



The Voter

The League of Women Voters of Western Nevada County

January 2010

Health Care Alternatives in Nevada County?

A panel of speakers from local health providers will be with us to discuss the services they provide and to answer your questions.

OUR PANEL:

**Chapa De Indian Health Program
Hospice of the Foothills
Miner's Family Health Center
Sierra Family Medical Clinic & Dental Services
Sierra Nevada Memorial Hospital
Yuba Docs Urgent Care**



Saturday, January 9, 2010

Refreshments at 9:30 a.m.—Program at 10:00 a.m.

Peace Lutheran Church
828 West Main
Grass Valley



Our January Program January 9, 2010

Most of us know about our own health care providers, but, at our November League meeting, we discovered that many of us know very little about the range of alternative health services available to us right here in Nevada County.

As members and guests spoke about health care at the November meeting, it was obvious that not only was this issue of great interest but also that we need much more information about what's being offered in our community.

In light of this, our League has invited representatives from six different local health care organizations to tell us briefly about the services they provide and if and how they serve the insured and uninsured. We have asked them to also discuss the legal document known as the Advanced Directive.

Representatives from Chapa De Indian Health Program, Hospice of the Foothills, Miner's Family Health Center, Sierra Family Medical Clinic, Sierra Nevada Memorial Hospital and Yuba Docs Urgent Care will comprise the panel.

Having realized that we should know more about the services being offered in our own community, our League is happy to share this knowledge with our friends and neighbors in the community. We are delighted to bring this program and our distinguished guests to you on January 9th. Come with your questions and plan to join us on this important update of alternative services available in Western Nevada County.

Helen Williamson, Program Coordinator



Martin Luther King, Jr.

(January 15, 1929-April 4, 1968) was born Michael Luther King, Jr., but later had his name changed to Martin. His grandfather began the family's long tenure as pastors of the Ebenezer Baptist Church in Atlanta, serving from 1914 to 1931; his father had served from then until 1964, and from 1960 until his death, Martin Luther acted as co-pastor. Martin Luther attended segregated public schools in Georgia, graduating from high school at the age of fifteen; he received a B.A. degree in 1948 from Morehouse College, a distinguished African American institution of Atlanta from which both his father and grandfather had graduated. After three years of theological study at Crozer Theological Seminary in Pennsylvania where he was elected president of a predominantly white senior class, he was awarded the B.D. in 1951. With a fellowship won at Crozer, he enrolled in graduate studies at Boston University, completing his residence for the doctorate in 1953 and receiving the degree in 1955. In Boston he met and married Coretta Scott, a young woman of uncommon intellectual and artistic attainments. Two sons and two daughters were born into the family.

In 1954 he became pastor of the Dexter Avenue Baptist Church in Montgomery, Alabama. Always a strong worker for civil rights for members of his race, King was, by this time, a member of the executive committee of the NAACP, the leading organization of its kind in the nation. He was ready, then, early in December, 1955, to accept the leadership of the first great African American nonviolent demonstration of contemporary times in the United States, the bus boycott. The boycott lasted 382 days. On December 21, 1958, after the Supreme Court declared

unconstitutional the laws requiring segregation on buses, blacks and whites rode the buses as equals. During these days of boycott, King was arrested, his home was bombed, he was subjected to personal abuse, but at the same time he emerged as a Black leader of the first rank.



In 1957 he was elected president of the Southern Christian Leadership Conference, an organization formed to provide new leadership for the now burgeoning civil rights movement. The ideals for this group he took from Christianity; its operational techniques from Gandhi. In the eleven-year period between 1957 and 1968, King traveled over six million miles and spoke over twenty-five hundred times, appearing wherever there was injustice, protest, and action; and meanwhile he wrote five books as well as numerous articles. In those years, he led a massive protest in Birmingham that caught the attention of the entire world, providing what he called a coalition of conscience, and inspiring his "Letter from Birmingham Jail", a manifesto of the Negro revolution; he planned the drives in Alabama for the registration of Black voters; he directed the peaceful march on Washington, D.C., of 250,000 people to whom he delivered his address, "I Have a Dream", he conferred with President John F. Kennedy and cam-

aigned for President Lyndon B. Johnson; he was arrested upwards of twenty times and assaulted at least four times; he was awarded five honorary degrees; was named Man of the Year by *Time* magazine in 1963; and became not only the symbolic leader of American Blacks but also a world figure.

At the age of thirty-five, Martin Luther King, Jr., was the youngest man to have received the Nobel Peace Prize. When notified of his selection, he announced that he would turn over the prize money of \$54,123 to the furtherance of the civil rights movement.

On the evening of April 4, 1968, while standing on the balcony of his motel room in Memphis, Tennessee, where he was to lead a protest march in sympathy with striking garbage workers of that city, he was assassinated.

As we look back this New Year at the life of Dr. King, people of all ages and backgrounds will come together to improve lives, bridge social barriers, and to move our nation closer to the "Beloved Community" that Dr. King envisioned. Dr. Martin Luther King devoted his life's work to causes of equality and social justice. He taught that through nonviolence and service to one another, problems such as hunger and homelessness, prejudice and discrimination can be overcome. Dr. King's teachings can continue to guide us in addressing our nation's most pressing needs---poverty, economic insecurity, job loss and education.





THE INITIATIVE PROCESS



Steps in the Initiative Process

- Proponents write the text of the proposed law.
- The draft is submitted to the Attorney General along with \$200. The money is refunded if the measure qualifies for the ballot; otherwise it is placed in the state's general fund.
- The Attorney General prepares a title and official summary.
- The Attorney General sends the summary to proponents, the Senate, the Assembly and the Secretary of State. The Legislature may conduct public hearings on it, but cannot amend it.
- Calendar deadlines are calculated from the date the summary is sent to the proponents (the official summary date).
- Petitions must have the official summary on each signature page.
- Circulation of petitions can only begin on the official summary date. Completed, signed petitions must be filed no later than 150 days from the official summary date. Each initiative will be placed on the next state-wide general or special election ballot that occurs 131 days after the petition qualifies.
- Number of signatures required:
 1. Initiative statute: five percent of the votes cast for all candidates who ran for governor in the last election. The number of signatures required to qualify for this ballot is 373,816.
 2. Initiative constitutional amendment: eight percent of the votes cast for all candidates who ran for governor in the last election. The number required to qualify for this ballot was 598,105.
- Signers may withdraw their names by filing a written request.
- Petitions must be filed in the county in which they were circulated.
- If the state total based on random sampling is more than 110 percent of the required number of signatures, the Secretary of State certifies the initiative as qualified for the ballot. If the random sampling total is between 95 and 110 percent of the required number, a full count of all of the signatures is required.
- When the initiative measure qualifies, it is sent to the Legislature. It is assigned to the appropriate committees, which then hold joint public hearings on the subject at least 30 days before the election. The Legislature has no authority to alter the measure or prevent it from going on the ballot.
- Under the Political Reform Act of 1974, committees supporting or opposing an initiative must file campaign disclosure statements if they have made or received contributions or made expenditures.
- Proponents and opponents may submit arguments for inclusion in the ballot pamphlets.
- An initiative measure approved by majority vote takes effect the day after the election unless it specifies otherwise. If provisions of two or more measures approved at the same election conflict, those of the measure receiving the highest affirmative vote prevail. The Legislature may amend or repeal initiative statutes by another statute that becomes effective only when approved by voters, unless the initiative statute permits amendment or repeal without their approval.

(Adapted from the LWV California 1998 Initiative and Referendum study kit, pages 9 and 10.)

For a detailed description of the initiative process, go to the [California Secretary of State's website](#).

How To Evaluate Initiatives



- Who are the real sponsors and opponents of the measure? Investigate the names of groups with which you are not familiar.
- Does the measure deal with one issue which can easily be decided by a “yes” or “no”? Or is it a complex issue which should be thoroughly examined in the legislative arena?
- Is it written well? Are there conflicts in the measure that may require court resolution or interpretation? Is it “good government” or will it cause more problems than it will resolve?
- If the measure amends the Constitution, consider whether it really belongs in the Constitution. Amending the Constitution is cumbersome and costly and requires a vote of the people. Would a statute accomplish the same purpose?
- Does the measure create its own revenue source? Does it earmark, restrict, or obligate a specific percentage of General Fund revenues? Consider the effect on the overall flexibility of the budget.
- Examine the measure by its merits. During the campaign, be wary of distortion tactics and commercials that rely on image, but tell nothing of substance about the measure.

In our Voter Service role, we present unbiased, nonpartisan information about elections, the voting process, and issues on the ballot.

WORDS TO LIVE BY

*“Always remember, you’re unique.
Just like everyone else.”*

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New Year Superstitions



People across the globe trust in certain superstitions related to New Year's Day. The underlying idea behind most of these superstitions is that events occurring on New Year's Day set the pattern for the rest of the year. According to customs prevalent in their society, people perform auspicious acts to invite Lady Luck and ward off evil. Given here are some of the most astonishing and popular New Year Superstitions:

[Avoid Crying](#)

It is said that one should avoid breaking things or crying and wailing on the first day of the year if you don't want to continue the pattern for the entire year.

[Be Polite](#)

People say that one should behave nicely on New Year' Day and must refrain from using foul language. Ghost stories and conversations on death should also be avoided.

[Don't Let Money Leave the House](#)

In several countries, people do not let money, jewelry, precious items or other invaluable things leave home on New Year's Day. Hence, it is said that one should not pay loans and bills or lend things to anybody. People go to the extent of not taking out garbage or even not dusting their carpets on this day to ensure that nothing goes out of the home during the year.

[Do Not Wash Dishes](#)

In several societies washing dishes and doing laundry on New Year's Day is said to lead to a death in the family during the year. Many people do not even wash their hair on New Year's Day.

[Make Noise](#)

People believe that the Evil One and his attendants and servants hate din and loud noise. So, scare them away by being as loud in New Year celebrations as possible. Church bells are rung at midnights for the same reason.

[Dance in the Open Air](#)

To dance in the open air, especially around a tree on New Year's Day ensures luck in love and prosperity and freedom from ill health during the coming twelve months.

[Drain the Bottle](#)

You could ensure yourself good fortune by draining the last dregs from a bottle of anything to drink on New Year's Day.

[Eat Black-Eyed Peas](#)

In the Southern part of the United States it is said that eating black-eyed peas on New Year's Day will attract both general good luck and money in particular to the ones doing the dining.

We appreciate the support of the following local businesses and business professionals

SPD Markets

735 Zion Street, Nevada City

(530) 265-4596

<http://spdmarket.com>

New Moon Café

203 York Street, Nevada City

(530) 265-6399

www.thenewmooncafe.com

A. Ann Armstrong

**Attorney & Counselor-at-Law
Estate Planning**

200 Auburn Folsom Road, Auburn 95603

(530) 269-1515

Eskaton

Senior Residences & Services

625 Eskaton Circle, Grass Valley

(530) 273-1778 - (530) 273-8058 (FAX)

www.eskaton.org/index.htm

The Book Seller

107 Mill Street, Grass Valley

(530) 272-2131

booksgv@pacbell.net

Country Copy Print Shop

Maggi Cammack

1200 East Main Street, Grass Valley

(530) 272-4657

BriarPatch Co-op

Natural Foods Community Market

290 Sierra College Drive, Grass Valley

(530) 272-5333

M-Sat 7a-8p. Sun. 8a-7p www.briarpatch.coop

The Wooden Spoon

A Toy Store for Cooks

2006 Nevada City Highway, Grass Valley

(530) 272-8980

Mill Street Clothing

Lisa Swarthout

117 Mill Street, Grass Valley

(530) 477-6404

Flour Garden Bakery

11999 Sutton Way & 109 Neal Street, Grass Valley

340 C Elm Avenue, Auburn

(530) 272-2043 - (530) 477-2253

M-Sat. 5a-7p, Sun. 6a-8p www.flourgarden.com