916)

with the Lord.

961-0575.



Senator Dave Cox encourages college graduates to apply for the Capital Fellowship prestigious programs. Applications are now available in Cox's capital and district

of Capital Fellowships

offices in Roseville and Quincy.

"Public service is a challenging and rewarding experience," said Senator Dave Cox. "The Capital Fellows Programs offer an exciting opportunity to gain first-hand knowledge of the democratic process and to work with the best and brightest leaders in California.'

The Capital Fellows Programs provide college graduates an opportunity to work in high levels of government. Qualified fellows are assigned to Senators, Assembly members, judges and senior state officials. These fellowships are jointly operated by each participating branch of government and the Center for California Studies at Sacramento State University.

Fellows are paid a monthly salary of \$1,972 plus health, vision, and dental

benefits. In addition, each individual earns 12 units of graduate credit from Sacramento State.

Anyone who will be at least 20 years of age and a graduate of a four-year college or university by September 1, 2008 is eligible to apply. There is no preferred major. Individuals with advanced degrees and those in midcareer are also encouraged to apply.

Applications are available in Cox's capitol office, Roseville office at 2140 Professional Drive, #140, Quincy district office at 2094 East Main Street, the Jackson District office at 33C Broadway or by calling 916-783-8232. Applications and brochures are also available on the internet at www.sen. ca.gov/ftp/sen/fellows/ home/ and at www.csus.edu/calst/senate.

All applications must be postmarked by Wednesday, February 27, 2008.

Chroma Gallery "Almost Spring" Show

The artists of Chroma Gallery rejoice in those occasional balmy days of February by pulling out their vivid palettes for the annual "Almost Spring" show. Color abounds in original paintings and photographs of lush landscapes, vivid flowers, birds and even a bug or two! Jewelry and small gift items as well as giclee prints and note cards round out the collection for the exhibit which runs from February 7 through March 2. The artists look forward to greeting visitors at the Second Saturday reception, February 9, from 5 to 9 PM.

Now in its ninth year, Chroma Gallery - Northern California's premier plein-air gallery features the works of 21 local artists. Committed to capturing radiant light and color in their artistry, their emphasis is on the Northern California landscape. Besides landscape paintings, visitors will also find vibrant still life paintings, photography, collage and sometimes the avant-garde in the bold display of color at Chroma.

Chroma Gallery is located at 10030 Fair Oaks Blvd, just off Sunrise Blvd., in



Guarding the Brood by Gini Alexander

the Village of Fair Oaks. Open Thursday Phone (916) 966-6020 for more information - Sunday from noon until 5PM, Second Saturday until 9PM or by appointment.

visit the website at www.thechromagallery.com

Woman's Thursday Club of Fair Oaks February Meeting

The Woman's Thursday Club of Fair Oaks will hold its February meeting on Thursday, February 14, 2008, at the Woman's Thursday Clubhouse, 10625 Fair Oaks Boulevard, Fair Oaks, CA. The

Sonrise christian writers will be

holding its first meeting (after a year

sabbatical) on Thursday, February

7, 2008 at 7:00 p.m. to 9:00 p.m. at

the Fair Oaks Library, on Fair Oaks

Blvd, just south of Madison second

driveway behind Arby's Restaurant.

Anyone interested is invited to

Featured speaker will be its

founder/moderator Marlys Johnsen

Norris, author of five Christian books

who will share how she began the

writing process and eventually self-

published her fifth book in 2005

(titled "Messages in the Dust) for the

Searching Soul" after joining NCPA

Marlys writes a regular column

and learning the process.

attend.

meeting will begin at 12:30 PM withrefreshments. The speaker will be CarlyAnn McRae, Assistant Manager of Capital Nursery. In celebration of Valentine's Day, her topicwill be flowers and gardening.

Membersand guests are welcome. Please contactMarilyn Pearce, (916) 961-8415, for further information.



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			_	
30 Days	Frankie J.	6 Months	9 Months	4 Years
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David F.	Jill H.	Nick S.	1 Year	5 Years
Steve E.	90 Days	Monty M.	Patrick D.	Sandy T.
DJ K.	Miesha W.	JB B.	18 Months	11 Years
60 Days	Chris W.	Bobby W.	Debbie B.	Chuck T.
Alex O.	Danny L.	Jerry P.	3 Years	
James D.	John P.	Jack V.	Jeanie N.	
Gloria C.	Pat D.	John D.	Brian B.	
Dennis C.			Randal C.	

THEY'LL DO IT EVERY TIME

JUDGMENT ...





Holistic Moms Network American River Chapter The Holistic Moms Network is a living a healthy life over 100 years Library, 7 pm.

non-profit organization dedicated to supporting families with an interest in natural health and mindful parenting. Meetings are held every second Tuesday at the Fair Oaks

February's meeting will be Tuesday, February 12. Topic: Longevity, Katy Day will share with us the common practices among people around the world who are

For more information please contact Marni at 916.425.1115 or americanriverhmn@vahoo.com or visit holisticmoms.org

Fair Oaks Historical Society Second Sunday Open House Oaks Community Clubhouse, 7997

California Ave, Fair Oaks, will be open

Second Sunday Open House February 2008

The Fair Oaks Historical Society's History Center will be open to visitors on February 10th during its monthly

The History Center, which is located

Second Sunday Open House.

in the Fireside Room of the Fair

from 1:00 p.m. to 4:00 p.m. Docents will be available during each event to help with local lore and fact. If you can't come in person, please visit our website: www.fairoakshistory.org.

Admission to the History Center

is free. Student groups are welcome. Local teachers are encouraged to schedule a tour. For further information please call the Historical Society's Chief of Docents Lois Frazier at 967-2967 or Rose Anne Lamb at

New Artworks Gallery Celebrates Red for Valentines

"RED", New Artworks Gallery presents an ALL MEMBER SHOW featuring our interpretations of the color RED, as we celebrate the month of February, along with the hearts and flowers of Valentine's Day.

The 2nd Saturday Reception will be held on February 9th, from 5:00-9:00 pm, at 10239 Fair Oaks Blvd., Fair Oaks, CA 95628. Gallery hours: Wed.-Sun. 11-5PM, and by appointment. Call 916-962-7362, or visit us online at www.thenewartworksgallery.com. **FREE**

The New Artworks Gallery 10239 Fair Oaks Blvd., #4D Fair Oaks, CA 95628 916.962.7362



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Carmichael News & Views

Supervisor Susan Peters to Host Bicycle Master Plan Workshop



Supervisor Susan Peters

County Supervisor Susan Peters a bikeway system for recreational invites all residents to a community workshop on Sacramento County's Bicycle Master Plan, Wednesday, February 20, starting at 6:30 p.m. The meeting will be held at the Department of Human Assistance, 2700 Fulton Avenue.

The session will provide an overview of the master plan as well as a charrette style format for attendees to comment on needed bicycle transportation improvements.

The County's 2010 Bikeway Master Plan was adopted in 1993 and identifies the development of

and transportation needs on approximately 400 miles of County roadways.

"Bicycling continues to grow in popularity as an individual mode of transportation," says Peters. "The initial master plan was a good start to improve cycling opportunities in the unincorporated area and we now need to obtain public input on setting strategic priorities to improve our bikeway system."

For more specific information about Sacramento County's bicycle facilities can be obtained on line at www.sacdot.com.

(NAPSA)-Business owners now have a powerful online resource available to them that makes it easier to find the information they need to start and manage their businessincluding forms, licenses, permits and regulatory information from federal, state and local governments.

That helpful online resource is Business.gov. As well as providing federal resources, the site has been expanded to include information from more than 9,000 state, territory, county and city government Web sites that feature pertinent information.

A new time-saving search feature now provides geographic-specific information.

Business.gov helps business owners understand what regulations and programs apply to them, how to comply and how to stay in compliance. The site is managed by the U.S. Small Business Administration (SBA) in a partnership with 21 federal agencies.



Home heating remains the second highest cause of fire in the home, second only to cooking fires. There are many methods for heating your home in the chilly winters, including central heat, fireplaces, and space heaters. Although space heaters were responsible for onefourth of home heating fires in 2003, they were the most deadly, accounting for three-fourths of fire deaths related to home heating.

Space heaters can be electric, gas or even a wood burning stove. One of the reasons that space heaters are so dangerous, is that they tend to be closer to household combustibles techniques that can help to safeguard you and your family from a space heating fire:

· Keep all potential sources of fuel such as paper, clothing, bedding or rugs at least three feet away from space heaters, stoves or fireplaces.

· Portable heaters and fireplaces should never be left unattended. Be sure to turn off space heaters and make sure that any embers in a fireplace are extinguished before going to bed or leaving the house.

· If you must use a space heater, make sure that it is positioned on a level, hard and non-flammable surface (such as a tile floor). Never place a place heater on rugs or carpets or near bedding or drapes.

· Keep children and pets away from space heaters at all times.

· When purchasing a space heater, be sure that it has an automatic shut off valve if the heater falls over or is

Never use your oven or cooking range to heat your home.

· Be sure to test your smoke alarm monthly and change the battery every 6 months.

If you are using a fuel burning heater such as a furnace, range, water heater or room heater, install a carbon monoxide detector and test the batteries in that detector monthly along with your smoke alarm.



elpful Resource



A useful site helps business owners understand what regulations and programs apply to them, how to comply and how to stay in

Awakening In Him Ministries

Dear Friends, I just heard of a desperate need of a lady in Sheridan California. It is a tragic call for help. I went to Penny's house yesterday and had a chance to sit and talk with her. My heart crumbled when I heard of her need and her call for help to no avail.

We are talking basic life needs. This is a chance to show someone some love who is constantly loving on others with nothing expected in return. Penny is a servant to others. Her life and her home are falling apart literally around her. She has nowhere to turn and nowhere to go.

Penny has been a widow for 8 years, is the main caregiver to her 90 year old mother who is suffering from Alzheimer, and her daughter who is also there with her. She is on and off Chemotherapy herself, and can barely afford the medication to take care of herself. After her husband passed the house just started falling apart and continues to do so.

Awakening In Him Ministry (nonprofit 501 C3) has heard her prayers from the lord and has stepped up to answer the prayers she has been praying for so long. It is our calling to "speak up for those who cannot speak for themselves, for the rights of ALL who are destitute, and to speak up for and judge fairly: to defend the rights of the poor and needy" (Proverbs 31:8-9).

Won't you please partner with us and help us help Penny? See the attachment and the needs we are trying to meet. Your donations are always Tax Deductible (20-1925825), and can be

sent directly to our office.

A Call for Help

We are a local Construction Ministry located in Carmichael and reach the greater Sacramento and outlying area's. We are local missionaries reaching our local communities that sometimes get left behind and forgotten. 100% of your donations will go to help Penny live a little better life and help her care for her family.

If it is on your heart to help us reach more people who may want to help the cause, contact me, John Lujan / 916-521-5706, Awakening In Him Ministry, 1609 Mission Ave, Suite J, Carmichael, CA 95608, www. awakeninginhimministry.com*Send a self addressed envelope for a returned receipt if needed*

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Just a Few More Reasons to Save

By Michael Lynch **Your American River Agent** State Farm® agent

Like most people, I've resolved to save more money this year in order to support a comfortable retirement. And even though my retirement seems well into the future, there is some instant

By opening an Individual Retirement Arrangement (IRA) before April 15, 2008, I may be able to take advantage of some potential tax benefits on my 2007 return.

For the 2007 tax year, individuals can make annual contributions to a traditional or Roth IRA of up to \$4,000 or 100% of earned income, whichever is less. Married couples filing jointly can contribute up to \$8,000 (\$4,000 per IRA) provided either spouse has earned income of at least that amount. As an added benefit, individuals age 50 or older are eligible to take advantage of a "catch-up" provision and contribute an additional \$1,000 to an IRA. Over the next several years, the maximum annual contribution amount will increase. Stop by my office to learn more about these limits. Customers can set up an IRA with a minimal initial contribution. By continuing to add to that on a monthly basis or when their finances allow, the account has the potential to grown on a tax-deferred basis and becomes a great resource to help save for the future.

By taking full advantage of the increased annual contribution limits each year, my customer's account value could grow even more and help provide the comfortable retirement they desire. State Farm offers several products that can be used as an IRA funding vehicle.

Depending on factors such as your time horizon, risk tolerance, and other financial goals, some products may be more suitable than others. I can help you assess your financial situation and determine which type of IRA and/or funding vehicle may best

An IRA can become a crucial part of your personal retirement savings program. The sooner you begin, the more time you have to take advantage of the benefits an IRA provides. The time to establish an IRA has never been better.

a Year of

change!

As families gather over the holiday season, many observe changes in

As your family member faces the challenges of an aging, you may find

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

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Volunteer Services Bureau

Email: volunteers@sacsheriff.com

Welcome to the Sheriff's Volunteer Services Bureau. The VSB is charged with building partnerships with the community to enhance programs in place and meet some of the new demands of Homeland Security. By increasing the level of participation of individual community members or groups, the Sheriff's Department's goal is to create a better organized and better prepared response to any major emergency or disaster and enhance the quality of life for all members of the community.

s volunteer you will become an integral part of By joining our family of Reserve Deputies and other volunteers, you will become an important part of a local and national effort to make our communities better prepared to deal with terrorism, crime, public health issues and disasters of all kinds.

The Sacramento Sheriff's Department is one of the leading law enforcement organizations in the country. If you are interested in contributing your time and expertise to any of these programs, please contact us or download a Volunteer Application and return it to the location you would like to volunteer with.

Volunteer Opportunities

Community Emergency Response Teams Drowning Accident Rescue Team (DART)

Sacramento Community Reserve Corps Sacramento County Citizen Corps Council

Sacramento County Sheriff's Amateur Radio Program (SHARP)

Sacramento County Sheriff's Medical Reserve Corps

Sacramento County Sheriff's Posse

Sacramento County Sheriff's Reserve Officer Program

Sacramento County Sheriff's Youth Program

Volunteer Search and Rescue

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Orangevale News & Views

Breakfast, Books and Booksigning with Celebrity Couple

Recently returning from New Zealand, celebrity couple and authors Jennifer Martin, The Huna Warrior and Bud Gardner, Chicken Soup for the Writer's Soul will be the featured guests at "Breakfast, Books and Booksigning" sponsored by the Friends of the Orangevale Library and Grange #354. The event takes place Sunday, March 9,

8 - 11:30 am at Grange Hall, 5807 Walnut in Orangevale.

The public is invited to -- breakfast -- with both authors who have been known to mesmerize their audiences with their inspirational style and colorful backgrounds.

A published author since the age of ten, Jennifer Martin is also a teacher at both the high school and university levels as well as an educational administrator. Her book The Huna Warrior: The Magic Begins is the result of combining her passion for Huna (the Hawaiian word for secret) with her vast experience as an educator. This blockbuster novel won a Bronze medal at the International Independent Book Awards held in June 2007, in New York.

The Orangevale Woman's Club had six students from local schools enter the Sutter District Art Contest held at Roseville Elk's Lodge on Friday, January 25th. Taking first place for grade k-1 was Emma Miller and grade 4-6 was Megan Overstreet. Both students were from

Mixer Notes The January 2008 mixer was hosted by All Systems Integrators, Aaron Barnard. His advances in technology have made video systems more affordable. Security systems that once used video tape now use PC hard drives to store video and images. You can access your new security system from your office, home, PDA or any internet network. No business can afford to be without.

Kirk Camunez

the "junk."

Additionally, Jennifer is an accomplished former TV producer and has hosted a national show, Tahoe Weekly Magazine. She has been the on-camera talent for many local television commercials and has appeared in movies such as Wisdom with Demi Moore and Emilio Estavez and Fortune Dane, starring Carl Weathers. She also worked with Edward James Olmos to help cast his movie American Me.

Some people know Bud Gardner as an athletic coach. His teams at American River College won eight championships in four sports in ten years. Some people know Bud as a professional writer and writing teacher and the winner of the Robert C. Anderson Memorial Award for being the most inspirational writing coach in America. And some know him as the co-author, with Jack Canfield and Mark Victor Hansen, of the New York Times bestseller Chicken Soup for the Writer's Soul. Few people, however, know that Bud is the founder and leader, called the "Head Coot", of the Sun City Harmonicoots, a 60-member harmonica band of both men and women that is rapidly becoming famous.

Ottoman Elementary School in Orangevale. Other students participating in the contest receiving ribbons and certificates were Brayden Cozby, Hannah Whitaker, Presley Bowman and Matthew Basic. Emma Miller and Megan Overstreet's art work will be entered into California Federation

Aaron has been in the computer and security business since 1989, so you can honestly say that he knows his stuff. If you missed the mixer and you would like more information about Aaron and his service, please contact him at 990-9090 Ext 250. Or you can go to his website WWW.ASILOCAL.COM. The Chamber would like to thank Aaron for doing such a wonderful job in being the first of the year

(Almost) Everything You Wanted to Know About Bonds

In the financial world, stocks tend to get

most of the attention. But if you're going

to make progress toward all your long-term

goals, you need to be aware of all types of investments - and bonds can be an important

Many people, however, don't fully

Bonds are "debt" instruments. When you

buy shares of stock, you're actually becoming

an owner - although one of a great many - of a company. But when you purchase bonds, you

are, in effect, loaning money to whomever

understand how bonds work. So, before you invest in them, familiarize yourself with the

"bond basics." Here are a few of them:

part of your portfolio.

issues the bond - a business or the government. If you hold the bond until

it matures, you'll get your principal, or "par value," back (provided the

issuer doesn't default) and, along the way, you'll receive regular interest

Bond prices will fluctuate. Your bond's interest rate will not change over the life of the bond. However, the price of your bond can fluctuate,

an important factor to keep in mind if you plan on selling your bond before

it matures. A bond's price will move in response to several variables, chief

among which is interest rates Bond investments are subject to interest rate

risk such that when interest rates rise, the prices of bonds can decrease and

the investor can lose principal value. For example, suppose you own a

\$1,000 bond that pays a 4 percent interest rate. If new bonds are issued at 5 percent, no one will pay you the full \$1,000 for your 4 percent bond, so, if you wish to sell, you will have to offer it at a discount. Conversely, if market

rates fall to 3 percent, your 4 percent bond will become highly desirable, so

Different bonds have different "ratings." If you buy a corporate bond,

you'll have a choice between investment grade bonds - those receiving the higher "grades" issued by rating agencies, such as Moody's or Standard

& Poors - and "junk" bonds - those getting the lowest grades. The higherquality bonds carry less risk of default but pay a lower interest rate than the

"junk" bonds, which must offer the higher rates to attract investors who

may be worried about default risk. Generally speaking, you're probably better off by sticking with "investment grade" bonds and staying away from

Some bonds can be "called." A callable bond is a bond that can be

redeemed - or "called" - by the issue before its maturity. If interest rates have declined since the bond was originally issued, companies will call

bonds and reissue them at the lower, prevailing interest rate, thereby saving

money on interest payments. As an investor, this could be cause for concern,

because if your bond is called, and you wanted to reinvest the proceeds in a

new bond, you'd likely have to accept a lower coupon rate. Consequently, you may want to look for a bond that offers "call protection" - a promise

To determine if bonds are appropriate for your individual situation - and,

if so, what type of bonds - see your financial advisor. By adding bonds to

your portfolio, you may well give yourself a broader platform for success.

payments. A bond's interest rate is known as the "coupon."

you could sell it for more than the \$1,000 par value.



Indeed, this professional celebrity couple has a lot to offer. Bud with Writer's Soul will hold the autographing pen in one hand, the harmonica in the other, and share secrets of writing -- all simultaneously. Jennifer, with her hot new topic of Huna mysticism, will explain The Huna Warrior, a must-read for all Harry Potter fans.

Lastly, while the authors are doing their thing, the Grange staff will flip eggs and the Friends will open their book sale. A morning to remember, to say the least.

Note: Breakfast is All You Can Eat! \$5.00 per adult, children 5-12 \$3.00, under 5 free. Books! All you can read and buy \$.50 to \$5.00 to \$20.00

All proceeds benefit the Orangevale Library

of Women's Club art contest which will be held April 4th in Orange County. This Art/Craft/Poetry/Short Story contest is held yearly. Students from all schools in the Sutter District area are eligible to enter. Winners for the other grades came from schools in the Auburn area.

mixer host. We also would like to thank every one of you for your support.

If you are looking for a way to meet more businesses in your area and are interested in sponsoring a mixer or even would like to donate a raffle prize or maybe give a hand for the event, please contact Mixer Chair Person, CindySue Jones at #988-4810 or #847-6283

Grand Opening at Little Caesars. The Orangevale Chamber along with all of our



loyal business partners here in Orangevale would like to welcome Little Caesars to our budding

On January 16th we celebrated the opening of their new store with a traditional ribbon ceremony. . Tony Lufti the owner of the little Caesars. Cheryl Jones who is the district manager and their employees were there to rejoice in the opening of the new establishment here in Orangevale.

Tony Lufti and Cheryl Jones truly like it here: they said the people in Orangevale are genuinely nice. Tony Liufti has several franchises, like Arby's, Burger King and Church's Chicken. He has been in the food business for over 40 years. If you like pepperoni, cheese, vegetarian or any topping on your pizza, they can have them hot and ready to go for you.

If you are looking for a fundraiser, then Little Caesars can help you out. Just give them a call at 989-4000. They are located at 8934 Greenback Lane, 989-4000. Lorraine Silvera our Orangevale Honorary Mayor along with Tony Lufti together cut the ribbon for the ceremony.

Join Orangevale in the Fight Against Cancer!

Plans are well underway for Orangevale's 2nd Relay For Life, scheduled for September 6 – 7, 2008, at Louis Pasteur Middle School. Relay For Life is an overnight event that raises funds to fight cancer. Teams of friends, neighbors, families, students and co-workers commit to keeping at least one member walking on the track during the 24 hour relay....because cancer never sleeps. Cancer survivors, caregivers, family and friends are all welcome to participate.

Cancer patients, survivors and caregivers are honored guests at the Relay For Life. A special T-Shirt, a gift bag and a delicious hot breakfast await them at the Survivors' Tent Saturday morning. Survivors, patients and caregivers are invited to walk the first lap of the Relay following the opening ceremony at 10 a.m. The Survivors' Lap is a testimony to the fact that so many people today are

From 10 a.m. Saturday until 10 a.m. Sunday the Pasteur soccer field will be filled with teams and individuals taking turns walking or running laps around the track. Walking along with old friends and making new ones, stories of hope and memories of loved ones will be shared along the way. Many participants will choose to stay the entire 24 hours, spending the night at their team's campsite.

The most inspirational part of the Relay For Life, the Luminaria Ceremony, takes place at 9 p.m. Saturday night. Following this very uplifting ceremony of hope, participants will walk silently around the track as they remember and honor their loved ones who have battled cancer. Hundreds of luminaria bags will light the way under the stars, each bag personalized with a name, message and photo of a loved one who has been lost to cancer, is fighting cancer, or has fought cancer and won. The Relay For Life will end Sunday morning at 10 a.m. with a very inspiring, energy-charged "Fight Back" ceremony.

The Relay For Life is a high-spirited event filled with fun, fellowship and festivities.

Theme laps, friendly competitions between teams, live music, and a fun-filled Kids Camp for children all contribute to the festival atmosphere of this unique community gathering. At the team campsites there will be raffle prizes to bid on, great food to buy and informative interactive activities to raise awareness of cancer prevention, early detection, treatment and patient support. There is so much to enjoy and so much

Would you like to learn more about the Relay for Life and how you can get involved? We invite you to come to our Relay for Life Rally on March 3rd from 7:00 - 8:30 p.m. at the Orangevale Community Center. We hope to recruit many new teams and participants as well as honor cancer survivors and caregivers. Team Captain packets will be available and refreshments will be served.

Contact Relay Chair, Ann Hively, (425-2406) for more information and to discuss the many ways you can support this important fundraiser.

Homicide at Orangevale Avenue and Benning Street

On January 15, 2008 at 8:01 p.m., Sacramento County Sheriff's Deputies responded to the report of a stabbing at the corner of Orangevale Avenue and Benning Street. Deputies arrived and found a 47-year old white male adult suffering from a stab

wound to his upper body. Paramedics transported the victim to a local hospital where he later died.

At this time Sheriff's Homicide Detectives are trying to identify the suspect(s) and determine a motive for the stabbing. Anyone with information regarding this crime is urged to call Detectives 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.

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2 Investment-grade bonds are those with a rating of AAA to BBB and/or Aaa to Baa. Contact your local Edward Jones financial advisor for more information about maturity dates and applicable

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We welcome visitors, please stop by!

February 2008, First Edition Page 11

Gold River News & Views

Have an Escape Plan... Now! the United States each year. Deaths from failed emergency escapes are

> What can you do to increase your family's chances of surviving a

Plan Your Home Escape Now!

particularly avoidable.

Do you know what to do if there is

a fire? Are you sure? Does everyone

who lives with you know what to do?

There is no time to stop and

wonder what to do in the middle of

an emergency. Half a minute after the

smoke alarm goes off, an entire floor

of your house could be filled with

Getting out fast is the best way to

escape injury and death. Rather than

spend precious minutes trying to figure

out what to do in the confusion of such

an emergency, develop a home escape

plan now and practice it with your

family. Practicing a home escape plan

is similar to going through a school fire

drill. It takes little time, but knowing

what to do in a fire emergency could

help save your life and your children.

More than 4,000 people die in fires in

(NAPSA)-Long after New Year's

resolutions have been forgotten, many

Americans still want to achieve greater

balance in their lives. In fact, according

to a new national survey, 87 percent

of adults rank "achieving balance in

their lives" as a priority, yet less than

a quarter (21 percent) think it is very

likely they'll be living a balanced life

A leading food company is serving

up a free solution. ConAgra Foods is

launching a program that provides

people with a new way to balance out

their busy lives without spending extra

time and money. The free program,

called Start Making Choices(tm), lets

people create a personalized plan that

Start Making Choices is a unique

online program based on three

universal fundamental components of

a balanced life-nutrition, activity and

well-being. Utilizing the nutrition and

activity recommendations outlined in

the USDA's MyPyramid, this isn't a

quick-fix diet or an exercise fad. Start

Making Choices focuses on a balanced

lifestyle, which means your well-being

Dr. James Rippe contributed to the

development of Start Making Choices.

A noted Harvard-trained cardiologist

stays in the equation.

fits right into their daily life.

this year.

deadly smoke.

- · ALWAYS have two ways out of each room in your home.
- Be sure your family has a special meeting place outside the home. This will allow firefighters to know that everyone is out of the residence.
- NEVER GO BACK INTO A **BURNING BUILDING!**
- Once out of the house, call 9-1-1 from the neighbor's phone.
- Remember take the time to discuss and practice your home escape plan as a family. During the practice, make sure that windows are not jammed or blocked. Fix any that need repairs.
- Make sure each family member understands the importance of crawling low under smoke. Smoke and heat rise so the best place to find fresher, cooler air is near the floor. When a person is caught in a building filled with smoke,

2008: Your Year of Balance?

and pioneer in lifestyle medicine,

Dr. Rippe authored "Your Plan for a

Balanced Life," an additional resource

to the Start Making Choices program.

greater life balance is easier than you

might think," says Dr. Rippe. "Start

Making Choices is personalized, so

you can work at your own pace and

integrate small changes over time that

will ultimately help to get your life

By logging on to www.Start

MakingChoices.com, you can quickly

and easily design a plan that's suited to

The Balanced Life Index Survey:

Developed in partnership with Dr. Rippe

and based on scientific research, the

Balanced Life Index (BLI) assessment,

exclusive to the Start Making Choices

program, is one of the first steps a

person can take on their way to finding

balance. Determining where you stand

in terms of your nutrition, activity and

well-being will help you understand

how balanced your life is in these three

areas, based on your BLI score. You

can raise your BLI by following the

customized Balanced Life Plan that

progress, you'll see an increase in your

BLI score as a sign of positive changes

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investments or insurance? We can do that. You'll get a clear overview of where

happy to discuss your financial needs, objectives, and goals, please know we

more in balance."

your unique needs.

"Making small changes toward

they should drop on hands and knees and crawl to the nearest exit.

- Provide for those requiring additional help. Special provisions may be required for infants, young children, disabled or the elderly who may need additional help when escaping. These provisions should be practiced in during your home escape plant drills.
- Practice, Practice! A good way to practice the effectiveness of a home fire escape plan, is to position each family member in his or her bed, turn all the lights off, and activate the smoke alarm by pressing the test switch. Each family member should help 'awaken' the others by yelling the alert. Family members should exit their rooms according to the plan, crawl low under smoke, practice feeling doors for heat, and meet in the designated location outside the home.

Remember, the first step toward escaping a fire is to plan ahead. Practice a home fire escape plan throughout the year and be sure that if anything should change around the home, it is included in the home fire escape plan!

Personalized Balanced Life Plan:

Based on your BLI score, Start Making

Choices will provide a customized

Balanced Life Plan to help you achieve

your goals. You pick the foods you like

and the activities you enjoy, and Start Making Choices creates the best plan

for your lifestyle to help you reach your

personal goals-all with no cost to you.

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Why not take a positive step

toward a healthier you by balancing

your life this year? It's free,

it's easy, and it's online now at

www.StartMakingChoices.com.

Start Making Choices daily planner.

to your overall health.

Are you ready for the 2008 Stingrays?



The Gold River Stingrays Swim Team will hold registration in the Club lobby on Saturday, February 9th and Saturday, March 8th from 9:00 am to noon. Come join new head Coach Jeff Float for another great season. If you are not sure if your child has what it takes to be a Stingray, check out the question and

answer sheet available at the front desk or online at www.goldriverstingrays.org

See you in the water! Get on your swimsuit & goggles, and

mark your calendar: May 3rd Time Trials Home May 10th Broadstone Home May 17th Rio Del Oro Inv Away May 31st Rocklin Away June 7th Fulton El Camino July 19th Championships

Davis

Home

Home

Laguna Creek

United Way California Capital Region is an independent

local affiliate of United Way of America and works

with nonprofit partners to create lasting results on local

community issues through local United Way Projects:

Coverage for Kids, Foster Youth Flourish, Keeping Kids

Safe and Turning Teens Toward Success. Governed by a

local board of volunteer directors, United Way partners with

nearly 750 employers to raise money through workplace

giving campaigns. For more information, visit www.

June 28th

July 12th

June 21st

He lives with his wife and sons in American Canyon.

United Way Elects Two New Directors

Away

Dixon

elected two new members to its board of directors. Sierra Health Foundation president and CEO Chet Hewitt and SMUD assistant general manager of energy supply Jim Shetler will help steer the organization that serves Amador, El Dorado, Placer, Sacramento and Yolo counties.

Jim on our board," said Steve Heath, president and CEO of United Way California Capital Region.

and sales of SMUD's gas and electric commodities, the reliability of the transmission system, the district's electric generating facilities and the district's renewable portfolio standard. He has also served as assistant general manager of customer services, deputy assistant general manager of operations and assistant general manager of nuclear support services. Prior to working for SMUD, Shetler worked for Babcock and Wilcox as senior engineer, unit manager and product manager. He

yourlocalunitedway.org.

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Clarkson College of Technology and lives with his family Sacramento—United Way California Capital Region has

"Both SMUD and Sierra Health Foundation are fantastic partners of ours, and we are privileged to have Chet and

Hewitt has been involved in policy development, advocacy and human service innovation for more than 20 years. Prior to joining Sierra Health Foundation in August 2007, Hewitt directed the Alameda County Social Services Agency, overseeing five departments, 2,200 staff members and an operating budget of \$600

He has also worked with the Rockefeller Foundation and the Center on Juvenile and Criminal Justice in San Francisco, where he authored policy briefs on racial disparities in California's criminal and juvenile justice systems. He has since founded a nationally recognized alternative to detention programs and is the recipient of the National Children and Family Leaders Fellowship from the Annie E. Casey Foundation for his work on family and community issues. Hewitt has served on numerous boards and commissions, including Alameda's First Five Commission, United Way of the Bay Area, The Mentoring Center and Youth UpRising.

Shetler is responsible for overseeing the purchase holds a bachelor's degree in chemical engineering from

Power Lunch Workout (This is Not an Aerobics Class)



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By Judy M. Zimmerman

Rittenhouse Square is a gem in the heart of Philadelphia: a green, leafy oasis of oak, maple, and locust trees with flower beds and blooming shrubs that add a splash of color. There is such a sense of community in the square that each time I visited it last summer, I felt Philadelphia truly is the "City of Brotherly Love" after all.

What makes Rittenhouse Square, between 18th and 20th Streets, such a great place? Unlike some other parts of Philly, it is clean and a near-perfect urban neighborhood where people recognize each other or choose to meet.

People of all ages bask in the sun, read the morning paper, eat lunch on the park benches, take a stroll there, or walk their dogs at all hours of the night and day.

There are no particular amenities in the

Travel with Judy Rittenhouse Square in the "City of Brotherly Love"

park other than some of the city's favorite sculptures and a splendid fountain with a small ornamental reflecting pool ringed by a circular affluent and there are people of all ethnicities with a concentration of University of Pennsylvania graduate students in the streets to the west of the

Travel

One of William Penn's original five squares, Rittenhouse Square was named in 1825 in honor of David Rittenhouse, a brilliant Philadelphia astronomer, instrument maker, and patriotic leader of the Revolutionary era.

The square has always been known for its old world charm and elegance. Sitting there, one can easily imagine a slower-paced time: the sound of creaky carriages and clopping horses' hooves, women with full dresses and parasols, neatly-attired businessmen in top hats surrounded by ornate Victorian mansions of all shapes and sizes. Classical urns and ornamental lamp posts contribute to the air of gentility.

There is always something going on -- art shows, flower markets, or concerts. Don't be surprised to hear pleasant sounds of brass or stringed instruments

wafting through the air from the nearby Curtis Institute of Music, where students offer free public recitals.

It's no wonder the Project for Public Spaces (PPS), a non-profit organization known throughout the world for working with communities to transform underperforming parks, plazas into great destinations, has named Rittenhouse one of the best-used public squares in the United States.

TOP 12 PUBLIC SQUARES IN THE UNITED STATES AND CANADA according to a PPS Dec. 2005 Newsletter:

- o Jackson Square, New Orleans
- o Rockefeller Plaza, NYC
- o Pioneer Courthouse Square, Portland o Campus Martius, Detroit
- Union Square Park & Greenmarket, NYC
- Bryant Park, NYC Rittenhouse Square, Philadelphia
- Portsmouth Square, San Francisco
- Washington Square, San Francisco o Square St. Louis, Montreal, Quebec
- o Squares of Savannah, GA
- Washington Square Park, NYC

It's Getting Easier for Travelers to Be Green

(NAPSA)-It's been said that travelers should take only photographs and leave only footprints. These two simple ideas sum up much of what has become one of the hottest vacation trends-traveling

Fortunately, thanks to a number of changes in the travel and tourism industry, it's getting easier to travel in a way that is environmentally responsible.

For example, hundreds of hotels now have a linen reuse program, recycling bins for guest use, energyefficient lighting, low-flow toilets and showers and alternative energy sources. Restaurants, car rentals and other travel service providers are also finding new ways to keep up with travelers going green.

Consider renting an eco-friendly car. If you need a vehicle for taking day excursions far from your hotel, think about using a car-sharing program like Flexcar or Zipcar, which offers eco-friendly cars with low fees and convenient pick-up and drop-off options. You can also reduce car emissions by renting a hybrid car or the smallest car that can comfortably accommodate

Many major airlines are taking action to reduce their impact on the environment. You may notice that some have switched over to electronic ticketing, cutting down on paper consumption and waste.

Some leisure and business travelers are now investing in "carbon offsetting" programs. This option allows you to calculate how much CO2 your vacation



Thanks to a number of changes in the travel industry, it's getting easier to travel in a way that is environmentally responsible.

will produce and purchase credits from emission reduction projects (such as solar and wind). Plan to research the airline or nonprofit organization and its alternate energy projects before you invest any money.

With a growing number of opportunities for responsible travel, many travelers are making a visit to a travel agent who is a member of the

American Society of Travel Agents (ASTA) the first stop on their trip. In addition to managing all your travel arrangements, these agents are on top of the latest green trends and have access to a network of environmentally responsible suppliers.

This means they are ready to help consumers travel green without downsizing the quality of their vacation experience. They can also provide information on a hotel's environmental program, attractions that can be discovered by foot and convenient transportation

To learn more, visit the Web site at TravelSense.org.

Think Rescue First

"Bridget" is a 2 to 3 year old Harlequin Great Dane who has lots of energy and loves everyone. Her background is unknown, so Rescue does not know if she was raised with small children, cats or even an indoor dog. It is obvious she has had a litter of puppies, and may have been discarded after her owners felt they could no longer use her. Bridger is looking for an indoor home with active people, and possible a male dog as a companion. Bridget is currently enjoying her stay at Granite Bay Kennels in Granite Bay. This wonderful country facility generously donates space to Great Dane Rescue for their rescued dogs.

Most people think they have two options when they decide to add a dog to their family. Either checking out the local shelter or the classifieds. But there is another choice which most people don't even know of; rescue organizations. Most breeds have a pure-bred rescue organization that specializes in just that one breed. These



Why Are Dogs Rated by Type?

Dear Paw's Corner: I was watching a dog show on television recently. The announcers referred to various dogs on display as "from the working group," "from the sporting group" and so on. What's the difference? -- Sarah K., Portland, Maine

Dear Sarah: Purebred dogs are generally classified as such, and included in a "group," because they

groups are usually run by people who have been "in" the breed for years and are able to evaluate temperaments and screen potential adopters to find just that perfect home for that one dog

Great Dane Rescue of Northern California is a non-profit group that offers adult and adolescent Great Danes for adoption that are looking for new homes. When a dog comes into a rescue organization they are spayed or neutered and evaluated prior to offering them for adoption.

"Bridget" is a good example of the

type of dog that comes through a rescue organization. She was picked up as a stray by a local shelter. No one claimed her at the shelter and after a week Rescue was called. "Bridget" went into Great Dane Rescue's adoption program and was spayed, updated on her vaccinations and her temperament evaluated to decide what type of home would suit her best. She then was posted on their website looking for a new home. If you are looking for a pure-bred dog, a Golden Retriever,

have the genetic characteristics of dogs originating from certain breeds that did a certain type of job. (Or, especially in the case of the "working group," often

In fact, let's take the working group as an example. These breeds of dogs -- and they include shepherds, Alaskan Malamutes, Swiss mountain dogs, Newfoundlands, etc. -- were developed to handle specific tasks that required a hardy, strong dog. Some of them pull sleds, others pull guard duty, and others rescue climbers and disaster victims.

The sporting group, on the other hand, is a group of dogs bred to assist hunters. Retrievers, setters, and spaniels are among the breeds in this group. So, some may ask, why isn't the

hound group a part of the sporting group? The hound is ancient and made up of a diversity of breeds, yet all those breeds



Labrador or any other breed, call your local humane society or animal shelter. Most shelters maintain a list of local rescue groups and can give you one more choice when adding a new member to your family!

If you are interested in meeting Bridget, please visit their website at gdmc and you can email Colleen Leahy at www.gdrnc.org.

-- including the Beagle, the Afghan and the foxhound -- have similar instincts and take similar action, chasing after their quarry rather than retrieving it or pointing it out to a hunter.

Let's not forget the terrier group, another group of dogs developed to do a distinctive job. Some were developed to hunt rodents and ground-dwelling animals; others, unfortunately, for fighting; and many others as all-around farm dogs and companion pets.

So, to make a long story short (hopefully), the groups into which purebred dogs are classified were developed based on common tasks for which these dogs were originally bred. 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) 2008 King Features Synd., Inc.

Peanut Butter & Canned Dog Food Needed at Sac Co Animal Shelter!

The Volunteer Center of Sacramento & the Sac County Animal Shelter

WHAT: Peanut Butter & Canned Dog Food Drive

WHEN: Thursday, Jan 24 to Friday, Feb 22 (9am to 5pm, Mon - Fri) WHERE: Volunteer Center of Sacramento - 1111 Howe Ave #600, Sac

The animal shelter is running very low on these items

Dogs held in the Sacramento County Animal Shelter quarantine and medical buildings are now getting Kongs on a regular basis, sometimes every day. Kongs are wonderful for giving the dogs "something to do" by stimulating their minds and keeping their mouths busy as they attempt to get at every last bit of tasty stuffing. Volunteers and shelter staff stuff

Kongs with a mixture of peanut butter and canned dog food, but they are running very low. Donations from the public are being called for. If you can help, it would be appreciated by the shelter and the dogs.

To help answer this call for help, the Volunteer Center of Sacramento is holding a Dog Drive! Donations of peanut butter and canned dog food (of any brand) can be dropped off Monday through Friday, 9am to 5pm, at the Volunteer Center of Sacramento, located at 1111 Howe Ave, #600, Sac, 95825 (near Howe bout Arden

intersection) or directly to the Sacramento County Animal Shelter located at 4290 Bradshaw Rd. Sac, 95827. To contact the shelter for hours of operation call (916) 368-7387 (PETS).

100% of in-kind donations benefit the Sacramento County Animal Shelter. The Dog Drive is sponsored by the Volunteer Center of Sacramento which strengthens Sacramento communities, organizations, individuals by facilitating volunteer services.

For more information contact: Christine Wallace, VCS Community Resource Coordinator (916) 567-3100 x106 or cwallace@volunteersac.org.

Learning to Care for a First Pet

(NAPSA)-Society is increasingly going to the dogs. And cats. And other furry friends as well.

That's because pets are turning up in all sorts of places, from pet-friendly motels to offices that encourage employees to bring their pets to work. And when circumstances prevent someone from sharing his/her home with a four-legged companion-or if parents feel that a child is not ready to take care of a pet-there are even ways to get a virtual fuzz fix.

Pet Care 101

12

15

47

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22

For youngsters who long to have a dog or cat, there are a number of things to consider before bringing one home. Remember, a pet owner needs to:

¥ Provide the pet with an adequate balanced diet and ensure it has access to clean, cool drinking water at all times;

¥ Regularly exercise the pet according to its needs; and

¥ Train the pet using kindness, treats

and rewards-not punishment. A great way to get started is with a fun series of video games from Ubisoft's "Petz" line that teaches the basics about

13

17

everything from horses to hamsters.

This is the kind of casual gaming that appeals to players of all ages, and that lets them get their feet wet in the arena of pet care, while giving the grownups the opportunity to see the youthful caregiver take responsibility. Plus, contrary to the stereotypical notion that video games are not a good use of time, this introduction to pet ownership follows the player's progress and gives constant feedback. These features let users feel like they are being challenged and accomplishing something.

The Petz series of video games allows players to adopt and train cuddly friends. Players can take their pets everywhere within the virtual environment, starting inside the house and walking around the neighborhood to visit friends.

For example, in Petz "Dogz 2," users can choose a puppy from more than 40 different breeds and make him cuter with clothing and accessories; create a comfortable pet village and guide their lovable bundle of fur through 60 fun adventures; and compete against their

14

16

friends in minigames, such as racing and treasure hunting.

The games, including "Catz," "Horsez," "Hamsterz" and "Dolphinz," are available for various video game consoles including the Nintendo DS and Wii, PlayStation 2 and PCs. To learn more, visit the Web site at http:// petz.com.



series of video games can help prepare children for the responsibility associated owning and caring for a pet.

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KING Crossword

ACROSS 1 Church

11

- 8-Down's noise?
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Answers on Page 12

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- 28 Actor Benicio



By Pastor Ray Dare

Have you been pressured lately? What's been weighing you down? A problem, a pressure, a conflict and you feel like you're about to lose it because of the pressure in your life. Life has a way of wearing us down. Unexpected things happen; uncontrollable things, and we get stressed. How do we reduce the pressure in our life when we feel overwhelmed?

The secret to reducing the pressure in your life is found in a single statement by Jesus. He says, "Come to Me all you who are weary and carrying heavy burdens and I will give you rest. Take My yoke upon you...you will find rest for your souls for my yoke is easy..." Matthew11:28, 30. To reduce the pressure in your life you must:

Reducing Your Pressure

Turn to Christ. Not to a pill. Not to a drink. Not to food or TV or any other form of escape. Jesus says if you want to lower your stress you must first, "Come to Me." How do you do that? You get alone together with God. You find a quiet place without interruptions and read the Bible (I recommend Psalms). You pray about those things stressing you, listen to calming worship music, and all of a sudden your focus begins to shift from your problems to His power, from your circumstances to His control, from your situation to His sovereignty.

Give up Control. Next He says, "Take My yoke upon you." A yoke is a wooden frame that joins two farm animals together. The purpose of the yoke is to make your load lighter, because the load is shared in a partnership. A partner comes by your side and helps you carry your load. Jesus says, "I want to be your partner through life, I want to help you carry your burdens." See, we get stressedout when we try to carry things ourselves. Yet God didn't make us to live that way. He didn't wire us to handle the stresses of life by ourselves. That's why we get head-aches and neck-aches and insomnia when we try to carry things ourselves.

Jesus says, "My yoke is easy". Ouestion: Have things been easy

in your life? If you are feeling overloaded right now it means one thing. You're not properly connected to Christ. Oh sure, you may be on your way to heaven, but you're going there stressed out! Any time you get under stress it means this - you have come to Christ, but you have not given Him control. You are not properly yoked. You're carrying the load by yourself. You must give up control, then you...

Learn to trust. Jesus said, "find rest". Rest happens when you trust. You stop trying and you start trusting. Trust that He knows what's best for you. Trust that He's with you and promised never to leave you or forsake you. Trust that He knows what's happening in your life and He knows how to bring good things out of bad things. Trust that He sees your future and promises that He has a good plan.

So, you come to Christ, you give up control, and you learn to trust. Come to Christ, give up control, learn to trust. Come to Christ, give up control, learn to trust.... If you have to say that fifty times a day to get it in your mind, do it! Because that is the secret to stress

Pastor Ray Dare,

New Community Christian Church www.YourNewChurch.org

Live In Humble Expectancy!



By Marlys Johnsen Norris

Seek the favor of the Lord and live in expectancy with active faith. God desires to give you His best. When you enlarge your focus on His favor and promises, you make room for great things to happen in your life. God will show you His Way. Rely on God and say, "I can do all things through Christ, which strengthen me. (Philippians 4:13) Walk into your blessings with positive thoughts

of expectancy of the path ahead of you. When your focus is on the words of scripture you are thinking the way God wants you to think, living in faith!

Living in the perfect will of God is developed by drawing faith from the Word of God. Regardless of the trials or sickness one experiences along the path of life, it is important that one recognizes and focuses on the positive Words of God. Words preserved for thousands of years for men to live by.

Seek His presence like the woman with an issue of blood in the Bible. She looked ahead with expectancy to be near Jesus to merely touch His robe. She did and was healed. Then there was the centurion whose son was dying at home, he came to Jesus and asked him to pray. With an expectant heart he believed his son would be healed when he got home. He was! And so many other times Jesus miraculously healed those who came to Him with an expectant heart. Jesus said that when He left us, we would be able to do even greater things than He did. Our lack of expectancy cheats us from experiencing all God has planned. Today-- we should be preparing and watching with expectancy for the Lord's Second Coming!

Without faith it is impossible to please God, but when we have faith in Him and His magnanimous ways, we will be wonderfully humbled and surprised what He does through us. The greatness and power of God moves as faith is realized and acted on. God is in control and one is willing to be His yielded vessel. What is done, is-- to honor and glorify God.

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

Let Our Leaders Hear the Will of the People

Jay's Notebook, acli.org Your future, and that of your children

and grandchildren, is being decided. The presidential election campaign isn't primarily about Iraq, the economy, immigration, or border security - although each of these is hugely important. You'll rarely hear it talked about in campaign speeches or news coverage, but the single most far-reaching priority of this campaign is the question of judicial appointments.

I say this because Supreme Court Justices and federal judges will ultimately decide your future in so many ways. At this moment, more than 40 federal judicial positions are open across the country. Furthermore, the next President will almost certainly appoint at least two new Supreme Court Justices, if not three or more - simply because several Justices right now are at or beyond retirement

So in spite of significant, positive additions to the Supreme Court in recent years - the confirmations of Chief Justice John Roberts and Justice Samuel Alito, especially - the character of the high court could shift dramatically under the next President. I have argued cases before the Supreme Court of the United States 12

times. Over the years, I have seen firsthand the ebb and flow of the Justices' thinking, their temperaments and strengths.

And I can tell you, without question, a single appointment could change the delicate balance of this Court and shift it either toward preservation of your religious liberties ... or away. We must speak out and express our values now, before it's literally too late.

With the ACLU spending its millions in attempts to eradicate expressions of faith from public view ... With our reply briefs in key Ten Commandments cases due to the Supreme Court in just days ... With too many lawsuits in the pipeline where people's expressions of faith are being challenged, restricted, or simply taken away ... our resources are stretched to the absolute limit. We must file our Supreme Court briefs, push ahead on numerous other crucial cases, and press on in our work with legislators on Capitol Hill and in all our work to protect life and liberty.

So I ask you today to stand with us as we launch a nationwide "Issues of the Court" campaign. Step up and say, "Yes, Jay, I agree with you about the vital importance of the Supreme Court and the federal judiciary. Let's fight on." Thank

you for being a part of this team. I am grateful to God that you are with us and look forward to hearing from you as soon

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Pastor Charles Carter

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8790 Oak Avenue Orangevale, CA 95662 Corner of Oak and Beech

(916) 988-8815

Pastors Andrew Webb & Robert Price

Office Hours:

9 am to Noon ~ Tuesday - Friday

Wednesdays:

Senior's Bible Study: 1st & 3rd. 10 am - 11 am

Evening Adult Study: 7 pm - 8:30 pm **Sundays:** Worship ~ 9:30 am

Sunday School ~ 11 am For All Ages www.oakavefmc.org

by Wilson Casey

- 1. Is the book of Numbers in the Old or New Testament or neither?
- 2. When he died, whose eyes were not dim nor his natural vigor diminished? Moses, David, Paul, Daniel
- 3. What book ends, "And Obed begat Jesse, and Jesse begat David"?
- Esther, Joshua, Ruth, Jonah 4. From Proverbs 3:7, do not be wise in your own ... ? Eyes, Flock,
- Thoughts, Journey 5. What will a faithful man abound with? Friends, Blessings, Life, Love
- 6. From Romans 10:17, what does faith come by? Loving, Believing, Listening, Hearing

ANSWERS: 1) Old; 2) Moses; 3) Ruth; 4) Eyes; 5) Blessings; 6) Hear-

> For more teasers, log on to www.TriviaGuy.com © 2008 King Features Synd., Inc.





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MOVIE REVIEWS

Untraceable

By David Dickstein

Streaming live videos of his murders on an Internet site, the villain of "Untraceable" is one sick webmaster. Too sadistic for You Tube, the content he shares is more appropriate for a portal called You Die. But since that URL was apparently unavailable, this cyber sadist posts on www.killwithme.com, and the way things work is the more people who visit the site, the quicker his victims log off. Permanently.

Morbid, yes, but entertaining? Well, if movies like "Saw," "Se7en" and "Feardot.Com" float your bloodied boat, you should have a perverse picnic watching everreliable Diane Lane as Jennifer Marsh, an agent in the FBI's Internet crimes division. The widowed single mother thinks she's seen every type of computer-driven crime until tasked with tracking down the wacko with Wi-Fi and a webcam. At first she and her partner Griffin (Colin Hanks) dismiss the Web site as relative minor - it's a stranded cat on a rat glue trap, after all, not a human strapped to an



elaborate death machine (yet). But when the host directs users to spread the word virally through social media, and they do, the poor kitty is no-mo in slo-mo. The agents agree that it's only a matter of time before the webmaster moves from pets to

What ensues is a cat-andcomputer-mouse chase, if you will, and, of course, it's a race against the clock to ensnare this psycho geek with the killer app. Director Gregory Hoblit ("Fracture," "Primal Fear"), working off a script credited to three writers, does a decent job keeping the suspense high, though it's kinda hard not to muster goosebumps when showing people die by acid bath and megawatt sunlamp.

3 of 4 Stars, Rated R, 100 minutes

Raley Field Announces July 11th Lynyrd Skynyrd Concert

West Sacramento, Calif. -Legendary rock band Lynyrd Skynyrd will perform a concert at Raley Field on Friday, July 11th at 7:00 p.m., Raley Field officials announced today. Tickets for the event, which will include an opening act to be named at a later date, will go on sale on Saturday, February 9 at the Raley Field ticket office (hours of operation can be found at raleyfield. com) and Ticketmaster.com. This marks the second time that Lynyrd Skynyrd has played at Raley Field, having played the venue on August

Lynyrd Skynyrd, a 2006 inductee into the Rock & Roll Hall of Fame, has recorded a remarkable thirteen platinum albums since forming in the mid-'60s and is widely considered a



pioneer in the 'Country Rock' genre. The band has recorded countless hit songs, including legendary classics 'Free Bird' and 'Sweet Home Alabama,' both recently included in Rolling Stone Magazine's list of the top 500 Rock & Roll songs of alltime. Rolling Stone also recently called Lynyrd Skynyrd one of the top 100 artists in the history of Rock & Roll music.

For more information about this show, or any other event at Raley Field, visit www.raleyfield.

RILEY REVIEWS



Tim Riley

COMEDY ROMANTIC "27 **FORMULA** FOR **CUTE** DRESSES" IS **ENOUGH**

27 DRESSES (Rated PG-13)

This column strives to stay current on new film releases, as long as the studios are cooperating by holding screenings for critics. That's not always the case at the start of the year, when so much of the new product is nothing more than cinematic jetsam that studios are eager to dump. Spoof movies, particularly the "Scary Movie" franchise, can be entertaining and erratically funny. So it seemed "Meet the Spartans" could be mildly diverting, and 20th Century Fox put me on a screening list after I made a request to see it. Yet, a day before the event the invite was unceremoniously snatched away when it dawned on somebody that a critic would get an advance peek.

The moral of this story is that any studio disdain for press coverage is the surest sign that the film in question is an unmitigated train wreck. The more charitable view is that certain films, perhaps the spoof movies more than ever, are immune to criticism. So why

bother spending money on promotions, other than the requisite advertising? Now, I could rush to the theater and pay good money to see "Meet the Spartans," but that could be a fool's errand, kind of like buying season tickets for the Arizona Cardinals.

Let's move on to another film from 20th Century Fox, the formulaic "27 Dresses" which is the kind of cute, predictable romantic comedy that practically every guy in the universe would wisely avoid seeing under any normal circumstance, unless of course his significant other insists on a date movie. What we have here is a sappy love story that would more likely appeal to the ladies, or at least that's my educated guess.

"27 Dresses" is by no means dreadful, and if I can survive it, then maybe the smart play for the guy is to make this a date movie, as long as the relationship is secure. After all, guys, you don't want to be compared unfavorably to the hunky, toothygrinned James Marsden, who plays the cynical journalist so obviously destined to become the love interest for the hopelessly sentimental Katherine

If you can't see the romance brewing between Heigl and Marsden only minutes after they meet, then you should stay home and watch endless repeats of the formulaic movies running on the Lifetime Channel. Heigl's Jane is the perennial bridesmaid, and she has 27 dresses in her closet to prove it. One memorable evening, Jane manages to shuttle between wedding receptions in Manhattan and Brooklyn, a feat witnessed by Kevin, a newspaper reporter consigned to writing the bridal beat. Now he realizes that he's got a potential big story about a wedding junkie that could land him on the front

When Jane and Kevin meet at a wedding, they lock horns as she is repulsed by his cynicism. Meanwhile, Jane is in love with her boss, George

(Edward Burns), a colorless character who is seemingly oblivious. Jane's neatly-ordered life is upended when her flighty, flirtatious younger sister Tess (Malin Akerman) arrives in town and sets her sights on capturing the heart of George. Not surprisingly, Tess succeeds, in part due to her remarkably shallow ability to feign interest in whatever George happens to like.

A whirlwind romance follows, and Tess and George soon announce their nuptials, enlisting Jane of course to organize the whole affair, including locating a 28th dress. Meanwhile, when not sulking about this turn of events, Jane slowly becomes more attracted to the willing and available Kevin, at least until his ill-timed expose of the perpetual bridesmaid surfaces in the newspaper. Hey, what's a romantic comedy without some conflict that will eventually be resolved in the most

satisfactory manner? Katherine Heigl and James Marsden are charming actors who have come off well in recent film roles. In "27 Dresses" they display the right note of chemistry in their tangled relationship. It's enough to make the film bearable for guys stuck in the date

movie mode.

DVD RELEASE UPDATE Chances are "Meet the Spartans" will hit the DVD shelves in short order. Meanwhile, another spoof movie you may have missed at the multiplex, "The Comebacks," is now available in both unrated and theatrical DVD editions. It holds some appeal, considering that it spoofs a wide range of inspirational sports films, ranging from "Rocky" to "Field of Dreams" to "Remember the Titans," naming just a few. David Koechner stars as out-of-luck coach Lambeau Fields, who is persuaded to take to the field one last time and drives a rag-tag team of misfits towards

football championship. Comebacks" is the "Scary Movie" for the uplifting sports genre, and it packs

Divine Savior Catholic Church will be hosting an **ALL you can eat Crab Feed** on March 29th.

Doors open at 5:30. Tickets can be purchased for ONLY \$35.00 per person by stopping by their office at 9079 Greenback Lane, Orangevale. They will be offering a No host bar, raffle and silent auction. Final day to purchase tickets is March 15th. For more information or questions please call 989-7400 between 8 and 4 pm.

Disney On Ice presents Princess Wishes



Enter a world of wishes with your favorite Disney princesses in Disney On Ice presents Princess

Wishes. Tinker Bell represents is just the beginning! the magic of Disney, as she whisks you through a collection of enchanting and beloved Disney stories. Join Ariel as she yearns to explore the world above the waves. See Snow White find her one true love. Discover a whole new world with Jasmine. And, watch in wonder as the dreams of Cinderella, Belle, Aurora and Mulan all come true. Be sure to see this magical show where believing

Appearing at Sacramento's ARCO Arena

February 13-18, 2008

available: Tickets www.disneyonice.com, www. ticketmaster.com, ticketmaster Retail Locations, ARCO Arena Box Office or call (916) 649-8497

Ticket Prices: \$13, \$17, \$23 (limited number of front row and VIP seats available. Call for details)



"Juno"

Running time: 91 minutes MPAA rating: PG-13

I see a couple hundred movies a year. Most, about 70 percent, are average. Not great, but not horrible. Ten percent are pure dreck. Fifteen percent are above average. And then there's that top 5 percent, the films that remind critics why we love movies.

"Juno" is one of those upper five percentile films that reviewers like me gush about. It's smartly written, beautifully acted and directed with finesse.

The film stars the captivating Ellen Page as Juno MacGuff, an almost-toohip-to-be-real 16-year-old who becomes pregnant following first-time sex with her boyfriend Bleeker (Michael Cera) because they were

Now here's why "Juno" is such a great flick. At the beginning, you get the impression it's gonna be like "Little Miss Sunshine," one of those indie films that's too self-consciously glib. But it isn't. After about 10 minutes, everyone settles into their roles, and the humor comes not from the snappy dialogue, but from the realness of the performances.

Then, after Juno accepts the fact that she's pregnant, you begin to cringe a little because you think it's gonna be a political movie about abortions. But it isn't a political film. Juno's pregnancy and her choices (she decides to go through with the pregnancy and give the baby up for adoption) are treated in a very real, very human way.

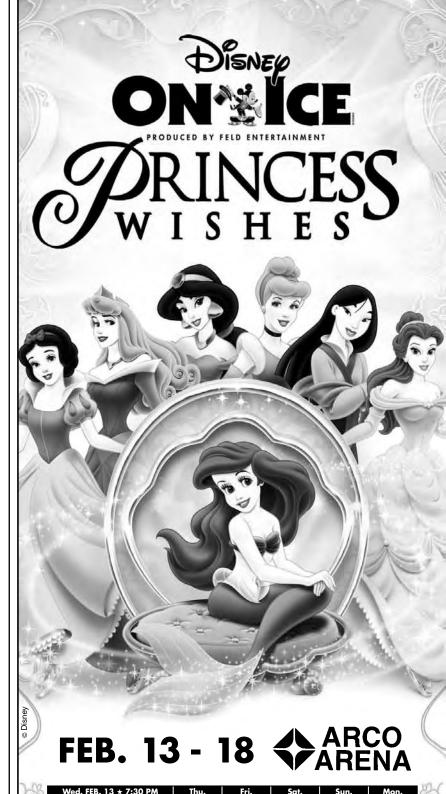
Credit for this must be given to screenwriter Diablo Cody and director Jason Reitman, and also to the sup-



porting cast: Allison Janney and J.K. Simmons as Juno's dad and stepmom, and Jennifer Garner and Jason Bateman as the yuppie couple wanting to adopt Juno's child.

I don't want to go overboard in my praise for this film, because I know that when most people hear a critic gas on and on about a movie, it never lives up to the hype. So, I'm just gonna say, "See Juno." It's the best film I've seen in more than a year. **GRADE: A**

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FEB. 16 **Two Tickets For** The Price Of One!*

+SAVE \$2 on tickets for kids under 12.

Buy tickets at www.disneyonice.com, www.ticketmaster.com

ticketmaster Retail Locations, ARCO Arena Box Office or call (916) 649-8497

> **TICKET PRICES:** \$13 - \$1*7* - \$23 Limited number of Front Row and VIP seats available. Call for details.

(Service charges, facility and handling fees may apply.)

Special Guest Tinker Bell



1. Cloverfield Michael Stahl-David, Jessica Lucas 2. **27 Dresses**(PG-13) Katherine Heigl, James Marsden 3. **The Bucket List**(PG-13) Jack Nicholson, Morgan Freeman 4. **Juno**(PG-13) Ellen Page, Michael Cera 5. National Treasure: Book of **Secrets**(PG) Nicolas Cage, Diane Kruger 6. **First Sunday**(PG-13) Ice Cube, Regina Hall

7. **Mad Money**(PG-13) Diane Keaton, Queen Latifah 8. Alvin and the Chipmunks (PG) Jason Lee, David Cross 9. **I Am Legend**(PG-13)

Will Smith, Alice Braga 10. **Atonement** James McAvoy, Keira Knightley © 2008 King Features Synd., Inc.

Trivia Answers

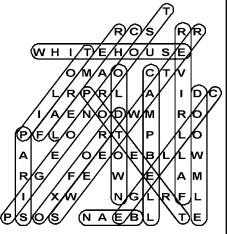
- 1. Bud Abbott and Lou Costello
- 2. Caribbean 3. Cloisonné
- 4. Actors or entertainers
- 5. A mammal with hooves instead of claws
- 7. Given by the American Humane Association for best animal performances in film and TV
- 8. Miss Clairol hair color
- 9. Little Sure Shot
- 10. Light amplification by stimulated emission of radiation

— **King** Crossword — **Answers**

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> Magic maze **Answers**

— STATION: CITIES



California.

Department of Homeland Security: \$12.14 Billion for Border **Security & Immigration Enforcement Efforts**

that commitment." **Securing our Borders**

U.S. Department of Homeland Security (DHS) Secretary Michael Chertoff previewed today a 19 percent increase over Fiscal Year (FY) 2008 in funding for border security and immigration enforcement efforts in FY 2009. This represents a more than 150 percent increase since President Bush has been in office, enabling the department to fulfill its border infrastructure, fencing and personnel goals by the end of 2008.

"In his State of the Union address, President Bush said that we must secure the border, police the interior, and find a way to deal with the issue of illegal immigration in a way that is humane and sensible," said Homeland Security Secretary Michael Chertoff. "The President's budget request builds on our accomplishments and substantially reinforces our commitment to provide more boots on the ground, strengthen interior enforcement, and add new technology and fencing at the border. This administration has made substantial investments in border security and interior

enforcement, and this budget reinforces

There has been remarkable progress at our borders over the past year. DHS has continued the practice of "catch and return" at the border, surpassed its fencing goals, and seen record enforcement numbers against illegal immigration and narcotics smuggling activities.

\$2 Billion for the Secure Border Initiative (SBI) – DHS has completed more than 280 miles of pedestrian and vehicular fencing to date and expects to have about 670 miles of total fencing in place by the end of this year. The President is requesting \$775 million for secure border fencing, infrastructure and technology under SBI in FY 2009, which together with 2008 funding provides \$2 billion for SBI.

\$442.4 Million for Additional Border Patrol Agents - The FY 2009 budget requests an additional \$442.4 million to hire, train and equip 2,200 new Border Patrol agents, which will achieve our goal of 20,000 agents by the end of September 2009. This will more than double the size of the Border Patrol under President Bush's

More Interior Enforcement

The department's interior enforcement strategy complements its border security efforts. The FY 2009 budget will expand those efforts to target employers of illegal

aliens and immigration violators, as well as dangerous criminal networks. U.S. Immigration and Customs Enforcement (ICE) worksite enforcement cases are at an all-time high: roughly 700 percent higher than Immigration and Naturalization Service's worksite cases in its final year of operation in fiscal year 2002. The FY 2009 budget provides for even greater enforcement activities along with advances in verification tools available to employers.

\$3 Billion for Enforcement Activities – ICE has removed roughly 240,000 illegal aliens, made 850 criminal arrests, and fined or seized more than \$30 million following worksite investigations to date.

· \$1.8 Billion for ICE Custody Operations - This will expand ICE's capacity by an additional 1,000 new detention beds to further support the practice of "catch and return" at the border. Since FY 2005, ICE has increased the amount of detention beds by 78 percent.

\$100 Million for E-Verify – \$100 million will support expanded usage of E-Verify, an automated system used to confirm the employment eligibility of both citizen and non-citizen new hires. We anticipate E-Verify participation to increase from about 50,000 now to more than 100,000 employers this year, and 300.000 in FY 2009.

Violent Crimes Task Force Seeks Information Regarding Sacramento Bank Robbery On January 29, 2008, an unidentified male Sheriff's Department Robbery Detectives, Callers can remain anonymous and may be

robbed the Bank of the West branch located is seeking information on this unidentified in the Loehmann's Plaza Shopping Center, male bank robber. 2581 Fair Oaks Boulevard, Sacramento, The suspect is described as a Hispanic The suspect, wearing a male, late 20's to early 30's, 5'10" to 5'11". camouflage jacket with a hood, entered the Witnesses said he had wide shoulders and

> spoke in a deep voice. 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.



75 Year Old Female Pedestrian Struck In Sacramento

On January 25, 2008 at approximately 6:05 p.m., Daniel Pagan, a 19 year old from Sacramento was driving a silver Nissan Frontier pickup southbound on Fulton north of Marigold Lane in the fast lane. Vinnie Edwards a 75 year old female from Sacramento was walking across the roadway from the east side to the west side

bank and demanded money from the victim

teller while displaying a handgun. Following

the robbery the suspect fled the bank on foot.

The Sacramento Violent Crimes Task Force

(SVCTF), comprised of Federal Bureau of

Investigation Agents and Sacramento County

of the roadway at this location. Edwards had successfully walked across the two northbound lanes and the two way left hand turn lane but was struck by the Nissan as she entered into the fast lane of southbound Fulton Avenue. Edwards was transported to UCD Medical Center where she was pronounced dead. (Sacramento County Coroner's Case

#08-00562). Pagan was not injured. Speed nor drugs and/or alcohol appear

to be a contributing factor. Edwards was wearing dark clothing and it was raining at the time of this collision. This collision is still under investigation.

Male, 24, Killed in a Speed Related Traffic Collision

out of control and struck a gold 2002 Dodge Dakota SLT pickup that was also traveling on eastbound Madison Avenue. The driver of the Dodge, Winsleigh Sargent, a 76 year old from Placerville was transported to Mercy San Juan Medical Hospital where he is being treated for multiple fractures to his legs and complaint of pain to his ribs. The driver of the Scion was pronounced dead at the scene. (Sacramento Coroner's case # 08-00537).

Prior to this collision, there were reported

Madison Avenue. One of those vehicles has been identified as the Scion. The other vehicle is described as a white compact vehicle, similar to a Honda. We are asking the driver of the white vehicle or anyone who may have knowledge of this person to please contact the California Highway Patrol at (916) 338-6710.

The deceased is not releasable at this time pending notification of next of kin. This case is still under investigation.

On January 25, 2008 at approximately After the initial impact, the Scion continued calls of two vehicles driving recklessly on

11:13 a.m., the driver of a black 2007 Toyota Scion was traveling on westbound Madison Avenue east of Auburn Boulevard at a high rate of speed. The driver was traveling in the far right lane and crossed over all westbound lanes. His vehicle began to fishtail and the driver lost control of his vehicle. The Scion traveled into the eastbound lanes where it struck the drivers side of a silver 1999 Chevy 1500 Z71 pickup. The driver, Jerry Dusa, a 60 year old from Walnut Creek was not injured.

16 Year Old Pedestrian Struck By School Bus

On January 22, 2008 at approximately 6:45 a.m., Larry Witherspoon, a 51 year old from Sacramento was driving a Grant Unified School bus on southbound Taylor **StreetatRegginaldStreetatapproximately** 20 mph. A 16 year old female pedestrian was walking southbound on Taylor near

the right roadway edge. The pedestrian came upon a large puddle of water and began to walk around it by walking into the roadway. The school bus driver did not see the pedestrian and the right front of the school bus struck her. The pedestrian was transported to UCD Medical Center.

She suffered cuts and abrasions to her head and broken front teeth. The pedestrian is a student at Del Paso High School. There were two students on board the school bus. Neither them nor the bus driver sustained injuries.

This case is still under investigation.

I Enforcement Grant Making a Difference

More traffic enforcement and safer streets has come to Citrus Heights in recent months. New equipment purchases and increased special traffic enforcement measures from a recent \$213,000 grant awarded by the Office of Traffic Safety to the Citrus Heights Police Department have begun making a difference. The Citrus Heights Police Department is dedicated to keeping our roadways safe through both enforcement and education. Citrus Heights Police conducted 28 DUI saturation patrols

during this past holiday season.

The special patrols took place between 11-16-07 and 01-01-08. Officers assigned to the special patrols stopped 271 drivers, issued 113 traffic citations, administered 71 Field Sobriety Tests, arrested 32 DUI drivers, made 15 criminal arrests, and towed 22 vehicles for driver's license violations. Citrus Heights Police arrested 74 drivers for DUI this year compared to 51 during the same time frame in 2006.

A significant reduction in injury

collisions was realized as a result of this enforcement. During the last quarter of 2006 there were 182 injury collisions compared to 122 in 2007.

Citrus Heights Police have planned several DUI checkpoints, additional DUI saturation patrols and DUI warrant sweeps for the coming months.

Funding for the grant comes from the California Office of Traffic Safety through the National Highway Traffic Safety

Grand Rapids Woman Arrested in Murder for Hire Scheme Targeting Butte County Resident identified herself as Ann Marie Linscott.

Sacramento, CA: Ann Marie (Linscott), age 49, was arrested yesterday at her home in Grand Rapids, Michigan, on charges related to a murder for hire scheme carried out on the Internet. Sheriff Perry Reniff, Butte County Sheriff's Office, and Drew Parenti, Special Agent in Charge of the Sacramento FBI, announced the arrest

According to allegations contained in the affidavit in support of the complaint, the scheme began in November 2007 when three individuals searching the Internet web site www.craigslist.com (CRAIGSLIST) for job opportunities exchanged e-mails with an unidentified female, Marie, regarding a job opportunity she was advertising on the web site. The job description was advertised as "Freelance" with no further information provided. During the e-mail correspondence, Marie asked each of the three individuals responding to her advertisement to "eradicate a female living in Oroville, California" and provided additional information on the intended victim to include a description of the victim, her age and her employment address. On two separate occasions, Marie offered payment of \$5,000 upon completion of "the eradication task".

Investigators have identified the true

have determined she is married. The victim's husband was interviewed by investigators and acknowledged meeting Linscott through an on-line college course in 2004 or 2005. According to the victim's husband, he and Linscott developed a very deep and intimate online relationship. The victim's husband said he first met Linscott in person when he traveled to Reno, Nevada, in July 2005 to attend a conference. Linscott spent two days with the husband in Reno and during those two days they had sexual relations. Linscott also visited the husband in Butte County in May 2007 and since that time they have continued to communicate via telephone and e-mail with the most recent communication occurring on January 9 2008

Deputies from the Butte County Sheriff's Office and Agents from the Chico Resident Agency of the FBI were assisted by the Grand Rapids FBI Violent Crimes Task Force in serving a search warrant yesterday at Ann Marie's (Linscott) Grand Rapids residence. The search was based on an affidavit filed in the Western District of Michigan. Following the service of the search warrant Ann Marie (Linscott) was arrested and booked into custody. She made her initial appearance Her detention hearing has been scheduled for 11:00 a.m. on January 29, 2008. The proceedings in Grand Rapids will also likely include transfer and removal procedures so that Linscott can be brought to the Eastern District of California to face the charges that have been filed against her.

Perry Reniff, Butte County Sheriff, said "This complex investigation was initiated in November 2007 and we have been very concerned for the well being of the victim. The arrest of Ann Marie Linscott is just another example of the great working relationship between the FBI and the Butte County Sheriff's Office. The Detective and Agent who led this investigation are to be commended for their efforts".

Drew Parenti, Special Agent in Charge of the Sacramento FBI, said "The swift and thorough investigation afforded this matter may have saved the life of the intended victim and I believe these results are indicative of what can be accomplished when law enforcement agencies combine resources and manpower. We are pleased that this potential violent crime has been averted and look forward to continuing our successful partnership with the Butte County





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

CHPD received a Auburn/Antelope (Shell Gas Station) call of a DUI driver from the station attendant at the above location. A CHPD sergeant was in the area and located the suspect. The sergeant observed the suspects weaving and speeding and then stopped the vehicle. The suspect pulled over on Cirby Street in Roseville just east of Riverside. Upon contact with the suspect, he claimed to have several medical ailments. AMR transported him to Kaiser where he was medically cleared. CHPD officers then transported the driver to Juvenile Hall where he was booked for DUI.

Injury Traffic Collision Madison at Mariposa

CHPD officers responded to a two car rollover collision eastbound Madison at Mariposa. There was one occupant in each vehicle, the driver. The drivers were transported to Mercy San Juan Hospital. Traffic flow was affected in this busy corridor while the patients were treated by emergency personnel and while CHPD officers and members of the traffic team worked to determine the circumstances of this collision and the cause.

01/21/08-1715 hrs Burglary 7000 block of Dudley St Victims reported that an unknown suspect used a tool to gain entry into their home, and take property. Witnesses described the suspect as a white male, goatee, mid 30's, 6'0, possibly driving an older-looking black or grey Mitsubishi Eclipse.

7901 Auburn (Fireside Lanes/Recycling) Armed Robbery

Female adult employee of the Recycling Center was working when two subjects approached her. A male Hispanic subject (Heavy set, with a goatee) approached her, pointed a revolver handgun at her, and demanded money. The victim gave the subject what she had, which included keys to the register. A second subject (male Hispanic, heavy set) punched her in the face during the incident and the victim sustained minor facial injuries. The subjects fled the area in a vehicle, southbound Auburn, out of sight. An uninvolved witness saw the subjects enter into a vehicle after the incident and watched them flee the area. Our investigation into this crime continues.

01/28/08-1439 hrs **Armed Bank Robbery** Washington Mutual Bank 5801 Sunrise Blvd., CH

On 1/28/08, at approximately 2:39 p.m., two male subjects, dressed in black sweatshirts, and wearing black ski-masks, entered the Washington Mutual Bank located at 5801 Sunrise Boulevard, Citrus Heights. The suspects were each armed with a handgun. The suspects ordered the employees and customers to get on the ground. One suspect jumped over the counter and took an amount of money, which he placed into a white plastic bag. The suspects fled the scene in a black Chevy Monte Carlo westbound on Macy Plaza Drive. The white plastic bag, containing a portion of the stolen money, was left behind in the parking lot. The suspect vehicle was located by Citrus Heights Police Officers on Farmgate/Merlindale. The vehicle was unoccupied. The vehicle was found to have been stolen. Citrus Heights Police Department detectives and the Federal Bureau of Investigation responded to the bank to conduct the follow-up investigation.

The investigation is on-going to identify the suspects in the robberies. If any member of the community has information to assist in the investigation, they are encouraged to call the Citrus Heights Police Department at 727-5500.

01/29/08-1711 hrs

No evidence of foul play was found.

San Juan / Northlea SSD followed a 10851 suspect into Citrus Heights on Sperry Road. The suspect ran from the vehicle and into nearby yards over fences. CHPD provided perimeter units and assisted in the search for the suspect who was ultimately located hiding in the bushes. The suspect was arrested by SSD

01/29/08-1711 hrs **Unattended Death** 8100 block of Lichen Drive CHPD Officers responded to the above location for a deceased person. Officers discovered that Edward Rushing 10-24-51 had died from natural causes.

CRIME REPORTS

From The Sacramento County Sheriff

Fair Oak	Time	Crime	Address	Location Type
rair Oak	18			
2008-01-17	01:30	Vandalism	9000 block of Erle Blunden Way	Residence/home
2008-01-17	10:00	Burglary Business	11500 block of Fair Oaks Blvd	Other/unknown
2008-01-17	16:00	Burglary From Vehicle	6900 block of Ellsworth Cir	Vehicle
2008-01-17	21:00	Vandalism	5300 block of Castle St	Vehicle
2008-01-18	09:30	Burglary Residential	8200 block of Bramhall Way	Residence/home
2008-01-18	12:30	Burglary Residential	7800 block of Winding Way	Residence/home
2008-01-18	15:30	Vandalism	8900 block of Madison Ave	Construction site
2008-01-19	12:00	Burglary From Vehicle	7300 block of Kilborn Dr	Vehicle
2008-01-19	16:30	Burglary From Vehicle	6800 block of Kettering Cir	Vehicle
2008-01-20	10:15	Simple Assault	5900 block of Kenneth Ave	Residence/home
2008-01-20	14:00	Burglary Residential	7200 block of Sunset Ave	Residence/home
2008-01-20	17:30	Vandalism	8200 block of Plumeria Ave	Other/unknown
2008-01-21	23:08	Narcotics	Sunrise Blvd / Madison Ave	Vehicle
2008-01-22	14:00	Narcotics	10500 block of Fair Oaks Blvd	Other/unknown
2008-01-22	16:15	Burglary From Vehicle	7800 block of Winding Way	Vehicle
2008-01-22	17:30	Burglary From Vehicle	7800 block of Olive St	Vehicle
2008-01-23	20:25	Robbery	5400 block of Dewey Dr	Drug store/dr office/hospital
2008-01-24	07:00	Burglary Residential	8100 block of Walnut Hills Way	Residence/home
2008-01-24	22:00	Burglary From Vehicle	4500 block of Casa Ct	Vehicle
2008-01-25	08:48	Burglary Residential	9100 block of Sunset Ave	Residence/home
2008-01-25	18:00	Burglary From Vehicle	10200 block of Fair Oaks Blvd	Vehicle
2008-01-26	21:53	Burglary From Vehicle	10200 block of Fair Oaks Blvd	Other/unknown

Carmichael								
2008-01-17	09:20	Burglary Residential	6200 block of Pattypeart Way	Residence/home				
2008-01-17	10:00	Burglary From Vehicle	2800 block of San Lorenzo Way	Parking lot/garage				
2008-01-17	15:30	Burglary From Vehicle	5500 block of Kenneth Ave	Vehicle				
2008-01-18	02:25	Vandalism	2200 block of Walnut Ave	Residence/home				
2008-01-18	04:30	Burglary Residential	2400 block of Camino Garden Way	Residence/home				
2008-01-18	17:00	Burglary Business	6400 block of Coyle Ave	Other/unknown				
2008-01-18	17:00	Vandalism	5700 block of Robertson Ave	Commercial/office building				
2008-01-19	10:35	Vandalism	5700 block of Robertson Ave	Residence/home				
2008-01-20	09:38	Larceny/Theft	3800 block of Horton Ln	Vehicle				
2008-01-20	17:00	Vandalism	5000 block of Manzanita Ave	Church/synagogue/temple				
2008-01-20	17:28	Narcotics	3600 block of California Ave	Construction site				
2008-01-20	20:30	Vandalism	4900 block of Marconi Ave	Residence/home				
2008-01-21	13:00	Burglary Residential	2600 block of Gunn Rd	Residence/home				
2008-01-21	19:00	Burglary From Vehicle	4300 block of Garfield Ave	Vehicle				
2008-01-22	10:00	Aggravated Assault	Fair Oaks Blvd / El Camino Ave	Highway/road/alley				
2008-01-22	16:45	Larceny/Theft	5500 block of Ryan Ln	Residence/home				
2008-01-22	18:00	Vandalism	6300 block of Fair Oaks Blvd	Specialty store				
2008-01-22	21:25	Burglary From Vehicle	6100 block of Rutland Dr	Highway/road/alley				
2008-01-22	22:05	Vandalism	4200 block of Ladera Way	Vehicle				
2008-01-23	07:15	Burglary Residential	6000 block of Landis Ave	Residence/home				
2008-01-23	08:15	Burglary Residential	5200 block of Glancy Dr	Residence/home				

Orangevale

2008-01-25 18:27

2008-01-26 13:00

2008-01-26 20:46

2008-01-18 14:00 Burglary From Vehicle 6800 block of Lakewood Way 2008-01-18 17:00 **Burglary Residential** 5600 block of Boltres St 2008-01-18 19:30 Larceny/Theft 8700 block of Greenback Ln 2008-01-19 19:45 Aggravated Assault 6000 block of Woodminster Cir 2008-01-20 14:30 Vandalism 8600 block of Stratus Dr 2008-01-21 04:28 **Burglary Business** 8800 block of Greenback Ln 2008-01-21 23:00 Burglary From Vehicle 8600 block of La Paenda Way 2008-01-23 19:00 Larceny/Theft 8900 block of Greenback Ln 2008-01-24 18:00 Burglary From Vehicle 9600 block of Tanglewood Cir 2008-01-24 18:00 9400 block of Drift Way Vandalism 2008-01-25 00:30 Narcotics Kenneth Ave / Central Ave 2008-01-25 01:42 6200 block of Main Ave Arson 2008-01-25 02:04 **Burglary Business** 9300 block of Greenback Ln

9000 block of Pecor Way

Burglary Residential

Burglary Residential

Narcotics

Vehicle Residence/home Retail/dept/discount store Other/unknown

Residence/home Retail/dept/discount store Vehicle Other/unknown Vehicle

Residence/home Highway/road/alley Bar/night club

Retail/dept/discount store Residence/home

8500 block of Cumulus Way Residence/home Orangevale Ave / Benning St Highway/road/alley



Department of Real Estate CommissionerJeffDavipresidedover the swearing-in and installation of the new leadership of the Sacramento Association of REALTORS® this month: President Alan Wagner of RE/MAX Gold Elk Grove, President-Elect Charlene Singley of Lyon Real Estate, Secretary/Treasurer Patrick Lieuw and Immediate Past President Tracey Saizan were sworn into their new positions.

Also taking the oath of leadership were the elected members of the 2008 Board of Directors: Ed Anderson, RE/MAX Gold Folsom: Lorin Brown, Lyon Real Estate, Elk Grove; Kathy Chigbrow, Lyon Real Estate, Fair Oaks; Doug Covill, Coldwell Banker; Judy Covington, Keller Williams Realty, Elk Grove; Sally Dunbar, Lyon Real Estate, Fair Oaks; Kathy Fox, Coldwell Banker; Jim Hanson, Commerce Financing Home Mortgage; Barbara Harsch, Lyon Real Estate Downtown; Gina LaPlaca, Coldwell Banker-Dunnigan; Steve Ostrom, Coldwell Banker; Dave Tanner, RE/MAX Gold; and Stephen T. Webb, Keller Williams. Chigbrow, Ostrom and Webb are serving for the first time

President Alan Wagner told the installation audience that his mother gave him a real estate book early on that said "how to make your first million." Alan took his mother's advice and has had a successful career since then. He encouraged members to face this year with optimism and to do what they say they will do: "Maintain accountability and there will be real payoffs."

Wagner, a member since 1989, has served on numerous committees including Strategic Planning Steering Committee, Grievance Committee, Regional Meeting Coordinators and Government Relations. He was appointed to the Board of Directors

Charlene Singley of Lyon Real Estate was presented the 2007 award for SAR REALTOR® of the Year in recognition of her outstanding achievements as 2003 Masters Club President, member of SAR's Board of Directors and as participant in numerous other volunteer capacities. She has a special passion for making homes more affordable for first-time home buyers in the service sector, both in Sacramento and throughout the state. She is C.A.R.'s Vice Chair of the Housing Affordability Fund this year.

The 2007 President's Award was presented to Bruce Werking of Werking Realty for his committed volunteer service in the area of Professional Standards and Grievance. The President's Award is bestowed each year on the one member who, in the opinion of the board president, best exemplifies the professionalism and dedication to service for which the association was established. Werking has been a passionate enforcer of the Code of Ethics, often using much of his personal time to follow up on those failing to adhere to its rules.

The National Association of REALTORS® Lifetime Service Award was presented to Perry Georgallis of GBC REALTORS®, 2005 REALTOR® of the Year and SAR's Scholarship Foundation Chair. Through his fervent pursuit of funds for the scholarship fund, Georgallis has raised more money for SAR scholarships than the entire rest of the state.

Scott Short, Certified Mortgage Planning Specialist of Empire Home Loan Corp., was presented the 2007 Affiliate of the Year Award by 2006 recipient Jim Hanson, Senior Representative for Commerce Financing Home Mortgage. Short was recognized for his enthusiastic and outstanding service on the Equal Diversity Opportunity/Cultural Committee, Education Committee and Housing Opportunity Committee along with active participation in SAR's Affiliate/Finance Forum.

Others honored at the installation meeting included:

Award for internal association activities: Bruce Werking of Werking Realty and Steve Cassani of Premier Financial Group.

Award for political affairs: Dave Tanner, RE/MAX Gold.

Award for education programs: Peter Lee, DKP Mortgage.

Award for civic affairs: Gil Albiani, Lyon Real Estate.

leadership Award for contributions at the state (C.A.R.) level: Eva Garcia, Garcia Realty.

Award leadership for contributions at the national (NAR) level: Brian Holloway, Holloway Land Company, who has served SAR as a C.A.R. Director for 30 years.

The Sacramento Association of REALTORS® was founded in October 1908.

President Alan Wagner Kicks Off Sacramento Waldorf School Opens SAR's Centennial Year Science & Math Complex with a Bang Science & Math Complex with a Bang



The rain didn't put a damper on the and design displays in the computer lab to water ecology demonstrations in the biology classroom. A ribbon cutting with Sacramento County Supervisor

the architect and contractor, and even performances by a student chamber choir and string ensemble and an art show completed the afternoon.

"Our new Science and Math complex represents a major step in the life of the Sacramento Waldorf School. It is the first phase of a Master Plan for the entire campus that will expand, modernize, and upgrade our campus, creating one of the premier Waldorf Schools in the country," said Bill Anson, president Sacramento Waldorf School Board of

The Science and Math Complex is comprised of three combined lab/ classroom spaces for chemistry, physics, and biology; two classrooms for mathematics and computers, a conference/tutorial room, a small conference room, adequate preparation and storage space, modern bathrooms, and, for the first time in the history of the School, dedicated faculty work space. Each building is designed to be energy efficient, with excellent air, light, and acoustics. The buildings offer many modern amenities, including digital projectors, fiber-optic capacity, and laptop computers. In addition to their functionality, they are beautiful; colors graduate gently from building to building, and the three buildings blend into the natural landscape. Bert Chase of H.S. Chase Architects in North Vancouver, B.C. and Steve Guest of

Roberta MacGlashan, discussions with RMW Architecture in Sacramento collaborated on the design of the Complex. Larry McClure Construction of Fair Oaks served as the contractor and completed construction of the Science and Math Complex ahead of schedule.

"A 2006 survey by the Research Institute for Waldorf Education has shown that 42 percent of Waldorf graduates choose to major in these fields, almost three times the national average. Purpose-built Waldorf classrooms support our curriculum. Our students are coming of age in an era of technology and innovation. It is essential that we provide them with the best science and math education," said Liz Beaven, administrator of the Sacramento Waldorf School. "The Complex is everything we had hoped for, and will transform the educational experience of high school students and faculty."

Established in 1959, Sacramento Waldorf School offers a developmentally-based, arts-enriched Waldorf curriculum for students in prekindergarten through twelfth grade. Located on 22 scenic acres in Fair Oaks overlooking the American River, SWS is a private institution fully accredited by the Western Association of Schools and Colleges and the Association of Waldorf Schools of North America. With more than 420 students, the Sacramento Waldorf School is the largest Waldorf School in North America.

Sac County - Bikeway Master Plan Update

Sacramento, CA - The Department of Transportation (SACDOT) is moving forward with a major planning effort to update the Sacramento County Bikeway Master Plan. The updated plan will provide a framework for projects to improve the unincorporated area bikeway system. SACDOT is hosting a series of workshops to provide residents with an opportunity to learn more about the plan update process and to make suggestions for bikeway improvements for their community and connections to the regional network of bikeways. Information about the workshops is as follows:

Highlands/Rio North Linda/ AntelopeThursday, February 6:30-8:30 PMNorth Highlands Recreation & Park District6040 Watt Avenue, North Highlands, CA Arden Arcade/CarmichaelWednesday, February 20, 6:30-8:30 PMDepartment of Human Assistance Building2700 Fulton Avenue, Sacramento, CA

Rosemont/South CountyThursday, February 21, 6:30-8:30 PMRosemont Room9594 Multi-Purpose Kiefer Boulevard, Rosemont, CA Orangevale/Fair OaksTuesday, March

6:30-8:30PMOrangevale Community Center6826 Hazel Avenue, Orangevale, CA

According to Tom Zlotkowski, Director of the Department of Transportation, "A significant aspect

of planning improvements for today's roadways includes providing mobility for all users - motor vehicles, pedestrians and bicyclists. We have tried to be forward thinking for bicycling opportunities and have had the Sacramento County Bikeway Master Plan in place since 1993. Since then, we have made many improvements to unincorporated area bikeways and it's time to take the next step in making further improvements to the system. This Bikeway Master Plan update will help guide us in these efforts. We look forward to residents attending the workshops and letting us know what their priorities are for County bikeways."

The Bikeway Master Plan update effort will include:

An inventory of existing Class I bike trails, Class II bike lanes, and Class III bike

Identification of gaps in connectivity and alternatives to develop continuous bikeway routes.

Evaluation of bikeway connections that provide better links into the regional bikeway system.

· Alternatives to improve safety for

Development of a strategic implementation plan for unincorporated the Bicycle Master Plan, please area bikeways including short-term highpriority improvements and long-term bicycling needs and projects.

Implementation of projects included

in the updated Bikeway Master Plan will enhance bicycling as a viable transportation alternative and help make Sacramento County a better place to live, work and play. Community bikeways add to personal health and recreation, make neighborhoods more livable and help to reduce pollution.

The consulting firms of Fehr & Peers (Prime), Alta Planning + Design (Public Outreach & Planning), and Mark Thomas & Company (Civil Engineers) are assisting Sacramento County in the effort to inventory existing bikeway facilities, develop policy recommendations, and plan implementation outlining priority projects. The process to develop the updated plan includes public outreach through community workshops, a webpage, and a user survey. Residents can learn about upcoming events and plan progress by checking the project webpage: http://saccountybikeplan/webexone.com In addition, residents who don't attend a workshop can make comments or bicycling improvement suggestions by emailing: comments@saccountybikeplan.com

For more information:

For additional information about contact: Dan Klinker, Project Manager (916-874-6673) or Ron Vicari, Senior Civil Engineer (916-874-5164).

Gary Kukkola & Dave Lydick are Honored



By Warren Truitt, SARA President

SARA is pleased to have honored Gary Kukkola and Dave Lydick with SARA Awards for their combined 61 years of service and leadership provided to County Parks and the American River Parkway.

Gary, a native of Chico, has a degree in Biological Sciences from by local artist Stephanie Taylor. Sac State and began his service with and are mounted on a beautiful Sacramento County in 1974, rising from a Park Ranger Assistant to his current position as Director. Dave

born in Los Angeles, was awarded Recreation Administration degree, with an emphasis in Natural Resources, from Chico State and was hired by Sacramento County as a Ranger 1 in 1979. Dave currently serves as Deputy Director of County

Both Parkway leaders are wellknown and respected by Parkway users and stakeholder organizations. Their availability, "good ears" support and advice has been most

Gary and Dave are the very first recipients of a "SARA," or "a fish name SARA," if you like. Each "SARA" is a unique and colorful artistic design of a salmon, crafted curving walnut base, created by Dr. Fred Weiland.

As with these initial awards,

future "SARA's" will be awarded only to individuals or organizations who have made an exemplary and significant contribution of time, treasure or talent to the benefit of the American River and/or Parkway, and therefore may not be awarded

Gary and Dave, both of whom are retiring at the end of the year, were extremely pleased with their "SARA's" and thanked SARA for honoring them. Replacing these gentlemen will be most difficult.

SARA has asked to participate in the final interview process to select the new Director. SARA leaders have participated in this selection process from the beginning when William "Bill" Pond was hired as the first County Parks Director.

SARA is looking forward to the challenges of 2008.



Rotary Club of Fair Oaks 18th Annual





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

Silent Auction



THE GRAND RAFFLE!!! Tickets \$25 each/ 5 for \$100

Choose your prize! A. 7 Day/6Nights Condo in Cabo San Lucas (2BR/2Bath/View) 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 Straehley at 712-3268



FEBRUARY 12, 2008 • 7PM-8:30PM **ORANGEVALE GRANGE HALL**

Sponsored by Orangevale Grange #354

"According to the Gartner study, the 2006 victim population was at 15 million victims. That means every minute about 28 ½ people become a new victim of this crime, or a new victim in just over 2 seconds." - Identity Theft Resource Center 01/08/08

"In 2005, there were 158 incidents affecting more than 64.8 million people." - Identity Theft Resource Center 01/08/08

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- >Do you supply personal information over the internet?
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- >Can you be sure data security is good at companies that have your information?

In this seminar, you will:

- ✓ Learn about the <u>Five Areas of Identity Theft!</u>
- ✓ Learn about the DATABASED YOU®!
- √ Learn why it is absolutely critical to have legal representation!
- √ Hear about Real Life situations that have happened to ordinary people.
- \checkmark Get information on how you can Protect Yourself and Your Family against Identity
- √ Bring home Informational Materials about Identity Theft
- ✓ Get a chance to enter the Raffle for free!

For more information, please contact Grange Member: Tony Lamm at 916-995-2697 or email tlamm1@rcip.com (Co-sponsored by the California State Grange Independent Associates of Pre-Paid Legal Services, Inc.)







festivities at the Sacramento Waldorf School today as it celebrated the Grand Opening of its new High School Science and Math Complex. With most SWS families in attendance, the gala celebration featured everything from small (but 80-decibel loud) explosions

and student bio-diesel production in the chemistry lab to students building a

February 2008, First Edition

Healthcare for Rural Residents **Improving**



By Senator Dave Cox

The availability of health care and access to medical professionals can be challenging in rural communities. Many people living in California's more remote areas have trouble accessing health care. It is not uncommon for residents to travel long distances to see a doctor and to experience delays in medical attention. Efforts to improve healthcare accessibility for all Californians must be a priority.

Fortunately, access to health care now will be more readily available to rural communities through the technology of telemedicine and the Rural-PRIME education program at UC Davis.

Through the hard work of rural lawmakers and stakeholders who worked together with members of Congress, including Congressman John Doolittle, California received a \$22 million grant from the Federal Communications Commission (FCC) to improve health care for rural residents by establishing a statewide communications network using broadband technology. I was pleased to support this effort.

The distribution of the grant funds is being worked out by a coalition of advocates for rural interests, the California Telehealth Network.

Dr. Thomas Nesbitt of the UC Davis School of Medicine is helping to lead this effort along with Dr. Cathryn Nation in the University of California's Office of the President. They are tackling everything from surveying the needs of residents to helping coordinate an advisory board that will provide direction for the new network. The advisory committee will consist of representatives of the Governor's office, the California Emerging Technology Fund and the Public Utilities Commission.

While the finer details of implementing the project are still being developed, the main feature will be the ability of rural residents to "talk" to health-care experts in distant locations about their ailments. Telehealth and telemedicine services provide patients in rural areas with access through videoconferencing to critically needed medical specialists that typically work at academic medical centers and hospitals in large urban areas.

With this technology, specialists can monitor patients, make diagnoses and assist in treating patients who may be located hours away in a more remote area of the state. Residents soon will be able to track the progress of this telehealth project online through a Web site that is currently being developed.

Another improvement to rural health care is the expansion of medical training within the entire University of California system, including UC Davis. The UC system plans to increase its medical school enrollment to 1,000 by the year 2020 and open a sixth medical school. Last year, thanks to voter support through Proposition 1D in 2006, UC Davis School of Medicine was able to expand its entering class size for the first time in a generation, from 93 students to 105 students. The 12- student increase is a direct result of the UC system's "Programs in Medical Education" (PRIME) which, at UC Davis, is called Rural-PRIME. More information on this program can be found at: www.ucdmc.ucdavis.edu/ medschool/rural prime/.

Compared to the state's urban areas, rural populations typically have fewer health-care providers per capita and suffer from higher rates of chronic disease, hospitalization and cancer deaths. By establishing a rurally focused curriculum and training more doctors each year, UC Davis can help address these issues.

The new program is focused not only on training future doctors for careers in rural communities, but it is also designed to recruit students from rural backgrounds who have a strong desire to return and practice in communities similar to the ones in which they were raised. Plus, they will be guided and mentored by experienced physicians who live and work in rural areas

Rural-PRIME combines a M.D. with a master's in public health over the course of five years. The first two years are the same for every UC Davis medical student. The third year consists of several four- to eightweek clerkships, which will include immersion in local communities and training at rural clinics and hospitals.

During the fourth year, students

complete their master's work, which will require the study of a rural health issue. In their fifth and final year, students in Rural-PRIME take electives and special study modules focused on rural medicine. They may also go back to rural communities and continue to learn on-site.

Throughout their five years of medical school, UC Davis' Rural-PRIME students will have numerous opportunities to train and live within rural communities. The university is utilizing every possible tool to assist students in learning how to care for those residents living in remote areas of the state. Using high-speed broadband connections, "rural learning labs" will provide video links to connect the medical students, patients and physicians with faculty and specialists at UC Davis in Sacramento. The infrastructure for such connections will be funded through the FCC's \$22 million grant.

Real progress is being made to improve rural health care. The University of California's expansion of its medical program and the federal government's grant of \$22 million are great examples of what is being done to make health care more accessible to those living in remote areas of

Given its record of innovation and achievement in providing access to the underserved, UC Davis is already implementing these programs successfully and helping provide the type of health care every community deserves, no matter what its size or distance from an urban or suburban area. New and expanded telehealth programs will help bridge geography and distance and can save money and time. The university's Rural-PRIME program complements this high-tech effort by specifically identifying and training new doctors who possess strong affinities with rural California and are dedicated to increasing access to better medical care.

While there is more work to be done to improve rural healthcare, these developments are moving in the right

Cox was elected to the State Senate in November of 2004. He represents the residents of the First Senate District, which includes all or portions of Alpine, Amador, Calaveras, El Dorado, Lassen, Placer, Plumas, Modoc, Mono, Nevada, Sacramento and Sierra Counties.

State Confiscation of Unclaimed Property Needs Reform



By Assemblyman Roger Niello

The Law of Unintended Consequences refers to situations where an action results in an outcome that was not foreseen. With regard to the State's Unclaimed Property law, the State Legislature has continually amended the rules regarding unclaimed property over the past few decades and as a result, has created a situation that has begun to threaten due process protections guaranteed in the Bill of Rights.

Unclaimed property can include bank accounts, safe deposit box contents, stocks, mutual funds, bonds, dividends, estates, and trust funds, and it is important to know that you are at risk of the State claiming your property if that property has been left dormant for a period of only three years. Often, citizens are unaware the property even exists as the accounts could have been left dormant for a number of reasons. including relocation and/or the death of a family member.

By law, the businesses holding the property are obligated to report the unclaimed property to the State and eventually turn it over to the State after the three year dormancy period. After this, there is no guarantee that the State will find the legal owners of the property, and in fact, there is little incentive for them to do so.

Recently, I sent out a pamphlet to residents in my district explaining how to access the State's unclaimed property database. I would urge everyone to check the database to see if the State is holding your property. To find out, all you need to do is visit the State Controller's Website at http://www.sco.ca.gov/ or call 1-800-992-4647. In the left column of the website homepage you will find a link to Search for Unclaimed Property.

The Unclaimed Property Law was first enacted in the 1920s as a service to protect the public and assist businesses that held property. The theory was to have the State collect the unclaimed property so that unscrupulous business owners wouldn't take property that was left abandoned for only a short period of time. The state was supposed to also have more resources with which to identify lost owners. Interestingly enough, the State Controller's website still states that they claim this property for your protection. But while that may have been the original intent, it has certainly become more than that.

When lawmakers "discovered" that the property being held could be used in the General Fund, the law was continuously amended to make it easier for the State to control and benefit from the unclaimed property. Initially, bank accounts were required to be dormant for 15 years before the property was claimed. The law has since been amended three times to decrease the length of time before the property is turned over to the State, and now stands at only three years. In addition, the definition of "unclaimed property" has continued to expand to include a wide variety of property. These changes have resulted in the state collecting

\$400 million in unclaimed property in 2005-06 that became part of the State's general fund. What was once a public service has transformed to a program for State gain.

A court decision last summer prevented the state from seizing more property until more due diligence was taken by the State to find property owners. In response to this, the legislature approved legislation designed to satisfy the court. While the legislation seemed to accomplished this and removed the court injunction, the bill did not go far enough in addressing the need for more major reform to this program.

This year, I plan to introduce legislation to bring about more fundamental reform to the State's Unclaimed Property program. It is not right for the State to rely on the property of others to help balance our state budget. The dormancy period must be returned to a period of time that would allow someone to go on vacation without fear of having their money taken over by the state and reforms must also be made to eliminate the incentives for the State to keep the property. By not allowing property to be folded into the general fund and requiring that interest payments equivalent to what the state collected on the property to be made, it would no longer be desirable for the state to keep the property.

It's unfortunate that a law that was designed with good intentions has morphed into something so insidious. The state must learn to wean itself from the unclaimed property of others once and for all. But it is these good-ideasgone-bad that remind us of the danger of unintended consequences every time the legislature passes a new law and the reason that some old laws need to be revisited.

Two Federal Tax Deductions Remain for Boaters

When Congress adjourned for 2007, they left in place two federal income tax deductions of potential benefit to boat

A boat is treated like a second home for federal tax purposes if it has a galley, a head, and sleeping berth. Mortgage interest paid on the loan is deductible from your federal income taxes. Taxpayers may use the mortgage interest deduction for one primary home and one second home and must itemize deductions on their returns.

Some boaters may be unaware of this potential tax benefit because not all lending institutions send borrowers an Internal Revenue Service form 1098 which reports the interest paid. Not receiving the form does not preclude taking the deduction. If a 1098 is not

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lender for the amount of interest paid and should enter it on line 11 on Schedule A along with the lender's tax ID number. If a form 1098 is sent, boaters should simply enter the amount on line 10 of

The other tax benefit is a deduction for state sales taxes. However, this may no longer be available after the 2007 tax year if Congress does not act to extend it. This deduction may be appropriate for boaters who paid substantial sales tax on the purchase of a new or used vessel last vear. Boaters must choose either the state sales tax deduction or state income tax deduction on their federal tax return you cannot take both.

deduction, the sales tax on a boat purchase must be applied at the same tax rate as the

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Chamber of Commerce

Cost: \$20.00

(Excludes Alcohol Drinks)

When: Friday Evening, March 7, 2008

Time: Doors open at 6:30 pm

Games at 7:30 pm

Includes: Dessert, 1 Drink and Games

the sales tax deduction, tax returns must be itemized. State sales taxes are entered on Schedule A, line 5b.

For those who fall under the Alternative Minimum Tax, most deductions are unavailable as taxes are calculated differently. Boaters are urged to contact a tax preparer or financial advisor for more information.

For more details on the mortgage deduction, go to http://www.irs.gov and download Publication 936 or the Fact Sheets. For state tax deduction information download Publication 600. which also includes state-by-state tax BoatU.S. – Boat Owners Association

In addition, to take the sales tax of The United States – is the nation's leading advocate for recreational boaters providing its 650,000 members

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Fair Oaks

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9372 Madison Ave. #5 Orangevale

635-8807

11050 Coloma Rd.#12 Rancho Cordova/Gold River

curves.com

Name: Kim Jones Age: 50 Height: 5' 7.5\" Starting Weight: 253.8

Current Weight: 180 Essay: My dad urged me to start at Curves. I was in a size 24 and 253 lbs. He was worried about my health. I have been a member for 13 months now and go 3 days a week and love it. I have tried many gyms in the past and never stuck to any of them. The thing I like the most about Curves is you don't have to think about how to work the machines just hop on and go! I have lost 71.8 lbs and a total of 58.25 inches with a reduction of 54.29 lbs in body fat. I am in a size 12 pants and a medium shirt size!!!! My first goal was 50 lbs and since I meat that my goal now is 100 lbs so I still have 28 to go. I haven't been able to wear these sizes since I was in my 30's!! I would like to thank Denise at Orangevale Curves for being my trainer. She is always there to help and advise me when I'm stuck. I can now keep up with my grandkids, go bike riding and hiking! I even am going snowskiing again! I haven't done any of these for about 10 yrs. Again thank you and I know 2008 is going to be a great year!!!





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U.S. and Canada. Subscription required. Other restrictions apply. Go to Iteal club for iletalls. 62008 Curves International. Inc.



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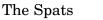


LOOKIT THAT, OLIVE! WHILE YA WUZ SHOPPIN'



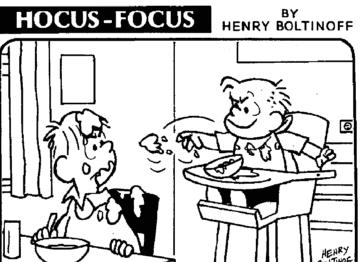
HATE TO GET UP











Find at least six differences in details between panels.



5. Wall outlet is missing. 6. Boy's glass is missing. ent. 3. Curtain covers window. 4. Boy's bowl is larger. Differences: 1. Baby's shirt has stripes. 2. Picture is differ-

THAT'S NOT SHOPPING, POPEYE ... N

by Jeff Pickering

1. MOVIES: What two comedians got their first starring role in "Buck

2. GEOGRAPHY: Where is the island of Bonaire located?

3. ART: What is the name of the method used to enamel metal or

4. LANGUAGE: What are

mummers? 5. ANIMAL KINGDOM: What is an

6. GENERAL KNOWLEDGE: Who

was Barbie's original best friend? 7. ENTERTAINMENT: What are the **ர** PATSY awards?

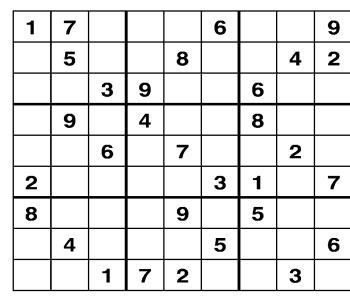
8. ADVERTISEMENTS: What product used the slogan, "Does she ... or doesn't she?"

9. HISTORY: What was Annie Oakley's nickname?

10. SCIENCE: What phrase forms the acronym "laser"?

Weekly SUDOKU

by Linda Thistle



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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FAXVSQEOLJTHECA XVTRPDNRCSLRRJH FD(WHITEHOUSE)BYX V T R S O M A O P C T V O M K IGOLRPRLEADIDCB ZNIAENODWMXROWU TPFLORRTQPOLONL JAIEGOEOEBLLWFD CRGAFEYWXEWAMVT SIRXWPONGLRFLNL P S O S K N A E B L J T E I G

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

Bean Campbell Chapel College

Elmwood Fall River Farmer Old Town

Oxford Paris Pigeon Roost

Tree Top Whitehouse Pilot

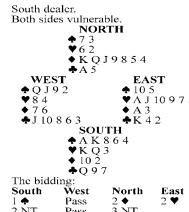
Sweetwater

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All Answers on Page 13

Contract Bridge

THE SITUATION CALLS FOR



1 **♠** 2 NT 2 **♦** 3 NT Opening lead -

A defender can't always sit back and play safe. Passive defense may be best on most hands, but certainly not on all of them. Consider this deal where South got

to three notrump after East overcalled two diamonds with two hearts. East won the heart lead at trick one and continued with a heart to South's

Declarer led the diamond ten, ducked by East, and another diamond drove out the ace. South won the heart continuation with the queen, crossed to the ace of clubs and cashed five diamonds, finishing with 11 tricks in all. Although declarer appears to have

had tricks to spare, the plain fact is that East slipped at the crucial moment. Had he defended more accurately, South would not even have made nine tricks.

After taking the heart ace at trick one, East should realize that three notrump cannot be defeated if declarer is allowed to utilize dummy's diamonds. South is marked with the K-Q of hearts by the play to the first trick and these two tricks, added to six dia-monds and a club, come to a total of nine. Furthermore, declarer is sure to have additional high-card strength in spades for his opening bid.

East's only chance, therefore, is to try to stop South from capitalizing on dummy's long suit. Accordingly, at trick two he should return the king of Although this makes declarer's

queen a trick, the overall effect is devastating. South can take the king or duck it (if he ducks, East gives him more of the same medicine), but he can no longer come to nine tricks.

After East refuses to take the first diamond lead, declarer can try to establish his spades, but when the suit fails to divide 3-3, he is kaput. In fact, with best defense, he cannot avoid going down two! © 2008 King Features Synd., Inc

by Steve Becker

FountainWood Lodge

A Fountain of Knowledge Saturday Seminars held in teh Garden Room

Saturday, February 9th at 10:00 am

Please join Financial Planner Andrew Wilson of AG Edwards and Attorney Lynn Dean to discuss the process of care for your loved ones. Included in their expertise is Taxes and Paying for Care; Preparing Financially for Care; Legal Documentation including Durable Powers of Attorney, Wills and Trusts for Care.

Saturday, February 16th at 10:00 am Please join Marketing Director Claudia Coffey (also proud

daughter of her 90-year old Mom) for our networking / support group called The Whole Family. Claudia has experienced, first hand, the issues of care and the family. Guest speakers will be invited to share their ideas and support. Saturday, February 23rd at 10:00 am Please join Ed Outland, the voice of "Aging with Dignity"

on KFBK radio, for a seminar on Veterans Benefits and Medical expenses which includes Assisted Living. If your parents, you or your spouse served in the Military Forces, this benefit will financially assist you. Ed is an Investment Advisor and Registered Representative. For more information and to RSVP please contact Claudia

Coffey or Cecelia Marsden at (916) 988-2200. Eskaton FountainWood Lodge

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Local Kiwanis Club Crab Feed **Fundraiser is Coming Up**

Our 22nd annual Crab Feed fundraiser is coming up March 1st at Divine Savior Church and we're looking forward to another successful event. We're looking to sell 70 tables of 8 guests each for a total of 560 or thereabouts. In addition to pasta, salad, rolls, and, of course, crab, we'll have shrimp added to the mix. As we have in the past, we'll have additional fund raising efforts which will include: Silent Auction items, raffle items, Deck of cards 50:50 draw, and items for Live Auction. Beer and wine will be plentiful and will help to make a fun event.

We're looking forward to a fun evening with good food, good drink, and an action filled Auction process. Proceeds from the evening will support the Kiwanis Club of Citrus Heights projects including the Kiwanis Family House in Sacramento and college scholarships.

For contact information or for tickets, call Mark Casha at (530) 368-6080

Get Money Smart-Ethel Hart

Please join US Trustee representative, Teresa Field, to "Get Money Smart". Teresa will be offering a personal financial education course on the first and third Thursdays 1-2pm from February through May.

The first two sessions in February (2/7 & 2/21) will focus on understanding your current financial situation, differentiating between wants and needs, and setting financial goals for the future. Come and get help ironing out your financial situation or bettering an already sound financial plan. Don't miss this important course! Free! Ethel Hart Center - 808-5462

915 27th Street, Sacramento 95816

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

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>.

BARNES&NOBLE BOOKSELLERS

February Autographing Events

At Barnes & Noble 6111 Sunrise Boulevard Citrus Heights, CA 95610

Event: Bestselling local author Rosa Martha Villarreal will discuss and sign copies of her new romance novel, The Stillness of Love and Exile. This event is part of a store fundraiser for Coyle Avenue Elementary School.

Following the worldly struggles of Lilia, the novel mixes history, romance, and the supernatural. "I wanted to create a realistic character

an abusive husband," Villarreal says, ultimately finds courage to start a new life and

discover her identity." Villarreal's previous literary works

include Doctor Magdalena and the historical novel Chronicles of Air and Dreams, which received critical acclaim from Publisher's Weekly and the Los Angeles Times. As a descendant of several

founding families of early Spanish colonies, Villarreal expertly draws on her heritage to create the landscape for many of her stories. She currently resides just outside Sacramento with her husband and son.

Date: Saturday, February 9 at 1:00pm

*This event is part of a weeklong (February 8-15) fundraiser at Barnes & Noble for Coyle Avenue Elementary School. During this week Barnes & Noble will donate a percentage of every sale made with a special Bookfair voucher to the school. Vouchers will be available in the store throughout the week.

Event: Local author Chris Enss will discuss and sign copies of her many books about the Old West and California history, including her recent best seller, The Young Duke: The Early Life of John Wayne.

Date: Saturday, February 23 at

For more information, please contact Barnes & Noble Community Relations Manager Michael Troyan at (916) 853-1389.

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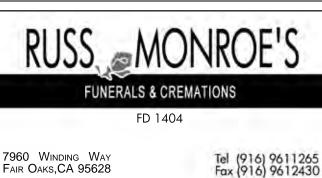




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California Minor League Affiliates

will begin at 6:35 p.m.

The

April

will be open to River

Cats fans by invitation

only. Exact details

of the event will

be announced at a

later date. For more

information about the

HITS or sthservice@

April 2nd will also

announced in early March.

serve as the River Cats' annual

Media Day. Exact details and

will be \$5 for the general public.

available

schedule for Media Day will be

rivercats.com.

West Sacramento - The Sacramento River Cats and

Oakland A's Single-A affiliate Stockton Ports will play each

other in two preseason scrimmages following spring training,

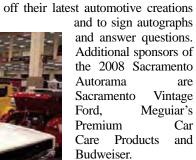
team officials announced today. This marks the second

Sacramento Autorama is Better than Ever the West Coast. Including

More Features, **More Celebrities** and More Fun

Sacramento- The Sacramento Autorama, presented by Northern California Les Schwab Tire Centers, is returning to Cal Expo February 8-10 for its 58th year. The Sacramento Autorama is one of the longest running indoor car shows in the world and is acknowledged as the premiere custom car show on

the 2nd annual Autorama Drive-In on Saturday, the show will feature up to 700, of the finest custom cars, hot rods, classics, motorcycles, and specialty vehicles from around the country as well as over 150 commercial exhibitors offering the latest in automotive products and services. Numerous celebrities will be appearing at the Autorama to show



Sacramento Autorama February 8-10. Show are Friday, February 8- 12pm



to 9pm; Saturday, February 9-10am to 9pm; Sunday, February 10- 10am to 6pm; Sunday Trophy Presentation- 4pm to 6pm. Ticket prices: Adults \$18; Seniors 65+ \$16; Children 6-12 \$10; Children 5 and under free. \$2-off Discount Coupons are available at Sacramento Les Schwab Tire Center locations (discount coupon is good for use with General Admission tickets only). \$1-off coupons at all Sacramento area Togo's Eateries For more show information contact John Buck Enterprises, Inc. (877) 763-7469 or click on www.rodshows.com

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earn to Swim from a Pro

to provide the very BEST for our members. To that end, our staff now boasts one of the BEST instructors that the Sacramento area has to offer 1984 Olympic Gold Medalist Jeff Float. He will ensure that your "little ones"

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To acquire additional information or schedule an appointment call Coach Jeff at 916-638-7001 x30. If you are not a member and want to give the Learn to Swim from a Pro a try call our Marketing department for a free two week pass (916-638-7001).

Free Throw Contest

The twenty-third annual Basketball Free Throw Contest sponsored by the Citrus Heights Knights of Columbus Council No. 4964 and the Sunrise Recreation and Park District was held at the Rusch Park Gymnasium on January 12, 2008. The competition drew 41 participants between 10 and 14 years of age. The age group winners are:

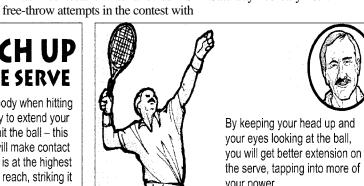
Isaiah Hardy, Boys 10 Olive Grove Elementary School Andrea Davis, Girls 11 Lichen Elementary School

Brandon Stoakley, Boys 11 Pasteur Middle School Jessica Avila, Girls 12 Valley Christian Academy Alex Arias, Boys 12 Pioneer Elementary School Jason Gish, Boys 13 Valley Christian Academy Kacee Morrill, Girls 14 Mesa Verde High School Andre O'Neal, Boys 14 Sylvan Middle School Each contestant was allowed 15

Hardy emerging as the top scorer with 12 free throws made, followed closely by Stoakley and Gish with 11 apiece. All participants received a Knights of Columbus Free-Throw patch with each winner also receiving an

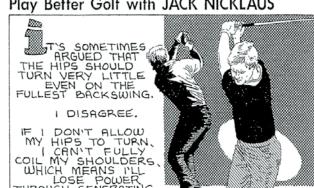
All of the Council winners noted be held at St. Rose Catholic Church in Roseville beginning at 8 AM on Saturday February 16th.

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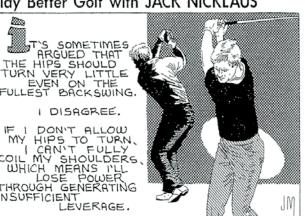
engraved trophy.

above now advance to the Knights of Columbus District competition to



calling the River Cats' Job Hotline at 916-376-4783.

Play Better Golf with JACK NICKLAUS

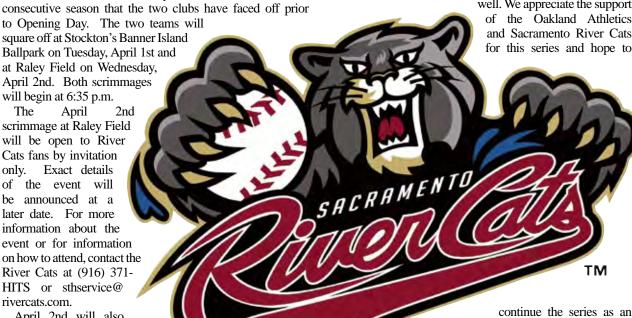


River Cats and Ports to Play April 1st & 2nd Home-and-Home Scrimmage Series Second annual event marks meeting of A's Northern manager and COO. "The event will be a great kick off to what

we expect to be an extraordinary 2008 season at Raley Field." "We're thrilled to be teaming up with the Sacramento River Cats to do this series for the second consecutive season," said Ports President Pat Filippone. "Last season, our fans really enjoyed the event, and we were pleased to provide free tickets

to our season ticket holders, which we'll be doing this year as

well. We appreciate the support of the Oakland Athletics and Sacramento River Cats for this series and hope to



annual event." The River Cats open their 2008 regular season home schedule on Friday, April 11th when they host the Tacoma Rainiers (Triple-A affiliate of the Seattle Mariners) at Raley Field at 7:05 p.m. Tickets for this game are currently available only through purchase of River Cats Full Season Tickets, Mini Plans or Group Packages. 2008 River Cats Season Tickets or Mini Plans can be purchased at the Raley Field Ticket Office and by calling the River Cats Ticket Hotline at (916) 371-HITS.

For more information about the 2008 River Cats season, visit www.rivercats.com. For information on other events at Raley Field, visit www.raleyfield.com.

River Cats to Host Job Fair at Raley Field More than 300 positions

West Sacramento - The Sacramento River Cats announced today that they will hold two (2) Job Fairs at Raley Field to recruit event employees for the upcoming baseball season. The Job Fair will be held at Raley Field on February 9th and 16th from 10:00 a.m. to 3:00 p.m.

On April 1st, the two teams will play at Banner Island

Ballpark in Stockton. Admission will be free for Ports full and

half season ticket holders. For Ports mini-plan holders and

groups bringing 25 or more, admission will be \$2. Admission

"These two scrimmages will provide both teams' fans

with a terrific opportunity to see the top prospects in the

A's organization at various stages of their journey to the big

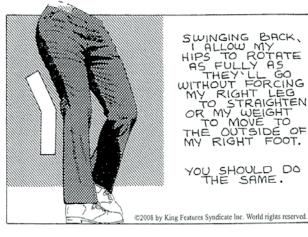
leagues," said Alan Ledford, River Cats president, general

Between the River Cats and Centerplate (concessions), more than 350 positions are available at Raley Field. Walk-in applications will be accepted at the Job Fair -- all applicants must be at least 18 years of age. Information regarding event positions is available online at www.rivercats.com or by

- EMTs

The following is a partial list of positions available at Raley Field:

- Warehouse Workers - Kids Corner Attendants
- Building Security
- Parking Attendants
- Internships
- Ticket Office
- Promotions Crew
- Suites & Catering
- On-Deck Shop Attendants
- Concessions Supervisors
- Crowd Managers - Stand Workers
- Grounds Crew
- Culinary Workers
- Raley Field Clean Team
- In-Seat Servers - Parking Cashiers



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arm as you hit the ball - this

means you will make contact

when the ball is at the highest

point you can reach, striking it as you lean forward.

It's 2008 and our Fabulous Fitness Program is here to get you started and focused on the coming year. Here's how it works. If you become a new member of Gold River Racquet Club before February 19, 2008, you could save \$75 on your initiation fee, and you'll have access to a complete package of personalized fitness instruction, family fitness activities and lively social events. It's fun, it's healthy, and it gives everyone something to do. When you compare Gold River with other area clubs, you'll realize there's so much more value here.

Mention this ad and receive 2 FREE Pilates sessions upon joining.

Offer expires February 19, 2008

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Bill to Study Impacts of Fats Is Your Name Alice? Gains Support in Health Committee



By Bonnie Garcia

Study would determine the adverse effects of trans fat

Sacramento — Today, Assembly Bill 93 authored by Assemblywoman Bonnie

By Sharon Guynup

Disturbing news continues to emerge from beneath the waves. In December,

science journals reported that disappearing

deep-sea species could trigger an ocean-

wide collapse of sea life, that global

warming is destroying coral-and that loss of

top predators is knocking ocean ecosystems

That's just some of the bad news.

Oceans are a key driver of the climate

processes that make Earth inhabitable. Fish

are an important protein source for people

everywhere. About 100 million people who

live along coastlines of tropical developing

countries earn their livelihood from the

sea. Caribbean coral reefs alone generate

over \$4 billion in services from fisheries,

We're killing our oceans through

consumption and pollution. Oceanographer

Sylvia Earle estimates about 100 million

tons of wildlife are pulled from the sea

annually. Commercial fishing boats catch

virtually everything that swims by in gill

nets that act as invisible underwater fences or

on 60-mile longlines. Some are unintended

victims: young or low-value fish, seabirds,

marine mammals and sea turtles are tossed

overboard, dead or dying-about 30 million

High-impact fishing methods are rapidly

emptying the sea, disrupting food chains

fine-tuned over millions of years. They

have essentially eliminated the easy-to-

catch dinner table fish, pushing fishing

operations farther out into the deep ocean

Heavy nets used by industrial bottom

trawlers ravage crucial habitat, ripping up

sea grasses and coral forests that are up

to 2,000 years old. Water quality grows

ever-poorer, fouled by a witch's brew of

pollutants running off the land or dumped

at sea. Nutrients, mostly fertilizers and

sewage, have created 146 "dead zones" in

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where species are more fragile.

tons of wasted life.

tourism, and coastal protection.

The oceans are in peril, and therefore,

out of whack.

so are we.

Garcia (R-Cathedral City), to determine the feasibility of eliminating the use of trans fats and other artificial fat products, sailed out of the Assembly Health Committee. Recent studies have shown that diets high in fat are major contributors to obesity, heart disease and diabetes.

Last year, the City of New York banned the use of trans fats in restaurants and several other states attempted to pass similar legislation. Imposing a similar program in California would be challenging as the impacts would require all 58 Counties and public schools to adopt new cooking guidelines. AB 93 would analyze information already available that includes the negative health effects of consumption, the financial impacts on the state's healthcare system, identification of substitute products, their price and availability, and an examination of how meals consumed outside the home could be prepared to

reduce the risks to public health.

Garcia said, "The time to act is now - more than 30% of California kids are considered overweight and 1 in 5 newly diagnosed diabetics are under the age of 20. Healthier diets, education, and real solutions are crucial to combat preventable illnesses."

Jot Condie, President and CEO, of the California Restaurant Association stated, "A study of both trans fat and saturated fats is appropriate policy at this time. The study is an essential component that may help determine options and alternatives that are healthy, easily accessible, and affordable to all restaurateurs throughout the state."

The bill will next be heard Assembly Appropriations Committee before moving to the Assembly floor.



ceans in Trouble the world's oceans, with oxygen levels so

low that marine life cannot survive. Research by marine biologist Boris Worm projects that all commercial seafood species could collapse within 40 years due to overfishing, loss of habitat, and pollution.

Scientists are just beginning to calculate the impact of another pollutant: carbon dioxide. Oceans absorb almost a million tons of carbon from the atmosphere per hour, roughly 10 times the pre-Industrial Revolution rate. This massive influx of carbon dioxide is changing water chemistry, making oceans more acidic than they've been in 650,000 years.

Acidic seawater is toxic to eggs and developing fish, and inhibits the ability of corals, certain plankton and other animals to build shells-and corrodes them. Coral reefs, already dying from warming waters, could develop symptoms similar to osteoporosis. These "rainforests of the sea" are home to a quarter of all ocean species during some portion of their lives-and since 1980, about 20 percent have disappeared.

That's the bad news. There's good news, too. Last January, the revised US Magnuson-Stevens Act adopted an ecosystem approach to ocean protection, mandating an end to overfishing and bycatch of protected species-and protection for deep-sea corals. Other nations, including the UK, Australia and New Zealand are also changing fishing

About \$30 billion dollars in global subsidies support the rapacious fishing practices that threaten the world's fish stocks. In 2001, the US spent \$867 million on subsidies, second behind Japan's \$3 billion. In November, the World Trade Organization proposed to eliminate most fishing subsidies.

Some are calling for an international scientific council to assess the oceans similar to the Intergovernmental Panel on Climate Change that studies global warming-and for a UN political process addressing ocean issues.

Research has shown that reefs rebound

when completely protected. We need to conserve critical ocean areas, while managing fishing and sustainably tightening pollution controls. For the health of the planet, we must address climate change now-but need to brace ocean ecosystems for what lies ahead by reducing

other pressures. We have turned things around before. After World War II, about 120 whale species were on the brink. Conservation efforts saved the whales-at a time when people were much less environmentally conscious than today.

We're all participating in the oceans' demise. We can also be part of the solution by making informed choices in restaurants or at the fish counter. We don't have to eat swordfish or tuna, the apex predators that are the lions of the sea. Our survival is not dependent on eating orange roughy that lives 1,500 feet down and is devastated by fishing because it doesn't reproduce until it's 30 years old.

If you need inspiration, take your child or grandchild to the aquarium or the beach. Vote for candidates that understand we're facing an environmental crisis-individuals who will fight to put the health of our planet above corporate profits.

We can secure an enduring future for life on Earth and maintain a home where we can prosper-or not. The next ten years may be the most important in the next thousand. This should excite inspire and motivate us

Sharon Guynup's first book is titled, State of the Wild 2006: A Global Portrait of Wildlife, Wildlands, and Oceans. She writes on science and the environment for national magazines and websites.

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By Delia Fling

"Would you tell me, please, which way I ought to go from here?

"That depends a good deal on where you

want to get to," said the Cat. $\hbox{\it ``I don't much care where ...'' said Alice.}\\$ "Then it doesn't matter which way you

~ Alice's Adventures in Wonderland by Lewis Carroll

go," said the Cat.

For many of us January brings with it a

great sense of renewal, an emotional clean slate on which to build new beginnings and the eventual coming of spring. Perhaps you have embarked on a new eating regimen (new term for diet); maybe sports are



more your focus and you decided to run a marathon this year; or maybe you want to replace your current job. One item on that New Year's resolution list should also include your financial well-being.

Whatever you want requires you to do two things. First know where you are and secondly set goals. As easy as that sounds most people fail because they have dreams and goals, but have no idea how to get there. Why? Because they don't take inventory of where they are right now. Every business knows and measures where it stands yearly, monthly and the most successful, daily. In order to start your diet, you had to know how much you weighed so to set that goal of a new transformed you. The same needs to be done for your financial health. You need to know where you are, no matter how ugly, so you can do something to improve it. Is your dream to own a home or possibly to not lose the one you now have? Do you want retirement sooner rather than later? Or maybe you just want a better life for your children.

Gather everything; mortgage papers, credit card and installment debts, student loans, retirement accounts, pension plans, IRAs etc. and your latest pay stubs. Pour yourself a cup of coffee and take stock. Next, investigate your current credit score. (New formulas are taking effect in the coming months that will impact us all.) If retirement is near, find out what social security benefits may be available in the near future. Find out what your home is currently worth. Possibly rearranging your debt can help you achieve your goals. The next step is easy; ask for professional advice, not just from one source but many. I invite you to use the many services that we at TransPac offer our clients. We start our relationship with every client by analyzing their credit and providing current home valuations. Take advantage of what we do to help you get to where you're going.

Delia Fling is a Mortgage Planner with TransPac in Fair Oaks. Contact her for questions or comments at 916-284-0066 or deliaf@transpacllc.com.

Health Care Tough Love



By Ron Getty

In 1941, a woman was given a onepage, hand-written hospital bill for \$73.75 after an 11-day stay following the caesarian birth of her son. Based on the increase in the Consumer Price Index, the same hospital bill today should be \$1,023. However, the actual hospital bill would be closer to \$13,300. This means that since 1941 medical costs have risen at twice the rate of the CPI.

Is it possible to make health care as affordable as it was back in 1941?

First, two truths need to be understood about basic economics. Prices rise when demand exceeds supply. Prices fall when supply exceeds demand.

Achieving the increased supply of health care needed with a concurrent reduction in the bureaucracy in claims processing can reduce the cost of health care. However, let's acknowledge some relevant factors affecting health care costs and provide some health care tough love.

With aging Baby Boomers hitting retirement, demands on the health care system will increase and health care prices will rise. The uninsured create another dynamic that affects health care prices.

The witches' brew of HMOs, Medicare, Medicaid, and private and group medical insurance induces increases on the costs and supply of health care through the reimbursement process of what is and isn't covered. The massive paperwork and administration needed to process claims and payments by government agencies, insurers, and health care providers causes further ripples in the cost of medical care. Legislation dictating to medical insurers and providers what is to be covered also adds to health care costs.

The Food and Drug Administration creates additional disruption. The FDA's

red-tape ridden bureaucratic process for approving new medications and medical equipment dramatically increases health care costs for medicine and medical equipment.

Overall, the biggest and gravest major factor that must be addressed is in the health care personnel needed to provide medical services.

Thousands of retiring Baby Boomer personnel will reduce accessibility to trained and experienced medical staff, and cause long lines and lessened competition. To offset the loss of retirees, more people must enroll in training programs for doctors, nurses, pharmacists, medical technicians, and medical lab personnel. This means more training facilities for medical personnel and qualified medical teachers.

Public schools will have to stop graduating functional illiterates who need remedial math and English at the college level if we hope to have the number of necessary people capable of entering those medical training programs.

The American Medical Association and state licensing requirements further exacerbates the cost of medical care. The extensive mandatory training standards place barriers – some medically necessitated – in the way of additional health care personnel entering the field and competing for patients.

We need a physician-light program without the 12-year doctoral training program. A physician could specialize in specific types of medicine, like podiatrists are doing, with reduced training required. We also need an accelerated licensing program for qualified foreign-trained health care professionals, and we need to allow RNs to run bumps, bruises, scrapes, and basic shots medical clinics where MDs aren't needed.

More community hospitals, medical clinics, and medical training facilities must be opened to increase consumer options for health care, which will reduce costs through competition. As a result, we will need to rethink zoning and

building permit processes to allow more such facilities.

Yes, these things can happen. However, to make an omelet, eggs are going to get broken. The biggest eggs to break will be politicians and their misguided efforts to omnisciently determine how health care must be provided for everyone at taxpayers' expense.

Radical measures are called for to increase the supply of health care and reduce prices through competition. This means doing the following: Eliminate licensing standards for

hospitals, pharmacies, doctors, nurses, medical personnel, medical colleges and medical clinics;

Eliminate the FDA;

Deregulate the medical insurance

· Repeal the HMO Act of 1970; Eliminate Medicare and Medicaid

and all other involuntarily, taxpayerfunded, government programs providing medical benefits at the federal or the state level; and Eliminate legislatively mandated

employer health insurance.

The tough love solution to the health care crisis is getting politicians and the government out of the health care business. Let free enterprise medical providers address the market demands for health care at a price anyone can afford. Affordable health care can happen when there are no politicians or government agencies infecting the medical marketplace.

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

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CHUCK BALDWIN LIVE

The Man Behind the Curtain

By Chuck Baldwin

"Pay no attention to that man behind the curtain!" is the famous quote from the wizard in the movie classic, The Wizard Of Oz. However, when it comes to national and international affairs, many, if not most, Americans seem to have taken the mythical wizard's advice. They seem oblivious to the man behind the curtain. And make no mistake about it: there is a man (or group of men) behind the curtain.

The American people seem mesmerized by the smoke and mirrors of the political and media elite. For the most part, the people of this country seem totally unaware that while the global elite who run this country passionately promote the "war on terrorism," those same elite are also violently attacking the liberties of the heartland. While they create a gargantuan Department of Homeland Security for our "protection," they are using that very same department to eviscerate the constitutional protections of or republic. While they insist that we are dependent upon oil from Saudi Arabia, they are ignoring giant oil and natural gas discoveries located under the frozen tundra of our 49th State (and other places). The elite have brilliantly turned the drumbeats of war against Islamofascism into a giant smokescreen to hide their insidious plans to wage a different kind of war against the American people.

The war against the American people is waged on a hundred fronts and with a hundred agendas. But one word seems to best describe the heart of the strategy. And that word is FEAR. The problem is, the man behind the curtain has misdirected people's fears.

The American people are continually besieged with the imminent threat of what little, pipsqueak, piss-ant countries such as Iraq and Iran pose to the safety and security of America. Hogwash! Iraq was never an imminent threat to these United States and George W. Bush and rest of his globalist neocons always knew it. Neither is Iran an imminent threat to America. And the Bushkies know this too.

Iran does not even have the capability of inflicting serious damage upon Israel, much less the United States. It has a ragtag army. No navy. No air force. No nuclear weapons. No really sophisticated weapons of any kind. Oh, they harbor several thousand fanatical sand people who live in caves and who huddle together in antiquated forts.

They carry AK-47's, and some short-range shoulder-fired missile launchers. Yet, the Bush propagandists have conservatives worked up into a frenzy, all prepared to support a nuclear attack against Tehran. Believe me, if Israel thought that Iran was a serious threat to its security, it has the ability to take that country further back into the Stone Age than it already is.

Beyond that, if Bush believes that we are truly fighting a war against terrorists in Iraq, why does he give \$20 billion worth of military weaponry to Saudi Arabia? Have you ever seen or even heard of a Saudi army? How about a Saudi navy? A Saudi air force? You haven't heard of it? Neither has anyone else.

What we do hear from former CIA insiders is that much of any military hardware shipped to Saudi Arabia often winds up in the hands of Muslim terrorist organizations such as al-

Qaeda. In addition, readers are aware that many, if not most, of the al-Qaeda insurgents that are shooting and killing our soldiers and Marines in Iraq do not come from Iraq--they come from Saudi Arabia! So much for Bush's "war on terrorism."

What the globalists behind the curtain are doing is using the "war on terrorism" to distract the American people from the war they are waging-against us!

How else can one explain the fact that, while the neocons are waving the war flag against a schizophrenic but impotent Iran, they totally ignore the very real threat posed by the People's Republic of China.

If the American people want an enemy to be concerned about, China, not Iran, is the place to look.

But do not ask Defense Secretary Robert Gates whether we should be concerned about Red China. He recently said, "I don't consider China an enemy." Pray tell, is Gates entirely stupid or just unbelievably naïve? Or, is he trying to deliberately deceive us?

Besides the commonly reported foibles of Red China selling the United States tainted food, poisoned toys, and crappy automobile tires, not to mention all the junk Americans are forced to buy (produced with slave labor, no less), the communist nation is also known to be sending hordes of spies into our country. They are using a multi-billion dollar trade surplus with the United States to build a modern army and navy. In fact, they have developed a very sophisticated submarine fleet capable of delivering nuclear missiles (including some with multiple warheads) anywhere in the world. They routinely track our submarines and use satellite technology to track our troop movements.

And speaking of satellites, when is the last time you heard any notable media personality or government spokesman acknowledge the fact that Red China is now even using advanced weaponry to shoot satellites out of the sky? In fact, experts predict that by 2010 China will be able to knock out most of our satellites in low-earth orbit. You mean the man behind the curtain did not tell you that? I wonder why?

Plus, do not lose sight of the fact that China's growing military is underwritten by American corporations along with the political establishment within both major parties. It is American technology, American materials, and American wealth that is enabling Red China to create a very sophisticated and menacing global threat. But, again, the man behind the curtain does not want you to know that.

Instead, the man behind the curtain-along with his water boys Giuliani, Romney, Huckabee, McCain and members of the media--are facilitating Red China's usage of the Panama Canal and the new NAFTA superhighway to allow China to increase its foothold in the government and commercial markets of the U.S. And don't overlook the fact that the communist country is not only buying up vast amounts of the U.S. debt, it is buying up vast amounts of private debt. And we hear nary a peep from the man behind the curtain.

The other thing the man behind the curtain does not want us to see is the impact that the forever war is having upon our economy. America is being pushed to the brink of recession, maybe

even depression. The chief culprit of our economic woes is excessive federal spending. And the biggest hole into which all this deficit spending is being dumped into is none other than the forever wars in Iraq and Afghanistan.

Nearly \$1 trillion dollars has already been spent or is in the process of being spent, and conservative estimates of an additional \$1 trillion will be spent to fight this forever war in the near future.

In addition, Bush's oil buddies have successfully manipulated the economy to the point that Americans are paying over \$3 a gallon for regular gasoline. Diesel is running even higher than that. (Gas was \$1.25 a gallon when G.W. Bush became President.) And economists are predicting that gasoline will rise to over \$4 a gallon in the very near future.

At the same time, however, it is very likely that we discovered enough oil and natural gas reserves beneath the surface of Alaska (and other places) to supply all the oil and natural gas needs of the United States for the next 200-300 years. But, guess what? Not only are we not bothering to drill for these resources, our government and oil industry moguls will not even acknowledge that such resources exist.

Once again, the old wizard creates his smoke and mirrors and implores us to ignore that man behind the curtain.

Ladies and gentlemen, I have just scratched the surface. But the bottom line is this: we have been had! Furthermore, the only Presidential candidate who understands any of this is Congressman Ron Paul. But don't expect any of our media or political elite to get behind Mr. Paul. Why? The man behind the curtain doesn't like Ron Paul, and that is putting it mildly. He knows that Ron Paul threatens the global elites' Machiavellian plans more than any other single political figure today. This disdain for Dr. Paul does not apply to other Republicans, of course.

The truth is, if the man behind the curtain has his way, he would much prefer an establishment Republican to be elected this November. Oh, don't get me wrong: neither Hillary nor Obama will provide much resistance to the globalist goons that are hiding behind the curtain.

It is just that when a liberal Democrat is in the White House, conservatives and Christians seem to come out of hibernation and actually start resisting some things. But when a Republican is in the White House, the little goblins behind the curtain are free to wage their war of globalism and elitism against an unsuspecting and sleepy electorate.

Therefore, it does not matter to a tinker's dam whether it is Giuliani, McCain, Huckabee, or Romney who wins the election this November. The man behind the curtain will still produce his smoke and mirrors and create more fear and panic over any and every convenient distraction in the hopes that the Munchkins will not wake up in time to realize that the one who needs to be feared (and fought) is none other than the man behind the curtain.

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Illegal Cell Phone Taxes: Can you hear us now?

By Tim Bittle and Jon Coupal

A young man graduated law school, passed the bar, rented an office, ran an ad, and opened for business. For three days no one showed up.

Finally the next morning he saw a man approaching his door. Wanting to impress his first potential client, the young lawyer picked up the phone. He motioned the man in while shouting, "Absolutely not! You tell those clowns in New York that I won't settle for less than a million. We're ready for trial, and I'll take this case to the Supreme Court if necessary. Fine. I expect an answer within 24 hours." The lawyer replaced the handset and turned to the man. "Sorry about that," he said, "What can I do for you?" The man replied, "I'm from AT&T. I came to hook up your phone."

There's a lot of bluffing going on by lawyers and politicians pretending that they have a connection to a phone, when there's really no connection. We're talking about cell phones, and whether a city's utility tax applies to them. Many city attorneys in California know that the past and present collection of their city's utility tax on cell phone bills is illegal, absent voter approval. But they, and the politicians they represent, are trying to bluff their way out of holding an election. Here are the details:

A utility tax is a tax on utility usage. The tax varies in percentage from city to city, usually between 2 to 10 percent of the utility bill. Depending on the city, the utilities taxed may include electricity, natural gas, water, sewer, refuse collection, telephone, and cable television.

The idea of taxing utility usage first became popular in California during the 1960s, before cell phones. Many cities, rather than write their own ordinance, adopted (or plagiarized) a uniform Utility Tax Ordinance, based on federal law, that was in circulation at the time.

However, because of changes in technology many phone services no longer fit neatly into the federal definition of fifty years ago. Because they do not limit subscribers to a local area, nor charge for calls based on both time and distance, most cell phone services do not legally qualify as taxable.

In a series of decisions beginning in 2005, five federal courts of appeal across the country held that that wireless cellular services for which charges are based on time, but not distance, do not qualify as taxable telephone services under the definition contained in the Federal Excise Tax statute.

To comply with these rulings, in 2006 the IRS ended the practice of collecting the Federal Excise Tax on cell phone bills

Now that the law has been clarified, no California city (to our knowledge) has simply ceased collecting its utility tax on cell phones.

Some cities are ignoring the change in federal law and are continuing to apply their existing ordinance to cell phone bills, hoping no one notices. The rest have amended their ordinances to delete the reference to federal law and redefine telephone service to include cell phones. Most of the latter group have not sought voter approval. The few cities, such as Los Angeles, that are putting their amended tax up for a vote, are engaged

in campaigns of deception. For example, the measure may lower the percentage of the utility tax by half a point, while backers advertise the election as a tax reduction.

Cities that dupe their voters aggravate us, but not as much as cities who deny the right to vote altogether. Even in a deceptive campaign, there is a chance the local newspaper or taxpayer group will bring the true facts to light. It's worse when a city believes that it is above the law and can decide for itself what matters shall be trusted to the electorate. No city is above the state constitution which -- thanks to Proposition 218, authored by the Howard Jarvis Taxpayers Association -- requires voter approval for any new tax or the extension of any existing tax to new circumstances.

As a test case, we filed suit against the City of Sacramento in June. Sacramento amended its ordinance in October 2006 to remove the former reference to federal law and redefine taxable telephone service in order to impose the tax on cell phones. This amendment, we charge, required voter approval and, without it, application of the tax to cell phones is illegal. To the Sacramento City Council, which apparently believes that Proposition 218 can be ignored, we say, "Can you hear me now?"

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

Discovery Backs World Daily. Theory Oil not 'Fossil Fuel'

New evidence supports premise that Earth produces endless supply

Posted: February 1, 2008, 1:00 a.m. Eastern © 2008 WorldNetDailv.com

By Jerome R. Corsi

A study published in Science Magazine today presents new evidence supporting the abiotic theory for the origin of oil, which asserts oil is a natural product the Earth generates constantly rather than a "fossil fuel" derived from decaying ancient forests and dead dinosaurs.

The lead scientist on the study – Giora Proskurowski of the School of Oceanography at the University of Washington in Seattle – says the hydrogen-rich fluids venting at the bottom of the Atlantic Ocean in the Lost City Hydrothermal Field were produced by the abiotic synthesis of hydrocarbons in the mantle of the earth.

The abiotic theory of the origin of oil directly challenges the conventional scientific theory that hydrocarbons are organic innature, created by the deterioration of biological material deposited millions of years ago in sedimentary rock and converted to hydrocarbons under intense heat and pressure.

While organic theorists have posited that the material required to produce hydrocarbons in sedimentary rock came from dinosaurs and ancient forests, more recent argument have suggested living organisms as small as plankton may have been the origin.

The abiotic theory argues, in contrast, that hydrocarbons are naturally produced on a continual basis throughout the solar system, including within the mantle of

the earth. The advocates believe the oil seeps up through bedrock cracks to deposit in sedimentary rock. Traditional petrogeologists, they say, have confused the rock as the originator rather than the depository of the hydrocarbons.

Giora Proskurowski

Lost City is a hypothermal field some 2,100 feet below sea level that sits along the Mid-Atlantic Ridge at the center of the Atlantic Ocean, noted for strange 90 to 200 foot white towers on the sea bottom.

In 2003 and again in 2005, Proskurowski and his team descended in a scientific submarine to collect liquid bubbling up from Lost City sea vents.

Proskurowski found hydrocarbons containing carbon-13 isotopes that appeared to be formed from the mantle of the Earth, rather than from biological material settled on the ocean floor.

Carbon 13 is the carbon isotope scientists associate with abiotic origin, compared to Carbon 12 that scientists typically associate with biological origin.

th biological original Lost City Vents

Proskurowski argued that the hydrocarbons found in the natural hydrothermal fluids coming out of the Lost City sea vents is attributable to abiotic production by Fischer-Tropsch, or FTT, reactions.

The Fischer-Tropsch equations were first developed by Nazi scientists who created methodologies for producing synthetic oil from coal.

"Our findings illustrate that the abiotic synthesis of hydrocarbons in nature may occur in the presence of ultramafic rocks, water and moderate amounts of heat," Proskurowski wrote.

The study also confirmed a major



Lost City Vents
argument of Cornell University physicist

Thomas Gold, who argued in his book

"The Deep Hot Biosphere: The Myth of

Fossil Fuels" that micro-organisms found

in oil might have come from the mantle of the earth where, absent photosynthesis, the micro-organisms feed on hydrocarbons arising from the earth's mantle in the dark depths of the ocean floors.

Affirming this point, Proskurowski concluded the article by noting, "Hydrocarbon production by FTT could be a common means for producing

in ocean-floor environments or wherever warm ultramafic rocks are in contact with water."

Finding abiotic hydrocarbons in the Lost City sea vent fluids is the second discovery in recent years adding weight to the chief

precursors of life-essential building blocks

in recent years adding weight to the abiotic theory of the origin of oil.

As WND reported in 2005, a NASA probe to Titan, the giant moon of Saturn.

probe to Titan, the giant moon of Saturn, discovered abundant Carbon-13 methane that the agency declared to be abiotic in origin.

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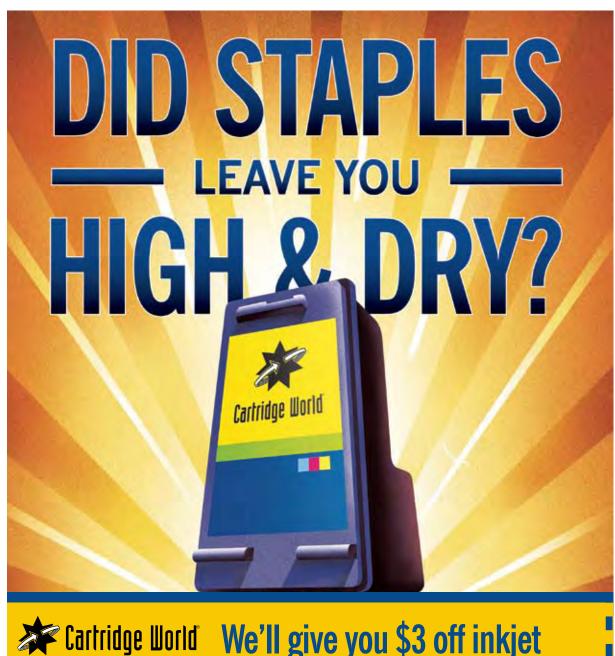
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