

# Citrus Heights Messenger

“Written by the people, for the people”

Volume 2 Issue 19

Serving the City of Citrus Heights and Sacramento County

First Edition for October 2012

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## Sunday Funday Proves Fun For All



Red Robin, of Restaurant fame, stopped by Sunday Funday to enjoy the big crowd and thank the Citrus Heights Police Department for keeping her nest crime free.

CITRUS HEIGHTS – The 16th annual Sunday Funday, held September 23rd at Rusch Park, brought out the best in weather, local fun and the community. With the weather cooperating more so than last year, the

turn out for the event was much higher than in 2011. Rather than being windy with a little rain, the day saw weather that brought out the entire family for fun in the sun.

The fun filled family event

provided a variety of live musical entertainment including the STYX tribute band Renegade. The Citrus Heights Community Marching Band opened the day with their rousing performance in front of the main stage.

The popular Kid Zone featured inflatables, rides, games, rock climbing walls, pony rides, and K-9 demonstrations. Local stage live entertainment was provided by Radio Disney and the local Superstars Performing Arts Center.

Best Buy even had a “gaming tent” with television screens tuned in to the NFL games all day for those who really needed to keep on the scores.

There were dozens of interesting craft booths and non-profit vendors to visit. Some vendors reported sales being a little off, but most said it was understandable, due to the current economy.

Volunteers for the event were a big plus this year, making the entire day much more organized and enjoyable for all.

Sunday Funday is sponsored by SMUD, Surewest, Wells Fargo, Citrus Heights Chamber of Commerce, City of Citrus Heights and the Sunrise Recreation and Parks District, and many other local businesses.

For more information about next year's event call (916) 774-5400 or visit [www.citrusheights.net](http://www.citrusheights.net).

RT Thanks Riders  
and Celebrates  
“Ride Transit October”



Mike Wiley, RT General Manager/CEO

SACRAMENTO REGION– During the month of October 2012, the Sacramento Regional Transit District (RT) will conduct outreach activities and promotions to show appreciation for customers and to encourage new riders to discover the benefits of taking transit.

The “Ride Transit October” campaign will feature “Fun Fridays” at the RT Customer Service and Sales Center (located at 1225 R Street) when customers can take a spin on the prize wheel with purchase (October 5, 12, 19 and 26); “Customer Appreciation Days” when RT staff will greet customers at light rail stations and bus transfer areas (October 16, 17 and 18); and “Celebrating 25 Years of Light Rail” when RT staff will greet customers at light rail stations to commemorate the 25th anniversary of light rail in Sacramento (October 23, 24 and 25).

“Ride with the GM” is a favorite activity for Mike Wiley, RT General Manager/CEO. Wiley, who regularly rides the system, will travel on buses and light rail trains throughout the month to interact personally with passengers and receive feedback. Customers are encouraged to check his travel itinerary each week at [www.sacrt.com](http://www.sacrt.com).

For a complete calendar of events, and route, schedule and fare information, call (916) 321-BUSS (2877) or visit [www.sacrt.com](http://www.sacrt.com).

## Capitol Pops “Celebrate October” at Citrus Heights Community Center

CITRUS HEIGHTS – “Celebrate October” on Friday, October 19, 2012 with the Capitol Pops Concert Band., one of greater Sacramento’s most active all-volunteer community bands. Also featured is the Capitolaire Barbershop Chorus. The celebration will create a party atmosphere at the Citrus Heights Community Center, 6300 Fountain Square Drive.

Doors to the family-friendly, free celebration open at 6:30 PM. Specialty foods, desserts, sodas, and water are available for purchase to support the Capitol Pops Student Scholarship Fund. Beer and wine are available for purchase to support the Citrus Heights Kiwanis Club’s charities. Raffle prizes will be up for grabs.

The slogan for the event is “BREWS & BOOS” as October is the month for Oktoberfest and Halloween. Come dressed in your finest Bavarian/German finery or your scariest Halloween costume.

At 7:30 PM Maestro Jerry Lopes will kick off the concert of German and Halloween music. The band will be joined by the Capitolaire Barbershop Chorus. The finale is a dance with the Ghou! Dancers of Citrus Heights in Michael Jackson’s timeless hit, “Thriller”.

Capitol Pops concerts feature Broadway show tunes, movie themes, marches and patriotic songs, as well as popular standards. For more than 15 years, the band has performed at venues and



Maestro Jerry Lopes and the Capitol Pops.

events throughout the Sacramento area, including the Sacramento Jazz Jubilee and the west steps of the Capitol. The Capitolaire Barbershop Chorus dates back to the post-World War II era.

For more information on the Capitol Pops, visit [www.capitolpops.org](http://www.capitolpops.org), or on Facebook. E-mail inquiries can be sent to [MaestroLopes@macnexus.org](mailto:MaestroLopes@macnexus.org).

## NFIB Congratulates Gov. Brown for Signing ADA Reform Bill

SACRAMENTO – Small-business owners have finally scored a victory against the onslaught of drive-by Americans with Disabilities Act lawsuits with the signing yesterday by Gov. Jerry Brown of Senate Bill 1186.

“This new law is a significant step towards providing struggling small-business owners relief from the numerous lawsuits leveled against them for ADA access issues,” said John Kabateck, NFIB/California Executive Director. “SB 1186, by Senators Darrell Steinberg and Bob Dutton, ends the practice by attorneys of sending ‘shakedown’ letters to unsuspecting businesses.”

The new law, which goes into effect immediately, prohibits pre-litigation “demand for money” letters, and requires that any intent to sue letter must be sent at least 30 days prior to filing a lawsuit and must include the specific access problems and date of violation so that business owners will know why they are being sued. It also prevents litigants from filing multiple claims to increase monetary damages resulting from return visits to a business with a known problem.

The law also provides 60 days for a small business that has been inspected by a Certified Access Specialist to fix an access issue and cuts the minimum fine from \$4,000 down to \$1,000.

Other small businesses will get 30 days and a minimum \$2,000 fine. Previously, California law did not allow any timeframe in which to address a problem. SB 1186 also implements some additional reforms.

“All it takes is one lawsuit to put a small business out of business permanently,” Kabateck continued. “We are pleased and inspired that the Legislature chose to address this enormous problem and that the governor pushed for the reforms.”

A recent study of small businesses in conjunction with Californians Against Lawsuit Abuse (CALA) showed that more than one-third of small business owners have been sued

in the past five years and nearly 6 in 10 have been threatened with a lawsuit during the same period, and more than three quarters of business owners fear that their business will be sued in the next five years. Nearly 40 percent of ADA lawsuits in the nation are filed in California.

NFIB is the nation’s leading small business association, with offices in Washington, D.C. and all 50 states. More information about NFIB is available online at [www.NFIB.com](http://www.NFIB.com), or contact

National Federation of Independent Business/California  
921 11th Street  
Sacramento, CA 95814  
Office (916) 448-9904,  
[www.nfib.com/california](http://www.nfib.com/california)

## City Council Candidates’ Forum

CITRUS HEIGHTS – Residents Empowerment Association of Citrus Heights (REACH) is sponsoring a CH City Council Candidates’ Forum on Thursday, October 4th. It will be held in the CH Council Chambers at 7117 Greenback Lane from 7:00 pm to 9 pm.

Rick Doyle will be the moderator and Charlie Miller the time keeper. All six candidates running for council have agreed to participate.

Candidates are:  
Jeff Slowey, incumbent  
Bret Daniels  
Charles Stone  
Jim Monteton  
Sue Frost  
Trish Dawson

Note: David Blackburn  
dropped out of the race



# Sac County: Turning the Budget Corner



By Supervisor Roberta MacGlashan

Finally, after many difficult years, Sacramento County appears to be turning the budget corner and making meaningful progress towards obtaining true, ongoing fiscal balance. We have done so in a number of meaningful ways: cutting 30% of our workforce, obtaining meaningful pension reform, and eliminating spending on non-essential programs. However, we have not raised a single tax. Nor have we proposed to do so.

I am proud of this record, and strongly believe it puts this County in a better position than many in the state for meaningful employment growth and economic investment in coming years. As a former business owner I know that employers want to locate where they can find stable, reliable government services and where their

employees can find a good quality of life.

Just a few weeks ago, the County Board of Supervisors adopted the Final FY 2012-2013 Budget. This budget maintains our austere approach to ensuring quality services are provided in the most efficient manner possible. And, it makes clear that, in Sacramento County, law enforcement is the number one priority of your local government.

Because we spent less than we budgeted for in FY 2011-2012, we were able to restore some significant sums to our most critical departments. Restorations included \$5 million to maintain patrol services in the Sheriff’s Department, \$1.5 million to maintain prosecutors in the District Attorney’s Office, and about \$1.1 million to reopen additional juvenile hall capacity through the Probation Department. We also restored additional funding to the County’s Department of Regional Parks, which will help bring additional park rangers on staff.

As we move forward, it is critical that we maintain control of spending and ensure that we continue in our most important effort of keeping the community safe for its law abiding residents.

A critical component of the public safety continuum will be how the County responds to the State’s experimentation in Criminal Justice Realignment – essentially shifting their corrections and rehabilitation failures onto local government.

They claim this program is

designed to save money and, until this year, many of us wondered how they would achieve savings. Now we know – they underfunded Sacramento County alone by over \$10 million.

Thankfully, the Community Corrections Partnership, a panel of local law enforcement professionals, has put the vast majority of their funds towards covering costs imposed on the Sheriff and Probation Departments by this new program.

Some, particularly at the State, don’t like the approach taken in Sacramento County and are calling for funds to be taken from the Sheriff to fund rehabilitation and drug treatment programs. What people don’t realize is, the Sheriff will be funding both mental health and rehabilitation programs with his realignment allocation. If the State wants additional programs funded, they need to stop balancing their own budget problems on the backs of local government and public safety.

As we continue to work through these issues in coming years, I will continue to welcome your thoughts and input. You can email me directly at [macglashanr@sacounty.net](mailto:macglashanr@sacounty.net), or call my office at (916)874-5491. Additionally, you can attend my monthly Community Cabinet Meetings. In Citrus Heights, we meet the fourth Friday of every month in Denny’s at the intersection of Greenback Lane and Sunrise Blvd at 7:30am. I hope to see you there!

# Residents and Businesses Support Measure K to Improve City Services

CITRUS HEIGHTS – Citrus Heights residents and business owners have come together in an effort to promote passage of Measure K, a temporary one and three-quarter percent (1.75%) increase in the Utility Users Tax (UUT). Proceeds from the revenue will be used for the sole purpose of funding street resurfacing, additional police officers, police equipment and technology as well as programs to prevent youth crime and violence.

The measure will generate approximately \$2 million annually and will expire December 31, 2022. This allows the city to provide adequate services until the end of the 25-year-revenue neutrality agreement with Sacramento County ends and the City begins receiving property tax revenue in 2022.

The City of Citrus Heights has placed Measure K on the ballot as a way to respond to substantial

strains of the City’s General Fund and to the recently adopted Assembly Bill 109 (‘Prison Realignment’) which increases the number of criminals being released into the community. The City of Citrus Heights Police Department anticipates that this will require additional tracking and supervision by local law enforcement.

“Citrus Heights is moving in the right direction. This is our city, and our opportunity to get out ahead of these problems and control them. With Measure K, blight and crime won’t get the upper hand in our city”, emphasized 35 year resident, Rick Doyle.

The approval of Measure K will also provide funds for residential street resurfacing. Revenues for street resurfacing and maintenance have declined by \$4 million since Fiscal Year 2004/2005. The City’s goal is to restore streets to fair/excellent condition from the existing poor/

fair conditions.

“I support measure K because I believe in improving the appeal of Citrus Heights. The health and condition of our streets is crucial to the vitality of the City as is the safety of our community. The extra money we would spend is not significant in comparison to the loss we would face without the street improvements and extra police” said business owner, Ray Riehle.

Measure K will not become effective unless the Measure is approved by two-thirds vote. A “Yes” vote approves a temporary 1.75% increase in the UUT for a period of ten years for the sole purpose of funding street resurfacing, additional police officers, police equipment and technology, and programs to prevent youth crime/violence. A “No” vote is a vote against the tax.

More information at [www.VoteYesonMeasureK.com](http://www.VoteYesonMeasureK.com)

# Governor Brown Signs Laws to Protect Privacy for Social Media Users

SACRAMENTO – Governor Edmund G. Brown Jr. today took to Twitter, Facebook, Google+, LinkedIn and MySpace to announce that he has signed two bills that increase privacy protections for social media users in California.

Assembly Bill 1844 (Campos) and Senate Bill 1349 (Yee) prohibit universities and employers from requiring that applicants give up their email or social media account passwords.

“The Golden State is pioneering the social media revolution and these laws will protect all Californians from unwarranted invasions of their personal social media accounts,” said Governor Brown.

Assembly Bill 1844 by Nora Campos (D-San Jose) prohibits employers from demanding user names, passwords or any other

information related to social media accounts from employees and job applicants. Employers are banned from discharging or disciplining employees who refuse to divulge such information under the terms of the bill. However, this restriction does not apply to passwords or other information used to access employer-issued electronic devices. The bill further stipulates that nothing in its language is intended to infringe on employers’ existing rights and obligations to investigate workplace misconduct.

Senate Bill 1349 by Leland Yee (D-San Francisco) establishes a similar privacy policy for postsecondary education students with respect to their use of social media. While the bill prohibits public and private institutions from requiring students,

prospective students and student groups to disclose user names, passwords or other information about their use of social media, it stipulates that this prohibition does not affect the institution’s right to investigate or punish student misconduct.

Proponents of Assembly Bill 1844 say this is a common-sense measure that will bring clarity to a murky area of employment law and stop business practices that impede employment. Senate Bill 1349, which passed without opposition in the Legislature, is designed to stop a growing trend of colleges and universities snooping into student social media accounts, particularly those of student athletes.

For more information on the bills, visit: <http://leginfo.legislature.ca.gov>

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**PRESENTER: Mel Osborne**

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Wednesday, October 31, 2012 - 11:30 a.m to 12:30 p.m.  
Thursday, November 29, 2012 - 11:30 a.m to 12:30 p.m.  
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**PRESENTER: Josh Tuttle**

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**Publisher,**  
**Paul V. Scholl**

## Citrus Heights Messenger

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# Learn Self-defense and Prepare for Upcoming “Dark Days”



By Rick Reed

SACRAMENTO REGION - Criminals don’t like the light. Many law enforcement officials will tell you that adding lighting to your home helps prevent property crimes. But what can you do to add ‘light’ to your own personal space when you aren’t at home? As we turn back the clocks for autumn this November, the darker mornings and dark early nights are exactly what criminals prefer. Predators choose victims and prey in the dark.

While martial arts can ‘light up your life’ with healthy fitness, confidence and respect, they also bring a harsh reality to criminals. Criminals don’t have a plan, when a victim appears to be aware and able to fight back, predators choose an alternate victim. That’s why for many years, Robinson’s Taekwondo, the area’s first name in family martial arts has provided free safety and self defense clinics across the region. Women are especially at risk as they travel more, carry more cash and are more distracted in the busy holidays ahead. Grandmaster Clint Robinson says, “Raising

awareness is number one, but when push comes to shove, knowing how to respond to an assault can save lives.”

According to the website Neighborhood Scout, Sacramento area residents are twice as likely to become crime victims as residents in other cities of similar size. Used by many realtors to research home locations, Neighborhood Scout reports Sacramento has 4,146 violent crimes per year. The national median rating for your chances of becoming a victim are twice the national average in the Capitol city area, 8.89 verse a national average of 4.0.

The web statistics also show the Sacramento region has one of the highest crime rates in America compared to all communities of all sizes - from the smallest towns to the very largest cities. One’s chance of becoming a victim of either violent or property crime here is one in 18. Within California, more than 96% of the communities have a lower crime rate than Sacramento.

So in this era of budget shortfalls, reduction in criminal sentencing, fewer going to jail

and less police on the streets, taking personal responsibility for your own safety is critical. By type of crime, there were 167 rapes, 1498 robberies, 2448 personal assaults and 33 murders, in addition there were 5084 burglaries, 11,904 thefts and 4994 cars stolen in the Sacramento region according to Neighborhood Scout. No one wants to become a crime statistic.

Take time to arm yourself with knowledge and basic self-defense at the Dark Days Dangers Free Women’s Safety and Self-Defense Clinic on Friday, October 19 at 6:30 pm. The event is taking place at 17 Robinson’s locations across the region and pre-registration is available at [www.robinsonstk.com](http://www.robinsonstk.com) by clicking on the Events tab. Space is limited.

Black Belt instructors will take time to walk women thru simple, easy to recall escape moves that can give a victim time to survive an assault and run away. They will also discuss tips that can reduce your chances of becoming a victim by helping raise awareness of dangerous situations and help women learn to trust their instincts.

# California Says YES to American Sign Language

By Eric Marks

“As long as we have deaf people on earth, we will have signs...”  
-George Veditz, Preservation of Sign Language, 1913.

SACRAMENTO - The International Day of Sign Languages celebration kicked off last week on September 20th with drums banging, hands flying and bodies gesturing, hundreds of deaf and hard of hearing people from all over the state converged on the Capitol.

The event had appearances by actor Bernard Bragg, speeches by members of Rocklin based Purple Communications and author of Signing Naturally; Ella Mae-Lentz.

Kiosks were spread about the grounds for visitors to learn about educational and job opportunities, including positions at Carmichael based Strategies to Empower People (STEP) and California School for the Deaf, Fremont.

“Sign Language is an essential and vital link to empower a group of people to come together for emotional support and to share experiences and common interests. It’s a rich heritage that unites families, bridges generations, and more importantly it unites a community. That’s why we are all here



People young and old were seen signing and communicating ideas, rekindling friendships and sharing feelings. Photo by Eric Marks.

today-united in solidarity-proud of American Sign Language,” said Susie Low, District Representative for Assemblyman Roger Dickinson.

People young and old were seen signing and communicating ideas, rekindling friendships and sharing feelings about the event. Pre-school age children were seen learning the ASL alphabet, college age students were at kiosks inquiring how to join ASL clubs on campus and deaf art celebrating the culture was on display.

“ASL is very similar to the Native American tradition. There is no

written equivalent to ASL- it is a fully developed language complete with its own syntax and linguistic structures. Storytelling and sharing of traditions is in both ASL and Native American languages. It is a visible and transparent language.” said educator Mela Bennett of California State University, Sacramento.

The event is held every two years. For more information about sign language and ASL, please visit the California Association for the Deaf website at [www.cad1906.org](http://www.cad1906.org).

### 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.

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# End FCC Threat to Restrict TV News, Press



Commentary by  
Corydon B. Dunham

Corydon Dunham is a former TV network executive and general counsel, and author of, “Government Control of News.”

On Tuesday, President Obama spent much of his address to the United Nations General Assembly discussing free speech in an era of global instant communication.

“I know that not all countries in this body share this particular understanding of the protection of free speech,” he said.

Meanwhile, under his administration the FCC is holding a plan for a new balance, diversity and localism rule that would enable the U.S. government to suppress television news and restrict speech.

The new rule is similar to the old Fairness Doctrine, which the FCC and courts revoked in 1987 when they found it was against the public interest. FCC investigations had deterred and suppressed television news, restricted speech,

and prevented criticism of incumbent administrations.

As my book reveals, the new localism rule would have similar results or worse. One new member of the FCC staff who helped draft the localism rule has written that freedom of speech and press is not his “objective,” and that free speech “is warped to protect global corporations and block rules that would promote democratic governance.” He also concludes the new localism rule could be used to take away licenses in place of the “misnamed Fairness Doctrine.”

Another wrote that television is a “powerful source of homogenization and pabulum,” and recommended using burdensome FCC regulations to “hasten the demise of broadcasting” (later reworded.) That writer applauded a rule which would make broadcasting local events more difficult so “local viewers are less likely to watch the local broadcasters.”

A special report recommended in June 2011 that the localism proceeding be ended because of its destructive burdens. Over opposition from other commissioners, the FCC chairman appointed by President Obama continued it and, after the November election, the FCC could move to adopt it.

The Chief of the White House Office of Information and Regulatory Affairs, a fellow law professor of President Obama, has long urged that the government should take control of news

to achieve its political and social purposes. Another former law professor, since appointed by President Obama to the Supreme Court, wrote an article also urging the government to manage news, saying this would be constitutional if news coverage were not “ideal” at a particular time, and government was changing news to that end.

The great historian Gordon S. Wood writes, “Remember that the United States has always been to ourselves and to the world primarily an idea.” Ending this country’s free press and free speech traditions would certainly destroy that idea.

**About Corydon B. Dunham**

Corydon B. Dunham is a Harvard Law School graduate. His *Government Control of News* study was initiated at the Woodrow Wilson International Center for Scholars, Smithsonian Institute, and expanded and developed for the Corydon B. Dunham Fellowship for the First Amendment at Harvard Law School and the Dunham Open Forum for First Amendment Values at Bowdoin College. Dunham was an executive at NBC from 1965 to 1990. He oversaw legal and government matters and broadcast standards. He was on the board of directors of the National Television Academy of Arts and Sciences, American Corporate Counsel Association, and American Arbitration Association among other posts.

# The State of Economic Freedom

By Jeffrey Tucker,  
Laissez Faire Club  
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The great news for humanity: Economic freedom around the world is on the rise. This means liberation for millions and billions of people. What a change from 20 years ago, when so many lived under despotism and socialist slavery. These people are freer, and getting freer. More people avail themselves to the global division of labor than ever before. Poverty, hunger, and violence are falling. Technology is linking people as never before. The future is bright.

All of this information comes from one of my favorite ongoing projects: Economic Freedom of the World, an annual index that attempts to quantify what really matters in this world. It tries its best to assemble as much of the data available and keep the quantification methods consistent year by year, so we can gain a better picture of the trends.

Are people free to make contracts, keep what they earn, use a sound currency, rely on some degree of legal stability, trade internationally, associate as they please toward their mutual well-being? The more people can do this, the higher their countries rank on the scale. The more that government interferes with their lives, the lower on the scale they rank.

Here is the executive summary of this point from this year’s report: “Nations in the top quartile of economic freedom had an average per capita GDP of \$37,691 in 2010, compared to \$5,188 for bottom quartile nations in 2010 current international dollars

In the top quartile, the average income of the poorest 10% was \$11,382, compared to \$1,209 in the bottom in 2010 current international dollars

Interestingly, the average income of the poorest 10% in the most economically free nations is more than twice the overall average income in the least free nations.

Life expectancy is 79.5 years in the top quartile compared to 61.6 years in the bottom quartile.

Political and civil liberties are considerably higher in economically free nations than in unfree nations.”

What is the relationship between freedom and prosperity? They are directly related. If this index doesn’t prove it to a person’s satisfaction, nothing on this Earth will prove the point.

We think we live in the age of science. Maybe so. But ideology remains more powerful.

Otherwise, we would see a gigantic rush the world over to free the market, and fast. It’s the path to prosperity, peace, and human flourishing. Even if you don’t understand the logic, you can at least look at the numbers. You have to postulate an amazing number of coincidences to come up with any other explanation for why freedom is associated with prosperity and despotism is associated with poverty.

This year’s report contains a real shocker when it comes to the United States. We aren’t just slipping on the index. We are falling off a cliff. In many parts of the world, life is freer. Not in the “land of the free.” Not by a long shot. What this reports says about the United States should be front-page news. Instead, it has received barely any attention at all.

The long and short of it: **“The United States, long considered the standard-bearer for economic freedom among large industrial nations, has experienced a substantial decline in economic freedom during the past decade. From 1980-2000, the United States was generally rated the third-freest economy in the world, ranking behind only Hong Kong and Singapore. After increasing steadily during the period from 1980-2000, the chain-linked EFW rating of the United States fell from 8.65 in 2000 to 8.21 in 2005 and 7.70 in 2010. The chain-linked ranking of the United States has fallen precipitously from second in 2000 to eighth in 2005 and 19th in 2010 (unadjusted ranking of 18th).”**

One might think that it would bug people that Canada is now a more economically free nation than the United States. Remember how Finland was supposed to be ruled by muddle-headed socialists? No more. It ranks higher. So do Chile, New Zealand, and Australia. So do Ireland, Denmark, and the United Kingdom. It goes without saying that Hong Kong and Switzerland beat the U.S. But so do Qatar, the UAE, and Bahrain.

The question is why. The U.S. fell in every area. Regulation is more intense. There are more trade barriers. Property rights are less secure. Government is much larger. Money is not sound either, but the report gives a good grade here only because of the method of quantification. They look only at official rates of inflation so that there are accurate data across many countries. If you look under the hood at U.S. monetary policy, you can see that we are headed for a devastating fall in this area too.

What is the main reason for the

fall of the U.S.? Property rights are less secure. As the authors say, “While it is difficult to pinpoint the precise reason for this decline, the increased use of eminent domain to transfer property to powerful political interests, the ramifications of the wars on terrorism and drugs, and the violation of the property rights of bondholders in the bailout of automobile companies have all weakened the United States’ tradition of the rule of law and, we believe, contributed to the sharp decline...”

We’ve all sensed this. We see evidence all around us. But even so, it can be difficult to process intellectually. We are born to believe that we live in the land of the free. As much as we regret many of the things we see, we don’t want to make any fundamental adjustments in our outlook for the future. We want to believe that our freedom is somehow divinely protected and, despite all political trends, essentially unalterable.

This report puts us on notice. We have to come to terms with the realities. It is going to get worse before it gets better. We live in a digital age, surrounded by miracles. But those miracles are coming to us not because of anything our government is doing. We are dependent so much on the freedom that exists and grows outside our borders.

A major advantage that formerly poor countries have is that they don’t have to deal with the rotting industrial-age infrastructure that plagues the U.S. and Europe. They don’t have an antique grid and their economies are not saddled with endless and entrenched public-private partnerships and central plans like the federal code. They can leapfrog the industrial age and move right to the digital age. It’s a beautiful thing to behold.


Someone who looked at this report asked me a question. Is it time to start thinking of sending my kids abroad? The answer, I believe, is yes. Going abroad provides an important cultural education. But nowadays, we are really talking about the future itself. They may have to emigrate for economic opportunity. We all might have to.

But where? Canada is looking better all the time. So is New Zealand. China ranks low overall, but sectors of China like Shanghai are extremely free by any international comparison. There is also Latin America. Nicaragua, for example, ranks very high and is rising year after year. It’s the trend line that matters.

Sincerely,  
Jeffrey Tucker,  
Laissez Faire Club

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Print publications include: Carmichael Times, Citrus Heights Messenger, American River Messenger, Placer Sentinel. All other publications are online.

## DVIC Goes Mobile with its Free Self Defense Classes for Girls

CITRUS HEIGHTS – DVIC Changing Lives Wellness Center will train over 200 young women in Carmichael, Galt and Citrus Heights and surrounding communities on techniques for safety and self defense.

The Smart and Strong program first received attention when Good Day Sacramento featured us and now we receive requests from surrounding communities and organization for our MOBILE Smart and Strong Team, stated Robin Basinger, Program Director. Today the mobile team visited Christ Community Church from 1pm–3pm at the Student Outreach Safety Health Fair is hosted by Visions & Education Charter School for young girls 14 to 19 years old in Carmichael.

NEXT Stop for the MOBILE

Smart and Strong is on Saturday, November 10, 2012 at The Galt Police Department from 10 a -1 pm and then they are off to Elk Grove to meet-up with Detective Killi Ledbetter of Elk Grove Police Department where she gathers up her Girl Scout Troop for some self defense education, and training from 2 pm to 5 pm.

DVIC invites local organizations to contact them and have the MOBILE Smart and Strong program come to your place of business, school or community group. The organization has taken a flexible approach to offering the program so more young women gain access to the classes. DVIC continues to offer the Smart and Strong course at their facility located at 6060 Sunrise Vista Dr., Ste. 2340,

Citrus Heights for free. You can visit their website at www.DVICcares.org or call for more information at 916-728-5613.

The Changing Lives Wellness Center operates under the non-profit 501 (c)(3) Domestic Violence Intervention Center agency. DVIC seeks to eliminate barriers by offering proactive prevention and intervention strategies to our communities. DVIC is a wellness-based organization that serves the victims and families of the greater Sacramento region which includes: Sacramento, Roseville, Rocklin, Auburn, Placerville, Folsom, Rancho Cordova, Davis, Woodland and surrounding communities. DVIC is located at 6060 Sunrise Vista Dr., Ste. 2340, Citrus Heights, CA 95610.

# HEAR IT HERE

REACH presents...

## Citrus Heights City Council Candidates' Forum



City of Citrus Heights Council Chambers  
7117 Greenback Lane

Thursday, October 4, 2012  
7:00pm – 9:00pm  
Moderator to be announced.

Disclaimer: This is not a paid-for political event. The opinions expressed do not necessarily reflect the views of the REACH organization or any of its representatives. This is an equal opportunity forum for all prospective City Council candidates.





# Baby Boomers and Beyond Expo

CITRUS HEIGHTS - On Saturday, October 13, 2012, FirstStep Event Marketing and Baby Boomer Living Magazine will be hosting a regional “Baby Boomers and Beyond” 50+ Lifestyle Expo at the Citrus Heights Community Center. This a FREE event that will feature a variety of activities and seminars, such as: “Newlywed Game” for couples married over 40 years, hosted by Stan Atkinson, Poker Tournament, Boomers Have Talent Competition hosted by KHITS 92.1, Bingo, Team Puzzle Competition, Educational Seminars and over 60 vendors featuring services and opportunities for the Active Senior.

This Expo is a social event and opportunity for mature Northern Californians to gather important information on everything they love and need! There will be fun, entertaining events, and free prizes every hour!

For more information, you can see our event website at: [www.babyboomersac.com](http://www.babyboomersac.com).

## Arcade Creek Manor Holds Baazar

Arcade Creek Manor, a Senior Citizens Complex, will hold its Annual Bazaar on Saturday, November 3, 2012.

Annual Bazaar – Arcade Creek Manor Senior Community  
Saturday, Nov 3, 9 to 3PM  
6546 Auburn Boulevard (corner of Van Maren & Auburn)

Look for the CLOWNS Admission is FREE  
Arts & Crafts, Books, Plants, Holiday Gift Items, Home Baked Goodies, Clothing & Unique White Elephant Items Cake Walk, CLOWNS, and Raffle Drawing plus Food and Drinks.

The proceeds from this event will be used during the following year to provide social, cultural and entertainment activities for the senior citizens living at Arcade Creek Manor.

It is through the efforts of organizations like yours that really make a difference in our local communities.

### Bella Vista High School Arts & Crafts Fair

**A Fair Oaks tradition since 1983!**

**8301 Madison Ave, Fair Oaks**  
**Saturday, October 6, 2012**  
**8:30am – 4:00 pm**

*The craft fair is the PTSA's only fundraiser and will feature up to 200 vendors selling beautiful, homemade jewelry, candles, wood and leather crafts and so much more!*

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# Job Demand and Hiring Trends Slow

SACRAMENTO REGION – Times have changed, we’ve gone from thermo-faxes to Tweets in the last 20 years, but work still requires time, effort and expertise just as it did in 1992. That’s when the Pacific Staffing Sacramento Employment Trends Survey began polling the area’s top employers directly each quarter on hiring, job skills, industry activity and our economic outlook. Additionally, from that first October to the latest, the Survey has probed important employer, worker and workplace issues like healthcare, retirement, job safety, use of technology and shared these findings with regional employers and those looking to work.

Underwritten by Sacramento-based locally owned Pacific Staffing, the Employment Trends Survey is a community relations project helping employers learn more about their own market and those seeking to upgrade or land a job know what is marketable with leading companies.

Created and conducted by Rick Reed Public Relations, Inc., the Survey gives us a look ‘over the horizon’ at what jobs are open, what skills are in demand and what our immediate economic future will bring.

In the Fourth Quarter, hiring for expansion of workforces has slipped slightly to forty percent (40%) of demand from the previous quarter, while hiring motivated by attrition among the top companies surveyed has risen from the last quarter to forty-three percent (43%) of demand. Employers are not growing their workforces at quite the same rate, but slightly more are opting to backfill existing positions within current staffing levels thru year’s end. Despite this small reduction in the Fourth Quarter, Pacific Staffing has learned that a significant majority, sixty-two percent (62%) of those surveyed across the region will be hiring. Thirty-eight percent (38%) say they will not hire in October, November and December.

Seasonal employment demand was cited by thirteen percent (13%) of companies surveyed directly by phone between August 26th and September 19th as the reason they were taking applications in the next three months. Five percent (5%) say they will reduce workforces in the fourth quarter. Layoffs during this same period last year occurred at twice the rate.

With seasonal recreation and holidays ahead Sacramento regional companies anticipate demand for sales and customer service skills in the next three months, while top companies are also seeking technical, manufacturing, warehouse and shipping experience. A number of construction, property development and home product companies also note a shortage of skilled construction trades and industry-specific technical skills.

For more information, employment blogs & market surveys go to [www.pacificstaffing.com](http://www.pacificstaffing.com).

## DMV: Ask “George”

Expert Answers to Common DMV Questions

By George Valverde – Director, California Department of Motor Vehicles

**Do you have questions about general driving related requirements like registration and insurance?**

**Are you unclear about laws and restrictions related to driving?**

**The California Department of Motor Vehicles has answers.**

**“Save Time by Going Online,” at [www.dmv.ca.gov](http://www.dmv.ca.gov).**

*Q: How often may a driver attend traffic violator school in order to keep violations confidential (masked) and not part of the public record?*

A: A driver who is referred by a court to traffic violator school may have only the first violation masked in an 18-month period. Subsequent violations during the 18-month period will not be masked.

*Q: I paid my registration fees online and entered my checking account information. I received a dishonored check notice. How is this possible?*

A: Make sure to correctly enter your bank account and routing numbers when making an online payment. On the DMV website, there is an example of where to locate the bank routing numbers, so please take a look before entering your check information.

When entering payment from an existing checking account, be sure to verify that the numbers are correct before entering the final payment. This will ensure that we are able to locate your account and deduct the payment.

*Q: I was involved in a collision for the first time last week and had no idea what I was supposed to do. What steps should I take?*

A: Being involved in a traffic collision can be very traumatic, especially your first one, so it is normal to feel overwhelmed. After any type of vehicle collision, no matter how minor, you must stop. Otherwise you may be convicted of “hit and run” and could be severely punished.

At the scene of a crash, it is important to show the following information to the other driver or persons involved, or to any peace officer:

- Your driver license
- Registration card
- Evidence of insurance
- Your current address

If you hit a parked vehicle or other property, try to find the owner. If you can’t find the owner, leave a note with your name and address and securely attach it to the vehicle. Report the collision without delay to the city police or, in unincorporated areas, to the Highway Patrol.

Following a crash, you or your insurance agent, broker, or legal representative must do the following:

- Move your vehicle off the street or highway. If you do not move your vehicle or have it removed from the street or highway, any peace officer or authorized personnel may have your vehicle removed and impounded.

- If someone is killed or injured, report the collision to the police or Highway Patrol within 24 hours.
- If there was more than \$750 in damage to the property of any person, or anyone is injured or killed, report the collision to the DMV within 10 days.

The DMV has a brochure on what to do in the case of a collision. You can find it online at [www.DMV.ca.gov](http://www.DMV.ca.gov).

The DMV is a department under the Business, Transportation and Housing Agency, which is under the direction of Acting Undersecretary Traci Stevens. The DMV licenses drivers, maintains driving records, registers and tracks official ownership of vehicles and vessels, investigates auto and identity-related fraud, and licenses car dealers, driving schools, and traffic violator schools. For more information about the DMV, visit [www.DMV.ca.gov](http://www.DMV.ca.gov).

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## Outdoor World

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If you enjoy challenges then try taking a turkey with a bow this fall. Since turkeys are programmed to look up because that's where hawks and owls come from, you won't have much luck trying to take one from a treestand.

From the ground you can use your ears to locate them, your eyes to tell you where they are going, and your legs to get yourself between where they are and where they want to be. Then wait for them to get there, draw when they're not looking, and pick a spot.

Now doesn't that sound easy? Don't kid yourself. The turkey's defenses are extremely keen and I can almost guarantee you that if they could smell, you would never shoot one with a bow.

Jerry Martin is a Member of the RedHead® Pro Hunting Team

For more tips, log onto [basspro.com](http://basspro.com)







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# Orienteering on the American River

Enjoy a fall day navigating and hiking at two American River parks at an orienteering meet on Saturday, Oct. 20.

The meet, sponsored by Gold Country Orienteers (GCO), takes place at the Lower Sunrise and Sacramento Bar sections of the American River Parkway. Lower Sunrise is on the south side in Rancho Cordova, while Sacramento Bar is on the north in Fair Oaks. A pedestrian/bike bridge joins the two.

Orienteering is a fun and challenging sport for individuals and families. Using a detailed map, compass and a set of clues, you navigate from point to point to find a series of designated checkpoints.

The sport can be done as a competitive race or a leisurely hike and is great for youth groups, hikers and other outdoors enthusiasts, adventure racers and anyone seeking a physical and a mental challenge.

Beginning, intermediate and advanced courses will be offered. Beginner instruction will be available. Some courses will cross the river on the bridge, while others will stay within the Lower Sunrise area.

Registration will be from 9 a.m. to 12 noon. The courses can be started between 10 a.m. and 12:30 p.m. The cost is \$5 for GCO members and \$7 for non-members for individuals, plus

\$2 for each additional member in a group.

Registration and starts will be at Lower Sunrise. To get there, take Highway 50 to Sunrise and go north. Look for the River Access turnoff on the right before crossing the river. Past the entry kiosk (pay the \$5 fee), turn left and go under Sunrise to the parking lot. From the north, take Sunrise over the river and look for the turnoff on the left; follow above directions. Look for orange-and-white orienteering signs.

For more information, visit [www.goldcountryorienteers.org](http://www.goldcountryorienteers.org) or contact Marsha at 916-408-8052 or [marsha@batnet.com](mailto:marsha@batnet.com).

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# Tia Ewing to Anchor FOX40 Evening Weekend News

SACRAMENTO REGION – KTXL FOX40 is pleased to announce the addition of Tia Ewing as anchor to FOX40 News at 5:30p and 10:00pm on weekends. Ewing joined FOX40 as a reporter in June, and has proven her dedication and desire to provide viewers with unique and compelling stories.

Ewing spent four years honing her anchor and reporting skills in Flint, Michigan, before adventuring to Sacramento to begin her journey with FOX40. She loves giving back to those in need and since her arrival in Sacramento, has been volunteering as a mentor with Big Brothers Big Sisters.



TV Anchor Tia Ewing. Photo courtesy of FOX 40.

FOX40 News Director – Brandon Mercer – says, “Tia has this huge personality—and

she’s a natural leader in the newsroom.”

“I am blessed and thankful that I am the new weekend evening anchor” says Ewing. “I’ve only been in broadcasting a short time—and am living proof that dreams do come true. I love working with Mark Demsky and Dennis Shanahan; we are real news folks and I think that’s what you see and get from us every weekend evening on FOX40.

KTXL-TV/KTXL-DT, owned and operated by Tribune Broadcasting Company, is the FOX affiliated television station serving Sacramento-Stockton-Modesto.



# POPPOFF!

with Mary Jane Popp

## STOP AGING

It’s inevitable. We get older every day, and the alternative is not acceptable. But, what if we can push off that word aging? At least we can give it a good shot. Enter **Dr Mike Moreno**, author of the best-selling “*The 17 Day Diet*” and now his latest “*The 17 Day Plan to Stop Aging*.” My ears perked up when we spoke on my POPPOFF Radio Show. We can’t stop the aging altogether, but it sure would be great to slow it down significantly. The 5 factors that determine your aging are inflammation, oxidative stress, glycation, methylation, and immune impairment. Build your anti-aging base by integrating movement into your lie every day, quit smoking, stay hydrated, and maintain a healthy weight range. The 4-cycle system is designed to help you feel healthier and younger. Whether you want to focus on a specific part of the body or feel rejuvenated from top to bottom, here is his 4-cycle guide to a happier more vital life.

**1) RESTORE:** The plan begins with the basic anti-aging approaches that will help restore all of your body’s systems to a healthy baseline, stop potential medical problems before they start, and make for a healthier, happier lifestyle in 17 days flat. This cycle focuses on your heart, lungs, and brains, which Dr. Moreno considers the primary systems worthy of your immediate attention.

**2) REBUILD:** This cycle shows you how to protect your immune, digestive, and musculoskeletal systems. Through simple shifts in diet, unexpected ways to get your body moving, and a healthy dose of common sense, it’s easy to strengthen these secondary systems so they can do their most efficient work for years to come.

**3) REFINE:** When your reproductive and urinary systems are performing properly, you are most likely to feel energetic and sexy. Whether you want to avoid unpleasant symptoms like urinary incontinence or your goal is to keep your sex life thriving for years to come, this cycle offers easy tools for your life.

**4) RENEW:** The strategies you master in the last 17 days of this plan will not only leave you feeling rejuvenated, but they will ensure that you are ready to make the most—in every way—of the long, happy, and healthy life that you’ve worked toward. The vital elements in this final cycle help you achieve true harmony among your health, environment, and overall lifestyle.

Each cycle has a 17 day plan associated with it, at the end of which you will be able to feel a difference in the systems being worked on. Here are a few fun facts I thought you’d like to know. For your lungs, a diet loaded with Vitamin B-12 and folic acid helps to prevent serious lung diseases caused by methylation and yogic breathing can permanently increase lung capacity. For your heart, eat salmon, walnuts, and other foods rich in omega-3 fatty acids that reduce the inflammation that can cause heart attacks. Also, drinking enough water can help regulate blood circulation and prevent plaque buildup. For your brain, Turmeric has been shown to reduce the accumulation of

Alzheimer’s causing plaque in the brain; elders in India have a low incidence of Alzheimer’s possibly because of the prevalence of the spice in the cuisine. And brush your teeth and floss regularly—people with gum disease have worse memories than those who brush and floss for a full two minutes at least once per day. For the immune system, white foods—breads, pastas, rice, sugar—crowd your body with excessive glucose and prevent white blood cells from working as quickly as they need to. For your digestive system, Probiotics that keep the good bacteria in your stomach healthy can aid digestion, and improve absorption, and even help with weight loss. For your hormones, get plenty of calcium and Vitamin D to prevent hyperthyroidism. And watch out for consuming too much caffeine that can impair the way your body absorbs calcium. For the urinary tract, calcium-magnesium supplements can help improve control of the muscles used in urination. Cranberry juice can prevent urinary infections by causing bad bacteria.

These are just a few things you will earn in “*The 17 Day Plan to Stop Aging*” from **Dr. Mike Moreno**. Check out more info at his website [www.drмикemoreno.com](http://www.drмикemoreno.com). I don’t know about you folks, but I’m going kicking and screaming into old age. Oooops! Maybe I should check with the good Doc to find out if that counts for exercise. Stay well, and look forward to speaking with you on POPPOFF. Don’t forget we podcast 24/7 at [www.kahi.com](http://www.kahi.com). Stay well and HAPPY!!!

Join Mary Jane for the **KAHI Noon News Monday–Friday and then again for POPOFF 10 PM – Midnight.**

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## Non-Profit Organization Seeks Community Representatives to Join International Team

ASSE International Student Exchange Programs is seeking volunteers to serve as Area Representatives in your local community. ASSE provides academic year and semester exchange programs in the United States for high school students from around the world. Students are 15 to 18 years of age, have passed a series of academic and character requirements and are awaiting an opportunity to embark on their American Adventure.

Area Representatives recruit and screen prospective host families, interview students to study abroad and supervise the exchange students in their community. Area representatives are compensated based on the number of students they are supervising.

ASSE’s primary goal is to contribute to International understanding by enabling students to learn about other languages and cultures through active participation in family, school and community life.

ASSE’s Area Representatives are the cornerstone of the organization, making all of this possible! For more information about ASSE or becoming an Area Representative, please call our Western Regional Office at 1-800-733-2773 or email us at [asseusawest@asse.com](mailto:asseusawest@asse.com). We look forward to welcoming you to the ranks of Area Representatives nationwide – striving towards a world of understanding, one child at a time! Please check out our webpage at [www.asse.com](http://www.asse.com)

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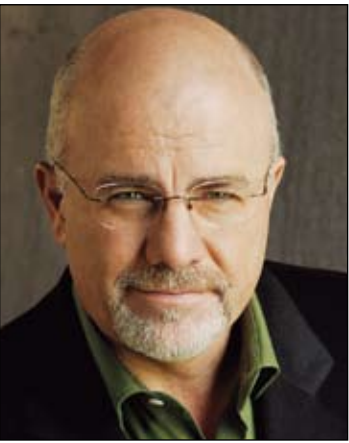
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Picking the Right Trustee

Dear Dave,

I’m going through a divorce, and I’m about to buy a \$600,000 life insurance policy. My 9-year-old daughter would be the beneficiary. I need a trustee, but how do I pick a good one?

- Marie

Dear Marie,

First, your daughter wouldn’t be the beneficiary. You would leave it in a trust for her benefit. And I’m not sure I’d depend on an ex-husband to

Dave Says

handle something that requires this much integrity. You’d be better off hiring a good attorney to execute the trust upon your death, or you can look for a bank that has a trust department.

Once you decide on a trustee, you must remember to clearly and specifically state what you want done with the money. Don’t say to invest the money appropriately, because what a banker views as an appropriate investment and what I view as an appropriate invest are usually very different. A banker might put the money in CDs, or certificates of deposit, while I’d probably look at something like mutual funds, which have a much better rate of return.

In many cases, a trust for a child is put in place to pay for their first car, a medical situation or their college education, but this is completely up to you. The balance of the money might go to them when they reach age 21, while they receive a monthly stipend for food and other essentials while they’re younger.

I’m proud of you for thinking ahead, Marie. I know divorce is hard, but your little girl is lucky to have such a good and caring mom on her side!

- Dave

Dave’s Thoughts About Online Banks

Dear Dave,

How do you feel about using an online bank for your emergency fund?

- Jared

Dear Jared,

I don’t think that’s a problem at all in most situations. Just make sure you do a little research. Know who you’re dealing with and that they’ve got some strength. A bank that is known as a “click and mortar”—one that has a physical location as well as online—would be my preference. Some of them have great debit card programs that includes debit card rewards and high-interest checking accounts, too.

When it comes to an emergency fund, I like the idea of keeping it in a separate money market account. That way you get money market rates, plus you can attach check writing privileges to the account. Then when an emergency comes along, you don’t have to worry about shuffling money around. You can just write a check out of the account. Problem solved!

- Dave

*\*For more financial help, please visit daveramsey.com.*



By Karen Anderson

Once again you are in the constant frenzy of impatience. You have heard the saying, “patience is a virtue”. I personally think the person that came up with that statement must have lived in a vacuum. We are humans and no matter what you do, patience is never easy. Can we totally achieve this on our own? I believe ABSOLUTELY NOT! If you personally have been able to develop patience in all situations, share it with all of us.

I hear so many times that many of you are struggling with the same thing that I do, and that is PATIENCE. Here are a couple of situations that you can face. You are late to an appointment. You get in the car and what happens? You hit every red light in your path. You get more and more frustrated so that by the time you get to your appointment, the thought “One more thing better not go wrong

Let Me Do It!!!

or I will...!!!” Here is another thought for the next time you are stuck at that traffic signal. Maybe God allowed your tardiness so that you avoided an accident or something totally unexpected that could have caused you harm. Instead of letting your emotional thermometer explode be thankful to your heavenly Father that He guided your path. He did this by allowing the car to start, give clear directions to get there, and you made it to your destination all in one piece.

God can use these inconveniences to show us His love. I still hear myself saying to God, as I make fun of my own weaknesses, “God, I need your help but I need it right now, not later, or tomorrow but RIGHT NOW!” Is this kind of praying really going to change anything? The answer is NO, because God, in His wisdom, knows that what you are asking for may not be the best thing for you at the time. We have such a great God that loves us and we just need to ask for His guidance. God’s word says, *“In the morning, LORD, you hear my voice; in the morning I lay my requests before you and wait expectantly.”*

I have another example of waiting (patience) for God’s direction. As I sat at the table

eating my lunch, my dog, Nikki, sat right next to me with those beautiful golden retriever eyes. She looked so longingly at me as I enjoyed my food. Then once or twice I observed her smack her lips with her tongue. Now who can say “no” to that? What I observed was that she was being very quiet and obedient and was just WAITING to see what I would do. When I gave her a small bit of the food... that was one happy dog! Think about God in heaven as we pray and send our petitions to Him. He wants to see if we are willing to be obedient and just wait, but wait expectantly. Then, when He answers, REJOICE!

So even in times of anger and stress because your day is not going the way you expected or planned, pray for that patience and then sit obediently and expectantly for that morsel that God has waiting for you. Then, above all else...BE THANKFUL for what God has done for you.

PASSAGE: Psalm 5:3 (NIV)

*Karen Anderson is an accomplished speaker, author, and chaplain and has a local TV show, Move Your Mountains. Contact Karen at www.doab-leststeps.com, or 916-961-4765.*

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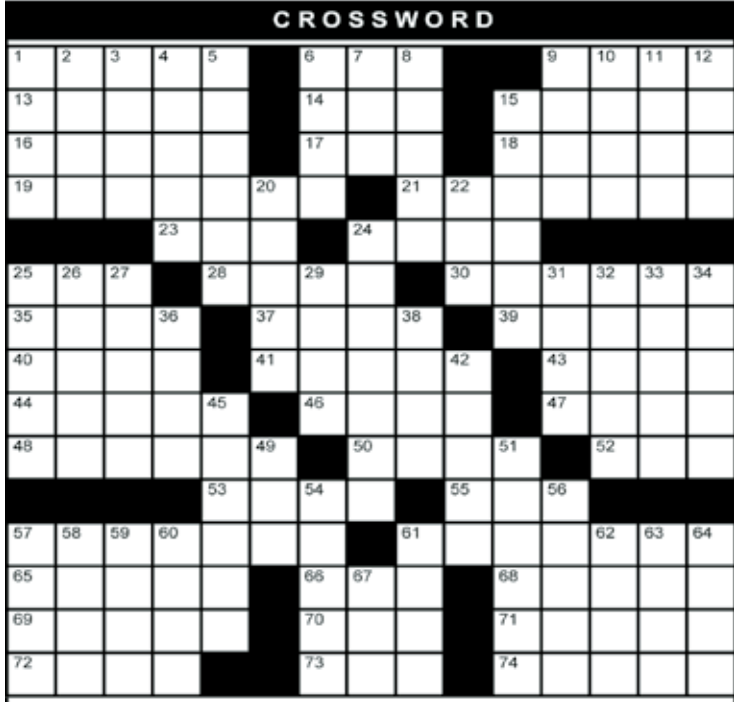
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For Solution See Page 7.

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For Solution See Page 7

CLUES

ACROSS

1. Played, as with an idea  
6. "Lake" in France  
9. Confederate soldier's hat  
13. Copycat's behavior  
14. She married a Beatie  
15. They go from high to low  
16. Ancient Roman's language  
17. Small sandy island on a coral reef  
18. Like days gone by  
19. "One of its teams hasn't won one since 1908  
21. "Chased in playoffs  
23. Friend from Paris  
24. Belongs to us  
25. Fifth note  
28. Patron saint of Norway  
30. "New York transplants and 2010 champ  
35. "All-time Series champs, the Yankees, aka the "\_\_\_\_ Empire"  
37. Not a win and not a loss  
39. Openly distrustful  
40. "More than one grow on Wrigley Field's outfield walls  
41. Become established  
43. Welcoming sign  
44. Concluded  
46. Cylindrical building  
47. One billionth  
48. Relating to nervous system  
50. Some emit a more pleasant one than others  
52. Limited, as in a company  
53. Vegas light  
55. Maiden name indicator  
57. "Last year's NL pennant winner  
61. Sign of irritation  
65. "In 2009, Derek Jeter won one for the \_\_\_\_  
66. Cell phone emergency contact  
68. Relating to seta  
69. Fear-inspiring  
70. Longest division of time  
71. Yemeni neighbor  
72. Track gathering  
73. Pumpernickel, e.g.  
74. Vascular tissue

DOWN

1. Bath powder  
2. Moonfish  
3. Himalayan inhabitant?  
4. American author \_\_\_\_ Jong  
5. Live wire  
6. Batty or bonkers  
7. Santa \_\_\_\_ winds  
8. Beaver-like South American rodent  
9. Used for drying wood or bricks  
10. Cocoyam  
11. Ball-\_\_\_\_ hammer  
12. Is not  
15. It is removed by ENT specialist  
20. Covers with a thin layer of gold  
22. Heat or energy unit  
24. Sometimes done standing  
25. "Best of \_\_\_\_ games  
26. Relating to sheep  
27. One who adheres to Hinduism  
29. Greek god of war  
31. Same as #70 Across  
32. Between India and China  
33. Council of \_\_\_\_, 15th century  
34. Ecclesiastic convention  
36. Suggestive look  
38. "A \_\_\_\_ pitch allowed tie run to score in Game 6 in '86 Series  
42. Not a soul  
45. Johann Strauss's was blue  
49. Welcoming accessory  
51. "They broke the "Curse of the Bambino"  
54. Twig of willow tree  
56. Rap group Public \_\_\_\_  
57. Part of a wine glass  
58. Shakespeare's "you"  
59. Fishing decoy  
60. Leave out  
61. Surrealist \_\_\_\_ Magritte  
62. Abbreviation when referring to a number of people  
63. Of sound mind  
64. "\_\_\_\_ Sallee pitched in 1919 Series against Black Sox  
67. "To His \_\_\_\_ Mistress," poem



# Water Forecasts Mixed for New Year

SACRAMENTO – The Department of Water Resources (DWR) marks a new water year by reminding Californians of the importance of making water conservation a way of life. Water Year 2012-13 officially begins October 1, 2012 and runs through September 30, 2013. Water Year 2011-12 now goes down on record as the first “dry” year since the 2007-09 drought. But early weather forecasts for this winter are split and suggest that this year’s weather is anyone’s guess.

Conservation is the consistent, year-to-year message in drought-prone California, where wet winters often are followed by dry periods that draw down storage reservoirs. “We must always look beyond the current year, whether it turns out wet or dry,” said DWR Director Mark Cowin. “We are working toward more reliable water deliveries through the Bay Delta Conservation Plan, but household and backyard conservation will always be a way of life in California.”

If anything, the uncertain effects of climate change reinforce the conservation message. Models indicate that rain and snowfall will become even less predictable in California, likely with more precipitation falling as rain rather than snow. This may require increased storage to capture rainwater, which runs rapidly into streams and reservoirs, whereas mountain snow melts slowly through spring and early summer.

“It is becoming clearer every day that we need to increase the flexibility and adaptability of our statewide storage and delivery systems,” said Cowin. The start of the water year – coinciding with the beginning of the rainy season -- is significant to water watchers at DWR and other agencies.

Throughout each water year, DWR hydrologists and meteorologists measure precipitation and runoff in the Northern Sierra and other key watersheds and produce runoff forecasts. Measurements are taken by gages in major

ivers, including the Sacramento, Feather, Yuba and American. And DWR snow surveyors will don skis on or about the first of January to begin their winter measurements of water content in the mountain snowpack that normally provides about a third of the water we use in California. All this information goes into forecasts of water supply for spring and summer, the heaviest months of water use by farms and communities.

In spite of relatively dry conditions in 2011-12, DWR was able to deliver 60 percent of requested State Water Project water, thanks to reservoir storage largely carried over from the previous wet year. However, should the new water year beginning October 1 also be dry, the state’s reservoirs and groundwater basins will have less carryover storage for the following year. For further information about California’s water conditions, visit [www.water.ca.gov/waterconditions/](http://www.water.ca.gov/waterconditions/).

# California Economy Forecast: Job Loss



Commentary by Congressman Dan Lungren

The best social welfare program is a job. Comcast recently announced it is moving 1,000 jobs out of the Bay Area and Sacramento. Campbell Soup this week announced it will terminate 700 jobs and close its plant in Sacramento. These headlines are just the latest reminder that the economic environment in California is toxic.

Just last December, the largest publicly traded company in our region, Waste Connections (based in Folsom) announced it was packing its bags for Texas. The main reason for their relocation is the

same one stated by Comcast (later retracted), “It is too difficult to do business in California.” Now, although Campbell Soup did not make this claim, I am confident it was a factor in their decision to close their plant in Sacramento.

At a time when our unemployment is well above the national average, my No. 1 priority has been to do all I can to help, not hinder, the creation of jobs for Americans who are struggling in this economy. Creating an environment that encourages businesses – large and small – to reinvest, expand, and hire more people should be the goal for all elected officials.

In Congress the past two years, I have supported 42 pro-growth, pro-jobs bills.

I have signed my name in support of the One New Employee Act, which would provide tax credits to small businesses that hire a new employee who was unemployed and receiving unemployment benefits. I have also signed on to the Small Business Tax Cut Act which would allow a qualified small

business a tax deduction equal to 20 percent of the lesser of qualified domestic business income or taxable income. The latter of these two bills passed the House of Representatives in a bipartisan vote and currently awaits consideration in the Senate.

California was once a magnet for business and jobs. Today the toxic mix of high taxes, future tax increases, over regulation, high energy costs and an unfriendly legal environment is killing our state. It doesn’t have to be this way. We can do better.

My friend Jack Kemp once said, “When people lack jobs, opportunity, and ownership of property, they have little or no stake in their communities.” When our companies that provide those jobs move to greener pastures in other business-friendly states, it is a body blow to the families who are connected to those companies, the communities they live in and the entire state. Now is the time to focus on the factors that are causing the exodus and make California desirable for business again.

# Time Calls for the Great Awakening of the Muslim World

Letter to the Editor from Ramlah Malhi, Berkeley

At this time of distrust and chaos around the world especially in the Middle East the Muslim world needs to remember the time when the Prophet Muhammad (peace and blessings of God be upon Him) was stoned in the city of Taif and bled to the extent that his shoes were soaked with blood. At that time Angel Gabriel came to him saying that at Prophet’s one word he had the ability and permission from God to join the two mountains and crush the people who lived between them. What did our injured Prophet Muhammad (pbuh) say? ‘NO’. He showed patience and forbearance because God will help the same people come to the right path. If our most honored and respectable Prophet can forgive the people who caused his blood to stain his clothes and shoes then who are we to take revenge on others?

The main point of this film and cartoons like it in the past is to provoke Muslims to act in the way that this provocative propaganda predicts. Muslims need to stay strong and even though it is tough it is the way

of our beloved Prophet (pbuh). It was the same Prophet who said a thousand times to love and care for your neighbors. Then who are we to go burn down embassies and cause a chaos on our streets and be a problem to our neighbors and fellow humans.

It was our beloved Prophet who told us to love and care for our guests because they are a blessing and honor from our God upon us. Then who are we to murder innocent people such as the US ambassador and diplomats who are guests in the country?

It was our beloved Prophet who said that even if one is at war he or she should not hurt the plants and the trees. It was our beloved Prophet who said to pick up a banana peel or a stick or any such obstacle from a street that can cause harm to another. Then who are we to block streets and protest by burning other’s cars, by abusing other’s property, and stopping one from proceeding to his or her work.

I believe, as a member of Ahmadiyya Muslim Community USA which wholly condemns the violence in Libya, Egypt, and the Middle East, am not alone in saying that it is upon the Muslim community on the whole to stand

up at this hard time to truly portray the true teachings of the Prophet Muhammad when it is hard to do so when our feelings are hurt. This is the time to depict the true teachings and show that all the things that the hateful film and cartoon portray are wrong.

If we keep this horrific routine in all the Muslim countries then we are no better than what we condemn. I know that the Muslim world stands by me when I say that if Prophet Muhammad (pbuh) was alive at this time he would have never done any protest such as that happening around the world. Then it is upon us to keep his tradition and teachings alive and stop this insanity and show the world that we are the true followers of the most beloved, humble, respectful, forgiving, and respectable man. It is now time more than ever to follow the example of the Prophet Muhammad (pbuh) rather than giving into these baits. Muslims need to be an example to others that what these films and cartoons portray is wrong. We need to follow the Koran and the Prophet when it is said for Muslims to walk away from those insulting their faith and pray for them and ourselves.”

# New Delta Flow Standards May Pose Serious Risks for Water Rights



Commentary by Shauna Lorange

How much water from our rivers is needed to restore the ecosystem in the Sacramento-San Joaquin River Delta and San Francisco Bay? This is what’s now being determined by the State Water Resources Control Board as they plan for the Delta’s new flow standards.

If the board approves a Bay-Delta solution requiring higher instream flows, we’ll all be affected and it won’t be good.

Right now, San Juan holds some of the oldest water rights in California. These rights are what secure our customers’

water supplies, now and in the future. A water right authorizes the amount of water that can be diverted from a source and put to beneficial use. Many say that water rights are like liquid gold.

The state board has the authority to alter these rights and decrease our water amounts if additional flows are required for the rivers that flow into the Delta. Consequently, we’d be forced to increase customer rates to pay for increased costs associated with using our water. This would require customers to further reduce water use.

We, along with dozens of Sacramento-area water providers, are already implementing water management plans to help the Delta region. If we put more water into the Delta, this restricts our region’s future water use which would negatively impact our environment and economy.

Through decades of regional planning efforts, we’ve balanced the water needs of our community and environment. The state board should not undo that balancing with new American River flow requirements. They should

use the science-based flow standard already agreed upon by regional stakeholders.

The flow standard for the Delta and the American River are being analyzed right now. We’re advocating for a solution that honors water rights, requires those who benefit from use of the water to fund associated costs and avoids negative impacts to areas in our region.

Help us defend our water rights and keep your water local. Share your opinion with legislators and stay informed as water plans unfold.

*Shauna Lorange is the general manager for San Juan Water District. A graduate from the University of California, Davis with a degree in Mechanical Engineering, Shauna has more than 20 years of experience in the water field. She has been with SJWD for 16 years, and has served as general manager for the last eight. Shauna is a registered civil engineer and a certified special district administrator*

# Will “Fast and Furious” Show That Cover-ups Work?

Commentary by Peter J. Thomas

Have you heard about Operation Fast and Furious? Most people haven’t. And the Obama administration and its media allies would like to keep it that way.

It’s a scandal that has the potential to be Obama’s Watergate.

A program that began as an intelligence operation to track guns to Mexican drug cartels apparently morphed into something else entirely, perhaps an effort to gin up support for the Obama administration’s gun control agenda. The administration encouraged the sale of guns to criminals through frontmen known as “straw purchasers” – guns that were supposed to be tracked, but weren’t – and those guns were used to kill hundreds of Mexicans and, in all probability, at least one U.S. agent, Brian Terry of the Border Patrol.

In the 20 months since the murder of Agent Terry, administration officials have given false information to Congress about the case. They have stonewalled congressional investigators by refusing to let them see critical documents. The attorney general, Eric Holder, has become the first Cabinet officer ever to be held in civil and criminal contempt by Congress. And the President himself has impeded the investigation by invoking “executive privilege” in order to

hide information.

This is how the scandal developed:

During the Bush administration, the Bureau of Alcohol, Tobacco and Firearms (ATF) conducted a program in which guns were “walked” into Mexico – that is, gun dealers were encouraged to sell weapons to straw purchasers and smugglers who planned to move them across the border. Working with Mexican authorities, ATF tracked these guns, obtaining information that was vital to understanding the cartels’ operations. Project Gunrunner, as it was known, was successful, leading to hundreds of arrests.

Then came the Obama administration, and the Apology Tour – an effort to curry favor with other countries by apologizing for U.S. actions ranging from the bombing of Hiroshima to the CIA operation in the ‘50s that kept Iran out of the Soviet orbit.

One such apology was made to Mexico for that country’s drug war, which was supposedly the fault of the United States. Secretary of State Hillary Clinton said that “90 percent of that weaponry [used by the cartels] comes from our country” and that “The guns sold in the United States, which are illegal in Mexico, get smuggled and shipped across our border and arm these terrible drug-dealing criminals so that they can outgun these poor police officers along the border and elsewhere in Mexico.”

At a press conference with the president of Mexico, President Obama claimed that “More than 90 percent of the guns recovered in Mexico come from the United States, many from the gun shops that line our shared border.”

There was, administration officials said, an “Iron River” flowing from U.S. gun dealers to Mexican criminals.

That claim was a fraud. For one thing, some of the guns traced to the U.S. had actually come from the diversion or theft of American aid to the Mexican army, not from gun sales. And the “90 percent” statistic came from a small sample of the guns recovered in Mexico, a sample made up of guns that had markings indicating they were from the U.S. Saying that 90 percent of those guns came from the U.S. is like saying that 90 percent of cat-food buyers have cats!

In fact, the vast majority of the cartels’ guns enter Mexico from south of that country, not from the U.S.

Blaming America for Mexican guns was a key part of the Obama administration’s campaign for more restrictions on the sale of guns, especially sales of so-called assault weapons (“so-called” because the term “assault weapon” has no specific definition). Obama administration officials said that, because the hellish conflict in Mexico was our fault, we had a responsibility to do something about it,

even at the risk of our Second Amendment rights.

Also, they told us that the torrent of U.S.-to-Mexico gun trafficking showed the need for an international agreement, a treaty that would override the Constitution and give the United Nations more power to control guns. (Sure enough, the administration recently conducted negotiations on such a treaty, but backed away from a deal at the last minute out of fear of a backlash on Election Day.)

Thus, much of the Obama administration’s plan for increased gun control depended on the claim – the myth – that the U.S. was responsible for Mexico’s plight.

That brings us back to Fast and Furious. The Obama administration resumed gunwalking into Mexico, but here was a big difference between the old Bush program and the new Obama program. This time, the guns weren’t actually tracked!

Mexican authorities were kept in the dark about the operation. So was Congress. Of some 2,000 guns, two – that’s right, two – were fitted with tracking devices. Serial numbers were recorded, but, without help from the Mexicans, there was simply no way to trace the guns once they got to Mexico, where, typically, they were dumped at crime scenes.

Hundreds of Mexicans were killed with the guns. One of

them was the brother of the state attorney general in Chihuahua, Mexico.

On December 14, 2010, Brian Terry, a member of an elite group of Border Patrol agents, was killed during a border interdiction mission in Peck Canyon, in Arizona near the border. Most likely, he was killed with one of the F&F guns found at the scene.

Then the lies started.

A couple of months after the murder of Agent Terry, an assistant attorney general, responding to questions from Senator Charles Grassley (R-Iowa), claimed falsely that “ATF makes every effort to interdict weapons that have been purchased illegally and prevent their transport into Mexico.” Grassley was told that the ATF didn’t allow gunwalking.

The following May, Attorney General Holder testified before Congress that he first heard about Fast and Furious “over the last few weeks.” Later, it would turn out that Holder had received memos more than a year earlier detailing F&F, and that the staff of Holder’s top aide had approved wiretaps connected to the operation.

When members of Congress discovered that they had been misled, they demanded that Holder and his aides turn over documents revealing what they knew and when they knew it. They refused, and the House voted 255-67 to hold him in

criminal contempt. The House is now suing to enforce its subpoenas.

Were the administration’s actions regarding Operation Fast and Furious influenced by the need to stigmatize border-area gun sales and lay the foundation for new gun controls? We don’t know. That’s why my organization has offered a \$100,000 reward for proof of White House involvement to that effect.

In the meantime, the cover-up continues. It’s often said that the cover-up is worse than the crime, that it’s better to come clean. But that’s not really true; the great majority of the time, cover-ups work, at least for liberals and Democrats who don’t face the sort of media scrutiny directed at conservatives and Republicans.

As talk show host and former CNN correspondent Chris Plante puts it, the media’s greatest power is the power to ignore. So far, the media, with a few exceptions, have barely mentioned a jaw-dropping scandal that could have crippled the Obama administration. If only people knew...

*Peter Thomas is chairman of the Conservative Caucus, which has offered a \$100,000 reward for proof of White House involvement in the origin of the Fast and Furious scandal. [www.ConservativeUSA.org](http://www.ConservativeUSA.org). The Conservative Caucus, 450 Maple Avenue, East, Vienna, VA 22180, (703) 938-9626*



# Free Basketball Clinic for Boys and Girls



Jeremy Russotti with Josh Akognon, who led Kings summer team in scoring. Photo courtesy of 1 Percent Club.

SACRAMENTO REGION – 1% CLUB Basketball Training founder Jeremy Russotti and Philippe Doherty are coming to Elk Grove October 14th for a FREE Basketball Clinic for boys and girls grades 3rd-High School at St. Michaels Episcopal School. Noted as one of the top basketball developmental minds in the world today, Jeremy has proven that he can aid the most elite players more efficient with his hybrid relevance training. Just this past year, he has modified his curriculum for younger players, bringing his K-12 training programs to 7 cities in California, as well out of state.

Says Bobby Jackson (Assistant Coach Sacramento Kings), “I really was impressed

with the training Phil and Jeremy provided for my son and nephew. They really enjoyed it and got great workouts from the 6-week sessions. Coach Doherty’s enthusiasm gets the best out of the kids, while teaching them new skills and drills to make them better.”

Most recently, Jeremy has been a skill consultant for the Los Angeles Lakers, Golden State Warriors, and trains elite basketball players such as Josh Akognon (Dallas Mavericks), Shabazz Muhammad (UCLA), and Stephen Domingo (Georgetown). Just this past summer, Josh Akognon led the Sacramento Kings in Scoring in NBA Summer League. Josh has been training with Jeremy exclusively since he was 13

years of age. Says Mark Giorgi (Head Coach American River College), “This is probably one of the top basketball training organization out there. Them coming to this area is huge for the local basketball scene. If you are a young player or a professional, this will be the place to be.”

There is no need to pre-register, just show up on the 14th and learn about the future Sunday training classes at Sheldon High school. For any questions, call Philippe Doherty at (916) 529-2757, or via email phil@1percentclub.org. The free clinics are sectioned by age running sometime between 4pm-8pm. Please visit our website [www.1percentclub.org/training.htm](http://www.1percentclub.org/training.htm) for more details.



by David Dickstein



### Family Films

**“Frankenweenie”**  
Opens Oct. 5, rated PG  
[disney.go.com/frankenweenie](http://disney.go.com/frankenweenie)

Not your boy and his dog tale, the latest from writer-director Tim Burton is his third stop-motion animated film after “The Corpse Bride” and “The Nightmare Before Christmas.” Macabre, yet heartwarming -- typical Burton, in other words -- the story follows young Victor, who loses his beloved dog but brings him back to life through the power of science. Voice cast is led by Winona Ryder, Martin Landau, Martin Short and Catherine O’Hara..

**“Fun Size”**  
Opens Oct. 28, rated PG  
[paramount.com/funsize](http://paramount.com/funsize)

Nickelodeon darling Victoria Justice (“Victorious,” “Zoey 101”) plays a sarcastic teenager who is forced to take her younger brother trick-or-treating on Halloween, only to end up losing him. Instead of calling the police, which is probably the best move in the real world, this comedy has the young lady trying to handle the situation herself. Her rationale: If Mom finds out she’s toast.

**“Here Comes the Boom”**  
Opens Oct. 12, rated PG  
[boom-movie.com](http://boom-movie.com)

When budget issues threaten the music program of a failing high school, the biology teacher (Kevin James) hopes to raise money by moonlighting as a mixed martial arts fighter. He’s a former collegiate wrestler, so it’s not as far-fetched as it sounds, but even still, it’s a comedy. Henry Winkler plays the jeopardized music teacher, while Salma Hayek plays possibly the hottest school nurse in history.

# Films and DVDs for the Whole Family



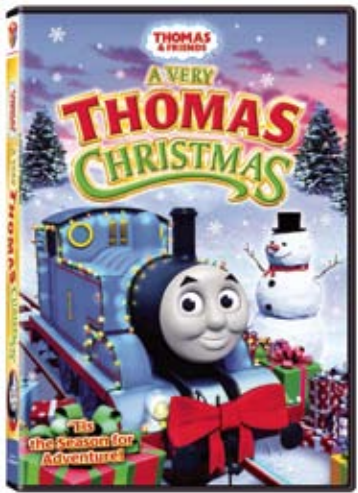
### Family DVDs

**“Big Top Scooby-Doo!”**  
(ages 3-8, Oct. 9 on DVD, not rated): When a traveling circus faces possible closure because of recent attacks on performers and stolen property from patrons, Scooby and the gang go inside to find out who or what is behind all that. Fred, Daphne and Velma become a trapeze artist, motorcycle stunt driver and a human cannonball, respectively, but even scarier is the possibility that werewolves are causing the terror. *Grade: B*

**“Happiness Is ... Peanuts: Go, Snoopy, Go!”**  
(ages 3-8, Oct. 9 on DVD, not rated): The latest in the “Happiness Is” series pairs the 1974 TV special, “It’s Spring Training, Charlie Brown” with an episode from “The Charlie Brown and Snoopy Show” on one disc. “Spring Training” has been long-available on DVD and it’s far from being a classic. No bonuses, too. Good grief. *Grade: C*

**“Madagascar 3: Europe’s Most Wanted”**  
(ages 4-12, Oct. 16 on DVD and Blu-Ray, PG): Funny, exciting and heart-warming is the third time out with Alex, the soft-pawed lion, Marty the sassy zebra and Melman, the neurotic giraffe. The summer hit is the best of the 7-year-old franchise and makes the most of an all-star voice cast led by Ben Stiller, Chris Rock, David Schwimmer and Jada Pickett Smith. *Grade: A*

**“Thomas & Friends: A Very Thomas Christmas”**  
(ages 2-7, Oct. 9 on DVD, not rated): Get on track with the holiday season early with this yuletide-themed DVD that features four all-new episodes and game bonuses. More content would have been cheap and easy, so you and your child will have to make due with just 48 minutes of edutainment. *Grade: B*



**“Tom and Jerry: Robin Hood and his Merry Mouse”**  
(ages 3-8, Oct. 2 on DVD and Blu-ray, not rated): A cat-and-mouse tale provides the fresh take on the heroic outlaw of English folklore. This all-new original, 2-D animated film has surprisingly good production value and features the classic frenemies who suspend their feud to thwart a plan that would bring harm to Maid Marian. *Grade: A-*



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