

Fresno City College
Paralegal Studies Program
Business Division
1101 E. University Avenue
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TOP 100 OF THE NATION

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Since 1989 the FCC Paralegal Studies Program has offered exemplary training for California paralegals. The program offers both a certification program and an A.S. Degree which fulfill the requirements of California Business and Professions Code § 6450 et seq. Internship placement is an integral part of the program providing practical experience and an opportunity for networking in the legal field.

For Admissions Information, please contact:

Fresno City College
Admissions Office

(559) 442-4600

MCLE

Mandatory Continuing Legal Education credits are offered periodically through the Approved California State Bar General Provider: Fresno City College Student Paralegal Association.

ON POINT!

October 2009



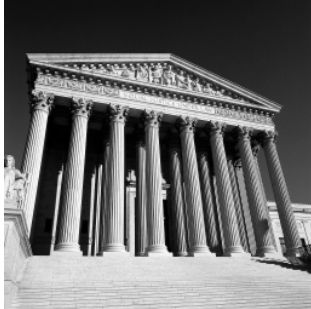
Do you know the story behind the song, "Taps?" While there are various stories that have come down through history, some more authentic than others, the following story gives the sentiment that many of us feel whenever we hear the lone bugler play Taps. It all started during the Civil War . . .

During the night, Captain Ellicombe heard the moans of a soldier who lay severely wounded on the field. Not knowing if it was a Union or Confederate soldier, the Captain decided to risk his life and bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the Captain reached the stricken soldier and began pulling him toward his encampment. When the Captain finally reached his own lines, he looked down only to discover it was actually a Confederate soldier, but the soldier was dead. The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light, he saw the face of the soldier. It was his own son. The boy had been studying music in the South when the war broke out. Without telling his father, the boy enlisted in the Confederate Army.

The following morning, heartbroken, the father asked permission of his superiors to give his son a full military burial, despite his enemy status. His request was only partially granted. The Captain had asked if he could have a group of Army band members play a funeral dirge for his son at the funeral. The request was turned down since the soldier was a Confederate, but out of respect for the father, they told him they could give him only one musician. The Captain chose a bugler. He asked the bugler to play a series of musical notes he had found on a piece of paper in the pocket of the dead youth's uniform. This was granted, and the haunting melody, we now know as "Taps" used at military funerals, was born.

Whether the tale is true or not, we can only attempt to understand the bravery of our veterans and their families, as well as the sorrow they feel when dedicated men and women are injured while defending our country's flag. We owe a great debt of gratitude to all those who have served and are serving our country in the armed forces.

WHAT SUPREME COURT JUSTICE was nominated by President Bush on Halloween Day?



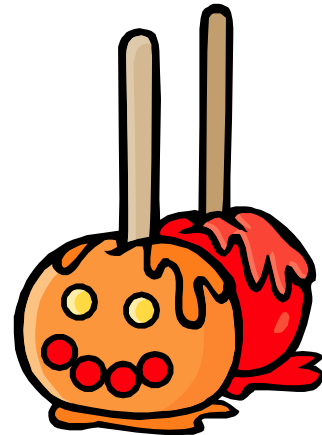
Judge Samuel Alito, Jr.

A HALLOWEEN RECIPE

PUMPKIN BREAD

Ingredients :

1/3 cup vegetable oil
1/2 teaspoon ground cloves
1 cup fresh or canned pumpkin puree
3 eggs 1 cup sugar
2 teaspoons ground cinnamon
1/2 cup raisins
2 1/3 cups Bisquick
Pinch of ground nutmeg (optional)



TOO MUCH SUGAR?

Ask any classroom teacher. One of the worst school days of the year is the day after Halloween. Not only have the students been up too late the night before going through and testing their candy, but most have devoured candy for breakfast as well.

Reports on childhood obesity are heard far too often. Safety problems are heard every year regarding children hit by cars trick or treating, obtaining tainted candy or worse.

Children with diabetes face an extremely hard time at Halloween. While most of their friends are devouring an exorbitant amount of sugar, they must show restraint. Here are some hints for parents with diabetic children but also are good suggestions for parents of all children.:

- plan ahead by adjusting your child's insulin for the extra sweets
- send him/her with alternative or sugar-free treats (e.g., sugar-free Jello Jigglers in spooky shapes)
- send him/her with low carb chocolate candies from the Hershey's Solution Center
http://www.hersheys.com/products/solution_center.asp
- encourage exercise and activity to improve blood sugar control
- suggest party activities unrelated to food

- focus on decorations, costumes, and pumpkin carving competitions.
- consider passing out alternative treats to all your Halloween trick-or-treaters (e.g., fake vampire teeth, temporary tattoos, slime balls, etc.)



SPOOF OR SPOOK ?

At this time of year one hears many folktale legends and strange tales that come from the past . Do you know the answer to this one?

Which President and former General's spirit is said to have visited the Union Army's 20th Maine Regiment at Gettysburg to encourage them to head off a desperate Confederate assault?

- Thomas Jefferson
- George Washington
- Ulysses S. Grant
- Barney
- Abraham Lincoln

ANSWER: George Washington.



WORDS OF WISDOM

Every man should have a fair-sized cemetery in which to bury the faults of his friends.

Henry Brooks Adams

Right actions for the future are the best apologies for wrong ones in the past.

Tyron Edwards

A man never discloses his own character so clearly as when he describes another's.

Jean Paul Richter

IDENTITY THEFT QUIZ

By

U. S. Department of Justice

Identity theft is a horrible thing to have to live through. Recently, AT&T sent out a warning about a phishing email attempt to get AT&T customers private information. AT&T stated they do not ask for that type of personal information via email. In their warning they referred people to the U. S. Department of Justice website in order to learn more about avoiding identity theft. Here's the quiz taken from www.usdoj.gov.

Do you know how you can reduce the risk of becoming a victim of identity theft? See how you score.

1. When I keep my ATM cards and credit cards in my wallet, I never write my PIN (Personal Identification Number) on any of my cards.
2. When I leave my house, I take with me only the ATM and credit cards I need for personal or business purchases.
3. When I get my monthly credit-card bills, I always look carefully at the specific transactions charged to my account before I pay the bill.
4. When I get my monthly bank statements, credit-card bills, or other documents with personal financial information on them, I always shred them before putting them in the trash.
5. When I get mail saying I've been preapproved for a credit card, and don't want to accept or activate that card, I always tear up or shred the preapproval forms before putting them in the trash.
6. I request a copy of my credit report at least once a year.
7. If the volume of the mail I get at home has dropped off substantially, I always check with my local post office to see if anyone has improperly filed a change-of-address card in my name.

8. If I think that I may be a victim of identity theft, I immediately contact:
 - the Federal Trade Commission to report the situation and get guidance on how to deal with it.
 - The three major credit bureaus to inform them of the situation.
 - My local police department to have an officer take a report.
 - Any businesses where the identity thief fraudulently conducted transactions in my name.

The DOJ also advises getting more information on identity theft by going to the Federal Trade Commission's Identity Theft Webpages at www.consumer.gov/idtheft.

MARK TWAINISMS

Last week, I stated this woman was the ugliest woman I had ever seen. I have since been visited by her sister, and now wish to withdraw that statement.

Be careful about reading health books. You may die of a misprint.

What would men be without women? Scarce, sir... mighty scarce.

Don't go around saying the world owes you a living. The world owes you nothing. It was here first.

And a few other thoughts to amuse:

I was married by a judge. I should have asked for a jury.

- *Groucho Marx*

My luck is so bad that if I bought a cemetery, people would stop dying.

- *Ed Furgol*

We could certainly slow the aging process down if it had to work its way through Congress.

- Will Rogers

. . . and a **great example of efficiency:**

The efficiency expert concluded his lecture with a note of caution. "You don't want to try these techniques at home."

"Why not?" asked someone from the back of the audience.

"I watched my wife's routine at breakfast for years," the expert explained, "She made lots of trips to the refrigerator, stove, table and cabinets, often carrying just a single item at a time.

'Hon,' I suggested, 'Why don't you try carrying several things at once?'"

The voice from the back of the audience asked, "Did it save time?"

The expert replied, "Actually, yes. It used to take her 20 minutes to get breakfast ready. Now I do it in seven."

IF I HAD MY LIFE TO LIVE OVER

Attributed to Erma Bombeck

Recently I received an email listing several comments that were attributed to the writing of Erma Bombeck after she found out that she had cancer.

1. I would have burned the pink candle sculpted like a rose before it melted in storage.
2. I would have talked less and listened more.
3. I would have invited friends over to dinner even if the carpet was stained, or the sofa faded.
4. I would have eaten the popcorn in the "good" living room and worried much less

about the dirt when someone wanted to light a fire in the fireplace.

5. I would have taken the time to listen to my grandfather ramble about his youth.
6. I would have shared more of the responsibility carried by my husband.
7. I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed.
8. I would have sat on the lawn with my grass stains.
9. I would have cried and laughed less while watching television and more while watching life.
10. I would never have bought anything just because it was practical, wouldn't show soil, or was guaranteed to last a lifetime.
11. When my kids kissed me impetuously, I would never have said, "Later. Now go get washed up for dinner." There would have been more "I love you's"; more "I'm sorry's."
12. But mostly, given another shot at life, I would seize every minute, look at it and really see it . . . live it and never give it back. STOP SWEATING THE SMALL STUFF!!!

Don't worry about who doesn't like you, who has more, or who's doing what. Instead, let's cherish the relationships we have with those who do love us.

Several types of cancers:



FLU SEASON

*Information distributed by
Kaiser Permanente
www.kp.org/flu*

Do you understand the seasonal flu as it compared to the H1N1 flu? The following will give you a better idea of what to expect this year.

What is it?

The seasonal flu is caused by the influenza A or B virus. It occurs during the regular flu season which is usually during the winter.

H1N2, on the other hand, is caused by a strain of the influenza A virus. This flu has occurred throughout the summer, and is expected to continue throughout this winter.

Symptoms

Seasonal flu: Fever, cough, sore throat, body aches, runny or stuffy nose, headache, chills, and fatigue, and possible diarrhea and vomiting in children.

H1N1: Same as seasonal flue, plus some instances of diarrhea and vomiting in adults.

How it spreads

Seasonal flu: Passes between people through coughing or sneezing, via germs in the air or on infected surfaces.

H1N1: Same

Prevention

Seasonal flu: Wash your hands often with soap and water or an alcohol-based hand gel. Avoid touching doorknobs, desks, and other surfaces that might be contaminated. Stay away from people who are coughing or sneezing. Cover your cough or sneeze with a tissue and throw away the tissue.

H1N1: Same

Treatment

Seasonal Flu: If you're experiencing moderate symptoms, try over-the-counter medications such as Tylenol or Advil, and get plenty of rest and fluids.

H1N1: Same. If symptoms worsen, contact your personal physician or health care provider.

Who's at risk?

Seasonal flu: Seniors and very young children are most likely to catch the seasonal flu. Pregnant women, seniors, and people with chronic health conditions are at increased risk for complications.

H1N1: children and young adults are most likely to catch the H1N1 virus. Pregnant women and people with chronic conditions such as asthma, diabetes, and heart or lung disease are most likely to be hospitalized with the flue. People 64 or older appear to have a lower risk of catching H1N1 flu.

Peak Season

Seasonal flu: Usually occurs in late fall and winter. Those affected may spread the virus one day before symptoms develop and up to seven or more days after becoming ill.

H1N1: Has occurred throughout the summer and will likely continue into the winter.

Vaccines

Seasonal flu: Physicians recommend that everyone get a seasonal flu vaccination to protect against the regular flu.

H1N1: A separate H1N1 vaccines is being developed. It will be available for distribution beginning in October. When the vaccine is available, the vaccination will be administered following CDC guidelines about which at-risk people to vaccinate first. As vaccine supplies increase, more people will be able to receive the H1N2 vaccine.