

Carmichael Times



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Volume 30 Issue 43

Serving Carmichael and Sacramento County since 1981

October 27, 2010

Get Out and Vote!



Commentary
By Paul V. Scholl, Publisher

On November 2nd, Election Day, across the United States we will again be deciding upon the direction in which we hope to go for the next few years. Higher taxes and crushing small businesses? Lower taxes and tightening everyone's belt for a change?

On a statewide and local level we are voting on many ballot measures and propositions, as well as choosing our leadership on nearly all levels of local and state government.

Leading Republicans, Independents and Democrats are hoping voters turn out in huge numbers at polling places

to cast their votes on some of the most controversial propositions and candidate races that have been seen in, well, almost two years. Or will complete apathy win the day?

This has been another antagonistic and depressing campaign period. Can somebody come up with some leadership and some answers? Or is this just about accusations? Americans have faced another stress-filled two years of a failing economy, lack of leadership on a national and state level, and now counties and cities are failing as a result of gross mismanagement by many major financial institutions. The general public is being fed more than we

need to know about areas we care little about, and very little of what "we need to know". I don't care if somebody was divorced 25 years ago and why, I want to know who is going to fix the damn road.

As legal voting Americans, we go to the voting booths in our own neighborhoods, vote alongside our neighbors and try to make the best decisions we can that will affect our families for years to come.

With what limited truthful information we have available to us, we try to do what is right. It is not only a right of most Americans to vote, it is a civic duty. Whatever your ideology, Get Out and Vote.

SPCA Holds Holiday Boutique Sale

Sacramento Region – The Sacramento SPCA will hold its Annual Fall Book Sale from Thursday, November 11 through Sunday, November 14. The Book Sale will have a new location this year, 7935 Greenback Lane in Sunrise Festival I, located at the north-east corner of Greenback Lane and Sunrise Blvd. near Old Navy.

The Sale will feature popular categories of books including: fiction, children, mystery, adventure, science fiction, romance, tabletop, cook-books, premium art books and biographies. Also included in this year's Sale will be a special holiday section with books on holiday crafts, cooking

and decorations.

Book Sale hours will be 10:00 am to 8:00 pm Thursday through Saturday and 11:00 am to 6:00 pm on Sunday. For more information on the sale, call (916) 504-2802.

The SPCA will also hold a special Holiday Boutique Sale from November 1 – 21 at 7947 Greenback Lane, also in Sunrise Festival I. Visit the Boutique Sale for wonderful holiday decorations and unique gifts. Call (916) 442-8118 for hours and additional information.

Proceeds from both sales benefit the Sacramento SPCA. The SPCA will care for more than 12,000 homeless animals this year alone.



Too Kind for His Own Good?



Sacramento – Arden Playhouse is pleased to present Dexterity, a new play by Michael Messmer, Sacramento's most prolific comedy playwright. Dexterity has a lot of heart and a whole lot of laughs as we see what happens to literary agent Jerry Goodman, a man who may be too kind for his own good.

Jerry has taken an option on a new novel. If he can't make a deal with a Hollywood producer to pick up the option, he is out of a job (and a huge amount of money). The producer asked Jerry to show him an authentic New England Christmas, so Jerry rented a farmhouse in Connecticut. Jerry's wife isn't happy about rearranging her life for the holidays but she's doing her best to

make things go well by bringing in part-time help to cook. Immediately complicating matters is a homeless man Jerry brought home. Dexter alters personalities from a barely verbal derelict who may be hearing voices to a seemingly well-educated, erudite and romantic assistant (who may suffer from narcolepsy). The cook thinks there's something familiar about Dexter and doubts he's really a homeless person, but a relationship begins to develop between them that adds both confusion and zest.

When the producer and his wife arrive early, Jerry and his wife provide a plausible explanation for Dexter's presence. When Dexter discovers that the producer isn't what he seems, information is supplied that appears

to ruin the deal and Jerry's career. But Dexter isn't what he seems, either, returning Jerry's kindness with surprising generosity.

Dexterity opens on Friday, November 5 with performances on Friday and Saturday nights at 8pm through December 18th, with Sunday matinees at 2pm on November 21st and December 5th.

All tickets are \$18 general admission. Tickets can be reserved by calling (916) 332-2582.

Arden Playhouse is located at 5640 Roseville Road, Suite D, Sacramento, and seats 150.

Arden Playhouse is a community theater dedicated to continuing its tradition of presenting entertainment in a casual setting.

"Hollywoof" Raises Fund for SPCA



Big night out. KFBK star and humanitarian Kitty O'Neal (center) was the star of the recent SPCA "Hollywoof" fundraiser at the Arden Hills Country Club, Carmichael. The Oscar-theme event took over every room at the venue and offered food and wine sampling from many Sacramento vendors. Auctions supported the animal charity. Joining O'Neal and John Skinner Band entertainers was Channel 13 weatherman/auctioneer Dave Bender (third from left). Flanking the broadcasters were: saxophonist Roger Gosline, singer Susan Skinner, drummer Dr Bob Allen, pianist Mark Stivers, bass player Tom Hannickel, Trumpeter Ric Baker and guitarist Kurt Shiflet. Photograph by Susan Maxwell Skinner.

Gas Prices Go Up Again

Sacramento Region – Average retail gasoline prices in Sacramento have risen 2.4 cents per gallon in the past week, averaging \$3.11/g yesterday. This compares with the national average that has fallen 1.4 cents per gallon in the last week to \$2.81/g, according to gasoline price website SactoGasPrices.com.

Including the change in gas prices in Sacramento during the past week, prices yesterday were 20.2 cents per gallon higher than the same day one year ago and are 20.4 cents per gallon higher than a month ago. The national average has increased 10.1 cents per gallon during the last month and stands

13.8 cents per gallon higher than this day one year ago.

GasBuddy operates GasBuddy.com, SactoGasPrices.com, and over 225 other local gasoline price-tracking websites that follow prices at over 125,000 gasoline stations in the United States and Canada.

Halloween Safety Tips that are No Trick

Orthopaedic Surgeons offer Halloween Injury Prevention Tips

Every Halloween, kids across the country parade neighborhoods in search of the most glorious prize: candy. The build-up for Halloween is almost as exciting as the day itself with pre-Halloween festivities like pumpkin-picking, pumpkin carving and selecting the perfect costume for the big day. And though the holiday calls for fun, the American Academy of Orthopaedic Surgeons (AAOS) stresses the importance of taking proper precautions to avoid injuries this Halloween.

A nine-year study examined holiday-related pediatric emergency room visits between 1997 and 2006. Results of this study show Halloween among the top three holidays producing the most ER visits.

American Academy Of Orthopaedic Surgeons Safety Tips:

- Never let children carve pumpkins. Adults carving pumpkins should remember to use specifically designed carving knives, rather than kitchen knives, as they are less likely to get stuck in the thick pumpkin skin. Carve the pumpkin in small, controlled strokes, away from oneself on a strong, sturdy surface.
- Carving knives should be kept in a clean, dry, well-lit area. Any moisture on the tools, hands, or table can cause the knife to slip, leading to injuries.
- Should a pumpkin carver cut a finger or hand, make sure the hand is elevated higher than the heart and

apply direct pressure to the wound with a clean cloth to stop the bleeding. If continuous pressure does not slow or stop the bleeding after 15 minutes, an emergency room visit may be necessary. Additionally, it may be wise to follow-up with a hand surgeon to make sure everything is okay and nothing needs repair.



- Be considerate of fire hazards when lighting jack-o-lantern candles or use non-flammable light sources, like glow sticks or artificial pumpkin lights. Alternatively, try painting pumpkins for a fun, creative option and removes the risks of carving.
- Halloween costumes should be light and bright, so children are clearly visible to motorists and other pedestrians. Trim costumes and bags with reflective tape that glows in the dark.
- Costumes should be flame-resistant and fit properly. Be sure the child's vision is unobstructed from masks, face paint or hats. Costumes that are too long may cause kids to trip and fall, trim or hem their costumes as

necessary.

- Children should wear sturdy, comfortable, slip-resistant shoes to avoid falls.
- It is important that children walk on sidewalks and never cut across yards or driveways. They should also obey all traffic signals and remain in designated crosswalks when crossing the street.
- Trick-or-treaters should only approach houses that are well lit. Both children and parents should carry flashlights to see and be seen.

Be aware of neighborhood dogs when trick-or-treating and remember that these pets can impose a threat when you approach their home.

- It's also a good idea to carry a cell phone while trick-or-treating in case of an emergency.

AAOS Expert Advice: "It's so important to realize that there is a wrong way to carve a pumpkin! You should always use a carving knife, carve away from the body and never rush. It's possible to cut tendons, particularly when your finger slides down the knife and the knife gets stuck in the pumpkin" said Elizabeth A. Ouellette, MD. "For this reason, children and adults should not carve pumpkins with kitchen knives. Besides the potential dangers from pumpkin carving, parents and kids need to be aware of their surroundings, and instinctually participate in activities safely, no matter the holiday."

Women's Heart Health

Sacramento—Sacramento AAUW presents Dr. Maxine Barrish-Wreden on Saturday, October 30, 2010 at 10 a.m. at Arden Dimick Library, 891 Watt Ave. Dr. Barrish-Wreden is Co-Medical Director of the Women's Heart Health Program for the Sutter Heart and Vascular Institute.

the risks, symptoms and prevention of heart disease. She has spent her professional life teaching an integrative medical approach to heart health, particularly Mind-Body-Spirit Medicine. She says the human body has the capacity to heal the psyche and the spirit given the appropriate environment.

The doctor writes a bi-weekly column for the Sacramento Bee on Sundays and is the co-author of THE COMPLETE IDIOT'S GUIDE TO SECRETS OF LONGEVITY. If you plan to attend contact Shirley Wheeler at fewsad@aol.com or 916-972-7298. The public is invited.

Antelope Crossing's SPOOKTACULAR

Free Family Fun - COME JOIN US!

Saturday, October 30, 2010 10 AM - 4 PM

Thursday Oct. 28th 4:00pm-10:00pm
Friday - Sunday Oct. 31 noon-11:00pm
Midway of Fun Carnival
Antelope Plaza Shopping Center

Saturday, October 30, 2010
Summerhill Plaza Shopping Center
10 AM - 4 PM
Please join us for some ghoulish games, freaky fun and frightening food!

Free Fun, Free Food, Free Entertainment,
Free Activities, Free Face Painting

Prizes, Prizes, Prizes
10 Speed Bicycle, Year of Free Pizzas, Year of Free Hair Cuts, Burgers, Frosties, Merchant Gift Certificates and More!

Booths: Craft, Vendor and Nonprofits

Saturday Oct. 30 Scheduled Events
Summerhill Plaza Shopping Center

Opening Ceremony 10 AM
Citrus Heights Mayor - Jayna Karpinski-Costa
Citrus Heights City Council Members
Citrus Heights Chamber of Commerce

Entertainment Stage 11 AM - 3PM
Bands of Woodshop Rocks
Enchanted Forest - Magician
Extreme Martial Arts Lion Dance
...And More!

Costume Contest 3PM

Sponsored by the City of Citrus Heights and Antelope Crossing Merchants and Business Owners
This is not a program of the San Juan Unified School District and San Juan accepts no liability or responsibility for this program.

HALLOWEEN FAMILY FUN

Looking for a fun time on Halloween? Northminster Presbyterian Church, located at 3235 Pope Avenue, invites everyone to its Halloween Festival on October 31 from 2 p.m. to 5 p.m. There will be music,

fun games, cake walk, face painting, pumpkin painting, caramel apple making, popcorn, cotton candy, and hot apple cider w/goodies. This event is for children of all ages to dress up in their Halloween costumes

and come have some fun! For more information call (916) 485-5563.



We wish our readers a safe and happy Halloween

Carmichael Times

"Written by the people and for the people"
Serving Carmichael and Sacramento County since 1981
Publisher—Paul V. Scholl

Publisher's Statement: It is the intent of the Carmichael Times to strive for an objective point of view in the reporting of news and events. We consider our Editorial and Opinion pages to be a public forum for our readers. It is understood that the opinions expressed on these pages are those of the authors and cartoonists and are not necessarily the opinions of the publisher or our contributors.

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Member of Carmichael, Citrus Heights, Fair Oaks, and Orangevale Chambers of Commerce

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Carmichael Times is a member of **MPG** Messenger Publishing Group

We are proud members of these newspaper associations.

Widowed Persons Association of California, Inc.

Office Hours
10:00 am- 3:00 pm
Monday through Friday
916-972-9722

Newcomer's Buffet & Social

Any and all widows or widowers may attend

Third Monday evening at 5:30 pm

In the private dining room at the Plaza Hoff Brau, corner of El Camino and Watt Avenues; cost varies as the choice is from a no-host buffet menu.

This is a public service to all widows and widowers and there is no charge to attend the social other than the meal they chose.

Sunday Support

Any and all widows or widowers are invited

Every Sunday from 3:00 pm-5:00 pm

In the meeting room of the WPAC office. Enter from the back parking lot at 2628 El Camino Avenue, Suite D-18.

Realizing how difficult it is to go into new social situations when one is first widowed, the Widowed Persons Association of California encourages widowed men and women to come to Sunday Support each Sunday from 3:00 pm-5:00pm with some going to dinner as a group following the session. The Widowed Persons Association is designed to be of help to recently widowed men and women, but any and all widows and widowers are welcome as a community service by WPAC. Participants do not need to be members and there is no charge.

STATE SENATE

ROGER NIELLO

ROGERNIELLO.COM

I've been honored to represent Carmichael in the State Assembly and I'd like to continue that representation in the State Senate.

I'd appreciate your vote on November 2nd.

Times and eVoter Offer Election Information

Carmichael – The Carmichael Times and eVoter (www.evoter.com) are offering a partnership that connects local area voters to polling place locations, election information, candidate profiles and endorsements prior to Election Day on November 2nd.

eVoter allows voters to locate their polling place, generate and print a customized sample ballot, after reviewing candidate profiles and organizational endorsements. In order to reach these

motivated voters who are actively looking for information, candidates can purchase a customizable profile at a low cost and organizations can publicize their endorsements for free. Candidates or organizations that are interested in creating a profile should visit CarmichaelTimes.com and click on "Visit eVoter.com" in the eVoter search box or call (866) 976-0555.

Arredondo Offers Views on Jan Park Development

Carmichael Chamber Vice President Chris Meyer and executive Linda Melody welcome speaker Joyce Arredondo Carroll to the recent luncheon.

The former Chamber president discussed her work with the California Youth Parole Board and her new mission to develop Jan Park as a community reserve. Accompanying Joyce were Victoria and Charles Ralston, representing the Barrett Hills Neighborhood Association and fellow proponents of the park. The background picture shows a spring view of the undeveloped reserve.



Photograph by Susan Maxwell Skinner.

Are You a Descendant of a Revolutionary War Patriot?

You are invited to join the

Sons of the American Revolution

This prestigious patriotic organization is dedicated to perpetuating the memory of our patriot ancestors, the history of our country, and the education of its citizens.

For more information, call 916-985-6544, or visit our website at www.sarsac.org. E-mail: webmaster@sarsac.org 501(c)(3) non-profit EIN # 68-0004288



SACRAMENTO FINE ARTS CENTER, INC.

Contributing to the cultural life of the Sacramento community

Oct 5-30 NCA Bold Expressions
November 2-20 Annual Photography Show
November 30-December 18 Members Holiday Art Exhibit

NCA, INC.'S 55TH ANNUAL "BOLD EXPRESSIONS"
Special Awards Reception October 30th, 1-3 PM



Announcing a **Holiday Art Show** for Members, a non-juried art show and sale. Members may enter up to six works to be displayed for sale during the holidays. The Center is expecting high traffic during the Holiday Craft Fair, which will be open special hours from December 11-18, 2010, and our art will be highly visible and available for purchase. This show provides members the opportunity to display art for sale without the time and expense of renting space. Only six dollars each artwork. Up to six artworks may be entered. Receiving one day only, Saturday, November 20, 2010, 11 AM-4 PM. Show dates are November 23-December 18, 2010. Show chair is David Peterson, 916-716-5951. Download prospectus at <http://www.sacfinearts.org/exhibitionEntryForms.html>

5330-B Gibbons Dr., Carmichael, CA • Ph. 916-971-3713
Hours Open 11 AM to 3 PM Wed. thru Sun. • Tuesdays 11 AM 7 PM.

Carmichael Chamber Monthly Luncheon

On the 4th Tuesday of each month, the Carmichael Chamber holds a luncheon where members can network, hear from a guest speaker and learn what's happening in the Carmichael Chamber and the community in general.

Foster Care

The need is great for loving, safe homes for foster children ages 0-18 & pregnant/parenting teens.

We offer free training, fingerprinting, CPR/ 1st aid, 24 hr support, monthly reimb.



Call Lenka
(916) 338-7156

ESKATON VILLAGE CARMICHAEL MEMORY LODGE



"The dawn of a new day."

The Eskaton name, literally, defines our mission to inspire each resident, every day. At Eskaton Village Carmichael's Memory Lodge, residents and families are encouraged to be forward thinking -- to appreciate the present and anticipate the future ... as well as respect all their wonderful memories.

Eskaton Village Carmichael's Memory Lodge, located within one of Northern California's premier nonprofit continuing care retirement communities, is distinguished by its commitment to compassionate, person-centered care. Each of our 20 residents enjoy the intimacy of a private room along with the benefits of the social atmosphere of the common living room, dining area and recreation room. Additionally, residents enjoy access to the vibrant, secure 37-acre community, crisscrossed with walking paths and rest areas. Short-stay, respite care is available as well.



Call, click or schedule a visit to learn more:
Eskaton Village Carmichael Memory Lodge
3827 Walnut Avenue, Carmichael, CA 95608
916-974-2000 | www.eskaton.org

UNSEAT THE INCUMBENT

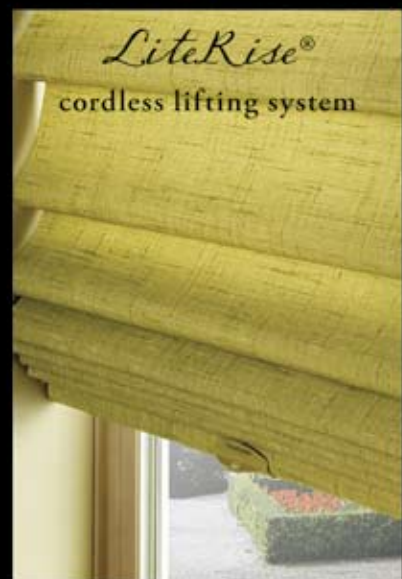
Let's take back our country while we still can. Remove the tenured and self-serving from State Houses and the Congress!

REELECT NO ONE!!

unseattheincumbent.com



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Carmichael Chamber of Commerce

Carmichael Chamber Monthly Luncheon

On the 4th Tuesday of each month, the Carmichael Chamber holds a luncheon where members can network, hear from a guest speaker and learn what's happening in the Carmichael Chamber and the community in general.

Dog Park Master Plan

The Carmichael Recreation and Park District has scheduled three workshops to help create a Master Plan for the Carmichael Dog Park. The plan will identify needs and create ideas that will chart a course of action for the District to follow. Ideas and suggestions are welcome. The meetings will be held at the Carmichael Park Clubhouse, 5750 Grant Avenue on Tuesday, October 12, or Tuesday, November 16 from 6 - 8 pm. For further information, contact Lee Ann Yarber at 916-485-5322, ext. 24 or LeeAnn@carmichaelpark.com.

Carmichael Chamber Mixer

S.T.E.P.
Food, drinks and plenty of networking
Bring a raffle prize and plenty of business cards
For more info, contact Linda Melody at 916-481-1002

When: Wed Nov 10 5:30pm - 7:30pm
Where: Strategies to Empower People (S.T.E.P.)
5945 Palm Dr, Carmichael 95608 (map)

Carmichael Chamber Luncheon

Chamber General Meeting & Luncheon
Guest speaker is Carl Simpson, Chief Code Enforcement Officer for Sacramento County discussing zoning issues and the homeless in Carmichael

\$15 members/\$20 non-members
Call 481-1002 or linda@carmichaelchamber.com for reservations by Nov. 11

When: Tue Nov 16 11:30am - 1pm
Where: Cypress Avenue Baptist Church Education Building, 5709 Cypress Avenue, Carmichael, 95608

Carmichael Chamber Mixer

Christmas mixer hosted by the Carmichael Chamber. Cookie exchange, FREE food and drink. Bring a raffle prize and plenty of business cards. For more info, contact Linda Melody at 916-481-1002

When: Wed, December 8, 5:30pm - 7:30pm
Where: TBA

Carmichael Chamber Luncheon

Chamber General Meeting & Luncheon. This is a Business to Business Luncheon. Chamber businesses have a free table at the luncheon and an opportunity at the mic to share about their business. \$15 members/\$20 non-members. Make your reservations by Dec. 16 to 481-1002 or linda@carmichaelchamber.com.

When: Tue, December 21, 11:30am - 1:00pm
Where: Cypress Avenue Baptist Church Education Building, 5709 Cypress Avenue, Carmichael, 95608

Contact us for more information on the Carmichael Chamber of Commerce
Phone (916) 481-1002 • Fax (916) 481-1003 • www.carmichaelchamber.com



Dr Bob Graykowski



The Nervous System Connection

At Chiropractic USA, we teach patients that chiropractic care has a positive effect on the nervous system - data that was recently reinforced in a study published on the *Journal of Manipulative and Physiological Therapeutics*. The article focused on 96 doctors of chiropractic and 960 patients (10 patients per doctor). Researchers measured heart rate variability (HRV) levels, an indicator of parasympathetic nervous system activity, before and after the patients underwent *chiropractic adjustments*. The results showed that chiropractic adjustments appeared to positively alter HRV readings, thus improving parasympathetic nervous system activity to vital organs.

What does this have to do with sports? The parasympathetic nervous system automatically regulates routine bodily functions like heartbeat, digestion and sleep.

Fall into Fitness: How Chiropractic Boosts Athletic Performance

It allows the body to function at optimal capacity by addressing the nervous system first. Doctors of Chiropractic focus on the primary operating system -the brain/body communication.

Symptoms May Be the Last Sign

Keep in mind that symptoms, such as pain, are often the final (not the first) signal of a hidden spinal dysfunction. According to sports researchers, "pain symptoms may frequently arise only when there is functional overloading."

Athletes with spinal joint disorder may be unaware of the problem until a certain motion or an increase in practice time results in disabling pain - or until their talent seems to drop for no apparent reason. A postural and spinal stress exam often finds the problem before an injury occurs.

Run Faster and Safer

A recently published research case study illuminates how chiropractic care can help boost a runner's performance - and restore spinal health. After three weeks of chiropractic care, the patient reported no pain in his back or hip. The clicking in his hip had also disappeared. He was, as the saying goes, off and running again (J Manipulative Physiol Ther 2005;28:1-7).

Eat Healthy

Chiropractic USA doctors also help develop athletic performance by encouraging patients to eat healthy, well-balanced meals. As providers of holistic health care Chiropractic USA provides patients with nutritional information from the latest peer-reviewed Sports medicine journals.

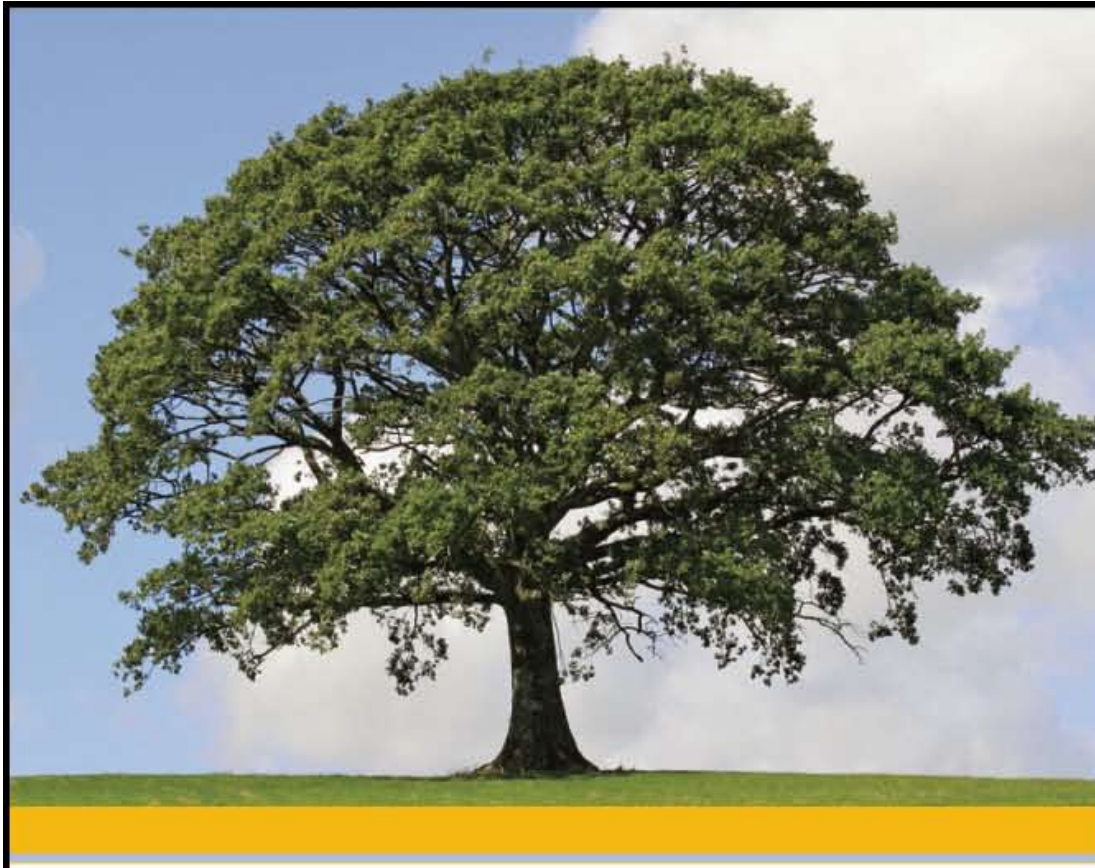
More on NSAIDs

Another way Chiropractic enhances athletic ability is by helping patients steer clear of common pain-killers, such as nonsteroidal anti-inflammatory drugs (NSAIDs). Instead of relying on drugs to temporarily manage pain symptoms, doctors of chiropractic address the root causes of the problem.

Sports Talk

By promoting a proactive strategy Chiropractic USA helps athletes cut their likelihood of injury while facilitating their nervous system to maximize athletic aptitude and better coordination. If you or someone you care about is involved in sports, call us today at 916-973-1661 to schedule an appointment today for a chiropractic sports checkup.

Creating a healthy community
Dr Bob Graykowski



Time To Enjoy The Life You Deserve

Nestled in the heart of Carmichael, there's a retirement community called Carmichael Oaks. This beautiful community offers:

- Social & Activities program
- Scheduled transportation
- Beauty salon & exercise room
- Theatre & computer center
- Weekly housekeeping
- 24 hour emergency staff

Independent & Assisted Living as well as Memory Care.



916-944-2323 office
www.carmichaeloaks.com



LIC# 347003685

'Touch of Health' Weekly Vitality Workshop

Classes begin Tuesday Evenings at 6:00
(Unless otherwise indicated)
Open to Public at No Charge



"Creating radiant health
in our community since 1985"

- November 9 PM Simple Steps to a Sugar Free Fam
- November 9 AM Essential Steps to a Vital Nervous System (AM Workshop)
- November 9 PM Simple Steps to a Sugar Free Family
- November 11/16 Toxic Foods: The Truth in What You Eat

Gift of Life Wellness Check-up
Consultation, Complete Spinal Examination and X-rays (if needed)
This \$250 value is yours for only \$40 if you mention this ad
Each additional family member only \$20

Offer Expires Friday



Dr. Bob Graykowski
5909 Stanley Avenue, Suite A
Carmichael, CA 95608
(916) 973-1661

- Spinal correction specialist
- Custom exercise instruction
- Family wellness plans
- Sports injury specialist
- Carmichael chamber business person of the year 1995.

Citrus Heights Scholarship Pageant

- ❖ Miss entrants must be at least 16 to the age of 27.
- ❖ Teen entrants must be at least 13 to the age of 16.
- ❖ Entrants must be single; never been married nor a parent.
- ❖ Entrants must be of good physical health and good moral character.
- ❖ Mrs. / Ms. Entrants must be at least 18 years of age.



Also includes:

City Ambassador Pageant

This pageant entry fee is 25 non-perishable food items and or school supplies for needing families in our communities.

Children 2 12 years Girls / women 13 up

November 12th
to be held at Rusch Park Citrus Heights
Director: Mary Purvis, 721-3824



Marlys Norris, Christian author

By Marlys Norris

Time and again during my journey through the Christian life, specific verses in the Word of God have become meaningful and the words call me to obedient action. The result is God's favor and a blessed life. One of my favorite Scriptures Jesus spoke is: "In as much as you do it unto the least of these, you

Claim a Scripture and Live it

do it unto Me" (Matthew 20:25) Remembering these words of Jesus today helps me to make decisions to help when someone (or mission) less fortunate is in need.

My father in law used to have a little fish market in a small town in North Carolina and by this Scripture he lived his life. The whole town respected Harmon Norris. If someone was hungry and unable to pay for food to feed his family and came into his store, he would allow them to take food home without paying for it. He didn't want anyone to go hungry! He not only believed this Scripture but he lived it and was obedient to do it all of his life, knowing God would still meet his personal needs. For tax purposes he did keep a record of what was given to people. When he died the book

was approximately 30 (thirty) inches high of unpaid monies for food of recorded offerings of his loving sacrifice. With his death any debt was considered paid-in-full because he raised a loving family who honored his wishes.

As believers we are to live our lives as salt and light, (1 These 5:5) serving God that others may know our Savior Jesus Christ bringing honor and glory to God is what the Christian life is all about. Because of Dad's decision, God's love poured into them through Dad.

Marlys Johnsen Norris, Author
Marlys5934@sbc global.net
"Intimacy Begins Going God's Way"
"God Moves Mountains, It was a Miracle"

Why Do You Think They Call it DOPE?

Dear Editor,

I am 15 1/2 and helped to develop www.associationofstudentsagainst-pot.org a website designed to give individuals a chance to tell their side of the story. Proposition 19 supporters continue to talk about the money the state and local agencies in California will make in tax revenue, as well as what the state agencies will save in marijuana being legalized. However, the victims of marijuana, their families and friends, the community, and the children of the users are rarely brought up.

This website posts stories from individuals that have been harmed in some way from the use of marijuana. These are the untold stories that cost the state of California more than tax revenues or the cost of prosecution. Please review this site and read the stories of those that have had their lives negatively impacted or ruined because of this drug or the consequences of using marijuana.

Could you please run an article about this website or put this attached letter in your editorial section? We

would like to have individuals add their story to this website to help those that are considering the use of marijuana.

Thank you for your consideration,
- Julia

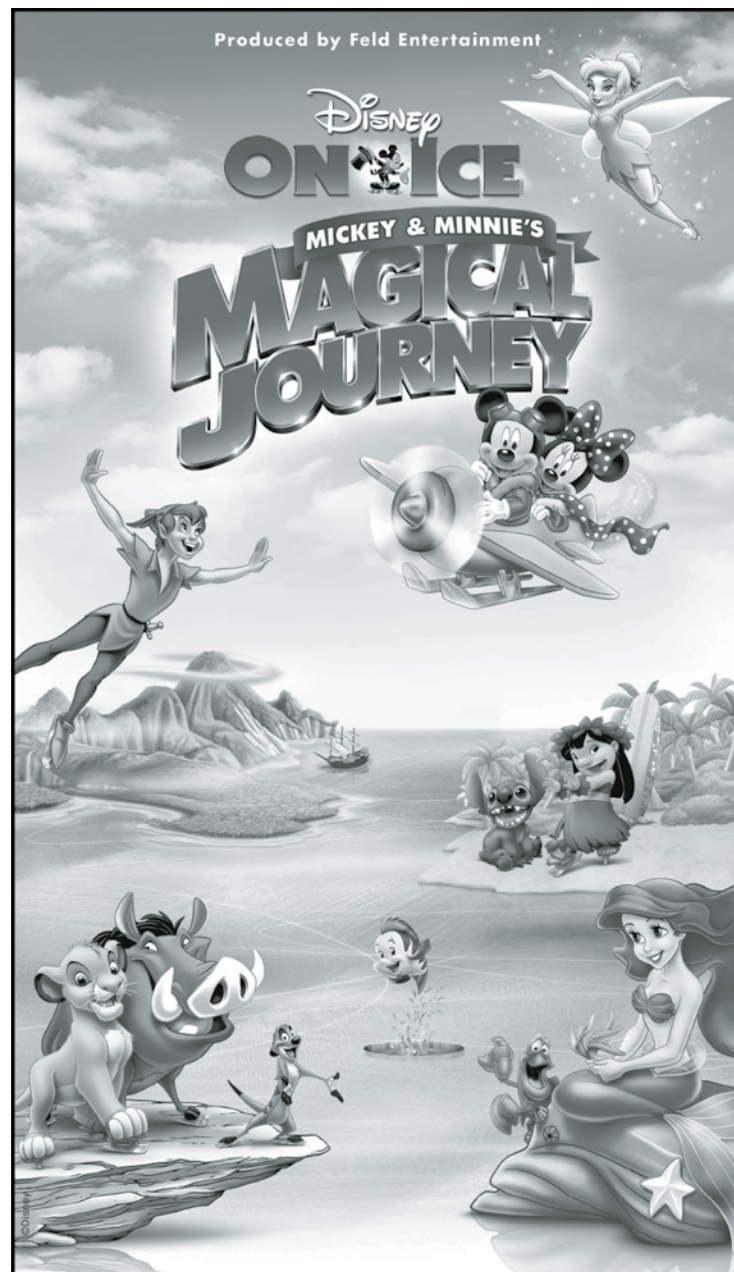
From their website:

PROPOSITION 19 has a lot of supporters, mostly those that smoke marijuana or get financial gain from its distribution. There are also a lot of influential people that oppose Proposition 19. These are listed for you on this site. Even those that might be in favor of adults having the right to use marijuana think that this is a bad law. Regardless, we feel the message sent to our youth that marijuana is OK is the most devastating part of the legalization of pot. Our future is our youth and if we have a large number of them that smoke pot we will lose many of them to marijuana and other drugs. They will lose their ambition, not attain their potential and hurt those around us. The cost of losing even one of our

youth to this drug is more costly than any taxes that could be gained from legalizing marijuana.

Marijuana is addictive. If it was not, why are there addiction centers throughout the state that deal with pot smokers that want or need to quit? There is help for those that want to quit and their families that have been harmed by their loved one's use of marijuana. Reading the stories will give the other side of the story and hopefully help those that are using, or entertaining the use of marijuana, a perspective on what they have to lose by using this drug.

Publisher's note: Take a look at this website before you vote. California is already at the bottom of the list nationally for school performance. Do you really want to ruin young ambition? Our current "State" of affairs already makes it tough enough to succeed. Sending the wrong message to the young only makes it tougher. Just think, "What will we be legalizing next?" Remember Rome.



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Thanksgiving and Christmas Food Baskets

Once again, the McClellan Chief's Group will be out in front of the Commissary on 20 Nov and 18 Dec collecting non-perishable food items and cash donations to support the Food Baskets Program to active duty personnel who need assistance at this time of the year. In addition, we provide a \$75 Certificate for personnel to shop in the Commissary. In past years, the Commissary shoppers have been so generous in their donations and we are grateful for your continued support.

If you have any questions, please contact CMSgt George Moses at 916-561-7507.

Arcade Creek Recreation and Park District Board Vacancy Recruitment

The Board of Directors of the Arcade Creek Recreation and Park District are asking for interested residents or property owners, of the district, to apply for a vacant position on the Board of Directors. The successful candidate will begin their term on December 6, 2010 and serve for four years. The deadline to submit applications is November 12, 2010 at 5:00 p.m. Applications may be obtained on the district's website at: www.arcadecreekrecreation.com.

Call the park district at 482-8377 for additional information.

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for a few vet visits. They must be taken as a pair.

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ranch where they can run and express their enthusiasm, love and joy for their new owner. They would be adopted by someone who could give them attention everyday, and hopefully throughout the day. They have a lot of love to give.

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If you would like to know more contact me at 916-773-7337.



A Film Review by Tim Riley

HEREAFTER (Rated PG-13)

That Clint Eastwood is far removed from his days as Dirty Harry and the solitary gunman of Spaghetti Westerns is no more evident than in his more recent directorial work, with "Hereafter" representing yet another departure. Oddly enough, working behind the camera again, Eastwood comes up with a spiritual, though not essentially religious, story with a heavy European sensibility. The continental flair may have something to do with the fact that one of the principal actors, Cecile De France, delivers much of her dialogue in French, while a pair of twin English lads is cast adrift by fate in the cruel streets of London. Holding up the American end is Matt Damon as an erstwhile San Francisco psychic who toils in a blue collar job to escape his "gift" of communicating with the dead. Just like the title sounds,

Riley Reviews

EASTWOOD HAS THE MAGIC TOUCH FOR SPIRITUAL "HEREAFTER"

"Hereafter" explores visions of the afterlife that come from near-death experiences or from the simple desire of those left behind to find closure with the dearly departed. To delve into the full realm of the spiritual world, Eastwood focuses on a trio of stories that at some point must merge into one coherent strand, or so one hopes.

The film kicks off with a most visually stunning and truly frightening tsunami of epic proportions that wipes out a coastal region of Indonesia. Marie Lelay (Cecile De France) is a French journalist on vacation with her lover and colleague, and after waking up one sunny morning at her beachfront resort hotel, she takes off to the local marketplace for last minute shopping. Huge waves wash over the seaside town and Marie gets caught in the raging waters, suffers a concussion and is miraculously saved. But while she floats lifeless in the surf, Marie is drawn to the light in a blurry world filled with other beings. Life will never be the same for her again, and contrary to the wishes of her unsympathetic employers, she writes a book about her near-death experience.

Meanwhile, in San Francisco, Matt Damon's George Lonegan, who has a true gift for communicating with the dead (he calls it a "curse"), works a blue collar job on the waterfront because he wants a normal life. Previously, George had been a sought-after medium because he was not a charlatan. His psychic powers were in such demand that his sleazy brother Billy (Jay Mohr) is constantly scheming to get him back into the lucrative business. George will have none of it. He even enrolls in a cooking class to get his mind off the business, and there he meets pretty Melanie (Bryce Dallas Howard) and becomes smitten with her. Unfortunately, Melanie learns of his psychic powers and pleads with him for a private reading. Let's just say it doesn't end well.

The last leg of the story involves two young English twins, Jason and Marcus (George and Frankie McLaren), who live with their drug addict mother in a rundown London neighborhood. Jason and Marcus are forced to constantly cover for their mother, trying to deceive a pair of persistent social workers. One day, Jason, the older sibling, is struck and killed by a car. Marcus, the more indecisive and fragile of the two, is shattered by the loss. Worse still, he ends up in a foster home, and becomes obsessed with seeking out psychics in a vain hope of connecting with his brother. He quickly learns that the people he visits are frauds, but he becomes intrigued with information found on the Internet about George Lonegan.

Inevitably, "Hereafter" jumps back and forth between the three story strains, but the day of reckoning must soon come to bring an inescapable resolution. Frustrated with his brother's meddling, George heads to London for a Charles Dickens tour. Finding herself on the wrong side of the news business in Paris, Marie heads to the London Book Fair to peddle her story. The intrepid Marcus heads to the same place in search of answers. It may not be surprising that George connects with the young English boy as well as the French author, but what matters is how Eastwood pulls it off to create a tender, sensitive and absorbing tale full of compelling human drama and sincere emotion. "Hereafter" is a winner in the here and now.

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NOTICE OF PETITION TO ADMINISTER ESTATE OF

RUBELYN DE LA CRUZ
 ESTATE NO. 34-2010-00080140
 To all heirs, beneficiaries, creditors, and contingent creditors of and persons who may be otherwise interested in the will or estate, or both of RUBELYN DE LA CRUZ:

A petition has been filed by TREVOR DE LA CRUZ in the Superior Court of California, County of Sacramento, requesting that TREVOR DE LA CRUZ be appointed as personal representative to administer the estate of the decedent. The petition requests authority to administer the estate under the Independent Administration of Estates Act. This will avoid the need to obtain court approval for many actions taken in connection with the estate. However, before taking certain actions, the personal representative will be required to give notice to interested persons unless they have waived notice or have consented to the proposed action. The petition will be granted unless an interested person files an objection to the petition and shows good cause why the court should not grant the authority.

The petition is set for hearing in Dept. No. 129, at 3341 Power Inn Road, Sacramento, CA 95826 on November 3, 2010 at 9 a.m. IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the decedent, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in Section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the date of the hearing noticed above.

YOU MAY EXAMINE the file kept by the court. If you are interested in the estate, you may request special notice of the filing of an inventory and appraisal of estate assets or of any petition or

account as provided in Section 1250 of the California Probate Code. The name and address of petitioner or petitioner's attorney is: Joedy P. DeFrank #105102, 9521 Folsom Blvd., #R, Sacramento, CA 95827; 916-362-6200. Publish: October 6, 13, 20, 2010. DEFRAN 01001 10-20-10

FICTITIOUS BUSINESS NAME STATEMENT #1008284. Kenney Hanson, 5009 Hillridge Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "FO Media Group" at 5009 Hillridge Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Sept. 16, 2010. Publish: October 6, 13, 20, 27, 2010. FOMEDI 01001 10-27-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00089068

WHEREAS, Jana Montoya Risley has filed a petition with this court for a decree changing name of Jana Montoya Risley to Jana Christine Wolf. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 19, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 8, 2010. Kevin R. Culhane Judge of the Superior Court Publish: October 13, 20, 27, Nov. 3, 2010. KJKLAW 01002 11-3-10

FICTITIOUS BUSINESS NAME STATEMENT #1009106. Freight Connections, Inc., 6151 Fair Oaks Blvd., #110, Carmichael, CA 95608 is doing business under the Fictitious Business Name "Freight

Connections" at 6151 Fair Oaks Blvd. #110, Carmichael, CA 95608. Filed with the Clerk of Sacramento County on Oct. 14, 2010. Publish: October 27, Nov. 3, 10, 17, 2010. FREIGH 01004 11-17-10

FICTITIOUS BUSINESS NAME STATEMENT #1008921. Michael Keyashian, 801 Bussing Ct., Folsom, CA 95630 is doing business under the Fictitious Business Name "Multiple Products" at 801 Bussing St., Folsom, CA 95630. Filed with the Clerk of Sacramento County on Oct. 8, 2010. Publish: October 27, Nov. 3, 10, 17, 2010. MULTIP 01004 11-17-10

FICTITIOUS BUSINESS NAME STATEMENT #1009205. Charles S. Ernst, 8835 Swallow Way, Fair Oaks, CA 95628 is doing business under the Fictitious Business Name "Bucket & Brush Window Cleaning" at 8835 Swallow Way, Fair Oaks, CA 95628. Filed with the Clerk of Sacramento County on Oct. 18, 2010. Publish: October 27, Nov. 3, 10, 17, 2010. BUCKET 01004 11-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-0008972

WHEREAS, Jerry C.C. Brinson has filed a petition with this court for a decree changing name of Jerry C.C. Brinson to Jerry Clever Turner. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 2 p.m. on Nov. 30, 2010 in Dept. 53, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 19, 2010. Kevin R. Culhane Judge of the Superior Court Publish: October 27, Nov. 3, 10, 17, 2010. TURNER 01004 11-17-10

SUPERIOR COURT OF CALIFORNIA COUNTY OF SACRAMENTO ORDER TO SHOW CAUSE CHANGE OF NAME #34-2010-00089635

WHEREAS, Shing Chung Anzai has filed a petition with this court for a decree changing name of Shing Chung Anzai to Shing Chen Chung. IT IS ORDERED that all persons interested in the above entitled matter appear before this court at 9 a.m. on Nov. 30, 2010 in Dept. 54, located at 800 9th St., Third Floor, Sacramento, CA 95814 and show cause, if any, why the petition for change of name should not be granted. IT IS FURTHER ORDERED that a copy of this Order to Show Cause be published in the Carmichael Times, a Newspaper of General Circulation, printed in Sacramento County, California, once a week for four consecutive weeks prior to the date set for hearing on the petition. Dated: Oct. 18, 2010. Shelleyanne W.L. Chang Judge of the Superior Court Publish: October 27, Nov. 3, 10, 17, 2010. CHUNG 01004 11-17-10

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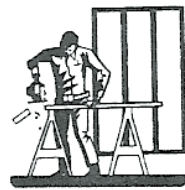


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Francis House of Sacramento Launches Capital Campaign

Sacramento – Francis House of Sacramento is launching their capital campaign to raise \$250,000 to expand their facility and provide more services. To kick off their campaign the Yocha Dehe Wintun Nation, owners of Cache Creek Casino Resort have contributed a generous seed donation of \$50,000. Greg Bunker, Executive Director for Francis House is pleased with the great start and is hopeful organizations and companies will consider helping with this important project.

Our economy is experiencing a slow recovery, but still the staff and volunteers of Francis House are overwhelmed by the continued increase in need over the last few years. Bunker is hoping to expand the facility to include extra space for counseling

and classrooms. He explains, “The addition will allow us to add classes for much needed help such as employment readiness and substance-abuse counseling”.

Francis House resources are distributed directly to the poor in the form of vouchers for emergency transportation, shelter and identification, or used to provide direct counseling and hospitality services.

The organization serves as a lifeline to thousands of homeless and destitute citizens a month. While they do receive some limited federal funding through the Sacramento Employment and Training Agency and some city finding for ID’s support, a much larger portion of the budget is dependent on a network of community organizations, businesses, supporting

congregations and individuals.

The kick-off event for the capital campaign for Francis House of Sacramento will be their 40th Anniversary Celebration event on Friday, October 29, at 6:00pm in the Scottish Rite Masonic Center in Sacramento. Some of the finest local restaurants and caterers will serve a fabulous four-course dinner with fine wine pairings. The popular band, Mumbo Gumbo will provide great music, and proceeds will support Francis House Services.

For more information or to contribute to the Francis House Capital Campaign call (916) 443-2646. For ticket information to the 40th Anniversary Celebration call or visit their web page at www.francishouse.info.



Man Found in House Fire Dies

By Christian Pebbles,
 Sac Metro Fire Captain

Sacramento - at 5:06 am on October 21st Firefighters arrived in the 4000 block of Galbrath Avenue to a house well involved with fire and threatening adjacent homes. During

our search efforts an unidentified man was located and transported to Mercy San Juan Hospital under CPR. The fire victim did not survive. It took over 40 Firefighters 25 minutes to bring the fire under control. The fire started in the kitchen area and the cause is still under investigation.



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Sacramento Public Library Events

History books discussed at Carmichael Library monthly meetings

Carmichael Library History Book Club mixes fact and fiction for a clearer picture of what has happened in world history. The adult book club meets at 6:30 p.m., on the first Tuesday of each month, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Attendees are encouraged to bring snacks to share with other book club members. For more information on the following book discussions, please telephone the Sacramento Public Library at (916) 264-2920 or visit saclibrary.org.

November 2: The Skystone, by Jack Whyte
 December 7: The Bridges at Toko-ri, by James Michener
 January 4: The Things They Carried, by Tim O'Brien
 February 1: The Worst Hard Time, by Timothy Egan
 March 1: In the Valley of the Kings, by Daniel Meyerson
 April 5: The Great Mortality, by John Kelly
 May 3: The Big Burn, by Timothy Egan

Wednesday, November 3, for SAT test results and valuable test-taking tips.

Registration is required at the library branch, online at saclibrary.org, or by calling (916) 264-2920.

The programs are sponsored by Kaplan Test Prep and Admissions.

After School Book Club

Tue, Nov 2 5:00-6:00
 School-Age Program
 Join us on the first Tuesday of every month to talk about the book, play trivia games, and have fun! This month we will be reading “Gregor the Overlander,” by Suzanne Collins. Pick up your copy at the front desk!

Preschool Storytime

Thu, Nov 4 10:15-11:00
 Preschool Storytime (3-5yrs)
 Join Miss Angela for 30 minutes of stories, fingerplays, music, and more. Lots of fun for kids 3-5!

Toddler Storytime

Thu, Nov 4 11:15-11:45
 Toddler Storytime (1.5-3yrs)
 Toddle on over to the Carmichael Library for 20 minutes of short stories, easy fingerplays, and songs. The goal is to have fun with stories, words, and each other.

Free SAT practice test offered for college-bound students at Carmichael Library

High school students can prepare for college admission by practicing with the real SAT test given under real test conditions, for free, at Carmichael Library, 5605 Marconi Avenue, Carmichael.

Kaplan Test Prep staff will administer the SAT practice test at 12 noon, Saturday, October 30. There will be a follow-up session at 6 p.m.



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Cathedral of the Blessed Sacrament
Saturday, October 30 at 8:00 PM

Mozart | *Vesperae Solennes de Confessore*
 Allegri | *Miserere Mei Deus*
 Rachmaninoff | *All Night Vigil* (excerpts)
 Stanford | *Magnificat in C Major*
 Guest Chorus: Sacramento State University Chorus
 Stephen Janzen, Organist



Pre-concert talk 7:15 PM
Fr. Steven Avella, dynamic Professor of History at Marquette University, author of *The Diocese of Sacramento: A Journey of Faith and Sacramento: Indomitable City*

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 Or call SCSO office | 916.536-9065

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Saturday, March 19 at 8:00 pm
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 Julie Simson, Mezzo
 Bjorn Arvidsson, Tenor
 Clayton Brainerd, Bass

Easy To Love

Saturday, April 30 at 8:00 pm
 Christi Amonson, Soprano
 Kristin Dauphinais, Mezzo
 Tevey Ditter, Tenor
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What it Means to have Courage, and to Fight for it.

An Interview with Congressman Dan Lungren

By Perry Hartline

In the Democrat Party ascendency of 2008, California's Congressional District Three was targeted for the 2010 mid-term election. It's one of the top ten Congressional seats national party planners believe belong to them. With shifting demographics in the district's south end, and California's odd-ball left-leaning politics, it ought to. The problem is Dan Lungren, former warehouseman, welder, rancher, lawyer, California State Attorney General and a conservative long before the mass conversions of the 1990s. Speaker of the House Nancy Pelosi's eyes flame at Lungren's name. She wants him removed. Pelosi confirmed Lungren's former friend Ami Bera to oppose him for the seat, and is directing her own money plus union money and national contributions to Bera.

California's Congressional District Three stretches from North Highlands and Citrus Heights, through Fair Oaks, Rancho Cordova to Elk Grove and the Stanislaus National Forest where all the squirrels and nuts are, we hope. It's a battleground. The numbers of Bera/Lungren signs don't tell the story. The number of people on the ground do. It's a job for the infantry. It's house-to-house, hand-to-hand politics, including special ops and spies. Lungren, a good-natured warrior with a quick, subtle wit, appears to enjoy it, and points out all his elections were won by narrow margins.

After numerous phone calls, at this writing Bera has not consented to an interview.

Hartline: I'm going to start with a bean-bag toss: Name the number one problem facing America.

Lungren: It's the economy. Nothing else matters. The economy's the only issue. Everything else follows. But there's a divergence. If you're a Democrat, if you're President Obama and Speaker Pelosi, it's health care. They've hurt America by pushing health care ahead of all else. It was the economy in 2008 and it's the economy now.

Hartline: From a Republican point of view, summarize the state of the Democrat Party going into this election?

Lungren: Obama has delivered uncertainty to America. Fear, really. Households are putting off everything waiting to see what happens. We're worried about our work, our businesses and the cost of living. That's slowed retail. Small and large businesses aren't hiring and expanding, and they're delaying improvements because nobody knows what to expect as Obama's health care begins to take hold and what they'll do if the Bush tax cuts aren't saved.

The underlying problem is the attitude of the Democrat Party. They believe they know what's best for America. Remember, "They're the ones we've been waiting for!" ? Yet they're in free-fall, and can't understand why they're not loved for all the wonderful things they've done. They believe they own the moral high ground. The leadership in Congress sees The Bill of Rights and The Constitution as obstacles, and they resent being limited by existing law. They believe in government above people, that government can and should direct our lives, and they believe they're the people who should do it.

Hartline: Describe Obama at this point in his term...

Lungren: He's gotten everything he's wanted. A few setbacks maybe, no defeats. His weak spot is in his own party. He has a Democrat super-majority in the house and can get anything - theoretically. But there's dissent among the moderates, the Blue Dogs. His second problem is the American people, but to a lesser degree. Obama's often said to be indecisive. He

isn't. He's pragmatic. He's a left ideologue. He never takes his eye off the goal. He's only measuring how far he can go and what he has to sidestep to reach that goal. My biggest fear is his approach to national security. He won't name the enemy, and won't say anything about Muslim terrorists, Al Qaida and the freelance terrorists.

Hartline: What are his goals? He's certainly not telling anyone but his closest people.

Lungren: He's committed to making us "fairer." He wants to be the guy who turns America left, to socialism. He's using the European model. So far he's gained control of banking and finance; energy; and the auto industry, and with it rubber steel and glass. And he's moving against the medical system, which alone is one-sixth of our economy. People have to understand, Obama care never was about health care; it's about control over human beings and money. He's never hidden what he's doing; he just denies it while he's doing it.

Hartline: Do you have a comment about your challenger, Dr. Bera, and where he fits in to this?

Lungren: Of course! He only attacks me for being the incumbent. That's it. There's nothing else. I wish he'd attack my voting record, it would help my campaign. We must debate. He needs to define himself to the voters, and explain why he's Pelosi's anointed one. She's shoveling a lot of cash into his campaign, but some of that's because she hates me. I believe Bera's in the top layer of DNC recipients in the fight to keep the House. He must've said something about that when you interviewed him.

Hartline: He didn't say anything. He wouldn't be interviewed. Paul Scholl and I chased him around until it was apparent there'd be no interview. Since he won't be interviewed and he won't debate, what would you like to say to Dr. Bera?

Lungren: Let's hold a debate! There's still time. Let's put it out in the open and talk about the role of government. Let's understand why government at all levels isn't making it easier for us. Success in a small business is hard. It's work 24/7. After years careful planning, doing without and, if you're lucky and earn some success, government walks up with its hand out and tells you how much it wants, how much you can keep, and starts telling you how to run your business. I believe in small business. What does he believe in? I believe government should be on our side encouraging success, making things easier not harder. What does he believe? I'm upset about where this administration's taking the country. I'd like to know what he says about that. I know Bera supports everything the Democrat apparatus stands for.

Hartline: Yeah? So who is Bera then?

Lungren: Bera's a doctor, and probably not very popular with other doctors these days. I'd known Bera for years. He was a friend. I didn't see him for a year or so. Then he announced he was running for office as a Democrat. He didn't say which office. Later he announced for this district, and immediately went negative in his advertising against me.

Hartline: Great! But aside from that, he's an okay guy?

Lungren: [Laughs] No! Like all Dems he's burning with class warfare. Like all Dems he questions success. That turns the idea of freedom upside down. It makes freedom an obstacle to governing and success. They distrust the people. Democrats, Bera included, believe they're courageous and showing true leadership by going against the people's will, and later we'll catch-on and love what they've



Congressman Dan Lungren

done for us. But if you don't trust Americans, you must fear them, and they do. They believe people are irrational, irresponsible and unable to do the right thing without constant direction and guidance. I accuse Bera of all of those things, and more.

My opponent supported these ideas early. It's nuts, he wants to tax everything and everyone. He opposes three strikes, crime victims' rights and Meagan's Law. I don't understand that. Americans are the collateral damage.

Hartline: That makes him a "Progressive," the new brand name for the new Democrat left?

Lungren: Right, I suppose. He's following Pelosi's lead.

Hartline: Describe "Pelosi's lead."

Lungren: Pelosi wants the Bush tax cuts to die, as does Bera. Bera supports Obama care. He said if he was in Congress during the vote he would've supported it. Pelosi's pushing Cap-and-Trade, as is Bera. These are three bullets aimed at America's heart. Anyone who understands a checking account or basic finance...no economist, supports a tax increase while the country's reeling. That includes Peter Orzag, Obama's chief economic advisor, who quit a few weeks back. No one would restrict industry while the country's struggling to get to work. Obama care has made health care far worse than it was before Obama care was passed. I'd say Bera's to the left of Pelosi on taxes.

My job is to vote against taxes and to truly reform health care delivery. Bera, like Pelosi, has to come out of orbit and look at life on earth.

Hartline: Please describe Pelosi. Is what we see real?

Lungren: She's real. She's an ideologue without a written ideology. She's extreme, but weird extreme. She's a "movement" lefty. You know, marching boldly through the 1960s, "Whatever we want is right." That's a basic left-liberal conceit, always has been. People don't understand her because they've never seen anyone like her so highly placed in American politics. She's determined to get as much legislation through as possible before they lose their majority.

Hartline: What would you tell the people in this district about America's overall situation?

Lungren: They must understand we're living in a time of extreme danger. The Democrat Party refuses to acknowledge that. I fear they're doing it at our expense. We're at war with an enemy hiding in the shadows that'll do anything to inflict pain on us. This has never happened in history, and there's a frightening psychological side to it for us: We can never be comfortable again.

Secondly, there's never been an economy like this. It's a terrible blend of inflation, deflation, increased taxes, high unemployment, stagnate production and

on the shoulders of strong people, who made tough decisions, life and death decisions, and sometimes they were wrong, but that comes with the job. They don't have half their courage, vision or practicality. Bera's one of them.

You have to applaud Bera. While most campaigning Democrats are running away from what's they've done these last 18 months, and what they plan to do if they can keep a majority, he's running toward those terrible accomplishments and more governing against the people. He thinks like Pelosi, and embraces her politics. She's funneling millions into his campaign. Bera's very well funded, but he's not well armed. He can't speak the truth about himself, and he has nothing he can attack me with. He has to manufacture things.

Bottom line? Bera's an opportunist. He decided to run when the Democrat Party was ascendant. Thought he'd be a star in the new universe. Now he won't put "Democrat" on his campaign placards and signs, and he won't mention it in his ads.

I'd love to debate him. But he knows a debate would be suicide. So, to date, no debate is scheduled.

Hartline: You're not saying he's the Cowardly Lion, are you?

Lungren: No, I'm saying he's in a terrible spot. He can't be who he is and can't say what he believes. He dares not let Pelosi campaign for him, though she anointed him, and is his sponsor and fund raiser. He'd do better running as a moderate or conservative Dem, but he'd lose Pelosi's and the DNC's support. In this election the Dems are slaughtering their moderates, the so-called Blue Dogs. They want

them out of the party and they're sacrificing them.

Hartline: Assuming the GOP takes one or both houses of Congress, do the party conservative lions understand what's going to happen to them?

Lungren: We've got the Democrats, the mainstream media, public employee unions and the major private sector unions lined-up against us. They'll blame us for everything, and scream we're destroying Medicare, Social Security, motherhood, apple pie and that we're racist and insensitive when in fact that's exactly what they're doing. We're looking forward to it, all of us. We have new faces in the party. They're smart and enthusiastic, and they know how to talk to the people and they know how to listen. But yes, we'll see left-activism like never before.

Hartline: You're saying conservatism is ascendant in the GOP?

Lungren: There's no doubt. We understand what it means and have the courage to fight for it, but it really comes from listening to and leveling with the American people.

Hartline: I believe this is the most important election since the four years before the Civil War. How do you rate it?

Lungren: The same. It's historic. Obama and the Democrat Party apparatus moved so far left so fast - if it continues - America would be unrecognizable in a few years. If we win it's a rejection of the left. We've got to stop the turn to the left, and we must stop Obama care and start real health care reform.

Continued on Page 11

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An Interview with Congressman Dan Lungren

Continued from Page 10

Hartline: Obama won't let you to steal the centerpiece from the Democrat banquet table. You can't stop a Presidential Veto?

Lungren: Obama care can be stopped through the power of the purse. We'll simply defund it. It will go this way: First is HR-1: Reinstatement of the Bush tax cuts; Second, Repeal Obama care; Third, Remove all onerous burdens on small and independently owned business – and make Obama sign it. Fourth, Stop Cap-and-Trade. There! Everything's fixed.

Hartline: Winning the election sounds easy compared to what's ahead...

Lungren: We'll have to hit the ground running. There's a lot to do. Reforming the House for example: Congress should meet every day, 5 days a week, 3 weeks in a row, and one week in our districts. We should go to a 2-year budget cycle for better Congressional oversight. We must make all departments and agencies develop a list of priorities and rate them, then rein-in spending based on priorities. After that, reform health care. Identify the problems and solve them! Pre-existing conditions is first, then health associations and multiply

the options for health insurance pools. There's Cap-and-Trade, tax policy, regulations, review them all. We have to be bold. There's no choice. We've got to streamline taxes and regulations! *Oh, and Gitmo stays open!*

Hartline: How'd we get to this place in American politics and life?

Lungren: The government took over, and we assumed the features of a banana republic. The fact is we gave them the store. Today the banks get money from the Federal government, our money, America's money, and lends it back to us at 3% interest. How do you justify that? You can't. If the GOP takes the majority that nonsense ends, and so will this General Motors-type nonsense.

Hartline: You understand the GOP is the default party, not the choice. You say the GOP made serious mistakes and learned from them, that there are new people and there's new thinking. Elaborate.

Lungren: The Republican Party under Bush gave America every reason to distrust government. Look how the Republican Congress behaved then. Look at Bush for that matter. He was a big government Republican. Bush

believed he'd use government to improve society, he spent massively, but he wouldn't fix our southern border. People rebelled, and to punish Republicans they voted in Obama. Obama couldn't run for office saying what he was going to do. So he made promises he had no intention of keeping. He got elected, and here we are. Our party hasn't done a good job in the recent past. John Boehner has done a superb job these last few years, look where the GOP is now. But there's something else.

People around the world believe in the rightness of America, its sense of fairness, its noble destiny and its responsibility. That's why people the world over come here. They're not moving to China, Russia, Iran, Sudan or North Korea.

Hartline: How would you end the reign of the pseudo-Trotsky Alinsky-ite Demo-prog Obmatrons?

Lungren: Simple, everyone vote Republican this year. No matter where you live, vote Republican. Everyone in the Third Congressional district, vote for me. I need your support to end the reign of the...what did you call them?! "Trotsky Alinsky...prog?" and begin rebuilding the country.



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