

IVHS School Menu - Sponsored by SISKIYOU COMMUNITY HEALTH CENTER 319 Caves Hwy. 592-4111

MONDAY, MARCH 31

*Chicken sandwich, cheeseburger, hamburger, turkey & cheese sub, ham & cheese sub, Chef salad, Mandarin chicken salad, vegetarian pizza, pepperoni pizza, chicken fajita, chicken nuggets with potatoes & gravy

TUESDAY, APRIL 1

*Chicken sandwich, cheeseburger, hamburger, turkey & cheese sub, roast beef sub, Chef salad, Mandarin chicken salad, cheese pizza, pepperoni pizza, beef and bean burrito, rib-b-que on bun & fries

WEDNESDAY, APRIL 2

*Chicken sandwich, cheeseburger, hamburger, turkey & cheese sub, veggie sub, Chef salad, Mandarin chicken salad, supreme pizza, sausage pizza, pepperoni pizza, taco salad, soup of the day & grilled ham & cheese

The Savvy Senior by Carol Martin

The Seniors Coalition (TSC) recently called on Congress to "ax the double tax" on dividend income at a press conference in the U.S. Capitol. The leading seniors organization was joined by Senators Rick Santorum (R-Pa.), John Sununu (R-N.H.) and Orrin Hatch (R-Utah), together with Representatives Chris Cox (R-Calif.), Eric Cantor (R-Va.), Ginny Brown-Waite (R-Fla.) and Candice Miller (R-Mich.).

The national seniors group organized the press conference to galvanize support one week after the introduction of legislation that would provide relief to seniors and other investors from double taxation. The Jobs and Growth Act of 2003 (H.R. 2 / S. 2) provides for a single taxation on earnings collected from the corporation that pays dividends to investors, instead of the current double-taxation system.

The Seniors Coalition has pointed out that the double taxation of dividends disproportionately harms seniors because of their reliance on income from these conservative investments. "Seniors aren't able to enjoy the fruits of their careful planning because stock earnings that have already been taxed once are taxed a second time, just because the money changes hands to a senior," said Flora "Grandma" Green, TSC national spokesperson and grandmother of 23.

"Some have called this proposed reform a boon to the rich, but the fact is, seniors receive half of all dividend payments, and they're not rich," said Mrs. Green. "For those seniors who only receive dividends, the median dividend income is about \$2,400, with an income of about \$35,500 after taxes. We're not talking about the super-rich, the rich or anything close to it," she said.

"Seniors had planned on these 'widow and orphan' stocks' being a steady, reliable source of old-age income," explained TSC Chairwoman Mary Martin earlier. "Double taxation of dividends has thwarted those plans by pilfering seniors' fixed-incomes, and by making dividends uneconomical and stocks more volatile. The result is falling stock prices and reduced prosperity for seniors and all Americans."

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